

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter

March 2007

Early summer team fixtures (full summer list inside)

April 28 th	Southern Women's League	All Females	Sutton
April 29 th	National Junior League (Cambs clubs team)	U20's	Lee Valley
April 29 th	Eastern Young Athletes Lge	All under 17	Braintree
April 29 th	EVAC 3k Road Relay	Veterans	Hemmingford
April 29 th	Breckland 10k	All over 16	Thetford
May 2 nd	Eastern Vets League	Veterans	Southend
May 5 th	Southern Mens League	Males 15+	Basildon
May 6 th	East Anglian League	All	Ipswich
May 7 th	Ashdon 10k	All over 16	Ashdon
May 12 th	Cambs AA Championships	All members	St Ives
May 12 th	BMAF Road relays	Veterans	Sutton Park
May 13 th	Eye 10k	All over 16	Eye
May 19 th	Southern Womens League	All Females	Braintree
May 25-29 th	Tour of the Derwent Valley	All over 16	Derbyshire
May 27 th	National Junior League (Cambs clubs team)	U20's	Copthall
May 28 th	Brandon Forest XC half marathon	All over 16	Brandon
June 2 nd	Southern Mens League	Males 15+	Cambridge
June 2 nd	Southern Womens League	All females	Cambridge
June 3 rd	EVAC 5mile	Veterans	Reach
June 6 th	Eastern Veterans league	Veterans	Kings Lynn

Young Athlete Parents Coffee Evening, and the Cross-Country Trophy Awards presentations - April 23rd (see inside for details)

Young athletes Summer training starts Monday March 26th at track

Year 2007 subs are now due. Please pay on Monday evenings or post it to
Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND.
£41 for wage earners and £31 for non-earners. (Reminders enclosed)

Note – the club will not pay UKA affiliation fees for anyone who subs are in arrears on 1st April in any calendar year. Your sub is valid for 12 months from the annual anniversary of the date on which you joined the club, or on which we have normally received payment. That date (month/year) is shown on your current membership card. You sub becomes due on the 1st of that month. Subs paid late are still credited from the date on which they were originally due. Reminders are issued to all members annually 1-3 months in advance with their newsletters, and overdue notices issued where appropriate. It takes a lot of effort by unpaid volunteers to keep sending out reminders, so members who do not wish to renew their membership are asked to formally resign from the club in writing (or by e-mail to info@cambridgeandcoleridge.org.uk) so that we don't have to chase.

IMPORTANT – PLEASE READ THESE NEXT FEW ITEMS YOUNG ATHLETES PLEASE SHOW THEM TO YOUR PARENTS

Chairman's chatter

Things are changing in athletics particularly in this area. The new structure for England Athletics has created a new East Region which so far appears to be carrying out some good work. There are a number of county and regional squads planned plus support for training and development across all the athletic disciplines including track and field and road running.

As a club we need to stay abreast of the developments and to try to lead them if we can. The population of the Cambridge sub-region is growing faster than any similar sized region in the country. We should benefit from this through our own membership but we'll have to find ways to cope with the capacity limits, particularly coaching, which make that difficult for us. We would like to grow the senior membership, especially for track and field. If you have any ideas on how we might do that, please let us have them.

One of the implications for us, made more urgent by our Club Mark status, is that we need to devise a development plan to take the club forward to 2012 and beyond. This is likely to require some constitutional changes and changes to the work of the committee and other volunteers. We will keep everyone up to date on the developments through the newsletter and any changes will have to be approved by the AGM in the autumn.

This could become a very positive period for the club, and athletics more generally, if we can get it right. We are discussing good practice with other successful clubs in the east and elsewhere as well as with the governing bodies: England Athletics and UK Athletics. The England Athletics East web site includes some useful information – it's worth checking from time to time:
www.englandathletics.org/east.

The European Indoor Championships showed that nationally we are still close to the front rank, and performances in the past few months from our own athletes, particularly Ed Aston and Lucy Dowsett, show that Cambridge based athletes can be among the best. The club is also successful in enabling those of us, who will never reach the heights gained by Ed and Lucy, to compete effectively and get real satisfaction from our efforts. I hope we're all committed to continuing this good work. Much of the drive comes from coaches and team managers to whom, as always, I offer grateful thanks on behalf of all members.

On a more downbeat note: the club spends a lot of money on entry fees, particularly during the winter season, and increasingly athletes have entered and then failed to turn up for their event. We are very keen for people to enter and don't want to discourage that, but please don't enter if you have no intention of turning up. The fees run in to several hundred pounds and we cannot afford to waste such sums.

Neil Costello

Summer training – Important information

Young athletes commence outdoor training at Wilberforce road on Monday March 26th. Tuesday and Thursday training sessions on the track will also commence that week. Please read the information that follows about the Young Athletes Training:

Training arrangements for young athletes, 2007 – structure and timings

This year, on the Monday training nights, some small changes have been made to the way we will operate. These changes are designed to give under 13 athletes a chance to choose the event group they train for on every fourth week, after the first few weeks.

It is considered important that early specialisation of young athletes is avoided where possible and that core general athletic skills are taught to everyone, to give a base for long-term development.

Under 13 athletes will be very strongly encouraged to try all events but, on the limited occasions, where this would be inappropriate an individual, due for example to physical build, they will be allowed to substitute occasional disciplines by prior agreement.

Coaching on Monday evenings are split into two sessions: the first session for U13 athletes at 6.00pm and the second session for 13s and over at 7.00pm.

Under 13s

U13 athletes will be asked to assemble at the track at 6.00. The session will begin on track at 6.10 and will move off the track at 7.05pm. After 7.05pm, the Under 13's will have some fun activities and a warm down session with group coaches, and they will finish at ca 7.25 – 7.30. Parents are asked to arrive ready to collect the Under 13's by 7.20.

Athletes must be collected from the upstairs room, we cannot allow them to wait outside or to go into the Car park for safety reasons.

Under 13 athletes will be divided into groups. The children will register (at 6.00) by group. Each group will circulate weekly around three coaching teams: Running, Jumping and Throwing, i.e. each coaching team will look after 24 to 30 athletes in two sub groups.

There will be two, and sometimes three, coaches in each coaching team. The Running team will coach speed, endurance and hurdles. The Jumps team will coach, long jump, high jump and triple jump (the latter depending on the age of the athletes). The throws team will coach shot/discus/jav. There will be one coach/adult who will remain with each group every week, as their Group leader. More generalist, skills-based coaching will be incorporated into sessions using specialist coaches to join the discipline-based sessions. The intention is to embed these approaches into all under 13 coaching. After a few weeks, the under 13 athletes will be able to select which event they train for on every 4th week, whilst rotating as above on the other 3 weeks.

Where athletes are becoming talented in individual events, they may be introduced to specialist coaches and may attend coaching sessions on Tuesday or Thursdays. This is only likely to occur when they are close to moving into the higher age groups and would not mean they should not attend U13 training on Mondays. It is important even for specialist athletes to try other events at this age.

Over 13s

The over 13 group will broadly follow current practice: namely athletes will join relatively specialist groups of their choice and train seriously for a limited number of athletic disciplines. Movement between groups will be possible for those who wish to train for a wider range of disciplines or who have not decided upon a specialist event.

The over 13 athletes will be asked to assemble at 6.40. Their session will begin at 7.10 and run on until 8.00 or 8.15. The track will close at 8.30. Warming up will begin at 6.40 with everyone together under guidance of a coach (Femi Akinsanya), and this will be off the track itself.

The normal process of registration (in the upstairs clubroom) will continue for both groups for the following reasons

- The first is safety. Our policy guidelines require that we know who is there at any training session for athletes aged Under 17 and who is responsible for them during the session, in order to have insurance cover.
- The second is communication. You will be able to hear what is going on in the next few weeks. Parents are encouraged to come inside as well so that they hear all the information and they will be able to use the room and talk to team managers during the evening while waiting for their children. That will help involvement and team support
- The third is ensuring that everyone who attends regularly is a member. By getting everyone to join, the fees can be kept lower for everyone and it will make administration much easier.
Young athletes' coaching has been supported by sponsorship from RAF Careers

Parents Coffee Evening - April 23rd – Come and get to know the club and what it is about
On Monday April 23rd at the track we shall be holding an "open evening" from 6.15pm, which all parents of young athletes are required to attend please. The evening will offer an opportunity

to talk informally to club officials and team managers, and to find out more about the club activities, in readiness for the league competitions.

Please try to come along and find out what we offer for your child however old he/she may be, and also to see how you may be able to help us.

The club cannot run without willing volunteer helpers, (see below also) - we have no professional staff employed by the club. Come and see what it is all about – no obligation. We currently urgently need team managers for the Under 13 Girls in the Eastern Young athletes league, and the Under 13/Under 15 Boys in the East Anglian league. If we don't get volunteers we may not be able to run the teams for those age-groups. Its not difficult!!

Cross Country awards presentations – April 23rd

We hope to have coffee available during the evening, and then at 8.00 – 8.20pm we shall be holding the presentation of the cross-country awards for this winter season.

Please stay or join us after training, and help congratulate some of our outstanding distance runners, young and old.

Do you want a new hobby? Volunteer helpers for young athletes coaching and competition

We would like to give special thanks to the people who offered their services to train as match officials or coaches, or who offered to help in other capacities. We had 12 people take the level 1 coaching course at Cambridge in late January, and 4 people trained as match officials in November. The review of the clubs activities in 2006 has highlighted the continuing need for a significant number of additional volunteer helpers.

All aspects of the club activities are run by unpaid volunteers, we have no paid staff, and for many of us, it is our hobby. Our club is currently quite big, compared to most athletic clubs, with the majority of the membership (>65%) in the younger age groups. Therefore all extra help is appreciated, however small the contribution may be.

Our current most critical needs are

- **People to train as assistant coaches for the field events (jumps and throws)**
- **People to train as match judges, especially field judges and timekeepers**
- **People to help the team managers and young athlete reception team**

Maybe there is an impression that you need to have been an athlete, or have special knowledge of athletics before you can train for these things – NOT TRUE – many of us became involved as parents when our children joined. Appropriate training can be provided.

To train as a coach you must be over 17, but for judging you can start at 15, so current athletes are able to train and help out in these areas.

In addition to parents of course, there should be a big pool of older athletes who could help with the coaching and matches for the younger ones.

If you are interested, contact Noel – 01223 833470 or Anna – 01223 352541 – and we will discuss how best you can become involved.

Working with young people can be very rewarding; helping them to learn new skills and achieve success, but to do this efficiently requires a high number of volunteers.

Ed goes one better than last year

This year Ed Aston won the gold medal at the recent AAA Indoor championships in the Under 20 men's 800m, with a time of 1.52.88.

Ed has also represented England in the Celtic Cup Home Countries international and won the 800m in 1.53.8

Peter Howard strikes gold in the BMAF 3k walk M60 category

A gold medal for Life Vice President Peter Howard in the British Masters Indoor championships. Peter, who is a past President of the club, won the Mens 60 category in the 3km walk, Five club members competed in the championship at Lee Valley Indoor arena.

Cambs AA Cross-country championships

At Priory Park, St Neots, this year. Quite a good course, and this year the toilets were rebuilt and open and results and presentations were close to the finish line. A big improvement on last year, and the weather remained more or less dry all day.

C&C didn't fare quite as well as last year, but had three gold medallists, four silvers and one bronze. In the team competition C&C took 5 Golds and three Silvers.

The womens race, was a three-way C&C battle between Helena Tobin, Ellen Leggate and Rosie Clarke with just 3 seconds separating Helena and Ellen. Veteran Joan Lasenby took 5th overall to win the veterans race, and Mary Holmes won the Veterans 65 category.

Will George was 2nd in the Senior Mens race, still niggled by an ankle problem, and Dan Potts was 2nd Under 20 home.

In the under 17 Women, Lucy Dowsett was 2nd home and in the under 15 Boys Nick Burch was 2nd home. Full details in the results section.

Cross Country International

On November 18th Mary Holmes represented England in the British and Irish Masters Cross-country International at Falkirk. Mary competed in the W65+ age group and the English team was duly victorious. Mary finished 7th overall and 4th English competitor in a time of 35.30 over what appears to be a 6k course.

Frostbite League

Our congratulations go to Andrew Howard who finished top of the C&C runners league table for this season, congratulations also go to Kim Masson who, in finishing 7th in the C&C league table, was our top female runner. Andrew will be presented with the Frostbite trophy at the C&C Winter Season Presentations Evening on 23rd April. In the C&C league we award our athletes a point for finishing, a point for every C&C athlete they beat and a point for every C&C athlete who finishes, our aim being not only to reward those who finish in the top places but to reward those athletes who enjoy the taking part and racing for the club.

For those who like statics you may be interested to know 51 different athletes competed for C&C in the Frostbite league series, only 2, Andrew & Glyn, managed to complete all 6 rounds, 9 more did 5 rounds, 5 did 4, 3 did 3, 11 did 2 and 21 did 1 round.

Well done to all those who took part in this seasons Frostbite series and lets hope next season we can improve on this seasons 4th place finish in the series.

Nigel Burch

If you have run in a road race, or competed at track meeting, where the club may not be aware that you have entered, then we wont look for your result. If you want your results on the road race website, or in the C&C newsletter, and it's not an event where we have entered a team, or where there is not a large C&C entry, then please tell us. e-mail your results to (Road and XC) and noel-moss@supanet.com (everything).

Road running

The clubs Road running activities continue to grow, and the club athletes are producing some excellent results. (See the Results section). Many of our members are now preparing for the big marathons which include London, Berlin and Rotterdam We wish them every success.

Our entry levels in races are creeping up year on year, and during 2006 we saw a considerable increase in the numbers competing at the longer distances (10miles – marathon)

Female membership in the Road section continues to grow, and it is showing in the number of Women in the race results.

The Cambridgeshire road race league series will take place again this year and Glyn and Ian have details of the events which are included. The series includes events which double as Cambridgeshire AA Championship events.

Road runners get attention from England athletics East Region..

England Athletics are organising various activities for Road Runners during the next few months. The following is taken from their recent information release, and follows a very successful seminar recently for coaches of all events.

“1. ROAD RUNNING INFORMATION & CONSULTATION SEMINAR - SATURDAY 28TH APRIL - THE MARK HALL SCHOOL, HARLOW 10.30-3PM

This event is aimed at Running Clubs and Race Organisers and presents an opportunity to come along and influence the regional road running development plan and talk to some people about the ideas you have and challenges faced at this present time. The event will also offer some development workshops that we hope will appeal to a number of people. I have attached a proposed agenda for your information - we are finalising speakers at present but want people to get this date in their diaries now if they can please.

We also want to use this session as an opportunity to engage local clubs and race organisers in shaping our future plans for development.

Lunch will be provided at all of these events for people

2. SPRING ROAD RUNNING ATHLETE TRAINING DAYS X 3

These will be delivered by a selection of coaches and athletes with proven ability on the endurance stage - Paul Evans (Chicago Marathon Winner) Liam Cain (UKA Performance Endurance Coach) John Anderson (Legendary Olympic Coach, Coach to Liz McColgan, Dave Moorcroft & Numerous American Marathon Runners) and current International Athlete Jo Wilkinson (10,000 metre Commonwealth Games Runner)

These are aimed at all abilities

*Sat 31st March - Woodside Stadium Watford "Pre Marathon Training Day" 10.30-4pm

*Sat 28th April - Mark Hall School, Harlow 10.30-4pm

*Sat 26th May - Peterborough 10.30-4pm

To view a full agenda for all 3 days, please go to the website www.england-athletics.net

3. EAST ROAD RUNNING COACHES AVAILABLE TO SUPPORT RUNNING CLUBS.

- Paul Evans (Chicago Marathon Winner 1996)
- Liam Cain (UKA Performance Coach & East Endurance Coordinator)

are available now to come to your running club to deliver a "flying visit" to work with your runners and coaches. Their time is paid for by England Athletics East and we want to help you to arrange a visit now. All you need to do is contact Richard Wheater rwheater@englandathletics.org and he will sign post your club to these coaches."

The Boxing day 4 mile 2006

The 51 finishers was a record for recent years. The challenge next year is to beat the best ever turn out of 59 runners.

Ed Aston won the race this time, pushed hard by ex member Simon Richards, and Nick Beer. Eds time of 21.20 was close to the best time for an under 20 set by Will Clarke a couple of years ago.

Sports Hall athletics

There were two County selection matches this winter, one in December at Cambridge and one in late January at St Ives. C&C won overall on aggregate, and regained the County title this year, after a few years when Hunts AC have held it..

Several of our athletes then went on to compete for Cambridgeshire in the Regional final at Norwich. Results are shown at the end of the newsletter. Our best results were from Abby Midgley who took

silver in the under 13 Girls shot, Isaac Jones who tied for silver in the 2 lap race for Under 15 Boys and took bronze in the standing Triplejump, Lauren Sammout who took bronze in the under 15 girls shot and Ben Davies who was 4th in the Under 15 Boys shot..

Summer Track and Field competition – the club wants all young members to be involved

Athletics is a sport which is based around competition, either as an individual, or as a team event. It's all about trying to improve your own level of performance, and to have a measurement of it. That's why athletes train – simply to improve their performance.

Our coaches (all unpaid volunteers) work very hard in order to help you improve, and to prepare you for competition, but they can't do it for you. Only you can experience the feeling of satisfaction which you get from a personal best, or a close competition.

Of course, not everyone can win the event – so as well as competing against others, you are also competing against yourself, trying to improve during the season (or in the case of the veterans, to get as close as possible to last years performance!). Gradual improvement must be the main target for everyone, and the satisfaction which that gives you, whatever your own standard.

C&C have teams in a number of leagues in order that all our athletes have the chance to compete during the season on a number of occasions, and the club encourages you to take that opportunity whenever possible. For those who have not competed before, the leagues provide opportunities for non-scoring competitors, as well as those scoring for the team.

By competing either as a scorer, or a non-scorer, you have accurate performances recorded, which allow you to compare with others, and with the AAA standards, or then you can measure the improvements gained from training.

The club keeps a ranking list of everyone's best competition performances, and these are used by the team managers when selecting who should be the scorers in the next match. Even if you are not selected as one of the scoring competitors at a match, you should compete as a non-scorer whenever possible; otherwise the team managers won't know that you are improving.

With at least two leagues available for all athletes, the opportunity is there for everyone to compete.

Southern Men's League

Our primary league for the men. It has the one "Senior" age-group but any male aged 16 and over can compete in the team. The team is in Division three North of the Southern League having been relegated last season, so there is less distance to travel this year and only five matches instead of six. This year we go to Basildon, Cambridge, West London, Hillingdon and Peterborough.. We hope to have a minibus for most fixtures except Cambridge but some cars will be needed as well.

The team is short of jumpers, hurdlers and steeplechasers, so if you know any, grab them and sign them up. This year is going to be a difficult one as usual, so maximum support is required.

Team Manager Noel Moss.

Southern Women's League

Our primary league for the women. It has the "Senior" age-group and also an under 15 girls age-group. The team is in Division 3 East. Because of a league reorganisation this year, there is a bit more travel and some fixtures are south of London. To succeed it is important that both age-groups are filled, and so the under 15's must support the team. We will have a minibus for some of the matches, and for some we will probably go in cars if they are very close.

Team Manager – Carl Woolf

Eastern Young athletes League

Our primary league for the young athletes. It has six age-groups, Under 13, Under 15 and under 17 male and female. To win we need to fill all the events in all the age-groups. Support is critical - its no good to win in the under 13's if we have no under 17's. There are 27 clubs in the league. There will be both Top Six and plate finals so the top 12 will qualify for a sixth match in September. There are five league matches, all in the East Anglia and Essex area, so travelling is not too bad. There is always a coach, which we would like to fill please! Team managers will give details of times etc about two weeks before each match, but book the dates in your diaries now please. All athletes must

bring club vests, some food and drink and if they use the coach, their coach fare. Parents are encouraged on the coach as well and even other relatives if there is space. Team Managers are organised by Anna Bird, and we need offers of help please

East Anglian league

This is the league where anyone in the club can come along and compete, and even do events which they don't normally do in the main leagues. There are seven age-groups. Under 13, Under 15, Under 17 and Senior Males and Under 13, Under 15 and Senior Ladies. There are special hurdles and 300m races for Under 17's within the Ladies competition. All age groups compete for their own trophy, and the top 8 clubs in each age-group qualify for a final which also has trophies. So lots for the club to win, but we are not into over-competing the athletes. The younger female athletes should not try to do all of the matches in all three of the leagues above - support the main leagues and then see whether you feel you want to compete in this one sometimes. A few events for under 11's as well. The first match is on 6th May at Ipswich – come and have a warm-up before the County Championships. Team managers Noel Moss and Carl Woolf (plus vacancy for younger males age-groups.)

Eastern Veterans League

The League for the more mature athlete!. We are only XX years young and just as competitive as everyone else - maybe more. The age-groups are 40+, 50+ and 60+ for the men, and 35+, 45+ and 55+ for the ladies. M35's will guest this season. Four matches on Wednesday evenings - normally the first Wednesday of the month and we cover a "half" program at each match. Shot and hammer at one match, discus and Javelin at the next, for example. We have all the normal events except steeplechase. Venues are different this year, after a few years when they have been the same. Parents who want to have a go are welcome, but you will have to join C&C and the Eastern veterans Athletic Assoc. Team managers – Gerald Meah and Carole Morris.

Don't forget to pay your EVAC membership if you want to compete in the league this year.

National Junior League – Team Cambridgeshire

In order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire enter a composite team into the National Junior (U20) League as Team Cambridgeshire. Cambridgeshire AA will oversee the process, and the team has already been accepted into the league and the fixtures allocated. Last year the team was promoted and is now in the Southern premier Division. The target is to stay there.

Who is eligible! All Under 20 athletes in C&C, PAC, HAC, and NVH. Outstanding athletes who are in the under 17 age-group may also compete, and the league has the advantage that it includes events such as Hammer and Pole-vault.

The fixtures are at Lee Valley, Barnet Copthall, Woodford Green and Bromley, not necessarily in that order, so travelling is not too excessive.

Team management will be led by Nigel Faben from Hunts AC with help from selected contacts in each club. The 2006 performances of our eligible athletes have been passed to Nigel.

Cambridgeshire AA County Track and field championships – Cambridge May 12th

This year they are at St Ives so we want everyone in the club to enter!! An entry form is enclosed with the newsletter. The County Champs are not for elite athletes, they are for all club members to have a go. Who knows you might win a medal or certificate, and you might get a personal best. There are a full range of events. Under 13's - under 17's can enter three events and under 20's five. Senior Ladies can enter 5 events, and Senior men as many as they are physically able to do.

Why not have a crack at it this year. All entries will be included in the team competition (We are current holders of all the age-group trophies – lets keep them!). The six best competitors in each event score for the team and in many field events and distance races there sometimes are less than six competitors, so you will certainly help the team if you enter.

Road runners, why not do a short race for a change – the Mens 5000m or the Ladies 3000m.

Entries to be sent to Noel Moss before the 3rd May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB2 4RE. Cost is £2.00 for your first event and £1.50 for each additional one.

Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more. Cheques are payable to Cambs AA (not to Noel). Entry forms are enclosed but they can also be downloaded from www.cambsaa.org.uk.

READ THE ENTRY FORM AND SEND IT IN NOW BEFORE YOU FORGET.

Eastern AA Championships – 8th July at Cambridge

This is the next level of Championships after the County Championships. Not as hard to get in the medals as it is at the South of England Championships, and with a good range of events for most age-groups (limited range for under 13's).

Anyone who competed in the Cambridgeshire championships should consider having a go, especially as it's a "Home" match this year.

Normally we would send entry forms with this newsletter but we haven't received them yet.

Closing date is likely to be Wednesday 20th June, but please check that when you get an entry form.

Entry forms will be available from Noel Moss, by e-mail or as hard copy, and will be circulated to coaches. There will also be entry details for this available at the county Championships.

South of England Championships

26/27 May for U15's & U17's

16/17th June for U20's and seniors

After the excellent entry in the Southern Indoor Championships, lets have a similar or better turn-out for the Outdoor events. The Under 17/Under 15's are at Ashford in Kent (a very nice stadium) and the Under 20's/Seniors are at the home of English athletics, Crystal Palace.

Closing dates will be about 2 weeks before each championship.

Entry details can be found in due course on www.seaa.org.uk or by contacting Noel Moss.

Cambridgeshire Evening Open Development Meeting series

After a successful first series last year, Cambs AA are again running a series of three Development meetings held on Wednesday evenings during May-July.

They are open to everyone and will include a limited number of graded track events, and field events at each. All three events will be held at St Ives Track as it is central in the county.

The current proposals are:

Wed May 23rd at St Ives - Sprint hurdles (U13-U17), 800m, 200m, 3000m, Hammer, Shot, Longjip.

Wed June 13th at St Ives - 100m (2 rounds), 3/400m, 1500m, Discus, Triple-jump, High-jump

Wed July 18th at St Ives - Sprint Hurdles (U13-U17), 100m, 200m, 1 mile (county Championship event), Javelin, Pole-vault, Long-jump

Open to all age-groups from Under 13's upwards (subject to UKA age-group rules) with entry either in advance or on the night. Cost is £1.50 for each event. The plan is to start at 7.00 and finish about 9 - 9.30 (Numbers will be limited in the field events so best to enter in advance by post)

There will be events for under 11's on each evening – May 23rd 600m and Longjump, June 13th 80m and Longjump, July 18th 150m and Turbojavelin)

The events on May 23rd and June 13th give extra opportunities to get the National Schools qualifying standards. Entries can be made on the forms enclosed with this Newsletter, or forms can be downloaded from www.cambsaa.org.uk

We would like to see C&C athletes supporting this as much as possible

Cambridgeshire Athletics partnership Development Group (summary of first years activities)

The Development Group in Cambridgeshire is now entering its second operational year.

The group has a 3day/week Partnership Development Officer, and representatives from the County AA, Camb's Schools and Peterborough City Sport and Leisure.

During the first year the group initiated a successful series of Evening Open Development Competitions which will be repeated in 2007. Coach education evening seminars David Hemery and John Anderson as guest speakers were well attended, and a number of coaches took advantage of the

subsidised coach mentoring scheme, to work with mentors of their choice. These activities will continue in 2007.

The introduction of county squad training sessions with invited senior coaches, were well received, and most events were included during the autumn series.

By working closely with School Sports Partnerships, the PADO was able to establish a full time community sports coach post in South Camb's and it looks likely that part-time posts will be established during 2007 in Hunts and Peterborough.

The list goes on, but in 2007 there will also be focus on assisting clubs with outreach projects, talent identification and coaching projects for some of our more rural areas where there are no T&F clubs, and rejuvenating the Counties Sports-hall Athletics activities, to mention just a few items.

Current Dev't Group members are Noel Moss (Chair), Keith Flint (Cambs AA), Al Weaver (Officials), Maureen Torr (Coaching), Nigel Faben (Treasurer), Nichola McCreedy (SDO – Peterbro), Wendy Gooding (Cambs Schools), Richard Wheater (PADO in 2006).

The Development Group would welcome offers from anyone who would be interested to assist with any of the activities on a voluntary basis. Success does not just depend on the team members, but needs your support. Details of activities are on the Cambs AA website www.cambsaa.org.uk

(More recently, the second throws development meeting held on March 11th at Cambridge by the Cambs Devt group attracted throwers from Cambridgeshire and surrounding counties in a full afternoon of competitions).

Track & Field, Road and multi-terrain Fixtures for 2007 Outdoor

April 1 st	Black Dog Marathon and Half mar	All over 16	Bungay
April 1 st	Oakley 12 and 20	All over 16	Oakley, Beds
April 8 th	Trowse 10k	All over 16	Trowse, Norwich
April 15 th	Paris Marathon	All over 16	Paris
April 15 th	Rotterdam Marathon	All over 16	Paris
April 22 nd	London Marathon	All over 16	London
April 22 nd	Lochaber Marathon	All over 16	Fort William
April 28 th	Southern Women's League	All Females	Sutton
April 29 th	National Junior League (Cambs clubs team) U20's		Lee Valley
April 29 th	Eastern Young Athletes Lge	All under 17	Braintree
April 29 th	EVAC 3k Road Relay	Veterans	Hemmingford
April 29 th	Breckland 10k	All over 16	Hethford
May 2 nd	Eastern Vets League	Veterans	Southend
May 5 th	Southern Mens League	Males 15+	Basildon
May 6 th	East Anglian League	All	Ipswich
May 6 th	Great East Anglia Run 10k	All over 16	Kings Lynn
May 7 th	Ashdon 10k	All over 16	Ashdon
May 12 th	Cambs AA Championships	All members	St Ives
May 12 th	BMAF Road relays	Veterans	Sutton Park
May 13 th	Eye 10k	All over 16	Eye
May 13 th	Halstead & Essex Marathon	All over 16	Halstead
May 19 th	Southern Womens League	All Females	Braintree
May 20 th	Soham Half marathon	All over 16	Soham
May 20 th	Copenhagen marathon	All over 16	Copenhagen
May 23 rd	Cambs AA Development T&F meeting	All	St Ives
May 25-29 th	Tour of the Derwent Valley	All over 16	Derbyshire
May 27 th	National Junior League (Cambs clubs team) U20's		Copthall
May 26/27 th	SEAA U15/U17 Championships	All under 17	Ashford
May 27/28 th	CAU Championships	County select	Bedford
May 28 th	Brandon Forest XC half marathon	All over 16	Brandon
June 2 nd	Southern Mens League	Males 15+	Cambridge
June 2 nd	Southern Womens League	All females	Cambridge
June 3 rd	EVAC 5mile	Veterans	Reach
June 3 rd	Blackpool Marathon	All over 16	Blackpool

June 6 th	Eastern Veterans league	Veterans	Kings Lynn
June 7 th (Prov)	Eye Charity 5 mile	All over 16	Eye Cams
June 9 th	Cambridgeshire schools Champs	Schools select	St Ives??
June 9 th	BMC Nike Grand Prix Rd 2	Seniors	Watford
June 9/10 th	AAA Combined events	Senior/U20	Stoke on Trent
June 10 th	Bedford International Games 2005	Spectators	Bedford
June 10 th	EVAC Championships	Veterans	Milton Keynes
June 13 th	Cambs AA Development T&F meeting	All	St Ives
June 16/17 th	SEAA Senior Championships U20's/Seniors	Crystal Palace	Crystal Palace
June 16 th	Anglian Schools	School select	TBC
June 16/7 th	BMAF Pentathalon/weight Pent'n	Veterans	Milton Keynes
June 17 th	Eastern Young Athletes Lge	All under 17	Bedford
June 20 th (Prov)	NVH 5k	All over 16	Peterborough
June 23 rd	Southern Mens League	Males 15+	West London
June 23/24 th	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
June 24 th	East Anglian league	All	Huntingdon
June 24 th	Yaxley 7 mile	All over 16	Yaxley
June 24 th	BMAF 5k Road championships	Veterans	Horwich
June 30 th	UKA JumpsFest	Senior/U17	Birmingham
July 1 st	UKA ThrowsFest	Senior/U17	Birmingham
July 1 st	National Junior League (Cambs clubs team)	U20's	Woodford Green
July 1 st	Eastern Young Athletes Lge	All under 17	Lea Valley
July 1 st	EVAC 10k	Veterans	Comberton
July 1 st	Sutton Beast feast 7 mile	All over 16	Sutton
July 4 th (Prov)	Peterbro 5k Grand Prix	All over 16	Eye
July 4 th	Eastern veterans league	Veterans	Cambridge
July 7 th	Southern Women's League	All Females	Erith
July 7/8 th	BMAF Heptathalon/Decathalon Ch's	Veterans	Oxford
July 8 th	Abbey 10k	All over 16	Ramsey
July 8 th	ECAA T&F Championships	All	Cambridge
July 13/14 th	National Schools Champs	Schools select	Birmingham
July 14 th	Southern Mens League	Males 15+	Hillingdon
July 15 th	Eastern Young Athletes Lge	All under 17	Peterborough
July 18 th	Cambs AA Development T&F meeting	All	St Ives
July 22 nd	East Anglian League	All	Cambridge
July 22 nd	St Ives 10k	All over 16	St Ives
July 27 th -29 th	AAA Senior Championships	Seniors	Manchester
July 28/29 th	BMAF T&F Championships	Veterans	Birmingham
July 29 th	National Junior League (Cambs clubs team)	U20's	Bromley
August 3 rd	Crystal Palace Grand Prix	Spectators	Crystal Palace
August 1 st	Eastern Veterans league	Veterans	Chelmsford
August 4 th	Southern Mens League	Males 15+	Peterbro
August 10/11/12 th	AAA U15/U17 Championships	U15's/U17's	TBC
August 4/5 th	SEAA Combined Events Champs	U15's - Seniors	Bedford
August 4/5 th	BMAF	Veterans	TBC
August 5 th	Eastern Young Athletes Lge	All under 17	Cambridge
August 5 th	EVAC 5k	Veterans	Cambridge
August 18 th	Race the train XC (Talyllyn railway)	All over 16	Tywyn
August 18/19 th	AAA U15/U17 combined events	U15's/U17's	TBC
August 19 th (prov)	Thorney 5 mile	All over 16	Thorney
August 19 th	East Anglian League	All	Colchester
August 25 th	UK Challenge Final	Invitation	Crystal Palace
August 26 th	SEAA Intercounties U20 & U15	County select	Copthall
Sept 1 st	Southern Women's League	All Females	Thurrock
Sept 2 nd	ECAA Hibberd Trophy	County Select	TBC
Sept 9 th	Eastern Young Athletes Final	All under 17	TBC
Sept 9 th	Grunty Fen half marathon	All over 16	Witchford
Sept 16 th	East Anglian league Final	All	Bury St Edmunds

Sept 23/4 th	IOW and SEAA Fell running champs.	All over 16	Ventnor IOW
Oct 7 th	Great North Run	Seniors	Gateshead
Oct 7 th	Standalone 10k	All over 16	Letchworth
Oct 7 th	Abington 10k	All over 16	Gt Abington
Oct 10 th (Prov)	Royal Engineers Half Marathon	All over 16	Waterbeach
Oct 14 th	Great Eastern Run (Half marathon)	All over 16	Peterborough
Oct 28 th	Fenland 10	All over 16	Wisbech
Nov 18 th (Prov)	Riverside Half Marathon	All over 16	St Neots
Nov 25 th (Prov)	Hereward Relay	All over 16	P'bro to Ely
Dec 2 nd (Prov)	NVH 10 mile	All over 16	Peterborough
Dec 26 th	Club Boxing day 4 mile	All	Fen Causeway
Dec 31 st	New Years Eve 10k	All over 16	Little Downham

Age groups for competition in 2007

Under 13's must be aged 11 or over and aged under 13 on 31st August 2007.
Under 15's must be aged 13 or over and aged under 15 on 31st August 2007.
Under 17's must be aged 15 or over and aged under 17 on 31st August 2007.
Under 20's must be aged 17 or over and aged under 20 on 31st December 2007.
For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2007.
For Championships, Seniors must be aged 17 or over on 31st August 2007
(note in a senior league or championship, equipment will be senior specification only).
Veterans must be alive, and aged at least 35 on the day of the match

Useful telephone numbers for 2007

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams, Officials and newsletter		01223 833470
Anna Bird	Young Athletes Team coordinator		01223 352541
Carl Woolf	Ladies and East Anglian league U13/U15's		01223 881075
Nigel Burch	Coaching Secretary		01223 560161
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		01223 308357
Gerald Meah/Carole Morris	Veterans T&F team managers	01954 781258/01638 742024	
Nigel Poulter	Treasurer		01954 231507

Useful E-Mail and website addresses

C&C Club Website www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues info@cambridgeandcoleridge.org.uk
Amendments/items for website webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request to johnkazer@hotmail.com
Newsletter editor (for your results and articles to publish) noel-moss@supanet.com
Road running unofficial website <http://ccac.aci-net.co.uk>
Cambridgeshire AA website www.cambsaa.org.uk
UKA website www.ukathletics.org.uk
Power of 10 database (you may be in it) www.powerof10.info
Athletics data.com performance database (you may be in it) www.athleticsdata.com
England athletics website www.england-athletics.net
England athletics Region East secretary (Alison Potts) apotts@englandathletics.org
SEAA website www.seaa.org.uk
Living Sport Cambridgeshire www.livingsport.co.uk
Athletics kit and shoes by internet or mail order www.bournesports.com

Results, Results, Results

Road races

Stockport 10 – December 10th – 610 ran

40 th	J Kazer	1.03.08	374 th	C Stanier	F	1.21.57
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Boxing day 4 mile 51 ran. The highest number for a long time.						
1 st	E Aston (U20)		21.20	2 nd	Simon Richards (Guest)	21.27
3 rd	N Beer		22.06	4 th	D Potts (U20)	22.54
5 th	R Kreetzer (U20)		23.05	6 th	E Patel (Guest) Fem	23.10
7 th	W Mycroft (U17)		23.14	8 th	M Bell (U20)	23.30
9 th	J Kennard (U17)		24.10	10 th	L Stone (M45)	24.12
11 th	N Burch (U15)		24.28	12 th	D Abbott (M45)	24.30
13 th	J Raymond (M40)		24.44	14 th	C Mycroft	
15 th	W Clarkson		24.52	16 th	E Kreetzer 2 nd Fem	24.59
17 th	Rog Jackson (M40)		25.02	18 th	M Chaplin (M45)	25.04
19 th	A Costello 3 rd Fem		25.30	20 th	V Freeman (M40)	26.02
21 st	G Smith (M60)		26.18	22 nd	A Downie (M55)	26.27
23 rd	J Jenkins (M55)		26.59	24 th	M Kreetzer (M50)	27.11
25 th	R Gosst (M35)		27.56	26 th	P Schofield(M45)	27.58
27 th	F Murphy Fem		28.20	28 th	P Garrett (M45)	29.44
29 th	S Kennard (U13)		30.02	30 th	P Howard (M60)	30.56
31 st	S Barnett (W55) Fem		30.59	32 nd	R Roberts (W35) Fem	31.42
33 rd	M Richards (Guest)		31.48	34 th	T Long (M55)	31.55
35 th	C Abbott (U13)		32.02	36 th	N Richards (U17) Fem	32.57
37 th	J Richards (U15) Fem		34.16	38 th	M Jennings (W50) Fem	34.21
39 th	M Holmes (W70) Fem		35.30	40 th	J Lockeber (Guest)	35.44
41 st	Nigel Burch (M50)		36.17	42 nd	N Taylor (Guest)	36.39
43 rd	N Moss (M60)		37.03	44 th	P Chaplin (M75)	37.47
45 th	J Wainwright (Guest)		38.04	46 th	V Costello (W55) Fem	38.32
47 th	N Costello (M55)		38.32	48 th	J Jones (Guest) Fem	42.05
49 th	I Richards (Guest)		42.45	50 th	R Davidson (U13G) Fem	43.31
51 st	K Davidson (Guest)		43.31			

Buntingford Year End 10, 31st December 2006 - 10 miles, 530 runners.

36 th	J Raymond		1:05:01	85 th	E Kreetzer	Fem	
267 th	M Kreetzer	M50	1:23:30				
Ely New Year 10k - 31-12-2005 539 finishers – 30 C&C – just 1 less than last year!							
17 th	R Clarke	1st F	37:38	35 th	I Badr		39:40
37 th	J Ferguson	5 th M40	39:54	45 th	L Stone	7 th M45	40:31
51 st	S Brightwell	M40	40:53	62 nd	M Chaplin	M45	
63 rd	K Masson	2 nd W40	41:51	65 th	S Thoday		41:53
73 rd	B Corbett	M45	42:28	79 th	A Howard		42:39
81 st	V Freeman	M40	42:42	85 th	P Dewison	5 th M50	
87 th	A Downie	1 st M55	43:03	99 th	K Jordansen	2 nd W35	44:03
101 st	G Smith	1 st M60	44:16	106 th	G Meah	M45	44:45
118 th	P Scofield	M45	45:24	153 rd	F Murphy	4 th W40	46:41
163 rd	M Simmons	Fem	47:05	171 st	C McEniery	Fem	47:22
191 st	M Benton	M40	48:12	195 th	P Garrett	M45	48:27
208 th	Ron Jackson	M50	48:50	213 th	A Irvine		49:01
292 nd	H McKay	W40	53:03	298 th	D Hills	M45	53:26
326 th	M Warren	W35	54:33	387 th	P Chaplin	3 rd M70	57:40
406 th	S Costello	W40	58:48	456 th	N Burch	M50	61:35

Wymondham New Year's Day 10k

121 st	A Irvine		47:40	130 th	C McEniery	Fem	48:09
Folksworth 15 Jan 21st – 422 ran							
56 th	J Raymond		1:43:29	190 th	A Irvine		1:59:30
230 th	P Garrett	M45	2:03:51	245 th	C McEniery	Fem	2:05:57
298 th	M Benton	M40	2:12:32				

Fred Hughes 10, St Albans – 21st Jan

311 th	C Stanier	Fem	1.18.04	384 th	Ron Jackson	M50	1.21.06
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Lakenheath Charity 5 - 28th January - 5 miles, 121 runners.

3 rd	B Baldelli		31:13				
15 th	L Stone	M40	36:40				
22 nd	V Freeman	M40	38:48				
77 th	D Braverman	2 nd WV50	47:31				

Watford Half marathon - 4th Feb

27 th	P Liguori		76.43				
Stamford Valentines 30 – 11th Feb 559 ran							
18 th	G Capetti	4 th M40	1:58:28	56 th	J Raymond		2:07:01
85 th	K Masson	3 rd WV40	2:11:21	93 rd	G Cinque		2:12:45
94 th	I Badr		2:12:46	175 th	S Thoday		2:23:46
273 rd	D Yenerski		2:34:55	319 th	P Garrett		2:40:42
337 th	C McEniery	F	2:42:33	372 nd	A Irvine		2:46:33
418 th	M Jennings	4 th WV50	2:51:41	460 th	C Cooke		3:01:28

Bungay Great East Run 20k – Feb 19th

82 nd	T Long	M45	1:26:56	100 th	G Smith	2 nd M60	1:28:44
147 th	A Downie	M55	1:31:54	207 th	F Murphy	2 nd W40	1:37:26
217 th	A Irvine		1:37:58	348 th	Ron Jackson	M50	1:46:44

Bury Muscular Dystrophy 20 – Feb 25th - 389 ran

13 th	G Capetti	4 th M40	2.07.45	33 rd	J Raymond		
	2.16.02						
37 th	G Cinque	M45	2.17.05	54 th	K Masson	1 st W40	2.20.54
72 nd	S Brightwell		2.24.27	90 th	C Clissold		2.29.00
144 th	S Thoday		2.39.31	145 th	D Yenerski		2.39.32
162 nd	A Gore	F	2.43.25	206 th	A Irvine		2.50.38
228 th	C McEniery	F	2.54.59	272 nd	M Carey	F	3.01.46

Muscular Dystrophy Bury “Nearly”10 (9.4 miles) – Feb 25th

3 rd	J Kazer		58.22	13 th	T Long	4 th V40	1.07.00
41 st	C Stanier	9 th F	1.15.00				

Wymondham 20 mile - 4th March

91 st	C Brown		2:43:28				
105 th	A Irvine		2:48:43				
130 th	C McEniery	F	2:56:08				

Woburn 10k – 4th March – 1339 ran

57 th	S Thoday		40:40				
127 th	D Yenerski		43:37				

Cross Country

British and Irish Masters International – Falkirk – Nov 18th

Women 65+	7 th	M Holmes	35:30				
Ryston Runners Grand Prix – 17th December 2006							
<i>U15 Boys – 3k,</i>	2 nd	N Burch	10:33				
<i>U15 Girls – 3k,</i>	2 nd	E Taylor	11:48	9 th	K Waite		15:14
<i>U17 Boys – 6.5k</i>	3 rd	A Howarth	24:54				
<i>U17 Women – 6.5k</i>	7 th	N Richards	35:02				
<i>U20 Men – 6.5k</i>	5 th	A Burch	33:06				
<i>Senior Men – 6.5k</i>	4 th	P Liguori	21:51	6 th	N Carroll		22:08
	16 th	L Frederiksen	26:07				
<i>V45 Men – 6.5k</i>	9 th	M Chaplin	26:31				
<i>V50 Men – 6.5k</i>	6 th	M Kreetzer	27:43	9 th	S Howarth		
	29:23						
<i>V60 Men – 6.5k</i>	14 th	R Scarfe	38:53				
<i>Senior Women – 6.5k</i>	2 nd	G Smith	26:40	10 th	P Chaplin		36:26
<i>V55 Womens – 6.5k</i>	8 th	K Taylor	31:49				
	5 th	M Holmes	34:32				

Cambs AA Cross country Championships – 7th Jan 2007

U20/Senior/vet Ladies race - 39 finished				1st team,	2nd team,	1st vets Team	
1 st	H Tobin		21.33	2 nd	E Leggate		21.36

3 rd	R Clarke		21.55	5 th	J Lasenby	1 st V45	24.08
12 th	D Braverman	2 nd V55	27.12	13 th	J Herron	3 rd V35	27.28
34 th	M Holmes	1 st V65	32.55				
Under 17 Women 15 finished					1st team		
2 nd	L Dowsett		20.40	8 th	C Arkell		23.56
11 th	C White		26.45	13 th	N Richards		
			27.40				
15 th	O Matthewson (U15)		29.53				
Under 15 Girls 16 finished					4th team		
3 rd	E Taylor		18.31	15 th	E Currington		20.02
16 th	F Tournant		22.38				
U20/Senior/Vet Men - 86 finished (9 down on last year)					1st team, 4th Vets team, 1st U20's team		
2 nd	W George		33.35	9 th	D Potts	2 nd U20	37.41
11 th	J Kazer		37.50	17 th	Easton	3 rd U20	38.46
20 th	R Kreetzer	5 th U20	38.59	25 th	M Bell	6 th U20	39.51
30 th	D Abbott	7 th V40	40.15	41 st	L Stone	11 th V40	41.58
49 th	M Chaplin	15 th V40	43.34	67 th	M Kreetzer		11 th M50
			48.07				
Under 17 men 14 finished					3rd team		
5 th	W Mycroft		21.22	7 th	J Kennard		21.54
9 th	A Howarth		22.27	11 th	J Jamieson		23.40
Under 15 Boys 13 finished					2nd team		
2 nd	N Burch		15.24	8 th	J Baslington		16.54
11 th	A Dewison						17.17
Under 13 Boys 23 finished					2nd team		
8 th	A Tapley		13.09	11 th	S Kennard		13.54
17 th	E West		14.47	18 th	C Abbott		14.55
EVAC Cross Country Championships – Wimpole hall – 21st January							
20 th	J Jenkins	3 rd M55	34.08	28 th	M Chaplin	10 th M45	35.51
5 th M70+	P Chaplin	1 st M75	32.46				
11 th	D Braverman	1 st W55	24.56	14 th	S Barnett	2 nd W55	27.12
18 th	M Holmes	1 st W70	28.45				
Southern Counties Cross Country – Holkham Hall – Jan 27th							
Under 15 Girls – 4k				75 th	E Taylor		17:16
122 nd E Currington				19:04	135 th	K Waite	20:51
Under 17 Women – 5k				84 th	N Richards		
27:46							
Senior Women – 8k							
123 rd D Braverman				W55	38:59	189 th	M Holmes
Under 13 Boys – 3k				98 th	E West		13:10
Under 15 Boys – 4.5k							
53 rd N Burch				16:15	67 th	J Baslington	16:44
Under 17 Men – 6k							
53 rd W Mycroft				20:15	68 th	A Howarth	21:24
Under 20 Men – 8k							
55 th D Potts				30:38	61 st	M Bell	32:15
Senior Men – 15k							
151 st N Carroll				56:10	162 nd	J Kazer	56:45
South of England Veterans Championships - Feb 3rd							
3 rd Womens 55+				D Braverman	27.27		
Anglian Schools Cross-country – Feb 3rd							
Inter Boys				8 th	W Mycroft		19.45
Senior Girls				3 rd	L Dowsett		14.57
Inter Girls				8 th	G Coe		14.22
Eastern Counties XC Champs – Feb 11th at Peterborough							
Under 15 boys				4 th	N Burch		15.20
Under 17 men				Guest 5 th	W Mycroft		ca 22.10
Senior Men				2 nd	N Caroll		44.42
				10 th	J Baslington		16.03
				Guest 6 th	A Howarth		ca 23.00
				3 rd	C Flood		45.10

				4 th	J Kazer	45:52	9 th	M Chaplin	53.03
Under 17 women				3 rd	R Burbridge	22.08			
Senior Women (2 nd team)				5 ^{hc}	R Flood	28.24	8 th	D Braverman	29.32
				11 th	M Holmes W65	33.55			
Sunday League at Rosyston – 18th February									
Women				38 th	D Braverman	28.51			
Ryston Runners Grand Prix – Shouldham Warren 18th Feb									
Veteran M60				12 th	P Chaplin (M75)	27.45			
Veteran W55				3 rd	M Holmes (W70)	25.22			
CAU Intercountry cross country championships Cambs team (Fields of ca .300) 24th february									
Those marked ** were the first Cambs AA runner home in their age-group									
Senior Men				75 th	W Clarke	43.26			
Under 17 men				243 rd	A Howarth	26.40			
Under 15 Boys				118 th	N Burch	17.57	254 th	J Baslington	19.39
Under 13 Boys				279 th	A Tapley	16.45			
Senior Women				59 th	E Leggate ++	33.13	260 th	D Braverman	42.42
Under 20 Women				60 th	E Schofield ++	29.02			
Under 15 Girls				163 rd	E Taylor	18.58			
English National Cross Country Championships									
Will be included in the next newsletter									

Multi-terrain

4th Frostbite league at Ramsey – 14th January

395 finished – 3 rd Team				Team	5 th	overall of 17			
4 th	M Salt	29.31			6 th	P Liguori	29.35		
12 th	G Capetti	30.44			19 th	J Kazer	31.29		
28 th	R Kreetzer	(U20)	31.53		32 nd	D Abbott		32.03	
54 th	J Ferguson	33.48			55 th	L Stone	33.49		
63 rd	A Howard	34.09			80 th	P Dewison		34.43	
84 th	M Smith	34.56			85 th	V Freeman	35.02		
86 th	S Thoday	35.09			95 th	C Clark	35.33		
107 th	G Smith	36.13			113 th	B Corbett	36.30		
119 th	T Long	36.48			133 rd	M Kreetzer	37.22		
148 th	G Meah	37.49			160 th	M Simmons (F)	38.13		
165 th	P Scofield	38.19			171 st	C Stanier (F)	38.32		
199 th	A Irvine	39.35			248 th	R Jackson	41.19		
277 th	D Braverman	43.10 (F)			339 th	M Turner	46.20		
385 th	S Griffiths	(F)	52.30						
Juniors									
2 nd	J Baslington	8.44			9 th	A Tapley	9.32		
24 th	E Taylor (F)	10.09			29 th	J Corbett (F)	10.20		
33 rd	C Abbott	10.30			60 th	J Corbett (F)	11.42		
61 st	N Richards (F)	11.44			64 th	E Grimshaw (F)	11.52		
65 th	A Dewison	11.56			79 th	L Vasili (F)	12.31		
85 th	O Abbott (F)	13.06							
103 finished - 3 rd Team				Team now	3 rd	overall			
5th Frostbite League at Bourne – 4th February									
5 th	M Salt	27:18			31 st	D Abbott	29:43		
53 rd	A Howarth	31:03			55 th	J Ferguson	31:08		
56 th	L Stone	31:10			66 th	K Masson (1 st F)	31:53		
87 th	S Thoday	32:51			107 th	A Howard	33:35		
114 th	G Smith	34:07			117 th	B Corbett	34:17		
123 rd	T Long	34:29			135 th	G Meah	34:51		
156 th	R Gostt	35:35			203 rd	A Irvine	37:41		
223 rd	D Braverman (F)	38:29			283 rd	M Turner	42:05		
295 th	M Lasseter (F)	42:36							
368 finished				6 th team	Team now	4 th	overall		
Juniors									

12 th	A Tapley	9:07	25 th	J Corbett (F)	9:36
37 th	L Vasili (F)	10:27	53 rd	N Richards (F)	11:06
66 th	O Abbott (F)	12:14			
81 finished	7 th team		Team now	4 th overall	

6th Frostbite league – 5th March

6 th	M Salt	27:41	9 th	P Liguori	28:05
18 th	J Kazer	29:14	33 rd	J Morley	29:54
46 th	J Jamieson	30:48	53 rd	L Stone	31:21
56 th	K Masson (W40)	31:33	63 rd	A Howarth	32:02
71 st	A Howard	32:15	87 th	A Poole	33:01
105 th	G Smith	33:52	113 th	G Meah	34:13
114 th	K Jordansen (F)	34:16	118 th	V Freeman	34:25
179 th	M Kreetzer	36:52	183 rd	C Stanier (F)	36:59
278 th	K Taylor (F)	40:47	362 nd	M Turner	47:00

389 finished Team 3rd on the day - Team finally finished 3rd overall in 20067 Juniors

16 th	A Tapley	10:11	22 nd	E Taylor (F)	10:22
39 th	E West	11:04	42 nd	E Currington (F)	11:09
45 th	J Corbett (F)	11:14	61 st	L Vasili (F)	11:46
71 st	J Richards (F)	12:12	72 nd	N Richards (F)	12:17

122 finished Team 3rd on day - Team finally finished 3rd in 2007

Cambridge Boundary Run – 25.6 miles – 4th March – 43 ran

2 nd	G Capetti	3:00:03	10 th	J Raymond	3:24:43
15 th	S Brightwell	3:25:35	24 th	J D'Alessandro	F 3:50:30

Cambridge boundary run half marathon – 158 ran

40 th	L Frederiksen	1:41:11	107 th	P Garrett	1:59:58
108 th	T Long	1:59:58			

Sports-hall Athletics

County Match - January 28th

Boys under 13

2 Lap Race	1A	D Ebanks	23.4
4 Lap race	1A	A Ette	50.3
6 lap race	1A	S Kennard	1.24.5
Paarlauf Relay (8 lap)	1A	C&C	1.51.3
Standing Long Jump	1A	D Ebanks	2.09
Standing Triple Jump	1A	S Kennard	5.32
Shot	1A	S Kennard	5.11

Girls under 13

2 Lap Race	M George	24.3	1A	A Crabb	25.7	2B
4 Lap race	G Bristow	51.1	1A	J Powell	52.0	1B
6 Lap race	E Cave	1.22.1	1A	M Turner	1.27.2	1B
Paarlauf Relay (8 lap)		1.44.4	1A			
4x2 Relay		1.40.4	2A			
Circuit Relay		1.16.1	1A			
Standing Long Jump	J Powell	2.06	1A	M George	1.96	1B
Standing Triple Jump	B Bristow	5.32	2A	E Cave	5.28	1B
Speed Bounce	M Turner	70	2A	A Midgley	68	1B
Vertical Jump	A Midgley	44	2A			
Shot	A Midgley	7.78	1A			

Boys Under 15

2 Lap Race	B Davies	22.0	1 st	I Jones	22.3	3 rd
Paarlauf Relay		1.34.6	1 st			
Shot	B Davies	11.18	1 st	I Jones	9.84	3 rd
Standing Triplejump	I Jones	7.22	1 st			
Standing Longjump	B Davies	2.34	1 st			
Individual scores	B Davies	150	1 st	I Jones	130	3 rd

Girls under 15

2 lap race	M Oliver	24.1	4 th	L Sammout	24.2	5 th
	M Smith	24.5	9 th	B Carter	24.8	10 th
4 lap race	H Shepard	51.3	2 nd	C Davidson	54.0	5 th
Paarlauf Relay		1.47.4	3 rd			
4 x 2 lap relay		1.36.5	2 nd			
Shot	L Sammout	10.58	1 st	M Smith	8.09	4 th
	M Oliver	6.55	5 th			
Speed bounce	B Carter	72	3 rd	C Davidson	71	=4 th
	H Shepard	71	=4 th			
Vertical jump	L Sammout	52	=1 st	C Davidson	52	=1 st
	H Shepard	37	9 th			
Standing Longjump	M Smith	1.97	5 th	M Oliver	1.78	6 th
	B Carter	1.75	7 th			
Individual scores	L Sammout	125	3 rd	C Davidson	110	7 th
	M Smith	80	=9 th	M Oliver	80	=9 th
	H Shepard	80	=9 th	B Carter	70	13 th

Boys U11

Circuit relay		1.21.1	1 st	4 x 2 lap relay	1.44.4	1 st
Sitting Ball Throw	P Hopper	9.12	1 st	W Cox	8.62	2 nd
Standing Long jump	M Taylor	1.85	2 nd	J Knoop	1.66	4 th
Vertical jump	P Hopper	41	1 st	J Knoop	38	2 nd
Speed Bounce	M Taylor	48	2 nd	W Cox	38	5 th

Girls under 11

Sitting Ball Throw	A Gogin	8.24	1 st			
Standing Long jump	K Bass	1.77	1 st	E Simms	1.72	3 rd
Vertical jump	A Gogin	36	1 st			
Speed Bounce	E Sims	47	1 st	K Bass	47	2 nd

Match results

U13 Boys 1st, U13 Girls 1st, U15 Boys 2nd, U15 Girls 2nd, U11 Boys 1st, U11 Girls 2nd.
Match points – C&C 27, Hunts AC 25, Hunts AC B 9, PAC 5.

Series result

Ist C&C 54pts, 2nd HAC 48pts, 3rd HAC B 16pts, 4th PAC 8pts, 5th C&C B 7pts

Regional finals at Norwich (Cambs AA) - Feb 3rd

Under 13 Girls (Cambs 4 th in the match)						
S Rawe	8 th in highjump	1.20m				
J Powell	8 th in speed bounce	63	10 th in 4 lap race	54.5		
G Bristow	7 th in 4 lap race	53.1	8 th in S Triplejump	5.84		
M George	7 th in S Longjump	2.04	11 th in 2 lap race	25.7		
A Midgley	2 nd in shot	8.77				

Under 13 Boys (Cambs 6th in the match)

D Ebanks	5 th in S Longjump	2.22	9 th in 2 lap race	24.2		
S Howarth	7 th in 6 lap race	1.25.1	8 th in Vert Jump	44cm		

Under 15 Girls (Cambs 4th in the match)

L Sammout 104pts	3 rd in shot 8.96,	10 th in Vert Jump	47cm,	13 th in 4 lap race	55.6	
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Under 15 Boys (Cambs 4th in the match)

B Davies 124pts	4 th in shot 10.41	5 th in 2 lap race	22.6	7 th in S Longjump	2.45	
I Jones 119 pts	=2 nd in 2LR 22.1	3 rd in S T. Jump	7.60	13 th in Speed Bounce	62	

Indoor track and field Athletics

Enfield Open meeting Dec 10th at Lea Valley

Additional results not in December Newsletter (note electronic timing failed on U17 men)

60m U20 Men	4 th	T Tomu	7.14
60m U17 men	=6 th	L Crabb	7.5
			=11 th R Opong-konadu 7.6

SEAA Indoor Championships – Jan 20/21st

Sen men 400m	J Morley	5ht	56.88		
U20 Men 60m	J Godden	6sf	7.51, (7.45 3ht)	J Abbott-Gribben	5ht 7.55
	200m	J Godden	4ht	23.95	
	400m	T Tomu	(50.65 2sf)	O Francis	4sf 52.31 (52.16 4ht)
	800m	E Aston	1 st	1.54.4 (CBP)	D Potts 4ht 2.09.8

U17 Men	60m	L Crabb	4sf	7.34, (7.43 3ht)				
	200m	L Crabb	4sf	24.09				
	400m	G Baker		(52.35 1sf)	R Oppong-Konadu	3sf	52.39	
U15 Boys	Longjump	B Davies	6 th	4.95m				
	Shot	B Davies	3 rd	11.46m				
U20 Women	Hdls	K Motley	5sf	9.71, (9.74 3ht)				
U17 Women	Hdls	L Bass	4ht	9.69m				
U15 Girls	Hdls	C Asztalos	2 nd	9.75, (9.71 1ht)				
	Longjump	L Sammout	5 th	4.58m				
	Shot	L Sammout	3 rd	9.99m				

Kings Lynn Indoor Open meeting January 21st

U15 Girls	60m Hdls	G Bristow	4 th	10.4 (10.5 in hts)				
	60m	G Bristow	3ht	9.1				

U17 Men	60m	J Baxter	2nd	7.7 (7.5 in hts)				
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Home Countries International - Celtic Cup for Under 20's Jan 27th at Cardiff

800m		Ed Aston		1 st representing England			1.53.8	
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Essex Championships meeting – at Chelmsford

60m hurdles (guest)		C Asztalos	3 rd	9.7				
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Birmingham Games Feb 10/11th

Under 20 Men		J Godden	200m	23.11	1 st in ht, 5 th overall			
Under 17 men		L Crabb	60m	7.41	3 rd in ht, 9 th overall			
		L Crabb	200m	23.46	5 th in Ht, 8 th overall			

ECAA Indoor Championships – 18th Feb at Chelmsford

Senior Men	60m	T Brennand	3h	7.7	J Brennand		4h	
	8.2							
Senior Men	LJ	J Brennand		5 th	5.36	T Brennand	6 th	
	5.24							
Senior Men	TJ	J Brennand		3 rd	11.41	T Brennand	4 th	
	11.02							

U20 men	60m	J Godden	3 rd	7.4				
U17 Men	60m	C Morter	5 th	7.6 (7.5h)	J Baxter	6 th	7.6	
U15 Boys	Shot	B Davies	1 st	11.04				
U15 Boys	LJ	B Davies	1 st	5.36				
U20 W	60m	O Morton	5 th	8.5				
U20 W	LJ	O Morton	3 rd	4.98				
U20 W	60 Hdls	K Motley	2 nd	9.8				
U17 W	60m	M Oliver	3h	9.1				
U17W	60m Hdls	L Bass	4 th	9.7				
U17W	LJ	M Smith	9 th	4.36	M Oliver	10 th	4.02	
U17W	Shot	M Oliver	3 rd	6.13				
U15 Girls	60m	L Sammout	3h	9.1				
U15G	60m Hdls	C Asztalos	1 st	9.7	G Bristow	4h	10.6	
U15G	LJ	L Sammout	6 th	4.43				
U15G	Shot	L Sammout	2 nd	9.23				
U13 Girls	60m	M Turner	2h	9.6				

AAA national U20/U17/U15 championships 4/5th March - Birmingham

60m U20 Men		J Abbott-Gribben	8ht	7.66				
800m U20 men		E Aston	GOLD	1.52.88				
60m U17 men		L Crabb	4 th sf	7.24				
200m U17 men		L Crabb	3(ht)	23.41				
400m U17 men		R Oppong-Konadu	5 th	50.33	G Baker	4(ht)	52.19	
60m Hdls	U20W	K Motley	5(ht)	9.56				
400m U20W		I Asztalos	4(ht)	61.6				
60m Hdls	U17W	L Bass	5(ht)	9.51				
60m Hdls	GU15	C Asztalos	5 th	9.73	G Bristow	6(ht)	10.39	
Shot	GU15	L Sammout	4 th	10.31				

EVAC championships – 18th February – Lee Valley

200m	M45	P Wingfield	6 th	28.7				
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800m	M45	D Bowker	3 rd	2.18.8				
	W40	J Herron	1 st	2.51.1				
	W45	J Lasenby	1 st	2.34.3				
	W55	S Barnett	1 st	3.08.4				
1500m	M40	D Bowker	5 th	4.40.9				
	M55	J Jenkins	1 st	5.16.2				
	W55	S Barnett	1 st	6.25.1				
Shot	M55	P Bramford	1 st	9.36				

British Masters Indoor championships 3rd/4th March

800m	W45+	J Lasenby	2 nd	2.32.35				
800m	W55+	S Barnett	2 nd	3.10.49				
1500m	W40+	J Herron	2 nd	5.37.58				
1500m	W45+	J Lasenby	2 nd	5.08.63				
1500m	W55+	S Barnett	2 nd	6.23.99				
3000m walk	M60+	P Howard	1 st	18.53.01				
Shot	M55+	P Bramford	4 th	9.34				
Discus	M55+	P Bramford	3 rd	30.55				
Weight	M55+	P Bramford	4 th	8.68				

Outdoor Track and Field

Cambs AA Throws meeting – March 11th at Cambridge

Hammer	Sen men	G Parsons		35.63	Vet 55	6kg	P Bramford	
				24.10				
	Vet 50	A MacGillivray		22.58				
	U15 B	J MacGillivray		28.75				
Discus	Sen men	G Parsons		35.16	Vet 55	1.5kg	P Bramford	
				30.09				
	U15 B	J MacGillivray		21.23				
Shot	Sen Men	G Parsons		10.82	Vet 55	6kg	P Bramford	
				8.92				
	Vet 50	A MacGillivray		7.87				
	U15 B	B Davies		10.65	U15 B		J MacGillivray	8.26
	U15 B	O Bass		7.58				
Javelin	Vet 55	P Bramford		32.75				
	U15 B	A Morter		35.08				
Hammer	U20 W	A Forster		33.67	U15 G		H Sayer	34.75
Discus	U20 W	A Forster		26.19				
	U15 G	L Sammout		24.47	U15 G		H Sayer	17.38
Shot	U20 W	A Forster		10.69				
	U15 G	L Sammout		9.75	U15 G		H Sayer	7.75
Javelin	U20 W	A Forster		17.49	U15 G		L Sammout	19.38

PARENTS - THIS NEWSLETTER CONTAINS IMPORTANT INFORMATION ABOUT THE CLUB AND COMPETITIONS - PLEASE READ IT.