

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

Newsletter

Summer 2007

Imminent C&C "team" fixtures (full list inside)

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 4 th	Eastern veterans league	Veterans	Cambridge
July 7 th	Southern Women's League	All Females	Erith
July 8 th	ECAA T&F Championships	All	Cambridge
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 29 th	National Junior League (Cambs clubs team)	U20's	Bromley
August 1 st	Eastern Veterans league	Veterans	Chelmsford
August 4 th	Southern Mens League	Males 15+	Peterbro
August 5 th	Eastern Young Athletes Lge	All under 17	Cambridge
August 5 th	EVAC 5k	Veterans	Cambridge
August 19 th (prov)	Thorney 5 mile	All over 16	Thorney
August 19 th	East Anglian League	All	Colchester
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

Year 2007 subs are due on the date shown on your membership card. If you haven't paid already, please pay on training evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND. £41 for wage earners and £31 for non-earners.

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

Chairmans chatter - An Important message for athletes and parents

PLEASE SUPPORT THE CAMPAIGN FOR FLOODLIGHTS. IT'S IMPORTANT FOR THE CLUB

The University is poised to submit a planning application for floodlights at the track. This is part of a long saga which I'm happy to recount to interested parties if you ask me.

There is a high chance we'll be able to get approval for the new planning application if the planning authority – Cambridge City Council – are persuaded of wide support for it. They already acknowledge its merits and know that it fits in with the strategic documents for the sub-region. The University has carried out a public consultation and it is clear that some non-sporting residents are unhappy about floodlighting though the vast majority of respondents are in favour. The scheme has the support of England Athletics and is important for broader plans for sport in the Cambridge sub-region. I have a paper copy of the consultation documents and, as we go to press, I am trying to get hold of an electronic version. If I'm able to do that, I'll put it on the club's web site, www.cambridgeandcoleridge.org.uk. If you would like to see the paper copy, please get in touch with me.

It is now very important that we show the strength of support for the scheme to the city council. It will provide all year round facilities for the city, South Cambridgeshire and some parts of East Cambridgeshire, Essex and Hertfordshire, not just one city ward: Newnham. But Newnham residents (the ward in which the track is sited) have a significant influence over the success of the application. Floodlights would mean that we could carry out specialist training all year round and we are the main beneficiaries. Even though the University sometimes gets a bad press for its civic responsibilities, in this case, whilst students will benefit, it is us – the local residents - who stand to gain by far the most. And the University is proposing to provide the facility at no capital cost to the city (though we will have to pay, quite rightly, for the power we use when the lights are switched on).

The planning submission will be made on or around the 13th July. Please write, at about that time, to the Planning Department at Cambridge City Council, The Guildhall, Cambridge, CB2 3QJ or phone the Policy Research Section on 01223 457200, fax on 01223 457109 or send an email to planning.policyresearch@cambridge.gov.uk. to give your support. Just a short note saying that you think it will be of real benefit is enough, but the more you can support the better.

If you are a city resident, it would be helpful if you could copy your letter (preferably with a covering note) to your local councillors.

We will try to keep you up to date via the web site.

Thanks. Neil Costello – Club Chairman

Monday evenings – collection of your children from the Under 13's session

There have been a number of instances recently where parents are waiting in the car-park for their children to come out to them after the under 13 session on Mondays.

It is a requirement of the club that parents of under 13's, collect them from the clubhouse in person. You will appreciate that for their own safety we cannot release under 13's into the car park to find their parents, who might then not be there. We are responsible for children in our care until they are handed back to an appropriate adult, and we take that seriously, so please be prepared to come and collect them from the clubroom, or to arrange for another adult to do so on your behalf.

Selection of teams for Track and Field leagues (especially the younger athletes)

Our team managers are getting fed up with having to chase athletes/parents who do not have the courtesy to reply to the team selection letters handed out by the team managers of the Eastern Young athletes league team. All eligible athletes for that league have been given/sent letters with details of the three remaining EYAL matches, and a reply slip. Please complete the reply slip and send it back. You can't expect our volunteer team managers to keep chasing you.

The same situation applies to the East Anglian league, where information is sent out by e-mail to all those members for whom we have e-mail addresses, and also information is handed out at the club. We wont chase you – its up to you to respond to us.

All the fixtures are listed in the fixture list in every newsletter so you have all the dates. Remember that we use competition to measure the benefit of your training. Unless you compete you have no measurement of your improvement.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 1st, July 15th, August 5th and the league final on 9th September

East Anglian league – All ages – Under 13's up to Seniors – July 22nd and August 19th and the league final on Sept 16th

Southern Womens league – Under 15, U17 and Senior females – July 7th, Sept 1st.

Southern Mens league – Males aged 16 upwards – Senior competition – July 14th and August 4th

Cambridgeshire AA Open Development meeting – July 18th at St Ives

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3rd meeting on July 18th, there is also a County Championship event which was introduced last year – The Cambridgeshire Mile.

The Mile is open to all athletes aged 13 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Womens age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

There are also hurdle events and 2 sprint events, plus some field events. You can enter in advance (forms on www.cambsaa.org.uk) or e-mail championships@cambsaa.org.uk, or you can just turn up and enter on the day. Event times are given below and entry costs £1.50 per event

19.00: Sprint Hurdles (Under 13's up to U17's), 19.40: 100m (All ages, graded races), 20.15: The Cambridgeshire mile (ages 13 and above - county championship event for Under 17's up to Seniors), 20.45: 200m (All ages, graded races), 19.00: Javelin (Under 13's up to Seniors), 19.30: Polevault (the bar will start at 2.10m), 19.45: Longjump (Under 13's up to Seniors)

Under 11's events –19.00: Turbo Javelin throw and 19.30: 150m

Can you grab a medal in the Mile, or set a club record, or improve your personal best in any one of the events. You wont know until you try it – have a go!

Cambridgeshire AA County Track and field championships

Another good day for C&C. We had a high level of entries, and won three of the team trophies. Senior Men, Under 13 Boys and Under 15 Girls. We were a close 2nd in all the others except the under 13 girls where we were 3rd.

Additionally there were championship best performances for Seb Howarth (75m hurdles U13B), Hayley Sayer (U15G Hammer), Lauren Sammout (U15G Triplejump).

The event was well contested again this year for the fifth year running, in fact it was the largest entry in recent years.

Kings School Peterborough won the schools trophy, with Perse as the runners-up.

All the C&C results are given in the results section

Southern Men's League

A good start to the season. We won the first three matches and are now top of Div 3N. Its important to get back up to Div 2 to have some decent competition next season so we need full support from everyone for the other two (potentially harder) matches

Southern Women's League

After 3 matches C&C are lying 9th in Div 3E. The home match was well attended and the team won, but attendance at away matches has been relatively poor, and so the results have been less impressive.

Eastern Veterans League

Both the mens and womens teams have been short of athletes at the first two matches this year, and as a result currently both teams are in 9th place. The venues haven't helped – Southend is not the best place to get to after a days work, and Kings Lynn is only slightly better. The next match is at Cambridge, so it will be easy for everyone to get to.

East Anglian league

A good start in the first match at Ipswich, finishing in 2nd place. In the 2nd match at St Ives the team finishd an overall 3rd, but the Men won their section, and the Women, Under 15 Girls and Under 13 Boys were all 2nd. All those age groups are in the running to be in the final. The Under 15 Boys really need to start filling their team if they are to have any chance to get there, as do the under 17 men where we seem to be short of willing field eventers in this league.

Eastern Young Athletes league

The team was 2nd in the first fixture, and 4th in the 2nd fixture, but we have already met the top 3 strongest teams, and so should be able to hold on to the current 9th place in the League (of 27 clubs) and secure a place in at least the Plate final. To do that we need people to turn out, and to communicate with the team managers (see Selection of teams in Track and Field leagues above)

Verv special positions for Ed Aston and Lucy Dowsett (and others)

At the time of writing this on June 25th, Ed was ranked 4th nationally for the Under 20 mens 800m. He has won bronze in the National championships with a new personal best 1.48.93.

Lucy currently lies 8th in the Under 20 womens 800m rankings and 44th in the overall Womens rankings (as of June 14th). Ian Williamson is surging up the Mens 1500m rankings, now at 74th, on his first year back from some major injury problems.

Alice Forster is now ca 80th on the overall Womens Hammer rankings, and 25th in the Under 20's.

In the younger ages, Lauren Sammout currently lying 5th in U15 shot, and 8th in U15 Discus (only just outside the top 150 females of all ages nationally), and 2nd in U15 Triplejump (127th on the all ages list), Hayley Sayer who is currently 4th in the U15 Girls Hammer,. Csepi Asztalos is 7th in the U15 Girls 75m Hurdles lists, Ben Kelk 4th on the U15 Boys 80m hurdles lists, and so the list goes on. We don't have space to mention everyone, so please don't feel offended if your name isn't there. These are all classy performances and they are a credit to the club and their coaches.

Already there are several new club records this season

Athletes who have broken club age-group records include

U15 Girls	Lauren Sammout	Triplejp	10.56
	Lauren Sammout	Discus	29.08 (17 year old record)
	Hayley Sayer	Hammer	40.36m
U17 Women	Lois May	Javelin	28.29m (1999 spec)
U20 Women	Viola Asztalos	400m Hdls	69.8
	Alice Forster	Hammer	38.93m
	Lucy Dowsett	800m	2.09.18
	Ellie Schofield	1500m S/C	5.32.6
	Lucy Dowsett	1500m	4.37.4
	Lucy Dowsett	3000m	10.08.29
Sen Women	Lucy Dowsett	800m	2.09.14
U20 Men	Alex Howarth	3000m S/C	10.45.0
	Ed Aston	800m	1.48.93

Qualifiers for the National Schools Championships

This year the Cambridgeshire has been put in the lowest size category because of reduced numbers attending school in the appropriate age-groups and so can only take 25 competitors instead of 35. Norfolk and several other counties have suffered the same reduction.

This The following C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships (40% of the team)

U15 Boys John MacGillivray, Ben Davies, Ben Kelk

U17 Men Chris Morter, Richard Oppong-Konadu
 U15 Girls Lauren Sammout, Csepi Asztalos,
 U17 Women Gemma Coe
 U20Women Alice Forster, Lucy Dowsett
 Plus George Baker for Suffolk schools

Dec 2nd (Prov) NVH 10 mile All over 16 Peterborough
 Dec 26th Club Boxing day 4 mile All Fen Causeway
 Dec 31st New Years Eve 10k All over 16 Little Downham

Fixtures for 2007 Outdoor

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 Heptathlon/Decathlon 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 (Tallylyn 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	Cophthall
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	Grundy 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 14 th	Leicester marathon	All over 16	Leicester
Oct 21 st	Amsterdam Marathon/1/2 marathon	All over 16	Amsterdam
Oct 28 th	Fenland 10	All over 16	Wisbech
Oct 28 th	Frankfurt Marathon	All over 16	Frankfurt
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

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)	noelmoss@btinternet.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

ROAD RUNNING BITS

The Inaugural Turing Trail Relay – 18/03/07

Alan Turing was a 2:43 marathoner who ran the paths between Cambridge & Ely during his time at Kings College. A brilliant mathematician, he worked as a code-breaker in WW II and had a significant influence over the early development of computer science.

Staged by Ely runners, the 6 stage, 35-mile Turing relay began in Ely, with the first 3 legs on the west banks of the Ouse/Cam and the return legs on the east side.

The Cambridge-bound runners faced near gale-force south-westerly winds, whilst the opposite was mainly true for the Ely-bound bounders. Stages 1-2 probably had it toughest of all because much of their course was on super-exposed embankments, and when nearer the river, they tended to get blown towards and into the river! Add in the Fen Blow which was going strong all afternoon and runners in stages 1, 2, 5, & 6 had a “gritty” time of it in more senses than one!

C&C teams achieved great glory-the Flyers (Chris, Ben Baldelli, Steve, Pietro, Giulio & Giacomo) finishing 3rd overall. Special mention here for Pietro who was the fastest human being in the tournament (71 teams x6 = 426 runners) clocking an amazing 5 min 34.4 sec/mile. The Fast Girls (Becky, Fiona, Karin, Meinou, Kim & Jen) continuing their Hereward Relay success with another win here and 12th overall placing. The Flaggers (Flaggers? Flagellators?) romped home in 11th (Vince, Alex, Simon, Colin, Glyn & Lars).

And finally, let's start a debate about naming future relay teams. Here's some to mull over, but you can do better.....

Fast-ish teams:- The Runaways; Runaway Trains; Greased Lightning; Teenage Kicks.

Slower teams:- Around the Course in 80 days; Whole Lotta Lead; Slow Boat to.....

The Female teams:- Spicy Girls; Stairways to Heaven; Dream Lovers; Barenaked Ladies (!?)

MV 50's The Not Fadeaways, Must Edge Out, The Last Timers

Mixed Teams:- Half Bloke Half Chick or Vice Versa

.....See it's not hard to do better than this! Any suggestions gratefully received.
Alex Downie, March 2007

Turing trail report – a tailpiece

A C+C runner's guide to the Beaufort Wind Scale

Force 0: No wind. Still feels like a headwind due to friction as your body slices impressively through the air.

Force 1: Slight breeze. Nowhere near enough wind to cool you down on a hot day. Perspiration pours out more or less everywhere pretty well unchecked, I'm afraid.

Force 2: Slightly breezier breeze. Though it may dry some sweat, it's not nearly enough, and regrettably you're still horribly clammy.

Force 3: Moderate breeze. Better, but now you get exasperated by hair blowing in your eyes, especially if you've got the sort of floppy Hugh Grant hairstyle sported by Paul D or David M.

Force 4: Strong breeze. Oh dear, now we're in headwind territory, and it is always a headwind.

Force 5: Undesirably strong breeze. Dust, rain etc blows into your eyes. Most people's hairstyles all over the place by now.

Force 6: Horribly strong breeze. Twigs blow into your eyes and any loose clothing flaps around painfully.

Force 7: Sub gale force. It has been reliably reported that your legs can be blown towards each other, and trip you up. Branches may crash down and destroy more than just a hairstyle.

Force 8: Gale force. Branches frequently fly around. Not possible to make any progress into the wind, except negative, so don't try.

Force 9: Gale force plus. Mike and Andy's hairstyles destroyed.

Alex Downie

100km du Loire Béconnais Haut Anjou – a moment of madness?

Johann and I drove down there Friday night with a 'good' nights sleep on the ferry to Le Havre. Saturday noon we picked up our numbers. The organizers was pretty impressed that 2 foreigners were coming all the way from Cambridge just to run the 100k. About 100 were at the start Sunday morning at 5.30 and the weather forecast said warm sunny day with risk of thunderstorms. We didn't get any rain during the day but the temperature rose to 28° C. The 25 km loop was more hilly than expected about 1000m altitude in total. We kept a speed of about 10k per hour with stops at every water station. Some of the more strange things at the water stations were beer, coffee, tea, cakes etc. We kept to our energy gels and some of the more normal stuff. I must say that I can't stand the sight of energy gels after this race.

After 60 km Johann left me behind. I had to walk a bit once in a while. We were also told that the 3rd round would be the worst, but that was nothing compared to the 4th. For the last 10 km I couldn't run any more. I had to walk the rest of the race, and that felt a long way. Johann did better but he also suffered on the last bit.

The organisers were very kind and helpful. And because we came a long way they came up with prizes for the 2 fastest (and only) foreigners:- The result: 49 of about 100 finished: 15th Johann Graggaber 10.32.22: 26th Lars Frederiksen 11.51.56

Lars Frederiksen

Marathon running.

Congratulations to Kim Masson who improved her Milton Keynes Half Marathon time by 5 minutes this year and finished in the top 100 as 3rd female.

Our full marathon statistics read like a travel guide: New York, Dublin, London, Rome, Loch Ness, Amsterdam, Eindhoven, Budapest, and even some local ones.

Joad Raymond went just under 3 hours in new York, while Kim Masson was 8th W40 in London in 3 hours and two mins. Ish Badr ran almost dead on 3 hours in Dublin, and Giulio Cinque ran 3 hours and 7 mins in London.

At half marathon distance Pietro Liguori tops the list with 1hour 15 at St Neots
So far this year there have been 69 half marathons and 44 full marathons run including Swaledale.

Derbyshire: Tour of the Derwent valley. 26th – 29th May

This year, 29 C&C runners and supporters made the trip, and an impressive fifteen survived the awful hills, heavy rain and even heavier drinking to complete all four races. Meinou and Mike led us home as third female and sixth male overall, and Fiona and Glyn repeated last year's double of first FV40 and MV60 respectively.

Another viewpoint on Derbyshire - from Alex Downie

It's the DREAD that DRIVES us to DRINK ! C +C at Ilam Hall, nr. Ashbourne in Derbyshire for their fifth Tour of the Derwent Valley, May 2007.

As described in past newsletters, on offer here are 4 days of consecutive, hilly, 4-5 mileish races over the Bank Holiday weekend. And - also mentioned before - the organiser, the redoubtable David Denton, sadistically saves the steepest and nastiest one till the very last. It is the sheer perceived awfulness of this one (known scorpionically as the 'Sting in the Tail') that hovers most in the consciousness of the flatlanders from Cambridge, and undoubtedly contributes to the large quantities of alcohol consumed by the group over the weekend, such that on occasion whole bars have been drunk dry!

A quote from "Feet in the Clouds: a Tale of Fell-running and Obsession" by Richard Askwith seems relevant here: - "Dread", he writes, "is a more awkward co-habitee, especially the kind of dread that involves knowing how much physical distress you're in, and fearing how much worse it will get if you stick with your present plans. To tame that, you must consciously will your distress to be extended and redoubled - a mental trick that is hard for a normal person to perform."

Perhaps David Denton was thinking along these lines when choosing the (curiously anonymous) slogan for the back of the prized T-shirt for completing all 4 races, namely "To have never suffered is to have never been blessed."

Be that as it may, over the 3 days prior to this last race, Sting-in-the-Tail virgins no doubt came close to recognising some of these symptoms after having to listen to ever more lurid, descriptions of it by the grizzled old b*****s in the Club(Glyn and Alex), who'd done it all before.

Anyway, despite or because of this, 15 club members, out of a total complement of 29, managed to complete all 4 races. ("Only the strongest survive" - to quote another T-shirt.) Thanks go to Ian, who once again managed to persuade the local YHA to put up with us. What Ian couldn't lay on for us was good weather....it was cold, wet, miserable, windy and generally wretched for the whole weekend. However, C+C runners acquitted themselves very well indeed, with several PBs being smashed (eg by Dave Y, Maduri, Phil G, Fiona, Gerald, Carmel, Chris B, Mike S - apologies for any omissions). Mike led us all home in a very creditable 6th place overall.

And we had our fair share of winners too:-

* Glyn "Silian" Smith MV60 at Wirksworth and overall, for the second year running.

* Fiona "McEneiry" Murphy FV40 at Wirksworth and overall, also for the second year running.

* Meinou "Shoelaces" Simmons 3rd Woman overall, in her debut year.

(NB, the race on Saturday at Wirksworth is part of the traditional local well-dressing celebrations, and has its own, separate set of awards.)

The Swaledale marathon

Not your normal Marathon course – no resemblance to fast and flat. Our numbers were down this year with 10 C&C competing, but Ben Blaukopf finished a creditable 50th and Teresa Woodford was 69th.

Kevin Henry 5k Road League

At the first race on June 7th, the men featured strongly, claiming first team place, with Pietro winning overall. Mystifyingly, from our strong female squad, only two women made it to the race (three to score), and 27 penalty points meant they finished a lowly fourth. However, second place in the combined standings gives us a good chance of repeating last season's combined victory.

C&C SENIOR ROAD RUNNERS (ENDURANCE) WALKING SECTION

It was sometime in the depths of the last winter that Helen had a thought that she would like to walk A Wainwrights's coast to coast walk across the north of England. Helen can walk fast as she has covered 15 miles in 2 hrs 57 mins, that is fast, anyway thinking that I would have to join her on this epic walk we spread the word, and Phil Garret, Tim Long and Mandy Lasseter all agreed to join us on the walk and to slow Helen down.

After much planning: - 14 days to complete the 195 miles with Packhorse taking us from their base in Kirkby Stephen and taking our clothes' and dropping the bag at each night lodgings. Mandy decided that she would carry her own clothes and she weighed her bag and it came to 6 kg

We left Cambridge on the 4th May to drive up to the pickup point for the bus to the start at St Bees'. The Friday before a bank holiday is always interesting on the roads and after a stop/start drive up the A1. we drove through Reeth to show Phil Swaledale Marathon route (9 June 2007 C&C will be represented). We made it to Kirkby Stephen Kings Arms Hotel;

Day 1. (St Bees to Ennerdale Water 14.03 Miles) Weather good, trip out on minibus shared with a group of cyclists - girls impressed. Sun came out for most of the day. Nice walking with only one big climb of the day up Cleator Moor. Bunk house in farm very good and the girls are in a twin room in the same building, the bunkhouse is 1.5m additional walk to the pub (for dinner) which means 14.5 plus 2 x 1.5 +17miles.

Day 2. (Ennerdale Water to Honister House 13.84 Miles) Started off with a big farmhouse breakfast. We walked to Ennerdale bridge. Mandy found her room keys in her pocket, dropped off at the local hotel for bunkhouse owners to pick up. Nice walk along Ennerdale water. Started to rain from 12.00. Boy did it rain; we walked up Loft Beck straight up wind rain and hail. We got to YHA GHonister House just as it stopped. It was a hard day walking. Helen called into the Honister Mine Museum looking for our lodgings. Her face was a picture when she found out they did not have any. Relieved when told she had to go next door. Hostel welcome and after a hot shower and dinner, we all had an early night.

Day 3. (Honister House to Grasmere 9.72 miles) We left Honister YHA and walked to meet Glyn (Smith) who had been camping; we walked up to Greenup Edge and down Grasmere common to Grasmere in time for cream tea. Weather forecast was good in the morning with rain pm. It rained as we sat in the hotel having tea, phew. Glyn left in a taxi for Langdale, for his motorbike and ride home. Great tea in the YHA and then down to the pub for an evening discussing the next days walk.

Day 4. (Grasmere to Patterdale 7.5 miles) Retail therapy in Grasmere in the morning as it was showery, we then left via YHA. The walk up to Grisedale Tarn was wet, windy and cold and a long, slow climb. It was not wet on the way down, but windy and cold. The sun came out at the end, a gentle days walking which was finished of with tea at the local hotel 9cold tea drunk in pint glasses for the boys.

Day 5 (Patterdale to Shap 17.54 Miles) We left Patterdale YHA at 09.00 as we have a 18 mile walk, weather broken cloud and sunny bits, a steady climb towards ANGLETARN PILES, but we went right instead of going left as the way was not clearly marked, but realised without too much lost time. Hard walking to THE KNOT and KIDSTY PIKE, at 780m highest point on C2C, windy and showers, then down to Haweswater which was in the end a nice 4 mile walk. At the end of the water, with the Lakes now behind us, we encountered a rolling landscape. We past the ruin Shap Abbey - picturesque. The B&B fantastic tea and cake when we got in, Helen also had trifle. Greyhound pub, great food and beer, which was well deserved.

Day 6. (Shap to Kirkby Stephen 21 miles) You wake up some mornings to a sense of doom. We could hear the rain and wind on the window. After the best breakfast yet and mega packed lunch, we set off to gales and rain. Over the M6 and on to Orton, stop at a cafe. I was looking for a taxi rank, but after a hot chocolate, we went on. To say it was hard, well 21 miles in the rain, we made it to the hotel after 8½ hours. It was the hardest day yet, not for the walking, but to be mentally prepared to walk in the wind and rain

Day 7. (Kirkby Stephen. To Muker 15.81miles) After a slow breakfast, Helen and Ian bought waterproof gloves. Raining at the start, we must have climbed three miles up past the quarry. We headed for Nine Standards but turned off to keep to the low route but still 500m above sea level, we picked up speed to 4mph as we got on a road. We met up with Neil and Ginny for the last five miles, stopping off at Keld for tea and cakes. Official half-way point. Muker B&B fantastic. Farmers Arms good beer and food, Short walk tomorrow, only nine miles to Reeth, we should break the 100 mile barrier. We always check the BBC weather, but we have to walk whatever I fancy a beach holiday next time - Helen has different thoughts).

Day 8 (Muker to Reeth 10 miles) Fantastic B&B in Muker - we had a lie-in to 8.00 and a late start. Walk along the River Swale, was beautiful, made it to Reeth with blue sky and clouds. Quick (as the B&B owners were not in) Black Sheep then off to tonight's B&B - they are related to

last night's B&B owners. The dinner at the Kings Arms They have a log fire which is great but have the door open (sounds like good temperature regulation). 11 miles to Richmond tomorrow, gentle walking - good, as my feet are sore (tender).

Day 9. (Reeth to Richmond 10.36 miles) An easy 10 miles, nice day, no rain except a few spots. None of the fellow (opposition walkers overtook us). The French market that comes to Cambridge was there. The B&B has lots of rules! We have gone to a Weatherspoons for food, roast beef and a decent pint - £5.49 - bargain.

Day 10. Richmond to Danby Wiske 14 Miles) We left the guest house and advanced to Boots to purchase essential supplies. We left Richmond to cloudy skies after a night of rain. The walk today is mostly flat with a few minor ups and downs. We stopped at Catterick Bridge Hotel for a coffee, we had the only shower of the day while inside. Fantastic walking to blue skies and cloud - 14 miles in six hours including stops. The landlady of the Old School House at Danby Wiske had our booking down for Wednesday! but it got sorted. The White Swan (Ian and Helen) has had a new delivery of Black Sheep - could be a good night. Pub full of walkers, all with great stories.

Day 11. (Danby Wiske to Osmotherly 12 miles) today with the only shower passing while we stopped for a cup of tea at a greasy spoon cafe on the A19. Nice walk to Osmotherly, a beautiful village. 20 miles tomorrow.

Day 12. (Osmotherly to Lion Inn Blakey Ridge 14. miles) We Left the YHA and got a good start - three miles in the first hour. First ten miles follows the Cleveland Way with fantastic scenery, woods and ups and downs. It rained for the next ten but we were on level high ground. We covered the nine miles in three hours, with the last mile in cloud. Lion Inn our lodgings for tonight has old beams and fires, Theakston's pub. Rooms great - Ian and Helen had a four-poster. Food good, great beer, we joined local pub quiz but did not win.

Day 13. (Blakey Ridge to Grosmont 13½ miles) A gentle 13½ miles with the first five or so high on the Moors, we then descend to the Esk Valley (first hour pace 3.37), we met the Army on the hills (the young officer was very nice, the girls said) Reached Grosmont, which appears to exist for a steam railway (North Yorkshire Moors railway). We took pics of the steam train. We stayed in Grosmont House, or more like Fawty Towers! Helen and Ian are in the self-catering accommodation - very nice when the heating came on. Breakfast booked for 08:00 so we hope to get going by 08:30 - we will see.

Last Day. (Grosmont to Robin Hoods Bay 15.15 miles) Up for breakfast and we left Fawty Towers at 08:30 as planned. Steep walk up road for two miles - 1:3 hill (good training). First ten miles up and down over moorland in 3½ hours. Fantastic walk around coastal path to complete 15.15 miles in five hours - not bad. We had fish and chips and a beer to celebrate. We took the Packhorse bus back to car to hotel, bath/shower, beer, food and celebration. Tomorrow Keswick mountain festival with retail therapy then to final B&B (Hesket Newmarket) - it has its own brewery



Brandon Forest Half Marathon – May 28th
 163rd R Jackson M55 1:57:02 186th D Braverman W50 2:02:38

Hatfield Broadoak 10k – May 28th
 132nd V Freeman M40 41.19 (915 finished)

Bury 5 – 1st June
 98th P Dewison M50 34:03
 117th A Dewison U17 35:12
 281st D Braverman W50 40:35

Dorking 10 – June 3rd
 348th A Irvine 1.24.43

EVAC 5 Mile – Reach June 3rd
 20th M Chaplin 7th M45 32:52 26th G Meah 9th M45
 33:56

28th G Smith 3rd M60 34:30 37th M Kreetzer 11th M50 37:47
 44th S Barnett 2nd W55 40:30 45th P Howard 5th M60 40:59

Tilty Hill 5 – Gt Easton June 3rd
 6th P Liguori 28:29 11th G Capetti 29:34
 35th G Cinque 33:20 140th D Braverman 2nd W55 44:26

Kevin Henry 5k league – June 7th – Saffron Walden
 1st M P Liguori 17:39 3rd M G Capetti M40 18:11
 12th M M Smith 19:15 14th M C Clissold M35

18th M S Brightwell M40 19:40 22nd M A Howard 20:08
 23rd M S Thoday 20:11 26th M V Freeman M40 20:28
 31st M G Meah M45 21:01 33rd M G Smith M60 21:18
 39th M D Yenersalski M40 22:03 42nd M P Scofield M45

47th M A Irvine M35 22:59 51st M M Kreetzer M50 23:29
 7th F C McEniery 23:40 14th F D Braverman W50 25:40
 57th M R Jackson M55 26:08

Swaledale marathon June 9th
 50th B Blaukopf 4.34.0 69th T Woodford W35 4.42.0
 111th G Smith M60 4.57.0 176th H McKay W40 5.30.0
 188th M Lassetter F 5.36.0 245th T Long M45 6.18.0
 307th I McKay M45 6.53.0 327th N Tailby 7.03.0
 328th S Arora F 7.03.0 441st M Warren W35 9.21.0

100km du Loire Bèconnais Haut Anjou – June 10th
 15th J Graggaber 10:32:22
 26th L Frederiksen 11:51:56

Henham 10k – June 10th
 1st P Liguori 35.13
 6th J Raymond 38.39

NVH 5k – June 20th at Peterborough
 78th J Jenkins M60 20.12 218th M Warren W35 25.48

Stowmarket Friday night 5 mile – June 22nd
 75th A Dewison U17 33.23 91st P Dewison M50 34.08
 222nd D Braverman W55 40.55

Yaxley 7 mile – June 24th
 78th A Irvine 54.19 79th C McEinery 54.39

TRACK & FIELD

Herts Open – Lee Valley – 18th March
 U17M 60m L Crabb 7.31
 U17 200m L Crabb 23.75
Herts Phoenix Open meeting – 6th April
 U15 G Hammer 1st H Sayer 35.72 (Club record)

U15G Shot 7.06 2nd L Sammout 9.80 6th H Sayer
 U15G Discus 1st L Sammout 25.86 6th H Sayer 17.99
 U15G 100m 1st L Sammout 14.0
 U15G 200m 2nd J Corbett 28.6
 U15G 800m 4th J Corbett 2.51.6
 U15G 75m Hdls 1st C Asztalos 12.4
 U13G 100m 1st J Powell 14.3
 U13G 200m 3rd J Powell 30.3

Chelmsford Open Meeting – April 7th
 U15G Shot 2nd L Sammout 10.20
 U15G Discus 2nd L Sammout 24.86
 U15G Hammer 1st H Sayer 35.36
 U15G Triplejump 1st L Sammout 10.14 (Club record)
 U15B Shot 1st M Lawrence 12.24

Lee Valley Open Meeting – April 14th
 U15G 75m Hdls 1st C Asztalos 11.93
 U15G Shot 1st L Sammout 10.18
 U15G Triplejump 1st L Sammout 10.07
 U15B Shot 1st B Davies 11.01
 U15B Longjump ? B Davies 5.30
 Sen men Longjump ? J Brennand 5.28
 Sen Men Triplejump ? J Brennand 11.33

Ipswich hammer meeting April 15th
 U15G Hammer ? H Sayer 35.56

Watford Open – 15th April
 U17 M 100m L Crabb 11.6
 U17M 200m L Crabb 23.0

Bedford Open – 21st April
 U20M 1500m 2 A Howarth 4.41.
 U15B Discus 2 J McGillivray 27.43
 U15B Hammer 1 J McGillivray 28.89
 U15B Shot 1 J McGillivray 9.43
 U15G Hurdles 1 C Asztalos 12.5
 U15G Hammer 1 H Sayer 40.36 (Club record)
 U15G Discus 4 H Sayer 15.63
 U15G Shot 2 H Sayer 7.67

Peterborough Open meeting – April 22nd
 Sen Men 100m ? J Brennand 13.5
 Sen men Longjump ? J Brennand 5.16
 Sen men Javelin ? J Brennand 24.62
 U15G Shot 1st L Sammout 10.01
 U15G 100m 3rd L Sammout 14.1
 U15G Longjump 2nd L Sammout 4.78

Southern Womens League Div 3 – April 28th at Sutton
 Overall 3rd place with 61 points
 Seniors/U17's
 100m 4A H Cox 15.4
 200m 3A H Cox 32.2
 Triplejump 1A H Cox 8.43
 Under 15s
 100m 1A Jen Corbett 14.3 1B B Dixon
 15.4 N/S C Cox 16.6 N/S S Rawe 17.1
 N/S E Roberts
 200m 2A Jen Corbett 29.9 2B E Roberts
 34.6

Highjump	2A	B Dixon	1.35	1B	Jen Corbett		4 x 100	4A		56.9			
Longjump	2A	L Sammout	5.16	1B	B Dixon	4.49	Boys Under 13						
	N/S	R Rawe	3.56	N/S	C Cox	2.46	100m	1A	D Ebanks	13.8	2B	M Taylor	15.3
Shot	1A	L Sammout	10.73	1B	H Sayer	8.04	200m	5A	J Vane	35.0	2B	H Murdoch	32.3
Discus	1A	L Sammout	26.99	1B	H Sayer	21.04	800m	6A	D Warboys	3.16.8			
Javelin	2A	S Rawe	13.02	1B	E Roberts	11.65	1500m	4A	S Kennard	5.22.7			
4 x 100	2A						Hurdles	1A	S Howarth	13.4	1B	H Murdoch	18.0
<u>National Junior League – April 29th at Lee Valley</u>													
Team Cambridgeshire – 7th													
U20 men (C&C only)													
200m				6B	R Oppong-Konadu	23.3							
400m	3A	E Aston	49.6	4B	O Francis	52.7							
800m	7A	D Potts	2.02.2										
2k S/C	5A	A Howarth	6.51.8										
4 x 100	5A	(G Baker)	44.3										
4 x 400	2A	Aston, Potts, Baker, Francis				3.22.5							
U20 Women (C&C only)													
100m				6B	K Motley	12.9							
400m	5A	I Asztalos	61.1				200m	4A	L Bass	28.3	2B	S Rogan	28.3
800m	3A	H Arbuckle	2.19.2	4B	R Burbidge	2.28.0		N/S	M Pilsworth	14.0	N/S	H Cox	14.2
1500m	1A	L Dowsett	4.37.4	4B	C Arkell	5.34.6		N/S	L Hodge	14.8	N/C	C Cox	16.7
3000m	1A	G Coe	10.39.9					4A	L Bass	29.3	N/S	M Pilsworth	29.9
1500m S/C	3A	E Schofield	5.35.0					N/S	H Cox	31.4	N/S	C Cox	35.9
100m Hdls	3A	K Motley	15.9				300m	5A	L Hodge	49.1			
Shot	3A	A Forster	10.58				800m	4A	E Currington	2.44.6			
Discus	6A	A Forster	23.98				1500m	4A	N Richards		6.16.3		
Hammer	2A	A Forster	34.29				Longjump	6A	S Rogan	3.05	3B	C Cox	2.41
4 x 100	7A	(K Motey)	53.2				Highjump	1A	M Oliver	1.30			
4 x 400	5A	(HArbuckle, I Asztalos)				4.10.5	Discus	4A	E Currington	13.93	3B	N Richards	
<u>Eastern Young Athletes League – April 29th at Braintree</u>													
Match result - 1 st Chelmsford 616, 2 nd C&C 540, 3 rd West Suffolk 407, 4 th Luton 398, 5 th C&T 358, 6 th Braintree 237, 7 th Ryst/WN 145													
Men Under 17													
100m	1A	L Crabb	11.2	1B	C Morter	11.5	Hurdles	1A	C Asztalos	12.3	2B	G Bristow	13.3
	N/S	J Baxter	11.8					N/S	L Gillie-Andrews	14.5			
200m	1A	L Crabb	23.1	1B	C Morter	23.4	100m	4A	J Corbett	14.1	5B	G Bristow	14.6
	N/S	J Baxter	24.4					N/S	S Baxter	15.9			
400m	2A	S Goldfinch	54.5				200m	3A	J Corbett	28.9	4B	C Asztalos	29.7
800m	5A	J Jamieson	2.18.0				300m	4A	G Bristow	49.8	4B	L Vasili	57.3
1500m	4A	WMycroft	4.28.7	3B	N Burch	4.39.8	800m	5A	R Carter	2.58.5	4B	J Richards	3.11.0
Longjump	2A	J Baxter	5.51	1B	O Slot	5.00	1500m	5A	L Vasili	6.34.8			
Triplejump		Cancelled					Longjump	1A	L Sammout	4.83	5B	C Asztalos	3.97
Shot	1A	O Slot	8.40	1B	L Crabb	6.67		N/S	V Free	3.11	N/S	S Baxter	2.90
Discus	4A	J Jamieson	16.01				Highjump	5A	J Richards	1.20			
Javelin	1A	C Morter	32.15	1B	N Burch	6.86	Shot	1A	L Sammout	10.32	1B	H Sayer	7.75
4 x 100	1A		47.34				Discus	1A	L Sammout	26.26	1B	H Sayer	25.27
Boys Under 15													
800m	3A	O Bass	2.28.7	1B	S Pullen	2.24.1	Javelin	4A	H Sayer	12.03	3B	A Crabb	11.38
1500m	3A	B Whittle	4.48.0	2B	S Symanski	6.14.0	4 x 100 relay	2A		54.8			
	N/S	223	5.37.7				Girls Under 13						
Hurdles	1A	B Kelk	11.7				100m	3A	J Powell	14.1	2B	M George	15.7
Longjump	2A	B Kelk	4.98					N/S	A Cooper	14.4	N/S	K Bass	16.3
Highjump	1A	B Kelk	1.66					N/S	E Cave	14.9	N/S	M Turner	15.6
Shot	2A	J McGillivray	10.05	2B	O Bass	7.63	200m	3A	J Powell	30.0	2B	M George	31.3
Discus	2A	J McGillivray	25.91				800m	6A	R Davidson	3.06.8	4B	A Goggin	3.17.1
Javelin	2A	O Bass	25.24	2B	S Pullen	11.04	1500m	2A	E Cave	5.52.7			
							Hurdles	2A	M George	12.7	1B	E Cave	13.3
								N/S	L Gillie	14.5			
							Longjump	6A	K Bass	3.48	4B	M Turner	3.45
							Highjump	4A	J Powell	1.20	2B	R Davidson	1.10

Shot	2A	A Goggin	5.73	2B	A Davis	4.75
Discus	2A	R Davidson	15.12	2B	A Goggin	10.86
4 x 100 relay	2A		58.3			

Eastern Veterans League – 2nd May at Southend

Men – 4th with 66 points

100m	M40+	G Meah	4 th 14.3	M50+	N Moss	4 th 15.5
400m	M40+	G Meah	4 th 70.2	M50+	N Burch	3 rd 85.0
	M60+	N Moss	1 st 75.1			
1500m	M40+	M Chaplin	4 th 5.32.8			
2km walk	M50+	N Burch	3 rd 13.51.0	M60+	P Howard	2 nd 12.41.0
Longjump	M40+	G Meah	4 th 3.34	M50+	N Moss	4 th 3.34
Highjump	M40+	G Meah	3 rd 1.18m			
Shot	M40+	G Meah	3 rd 4.90	M50+	P Bramford	2 nd 8.94
Javelin	M40+	N Burch	3 rd 21.95	M50+	P Bramford	2 nd 31.68
				M60+	N Moss	3 rd 22.00

Ladies – 4th – 12 pts

1500m				W55+	S Barnett	1 st 6.23.4
Javelin	W45+	C Morris	1 st 18.76			

Watford open – May 2nd

800m	1 st	E Aston	1.53.69	3 rd	I Williamson	1.55.83
200m	2 nd	R Oppong-Konadu	23.29			

Southern Mens League Div 3 – May 5th at Basildon

1st - C&C 141½, 2nd Hillingdon 125, 3rd Basildon 107, 4thMilton Keynes 100½

100m	4A	J Huddlestone	12.7	3B	J Brennan	
	12.5					
200m	2A	J Huddlestone	24.9	4B	J Brennan	
	28.2					
400m	3A	R Lasenby	55.9	3B	J Morley	59.4
800m	2A	R Lasenby	2.02.2	1B	J Morley	2.05.1
1500m	3A	W Mycroft	4.28.9	3B	J Kazer	
	4.48.9					
5000m	3A	J Kazer	17.37.3	4B	A Howard	18.46.0
3000S/C	2A	A Howarth	10.54.9	1B	S Fishwick	10.59.0
110 hdls	1A	J Huddlestone	18.3	1B	J Brennan	
	21.8					
400 hdls	1A	J Huddlestone	61.1	1B	S Fishwick	68.0
Polevault	4A	N Moss	2.20	1B	J Brennan	
	2.20					
Highjump	2A	J Huddlestone	1.55	=2B	J Brennan	
	1.10					
Longjump	1A	J Brennan		5.49	1B	S Fishwick
	4.62					
Triplejump	1A	J Brennan		10.84	1B	S Fishwick
	10.70					
Hammer	1A	G Parsons	38.59	2B	P Bramford	25.52
Shot	1A	G Parsons	10.95	1B	P Bramford	8.89
Discus	1A	G Parsons	36.87	1B	P Bramford	24.91
Javelin	2A	P Bramford	33.51	2B	J Huddlestone	25.20
4 x 100	4A					56.3
4 x 400	3A					3..55.4

East Anglian League at Cambridge on May 6th at Ipswich

Senior Men - 2nd with 147 pts

100m	3A	D Davies	11.8	2B	S Richards	12.4
200m	4A	D Davies	24.2	2B	N Moss	31.8
400m	2A	D Potts	53.9	2B	N Moss	74.8
800m	4A	M Kelk	3.23.8	3B	J Bass	3.23.8
Hurdles	2A	J Brennan		23.0		

Highjump	2A	S Richards	1.55	2B	D Davies	1.20
	N/S	J Brennan		1.20		
Longjump	1A	S Richards	6.11	1B	J Brennan	
	5.51					
Triplejump	1A	J Brennan		11.25	2B	N Moss
	6.30					
Shot	1A	G Parsons	10.98	1B	A McGillivray	8.13
Discus	1A	G Parsons	38.66	1B	A McGillivray	20.45
Hammer	1A	G Parsons	38.00	1B	A McGillivray	21.28
Javelin	2A	B Percival	31.68	2B	S Richards	23.02
	N/S	J Brennan		23.67		
4 x 100	2A		50.3			
Under 17 Men – 2 nd team with 93 pts						
100m	1A	L Crabb	11.3	1B	R Oppong-Konadu	11.5
	N/S	C Morter	11.2	N/S	J Baxter	11.6
	N/S	C Roberts	12.4			
200m	1A	L Crabb	22.9	1B	C Morter	23.4
	N/S	R Oppong-K	23.1	N/S	I Jones	24.2
	2A	S Goldfinch	54.7			
400m	2A	J Baslington	4.40.3			
1500m	1A	I Jones	1.60	1B	R Oppong-Konadu	1.60
Highjump	1A	J Baxter	5.53	1B	C Roberts	5.16
Longjump	3A	J Baxter	5.53	1B	C Roberts	9.29
Triplejump	3A	S Goldfinch	10.98	2B	C Roberts	7.16
Javelin	3A	C Morter	32.63	4B	J Baxter	7.16
4 x 100	1A	Morter, Baxter, Oppong-K, Jones				47.1
Under 15 boys - 2 nd team with 108 pts						
100m	1A	B Davies	12.5	3B	M Dutton	13.9
200m	1A	B Kelk	25.2	2B	M Dutton	28.9
Hurdles	1A	B Kelk	11.7			
Longjump	1A	B Davies	5.35	4B	M Dutton	3.92
Highjump	1A	B Kelk	1.60			
Shot	1A	M Lawrence	11.29	2B	B Davies	9.82
	N/S	J McGillivray	9.42	N/S	O Bass	7.46
	N/S	A Coe	5.54			
Discus	1A	M Lawrence	30.98	1B	J McGillivray	26.15
	N/S	A Morter	18.21			
Javelin	2A	A Morter	34.87	1B	O Bass	29.12
	N/S	M Lawrence	16.63			
Hammer	2A	J McGillivray	30.50	1B	A Coe	20.47
	N/S	A Morter	21.17			
4 x 100	3A		56.5			
Under 13 Boys - 1 st team with 110 points						
100m	2A	D Ebanks	13.7	3B	H Murdoch	15.3
	N/S	J Vane	16.3	N/S	J Travers	14.5
200m	2A	D Ebanks	28.7	2B	A Tapley	30.4
	N/S	J Travers	29.2	N/S	M Jones	32.0
	N/S	J Vane	33.8			
800m	1A	A Tapley	2.38.4	1B	C Huntingdon	2.50.6
1500m	2A	S Kennard	5.28.1			
Hurdles	1A	A Tapley	14.0	1B	H Murdoch	16.8
Highjump	2A	C Huntingdon	1.20	1B	D Lee	1.10
Longjump	2A	D Ebanks	4.44	1B	J Travers	3.62
	N/S	W Cox	3.01			
Shot	3A	W Cox	5.00	3B	M Jones	3.67
Discus	3A	D Lee	14.24	N/S	W Cox	9.56
Javelin	2A	C Huntingdon	17.39	N/S	M Jones	14.57
4 x 100	2A		59.5			

Under 11 Boys														
80m	2 nd	R Murdoch	12.8	4 th	J Tapley	13.0	100m	1 st	J Corbett	13.9				
600m	2 nd	R Murdoch	2.05.6	4 th	J Tapley	2.13.7	200m	2 nd	A Hay	29.0	3 rd	J Corbett	29.2	
Longjump	1 st	J Ebanks	3.60	2 nd	J Tapley	3.24		2h	G Bristow	30.9				
Senior Ladies -	2 ND	with 121 points					300m	2 nd	A Hay	45.2				
100m	2A	K Motley	13.2	2B	M Oliver	13.8	800m	5 th	H Sheppard	2.53.8				
	N/S	H Cox	14.4	N/S	C Cox	16.7	75m Hurdles	1 st	C Asztalos	12.4	2 nd	G Bristow	13.5	
200m	2A	I Asztalos	27.1	2B	M Oliver	28.6		3 rd	J Richards	14.7				
	N/S	L Bass	28.5	N/S	H Cox	30.2	Longjump	3 rd	A Crabb	3.56				
	N/S	C Cox	35.3				Triplejump	1 st	L Sammout	10.44				
300m (U17)	1A	G Coe	44.3	1B	L Bass	45.9	Shot	1 st	L Sammout	10.92	3 rd	H Sayer	7.63	
400m	1A	L Dowsett	57.7					4 th	J Richards	7.34				
800m	1A	G Coe	2.22.5	2B	N Richards		Discus	1 st	L Sammout	25.40	2 nd	H Sayer	20.12	
	3.00.2							3 rd	G Bristow	18.61				
1500m	4A	J Herron	5.38.8	1B	E Corkery	5.41.3	Hammer	1 st	H Sayer	38.14	(CBP)			
80m Hudles (U17)	1A	L Bass	12.8				Under 17 Ladies	2 nd	in team event					
100m Hurdles	1A	K Motley	15.4				100m	2 nd	Mar Oliver		14.1			
Highjump	1A	M Smith	1.52	1B	M Oliver	1.30	200m	2 nd	Mar Oliver		29.1			
Longjump	6A	M Smith	4.46	6B	C Cox	2.62	300m	4h	C White	53.6				
Triplejump	3A	M Smith	9.54	1B	H Cox	8.47	800m	1 st	G Coe	2.22.4	6 th	F Tournant	2.47.4	
Shot	5A	S Tomlin	7.55	2B	I Asztalos	6.04		8 th	N Richards		3.00.1			
Discus	6A	S Tomlin	15.17				1500m	1 st	G Coe	4.56.1	3 rd	C Arkell	5.34.4	
Javelin	4A	C Morris	20.45				80m Hurdles	1 st	L Bass	13.0				
4 x 100	Dq						Longjump	2 nd	M Smith	4.49				
Under 15 Girls -	3 rd	team with 90 pts					Senior Ladies	2 nd	in team event					
100m				2B	A Midgley	13.9	100m	2 nd	K Motley	13.6				
	N/S	J Corbett	13.6	N/S	S Baxter	15.7	400m	4 th	I Asztalos	62.2	(60.5 in ht)			
200m	2A	A Hay	28.2	1B	J Corbett	28.1	800m	1 st	L Dowsett	2.11.4	3 rd	H Arbuckle	2.26.3	
	N/S	G Bristow	30.1	N/S	C Asztalos	29.0	1500m	1 st	L Dowsett	4.39.6	3 rd	E Schofield	4.57.9	
Hurdles	1A	C Asztalos	11.7	1B	G Bristow	13.1		6 th	J Lasenby	5.19.9	7 th	J Herron	5.42.4	
Highjump	1A	I Gallucci	1.35	1B	J Corbett	1.35	100m Hdls	2 nd	K Motley	16.9				
Longjump	3A	C Asztalos	4.18	N/S	A Crabb	3.56	400m Hdls	1 st	V Asztalos	70.0				
Shot	1A	L Sammout	9.83	2B	H Sayer	7.33	Discus	2 nd	A Forster	24.26				
Discus	1A	L Sammout	27.18				Hammer	2 nd	A Forster	35.03				
	N/S	G Bristow	16.99	N/S	A Midgley	14.38	Boys under 13	1 st	in team event					
Javelin	3A	I Gallucci	19.88	1B	A Midgley	15.02	100m	5 th	A Ette	14.5	5h	P Hopper	15.8	
Hammer	N/S	HSayer	29.80					6h	J Vane	15.9	5h	R Sheppard	15.4	
4 x 100	2A		55.4					6h	H Murdoch	15.8				
Under 13 Girls -	3 rd	team with 74.5 points					200m	2 nd	S Howarth (28.8 ht)	30.2	5h	H Murdoch	33.5	
100m	3A	J Powell	13.9	1B	A Cooper	14.3		6h	J Vane	34.5				
200m	2A	J Powell	29.2	1B	A Cooper	29.4	1500m	6 th	C Holmes-Doyle	6.18.2				
800m	3A	R Davidson	2.57.8	4B	K Bass	3.14.5	75m Hdls	1 st	S Howarth	13.0	3 rd	C Ennis	17.8	
Hurdles	2A	K Bass	13.9				Longjump	3 rd	A Ette	3.89	6 th	C Ennis	3.76	
Highjump	3A	R Davidson	1.15					7 th	J Vane	3.44				
Longjump	3A	J Powell	3.96	1B	A Cooper	3.58	Highjump	1 st	C Ennis	1.19				
Discus	3A	R Davidson	12.81				Shot	1 st	H Murdoch	5.59				
Javelin	1A	K Bass	9.83				Discus	1 st	J Carter	14.10				
4 x 100	3A		62.1				Javelin	1 st	S Howarth	24.27	2 nd	J Carter	18.39	
Under 11 girls							Boys under 15	2 nd	in team event					
80m	7 th	? Coe	14.7				100m	2 nd	B Davies	12.8	3h	M Dutton	14.3	
Cambs AA Championships – Cambridge – May 13th							200m	6 th	M Dutton	29.6				
Girls Under 13	3 rd	in team event					800m	7 th	E West	2.36.9				
100m	1 st	J Powell	14.3				80m hurdles	1 st	B Kelk	12.2				
200m	2 nd	J Powell	30.1	4h	E Sims	35.3	Highjump	1 st	B Kelk	1.50				
70m Hurdles	1 st	Mat Oliver		15.2			Longjump	6 th	B Davies	5.20				
Longjump	2 nd	J Powell	3.84				Shot	1 st	M Lawrence	11.82	5 th	J McGillivray	9.33	
Under 15 Girls	1 st	in team event					Discus	2 nd	M Lawrence	30.22	4 th	J McGillivray	23.45	
							Javelin	1 st	A Morter	30.25				

400m		3A	T Deas	58.2	3B	J Brennand		
67.2								
800m		1A	D Potts	2.04.6	2B	N Carroll	2.10.4	
3000m		4A	A Howarth	10.05.1				
Hurdles		1A	T Deas	19.5	1B	J Brennand		
26.6								
Longjump		2A	S Whittaker	5.74	2B	J Brennand		
5.20								
Triplejump		3A	S Whittaker	11.55	3B	J Brennand		
10.86								
		N/S	T Deas	10.77	N/S	D Davies	9.93	
Highjump		2A	A Taylor	1.70	1B	S Whittaker	1.60	
Shot		2A	G Parsons	11.80	2B	A McGillivray	7.77	
		N/S	A Taylor	8.41				
Discus		1A	G Parsons	31.74	1B	A Taylor	24.89	
Javelin		3A	A Taylor	35.40	2B	M Thomson	33.31	
Hammer		1A	G Parsons	37.54	1B	A McGillivray	21.17	
4 x 100 relay		5A		64.5				
Under 17 Men – 4 th with 67pts								
100m		1A	L Crabb	11.8	1B	C Morter	11.6	
		N/S	G Baker	12.0	N/S	J Baxter	12.2	
200m		2A	L Crabb	23.4	2B	G Baker	23.6	
		N/S	C Morter	23.9	N/S	J Baxter	25.0	
400m		2A	S Goldfinch	55.1				
800m		4A	N Burch	2.14.7				
1500m		4A	W Mycroft		4.35.4			
Longjump		2A	S Goldfinch	5.34	1B	J Baxter	4.97	
Javelin		2A	C Morter	36.60				
4 x 100		1A	Crabb, Morter, Baxter, Baker				45.6	
Under 15 boys - 5 th with 81 pts								
100m		2A	B Davies	12.5	1B	A Mack	13.7	
200m		5A	A Mack	28.0				
800m		3A	O Bass	2.27.0	2B	E West	2.48.4	
Longjump		1A	B Davies	5.11				
Shot		3A	J McGillivray	10.48	1B	A Morter	9.13	
		N/S	O Bass	7.86				
Discus		3A	J McGillivray	23.87	1B	A Morter	22.50	
Javelin		2A	A Morter	36.06	1B	O Bass	26.12	
Hammer		1A	J McGillivray	32.21				
4 x 100 relay		5A	Mortier, Mack, MacGillivray, Bass				55.0	
Under 13 Boys – 2 nd with 94 pts								
100m		4A	D Ebanks	14.6	4B	M Taylor	16.6	
		N/S	E Dakin	15.7	N/S	R Turner	15.7	
		N/S	J Vane	16.6				
200m		3A	D Ebank	30.5	2B	S Howarth	28.4	
		N/S	H Tourmant	30.2	N/S	H Cotton	32.6	
		N/S	M Jones	32.6	N/S	J Vane	34.6	
800m		1A	H Tourmant	2.34.9	1B	C Huntington	2.50.7	
		N/S	H Cotton	2.39.4				
1500m		2A	S Kennard	5.16.6				
Hurdles		2A	H Cotton	16.3	2B	M Jones	17.2	
Highjump		2A	M Jones	1.00				
Longjump		3A	D Ebanks	4.58	3B	J Vane	3.44	
		N/S	W Cox	3.19				
Shot		3A	S Howarth	6.56	3B	W Cox	5.54	
Discus		2A	H Tourmant	16.19				
Javelin		2A	C Huntington	24.84	N/S	S Howarth	25.56	

4 x 100		3A						59.7
Senior Ladies - 2 nd with 115pts								
100m		1A	S Rogan	13.5	2B	H Cox		14.0
200m		2A	S Rogan	27.9	2B	I Asztalos		27.6
		N/S	H Cox	29.3	N/S	C Cox		35.3
300m (U17)		1A	L Bass	45.2				
400m		1A	I Asztalos	60.6	2B	H Arbuckle		62.0
800m		5A	K Waite	2.59.6	2B	F Tourmant		2.44.0
1500m		1A	R Burbidge	5.12.1	1B	J Herron		5.43.0
		N/S	N Richardson	6.03.0				
Hurdles (U17)		1A	LBass	12.8				
Longjump		5A	F Tourmant	2.91				
Shot		2A	A Forster	10.93	2B	S Rogan		5.61
Discus		5A	F Tourmant	13.71	2B	J Wilson		13.39
Javelin		5A	H Arbuckle	14.59	1B	J Wilson		12.77
Hammer		N/S	A Forster	38.93				
4 x 100		2A						52.6
Under 15 Girls – 2 nd with 104pts								
100m		2A	J Corbett	13.8	5B	E Taylor		15.1
		N/S	S Baxter	15.0				
200m		4A	J Corbett	29.0	5B	G Bristow		30.1
800m		2A	E Taylor	2.31.8				
Hurdles		1A	C Asztalos	12.4	1B	G Bristow		13.1
		N/S	J Richardson	14.2				
Highjump		1A	I Gallucci	1.35	2B	J Corbett		1.30
Longjump		2A	L Sammout	4.42	3B	A Crabb		3.45
Shot		1A	L Sammout	9.65	1B	H Sayer		8.37
		N/S	J Richardson	6.97				
Discus		1A	L Sammout	27.09	4B	H Sayer		18.42
Javelin		4A	I Gallucci	14.04	1B	A Crabb		11.32
Hammer (guest event)			H Sayer				38.28	
4 x 100		3A						55.3
Under 13 Girls - 3 rd with 84 pts								
100m		4A	M Brown	14.8	3B	A Cooper		15.6
200m		4A	M Brown	30.5	3B	K Bass		34.0
800m		4A	M Turner	2.46.7	2B	R Davidson		3.04.6
1500m		2A	E Cave	5.31.5				
Hurdles		3A	M Brown	13.2	1B	E Cave		12.8
		N/S	K Bass	14.0				
Highjump		2A	R Davidson	1.20				
Longjump		4A	A Cooper	3.83	1B	K Bass		3.58
Shot		4A	M Turner	4.95				
Discus		2A	R Davidson	13.72				
Javelin		2A	E Cave	10.81	N/S	M Turner		9.13
4 x 100		3A						59.2

UKA U20/U23 Championships – Bedford June 23rd/24th

U20 Men 800m	3 rd	E Aston	1.48.93	(1st in ht 1.52.74)
U20 Womens 800m	6 th	L Dowsett	2.09.32	(3 rd in ht 2.10.26)
U20 Womens 400m	6 ^{ht}	I Asztalos	60.13	
U20 Womens hurdles		K Motley	dnf	

Officials Training

Any older athletes (over 15), or parents, vice presidents or associate members who would like to have a go at judging should contact me (Noel – 01223 833470), and I will arrange for you to be mentored/trained. The system of qualification is by a short training session on the relevant rules etc so that you have all the information necessary, followed by mentored experience. There is no exam

to take. Anyone wishing to have a go should contact me so that they are put on the list for the next level 2 course (Level 1 isn't worth bothering with and you can go direct to level 2)

Multi-events championships

The eastern Counties Multi-events championships will be held on September 30th at Bedford and will include the Cambridgeshire and C&C championships. Award of the C&C T&F champion trophies in each age-group at the AGM will be based primarily on the Multi-events results. Entry forms are available from your coach, or the cambs aa website. If you want one and haven't got one, download one from www.cambsaa.org.uk or e-mail Noel (see useful contacts list). C&C give medals for first three in each age-group and so do Cambridgeshire AA and the Eastern AA. C&C athletes should enter C&C, Cambs AA and EAA championships – only one fee for all three.

The Event will comprise :

EASTERN ATHLETIC ASSOCIATION CHAMPIONSHIP	- (All age groups)
CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS	- (All age groups)
SUFFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
NORFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
PETERBOROUGH ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)
CAMBRIDGE & COLERIDGE CLUB CHAMPIONSHIPS	- (All age Groups)
WEST SUFFOLK ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)

Pentathlon	Under 20 & Senior Men	LJ	JAV	200m	Discus	1500m
Pentathlon	Men Under 17	LJ	JAV	200m	Discus	1500m
Pentathlon	Boys Under 15	80mH	Shot	LJ	HJ	800m
Minithon	Boys Under 13	One Throw, Jump and Track Event				
Pentathlon	Senior Women	100mH	Shot	HJ	LJ	800m
Pentathlon	Women Under 17	80mH	Shot	HJ	LJ	800m
Pentathlon	Girls Under 15	LJ	75mH	Shot	HJ	800m
Minithon	Girls Under 13	One Throw, Jump and Track Event				

Entry Fees: £4.00 Minithons £5.00 Pentathlons

Entry forms: With the correct Entry Fee, should be returned by Saturday 15th September 2007 to: Mrs C Baker, Conesford, Post Office Lane, Weston Longville, Norwich, NR9 5JX (not to anyone at C&C)

All cheques payable to 'Eastern Athletic Association', S.A.E. to be enclosed if acknowledgement/timetable is required.