

# Cambridge & Coleridge Athletics Club

## Newsletter Christmas 2009

*President – M Holmes*

*Chairman - N Costello*



### CHARLOTTE COX WINS BBC EAST DISABILITY SPORTS PERSONALITY OF THE YEAR AWARD

**BOXING DAY 4 MILE - OPEN TO ALL CLUB MEMBERS AND FAMILY STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS**

- **TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 7<sup>TH</sup> JANUARY AND MONDAY 11<sup>TH</sup> JANUARY, AND AT THE TRACK ON TUESDAY 5<sup>TH</sup> AND SATURDAY 9<sup>TH</sup> JAN.**
- **YOUNG ATHLETES WILL TRAIN OUTDOORS AT THE TRACK FROM MONDAY FEBRUARY 22<sup>ND</sup> – 6.30PM (U13's) , 7.30PM (U15'S)**
- **FULL SUMMER TRAINING SCHEDULE - STARTS W/C 29<sup>TH</sup> MARCH**

**There is a long list of 2010 fixtures inside**

**THE C&C COMMITTEE WISH YOU ALL A HAPPY CHRISTMAS**

### Chairman's chatter

If you put 'Athletics Cambridge' into Google, the C&C web site appears at the top of the list on a world wide search. If you do the same for 'Running clubs Cambridge', it comes top of the list again – beating American sites and other UK sites, even though there is quite a famous Cambridge in Massachusetts. (If you google 'Running Cambridge' we don't appear on the first page – maybe if you're an internet expert you can help us to move up that list?)

We're getting lots of hits and so it is important we present a face to the world that reflects what we do and provides good, up to date information to members and anyone enquiring about athletics and running in Cambridge. To try to do this well, we've recently upgraded the club web site and intend to make it the main means of communication about club matters. There are lots of new items on the new site. Please have a look and bookmark [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk).

If you have any queries, we hope they will be answered on the site – for example, when does training restart in the New Year? Where can I buy club waterproof tops?..... Please look at the site. If you have any queries and you don't find the answer, or if you find any links broken, or inaccuracies on the site, email [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk) so that the problem can be resolved.

The success of the site to date has depended on the hard work of two unsung heroes so let me sing their praises now. John Kazer set up the original site years ago when web sites were still relatively novel. He taught himself how to do it and has maintained the site ever since. It has been able to answer the queries of thousands of enquirers over the years, saving many of us hundreds of phone requests and many email contacts. It's also presented a good face to the world. But it started to look a bit old and three years ago Andy Irvine set up his site which is interactive and provides up to date news about events, results, social happenings and much more. Andy's site has been used mainly by road runners but it's open to any members. It provides an invaluable service and Andy is happy to continue it. There are links to Andy's site, now named 'Run Cambridge' on the main site. Andy's site is an integral and invaluable part of our web presence and many of us use it as our primary source of information on events and other C&C things. It is difficult to quantify the contribution John and Andy have given to the club. If we had to pay for it, it would cost thousands of pounds, but that's not really the main point. They have provided a facility which has enabled us to work as a community of like-minded people and, as they say in the adverts, that's priceless.

We would like to use electronic contact as the main communication vehicle for the club. Please look at the web site first for queries. If you would like to receive occasional news items and updates, and to have the ability to ask questions of other club members, please join the club yahoo group (there's a link on the club home page). Finally and importantly, please make sure the club has your up to date e-mail address. If you have been a member for over a month and haven't received an email from the club it is likely that we don't have an accurate e-mail address for you. When we e-mail members there are always around 5% of messages bounced back. This is because mailboxes are full, e-mail addresses have changed and we don't know about it, or we have the address listed inaccurately. If any of these apply to you, please send your up to date e-mail address to [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk).

Merry Christmas and best wishes for the New Year Neil

### Brief report on the Annual general meeting - held on November 23<sup>rd</sup> 2009

About 80 members/parents attended this year.

The Chairman gave an overview of club activities and also reported on the Greater Cambridge Network, which is now active.

The Treasurer outlined the financial situation – The club has now become a registered charity (CASC) and this makes management of the C&C Trust fund easier and gives opportunities to get benefits in other areas. Due to the cost of floodlighting and the notified increases in hire charges for the track and in general, the treasurer recommended the increase of subscriptions by £5 per annum (Waged to £50, Unwaged to £40). This was adopted and is effective from 1<sup>st</sup> January 2010.

After the presentation of trophy awards, the formal meeting ended. Ca 180 AAA standard certificates and Norwich Union Shine Award certificates have been prepared for young athletes (11-16) and some of these were collected at the AGM. The remainder will be handed out over the coming weeks..

*Note - these are not official minutes of the AGM – Ed.*

### Presenting the Year 2010 main committee

President	Mary Holmes	Chairman	Neil Costello
Committee secretary	Valerie Norrell	Treasurer	Chris Flood
T&F Portfolio holder	Noel Moss	Young Athlete administration	Martin Crabb
Coaching Portfolio holder	James Brennand	Endurance Portfolio holder	Adam Poole
Additional Members (without specific portfolio)	Hilary Vogel		
Co-opted members (by the committee)	Matt Witt (support T&F officials),		
Ben Davies (Young athlete member),	James Ennis (support coaching)		

### Who won the trophies?

The seasons overall best performance	Charlotte Cox		
B P Veteran	Mary Holmes	Most Improved athlete	Hollie Parker
Simpson Challenge Trophy	Lucy Dowsett	B P 13-16 Hdls M	Ben Kelk
B P 13-16 Hdls F	Ella Cave	B P Hurdles BU13	Joe Carden
B P Hurdles GU13	Lucy Weber	Senior Throw male	Martin Lawrence
Senior Throw - Female	Hayley Sayer	Junior Throw	Jonathan Bailey
BP Senior HJ	Ben Kelk	BP Junior HJ	Katie Reynolds
BP Sprints male	Joseph Ebanks	BP Longjump	Jessica Fox
BP Sprints Female	Ella Houghton	BP 800m+ male	Ed Aston
BP 800m+ Female	Lucy Dowsett		



Track & Field champions

Senior Men	Sam Richards	Senior Female	Anne Moindrot
Junior (U20) male	No award	Junior (U20) Female	No award
Veteran Men	Noel Moss	Veteran Female	Rachel Roberts
Under 17 men	Ben Davies	Under 17 Ladies	Lauren Sammout
Under 15 Boys	David October	Under 15 Girls	Jessica Fox
Under 13 Boys	Simon Kumar	Under 13 Girls	Katie Reynolds
Under 11 Boys	No award	Under 11 Girls	Emily Dowsett

League Trophies

BP Vets league Male	Kevin White	BP Vet League Female	Mary Holmes
BP Male league	Ben Kelk	BP League Female	Alice Forster
SML Team award	Sam Richards	SWL Team award	Hayley Sayer
Anglian League awards	Aeden Slack, Flavia Kumar		
EYAL team awards	Will Cox, Flavia Kumar		

Road race trophies

Open 10 mile RR Male	Michael Salt	Open 10 mile RR Female	Caroline Pritchard
Open 10 mile RR Male vet	Alexander Coaniz	Open 10 Mile RR Female Vet	No award
Open 10k Road Race Male	Ben Baldelli	Open 10k Road race Female	Gemma Clarry
Half Marathon Male	Ben Baldelli	Half Marathon Female	Kim Masson
Marathon Male	Diarmuid O'seaghda	Marathon Female	Kim Masson
Most improved Male	Jonathan Evans	Most improved Female	Katie Samuelson-Dean
Peter Howard Marathon Trophy	Not awarded		

Handicap trophies 110 yds Handicap & 440 yds handicap Not Contested in 2009



### Club Welfare contacts

The club welfare officer is Sonia Cox (Tel 01223 264889, e-mail sonia.cox@cambridgeshire.gov.uk. Sonia can be contacted by anyone who has concerns relating to Welfare or Child Protection issues, and she will deal with the matter in confidence (together with senior club officers, should any further action be necessary). James Brennand or Noel Moss can also be contacted if Sonia is not available and they will ensure that any concerns are dealt with in confidence and are passed to Sonia as soon as practicable. All three of these contacts have attended "Safeguarding and Protecting Children" training.

### Cambridgeshire AA AGM held on December 4<sup>th</sup>

Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer. There is a vacancy for T&F team manager for U17 mens and U15 Boys T&F teams if anyone wants to take them on, and also a vacancy for a trophies secretary.

Nigel Faben reported on the NJL Team Cambridgeshire losing its place in the Southern premier Division this year, The County is willing to continue with the team in the Thames Division, but currently have no offers of a team manager (which if unresolved will mean that it cannot be sustained)

The Cambs Devt group reported on the changes to funding from England Athletics which mean that the group no longer has finance to continue coaching squads etc. Development competitions will continue to be run by the County association.

Despite a lack of team managers Cambs AA managed to put teams into all the normal competitions last year.

Hayley Sayer was awarded the trophy for the best performance by an Under 17 Woman for her throw of 41.56m in the Hammer at the ECAA championships, and she also won the County Championship Under 17 Womens best performance trophy.

Alice Forster was awarded the Trophy for the best performance by an Under 20 Female, for her performance in the Shot.

Ella Houghton was awarded the County Championships Under 13 Girls Best performance trophy.

C&C also were awarded the 3<sup>rd</sup> place in the Cambs Road league and Bob Watson was the 3<sup>rd</sup> Male overall in the Road league.

### Track & Field Team management for the Young athletes – Parents please read - urgent

Our teams in the Eastern Young athletes League and the East Anglian League are managed by teams of volunteers. The Eastern Young Athletes League managers are coordinated by Martin Crabb, and the East Anglian League managers by Noel.

The ideal is to have a person recruiting and looking after one or two age-groups (there are 6 age-groups in each league). Could you help with this?? We still need additional help for both leagues.

All that you have to do, is recruit a team of about a dozen athletes for the age-group which you agree to manage for each of 5 matches per season and sort out their events and numbers etc on the match day. To recruit, you can catch them at the track during training nights and also ring them/their parents. We supply phone numbers and addresses, and will pay reasonable phone-call costs if required.

If you could help with either league, please contact Noel as soon as possible, who can tell you more about it. Tel 01223 833470 e-mail noelmoss@btinternet.com.

### Our athletes in the United Kingdom Age-group top 50 Ranking lists for 2009 T&F

Senior Men	1500m	Ian Williamson	50 <sup>th</sup>	3.45.64	
Under 23 Mens	800m	Ed Aston	14 <sup>th</sup> Senior	5 <sup>th</sup>	1.48.15
Under 23 Mens	400m	Ed Aston	32 <sup>nd</sup>	48.66	
Under 20 Mens	200m	Chris Morter	43 <sup>rd</sup>	22.2	
Under 17 Mens	100m Hdls	Ben Kelk	10 <sup>th</sup>	13.60	
Under 18 men	110m hurdles	Ben Kelk	23 <sup>rd</sup> All time		
Under 20 men	110m Hurdles	Ben Kelk	30 <sup>th</sup>	15.00	
Under 17 Men	400m hurdles	Ben Kelk	10 <sup>th</sup>	57.9	
Under 17 Men	Highjump	Ben Kelk	17 <sup>th</sup>	1.90m	
Under 17 men	Triplejump	Ben Kelk	28 <sup>th</sup>	13.29	
Under 17 men	Shot	Martin Lawrence	22 <sup>nd</sup>	13.81	
Under 15 Boys	400m	David October	45 <sup>th</sup>	54.0	
Under 15 Boys	Triplejump	David October	17 <sup>th</sup>	12.06	
Under 15 Boys	Longjump	David October	23 <sup>rd</sup>	5.93	
Under 15 Boys	80m Hurdles	David October	9 <sup>th</sup>	11.56	
Under 15 Boys	Mile	James Cochrane	15 <sup>th</sup>	4.54.8	
Under 13 Boys	Javelin	Simon Kumar	49 <sup>th</sup>	30.60m	
Under 13 Boys	100m	Joseph Ebanks	40 <sup>th</sup>	12.9	
Under 13 Boys	200m	Joseph Ebanks	47 <sup>th</sup>	26.8	
Under 23 Women	400m	Imola Asztalos	24 <sup>th</sup>	56.87	
Under 20 Womens	1500m	Lucy Dowsett	16 <sup>th</sup>	4.27.66	
Under 20 Womens	800m	Lucy Dowsett	10 <sup>th</sup> (47 <sup>th</sup> Sen)	2.07.26	
Under 20 Womens	400m	Lucy Dowsett	17 <sup>th</sup>	56.59	
Under 20 Womens	Shot	Alice Forster	7 <sup>th</sup>	12.38	
Under 20 Womens	Hammer	Alice Forster	44 <sup>th</sup>	34.53	
Under 20 Womens	Discus	Alice Forster	35 <sup>th</sup>	31.85	
Under 20 Womens	Triplejump	Rosanne Mackay	19 <sup>th</sup>	11.17	
Under 20 Womens	400m Hurdles	Laura Bass	26 <sup>th</sup>	65.69	
Under 17 Women	Hammer	Hayley Sayer	13 <sup>th</sup>	41.56	
Under 17 Women	Triplejump	Lauren Sammout	29 <sup>th</sup>	10.82	
Under 17 Women	Discus	Lauren Sammout	13 <sup>th</sup>	34.52	
Under 15 Girls	75m Hurdles	Ella Cave	22 <sup>nd</sup>	11.7	
Under 15 Girls	Triplejump	Jessica Fox	5 <sup>th</sup>	10.57	
Under 13 Girls	100m	Ella Houghton	3 <sup>rd</sup>	13.0	
Under 13 Girls	1500m	Hollie Parker	10 <sup>th</sup>	5.05.2	
Under 13 Girls	Minithon	Katie Reynolds	14 <sup>th</sup>	63	

## **INDOOR TRACK & FIELD COMPETITIONS**

**Note** - Indoor season age groups are based on your age at 31<sup>st</sup> August 2010 (or 31<sup>st</sup> December 2010 for under 20's) .

### **EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS**

There will be no ECAA Indoor championship this year due to non-availability of a suitable venue.

### **SOUTH OF ENGLAND INDOOR U15 and U17 MULTIEVENTS CHAMPIONSHIPS PLUS INDIVIDUAL 300M/400M and 800M CHAMPIONSHIPS.**

**9<sup>th</sup>/10<sup>th</sup> JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.**

Under 15, & U17 multievents plus U15, U17, U20 and Senior individual track events.

Entries close 15<sup>th</sup> December

**Entry forms were circulated to coaches and athletes by e-mail, but if you want a copy, please either e-mail Noel at [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) or give me a ring on 01223 833470.**

**Send your entries off as soon as possible with the correct fee to the address on the form.**

### **SOUTH OF ENGLAND INDOOR CHAMPIONSHIPS FIELD EVENTS, HURDLES, SPRINTS AND 1500M**

**17<sup>th</sup>/18<sup>th</sup> JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.**

Under 15, U17, U20 and Senior events. Full range of indoor events plus 60m hurdles, 60m, 200m, 1500m.

Entries close 5<sup>th</sup> January. Send form plus fee to the address on the form.

**Entry forms were circulated to coaches and athletes by e-mail, but if you want a copy, please either e-mail Noel at [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) or give me a ring on 01223 833470.**

**Send your entries off as soon as possible with the correct fee to the address on the form.**

### **SOUTH OF ENGLAND U20 AND SENIOR MULTIEVENTS 9<sup>th</sup>/10<sup>th</sup> JANUARY**

**AT the ENGLISH INSTITUTE OF SPORT, SHEFFIELD (with the ENGLAND ATHLETICS MULTIEVENTS CHAMPIONSHIPS)**

Entries close 21<sup>st</sup> December

Entry forms available from

<http://www.englandathletics.org/page.asp?section=607&sectionTitle=England+Athletics+Championships>

**Send your entries off as soon as possible with the correct fee to the address on the form.**

### **ENGLAND ATHLETICS NATIONAL INDOOR CHAMPIONSHIPS**

**For Under 20, U17 and U15's at NIA Birmingham 27/28<sup>th</sup> February.**

Under 15, U17, and U20 events. 60m, 60m Hurdles, 200m, 3/400m, 800m, 1500m, PV, HJ, LJ, TJ, Shot. There are entry standards.

Entries close 8<sup>th</sup> February Send form plus fee to the address on the form.

**Entry forms were circulated to coaches and athletes by e-mail, but if you want a copy, please either e-mail Noel at [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) or give me a ring on 01223 833470.**

Or download from

<http://www.englandathletics.org/page.asp?section=607&sectionTitle=England+Athletics+Championships>

### **ENGLAND ATHLETICS AGE GROUP COMBINED EVENTS CHAMPIONSHIPS**

**6<sup>th</sup>/7<sup>th</sup> March at the NIA**

Download entry info from

<http://www.englandathletics.org/page.asp?section=607&sectionTitle=England+Athletics+Championships>

### **West Norfolk Indoor open meeting at Kings Lynn on January 31st**

All age groups inc Under 11's and veterans – 60m and Longjump

U13's up to Seniors -60m Hurdles, Highjump, Shot, Polevault

U17's up to Seniors – Triplejump

Entry forms from Noel, or [www.westnorfolkac.co.uk](http://www.westnorfolkac.co.uk). Closing date 18<sup>th</sup> January

## **Sports-hall athletics**

C&C won the first round of the County Sportshall athletics at Chesterton on Dec 12<sup>th</sup>.

Now we need to win the 2<sup>nd</sup> round at Peterborough on January 9<sup>th</sup>, to get the 2010 County title. Last Year Peterborough AC won overall by winning the match in January by a big margin. Lets avoid that this year by having a good turnout

All the C&C results from Dec12<sup>th</sup> are at the back of the newsletter

The second round of the competition will be held on January 10<sup>th</sup> at the Bushfield Sports Centre in Peterborough from ca 13.00 to 17.00. C&C will have teams for under 11's, under 13's and under 15's.

The final selections for Cambridgeshire teams for the U13/U15 Anglia Regional final on 30<sup>th</sup> January will be selected from the results of the two matches.

### **Team managers**

Under 15 Boys Ben Davies – e-mail [benjaminluketdavies@hotmail.com](mailto:benjaminluketdavies@hotmail.com)

Under 11 and under 13 Girls & Boys and Under 15 Girls please contact Noel Moss 01223 833470

e-mail [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)

**We want as many people as possible to compete so that C&C win the County trophy this year.** (Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it.

**If you want to compete and haven't already been asked, return the reply slip (at the back) or telephone/e-mail the appropriate team manager.**

If you have already said you will come, then no need to contact us again – we will expect you, but other athletes will be welcome

Come and have a go and get into the Cambridgeshire County team!!

## **CROSS COUNTRY COMPETITIONS**

### **RACE ENTRIES - CONTACT STEVE THODAY NOW IF YOU WANT TO BE ENTERED IN ANY CROSS COUNTRY CHAMPIONSHIPS**

Cross country entries are based on your age on 31<sup>st</sup> August 2009

### **Cambridgeshire Cross-Country Championships - Sunday 10th January at St Neots**

Under 11's at 11.00, U13 G 11.30, 3k, U13 B 11.35, 3k



Sen/Jun M 12.00, 10k, U17 W 12.55, 5k, U17 M 13.00, 6k

Sen/Jun W 13.25, 6k, U15 G 13.55, 4.3k, U15 B 14.00, 4.3k

Sen/Jun/Vet run together but count separately for individual medals (and together for team scores)

Top 8 finishers get invited to represent Cambridgeshire in the CAU National Intercounties Championships.

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=519140&Y=260925&A=Y&Z=3>

Please let Steve know if you want to run by 20<sup>th</sup> Dec using the request form you have been sent. Its also on the C&C website, or e-mail Noel [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) for a copy.

To be entered in any of the Cross-country championships you must complete and return a request for to Steve Thoday – word of mouth via your coach is no longer adequate.

The reason for adopting this more formal request procedure is that in some past years there was a very significant expenditure on entries where athletes then failed to turn up at the event to race. This resulted in a considerable waste of club funds.

### **Eastern AA XC Championships**

Excellent Gold medal performances from Clare Wilson (U13G) and Georgie Schweining (U15G).

A Silver medal for Natalie Richards (U20W)

Bronze medals for Thomas Heylen (U13B), and Nick Beer (Sen Men)

Full results in the Results section

## **ROAD RUNNING**

### **Endurance running session at the track on 14th January**

The new Greater Cambridge Athletics Network (of which we are founder members) has arranged an endurance running event on Thursday 14th January as below. Paul Evans has visited us before and delivered a really enjoyable session.

#### **“ENDURANCE DEVELOPMENT SQUAD**

The Greater Cambridge Athletics Network are delighted to announce a 'flying coach visit' by Chicago Marathon Winner Paul Evans.

Date: Thursday 14th January 2010

Time: 6.30pm-8.45pm

Venue: Cambridge University Athletic Track, Wilberforce Road.

Paul will share his knowledge and experience of how to successfully organise your training programme towards spring half/marathons. The session will include a mixture of discussion and practical training (track-based).

For more information and to confirm your attendance please contact June Swift on either [jvswift87@yahoo.co.uk](mailto:jvswift87@yahoo.co.uk) or 07772427338.”

### **Report on the ROUND NORFOLK RELAY (R.N.R.) 19<sup>th</sup>/20<sup>th</sup> Sept, 2009.**

Alex Downie

Despite the fact that RNR could equally well stand for Really Not Rational, C+C managed to enter both a women's and a men's team this year. This race is truly massive in concept, encompassing, as it does, 193 miles, both off and on road, in 17 legs over 24 hours. Organising the logistics of runners, bike/vehicle support, plus timekeeping requires a brain the size of the county; imagining the sheer enormity of the enterprise needs a brain the size of the planet. That 55 teams enter every year is mind-boggling.

C+C's Norfolk Heroes

Well, of course, absolutely everyone involved in running and/or support in this event has to be a hero, but perhaps the following deserve singling out as sort of special super-heroes.

First off, following on from above, the organisers of the teams should have our complete admiration, adulation, adoration and alliteration (no, not that.) As you can guess, it takes weeks to put the teams together, plus all the organisers not only ran legs, but stayed to support other runners throughout the whole 24 hours.

\*Tim Long for the Men's Team

\*Rachel Roberts, Helen Parfrey and Fiona Downie for the Women's Team.

\*Mary Jennings for being a really flexible friend and agreeing without hesitation to last minute changes.

\*Christina Martins for dramatically being reinstated on her Leg.

\*Alejandra for rescuing stage 9 at the very last minute.

\*Anna Costello, Kim Masson and Andrew Shields for struggling on in the face of real adversity on their Stages.

\*Glyn Smith for unfailing cheery support, even if he did want to pinch someone's leg, whoops stage!

\*John Lewy for great support through day and night, and in particular for witty banter from the bike.

\*Andy Irvine and Carmel McEneiry, for unstinting support of both teams and in particular for being there at the end when others were wavering.

\*Simon Brightwell for not only running in the very long and tough Stage 2 of RNR, but also competing in Chariots of Fire the next morning, becoming part of the winning team in the mixed category. Awesome!

\*Ditto John Ferguson for taking on the lengthy and quite hilly Leg 4 and then running a stormer for the victorious Chariots of Fire team.

\*Andrew Herne for agreeing to switch at the very last moment to the very long Stage which ends at Scole.

\*Sarah Moon, for agreeing to make this her debut race for the Club.

\*Robert Kreetzer for taking his dad's place on Stage 7 at very short notice

{If you think I've missed you out as a potential super hero, or conversely you feel you have been falsely elevated to such a status, please let me know at a nearby bar, and I will be pleased to fully compensate you for the deep hurt I may have inadvertently caused.}

RNR Memories

These are necessarily fragmentary, episodic and personal, and everyone who took part will have their own special moments. If you weren't there, some of the flavour of the whole event can be gleaned from accessing the excellent photos and Andy's real-time report on the website. Here are a few of my own memories:

- The lads in the van jumping out all over Norfolk (notably during Simon R's night leg) with their unflinching support and joie de vivre, not to mention the ghost in the back of the van, later in the night...

- Enjoying the sunshine whilst waiting at Burnham Overy Staithe for Fiona and Simon to complete Stage 2, watching them arrive in their contrasting styles, and listening to their (remarkably similar) descriptions of their ordeal (ie \*~#~! that was tough!)
- Seeing Neil and Christina finishing on Wells wall, and hearing their nearly identical descriptions of Leg 3. (See above.)
- Chatting with Rachel at Cromer, and remembering the view from the handover for Stage 6, which overlooks the beach from a great height.
- Lounging at Lessingham (start of Stage 8) in the afternoon sun, prior to Robert Kreetzer storming in to hand me the baton. (The weather this year was an absolute bonus – a lovely clear sunny day, but without the plunging night temperatures of last year.)
- The field at Scole with its incredibly uneven surface, and surreal lighting.
- Car-supporting Becs (Rebecca Parsons), who ran beautifully, on Leg 13, and being part of the cavalcade of runners and support vehicles with their flashing lights which circumnavigates Norfolk.
- Driving the very scenic Leg 15, which runs through parkland on minor roads around about dawn. Incidentally, this leg was run magnificently by both Diana Braverman and Mike Smith. The procession is perhaps at its most impressive here because it's almost impossible to overtake for a few miles.
- Maria Brightwell's fantastic, rejuvenating coffee at Downham Market, when we really down!
- And of course, the finish at Lynnsport, King's Lynn, the teams being brought home in impressive manner by Dave Y and Janie.

Once again, WELL DONE to all participants.



**John Lewy looks warily at the camera in the St Neots Half Marathon**

### **Congratulations to the C&C men who took 3<sup>rd</sup> team place in the Cambs Road league**

C&C men were 3<sup>rd</sup> mens team in the Cambridgeshire road league this year. The leading C&C runner was Bob Watson This is the second time in two years for C&C in the Road Race League awards.

### **Frostbite League – 1<sup>st</sup> race at St Neots (not as wet as last years) – Andy Irvine**

An outstanding C&C team at the first Frostbite of the season, possibly the best ever, was just edged out by Nene Valley Harriers' finest. The talented young junior squad finished sixth. A huge well done to everyone - you can all be very proud. In the senior race, we took all of the first five even-numbered places. Steve Watterson was second on his debut, senior pro Mike Salt was fourth, rising star Will Mycroft followed in sixth, the prolific Ben Baldelli took eighth. Newly-wed Miguel Branco was tenth, but was perhaps out-shone by his new bride Helen Zenner, who was third female finisher. Also going top ten in the female competition were another rising star, Jemma Clarry, and the always-excellent Kim Masson. For reasons of brevity, I'll let you look up the numerous other classy performances yourselves.

In the juniors, George Schwiening picked up where she left off last season, winning the girls' race brilliantly, but perhaps the best news was the all-round performance of our young squad - very promising for the future.

### **Frostbite League– 2<sup>nd</sup> race at Bushfield– Andy Irvine**

Another very good squad performance at Bushfield - well done everyone. Once again we provided the quality and the quantity, which is seriously encouraging to see. Again the Senior team were pipped by the strong Nene Valley Harriers squad, and retain second place overall behind NVH. The juniors were a bit unlucky to finish seventh despite a strong showing, and they're sixth overall.

Individually, we filled five of the first 13 places in the seniors - congrats to Steve Watterson (2nd), Diarmuid Ó Séaghda (4th), Nick Beer (5th), Mike Salt (8th) and Bob Watson (13th). Leading our female team was Kim Masson (87th overall), then Helen Zenner (92nd) then a photo-finish for 157th between Katie Toynton and Alejandra Pascual Garrido.

In the juniors, George Schwiening was again first girl (sixth finisher in all), with Holly Parker third/15th. Great runs too from Charlotte, Bettina, Lauren, Alexander and Maisie.

### **Frostbite league -3<sup>rd</sup> race at Huntingdon – Adam Poole**

“We did exceedingly well and the results are as follows - Juniors (the best turn out yet), 115 points, 3rd position today, which has taken us to 5<sup>th</sup> overall position.

Seniors (another excellent turn out with 6 runners in the top 20), 501 points, we came first today, we are still in second place overall but now only one point behind NVH.

I hope we can maintain this momentum in the next three races, with the next being Sunday 17th January in Ramsey. Once again thank you and congratulations to all.”

*Ed. C&C Seniors actually have a much better running points score than NVH, but are one match point behind. The Juniors could easily move up into 4<sup>th</sup> place and possibly even higher if they get good results on the remaining three matches. The Juniors didn't have Georgie Schweining, James Tapley or Hollie Parker this time, who usually feature in the top 20 Juniors*

### **Great Eastern Run** – Andy Irvine

A big race in every sense at the **Great Eastern Run** in Peterborough, where our squad performed admirably. Ben Baldelli was first C&C home in an excellent 14<sup>th</sup> place, running 1:15 for the half-marathon distance. John Ferguson and Jimi Lee Truelsen (first race for C&C, well done Jimi) were also both well under the hour-and-a-half. Alejandra Pascual Garrido was the first C&C female (the only C&C female, but would surely still have been first had there been others!) in a speedy 1:33.

### **Cambridge Festival of running**

This was inaugurated in 2009 and will be held again in 2010. Last years event was very successful. It consists of two events. An expo, or seminar on aspects of endurance running, on 7<sup>th</sup> February, at the track, and the Cambridge Cambourne 10k on 11<sup>th</sup> April.

The event supports a variety of local charities as well as benefiting the club.

Quoting from the race website [www.festivalofrunning.com](http://www.festivalofrunning.com)

“Our chosen charities reflect wide local interests. We are supporting the help given to local children by Anna’s Hope, a charity inspired by Anna Olivia Hughes who tragically died from a brain tumour aged only 3 years. Brain tumours are the biggest cancer killer of children and young people in the UK and the lives of those who survive can be significantly compromised. The charity works with the children’s cancer ward at Addenbrookes Hospital in Cambridge, where Anna underwent treatment, providing support from diagnosis, throughout treatment, and after. They fund an Anna’s Hope ‘Specialist Paediatric Neuro Oncology’ Nurse who works at Addenbrookes and in the local community, and are working with Addenbrookes on new rehabilitation projects for those children most severely affected.

We are also supporting the care given to our local environment by the Wildlife Trusts, and the Cambridge & Coleridge Athletics Trust, which supports athletes in Cambridge & South Cambridgeshire, helping to provide the best facilities, training and equipment to everyone who wishes to take part in athletics”

#### **The Expo**

Celebrity Talks, Group Training Sessions, Individual Training, Sportswear Fashion Show - for experienced runners and novices alike.

Absolute Beginners: Practical training session plus advice on footwear, clothing, nutrition, stretching, injury prevention and training plan.

Experience Counts: Practical training sessions designed for experienced runners including: Improve Your Running Technique, Training for a 10k, and Training for a Marathon.

**Exhibition:** All the expertise and help you could wish for – drop in between sessions. Entrance Fee £15, including light lunch, two FREE personal treatment/training sessions, and all group activities. Pre-book your tickets and treatments/training sessions as availability is limited.

#### **The 10k race and the Cambourne Fun Run**

You can enter online via the Cambridge festival of running website. Minimum age for the 10k is 15 years.

## **MORE AWARDS**

### **England Athletics East Awards**

Text taken direct from England Athletics website.

< Cambridge and Coleridge Athletics Club gained two awards in the East Regional awards recently. Chris Jones, England Athletics' Head of Marketing and Strategy visited the club while they were hosting the Eastern Young Athletes' League Plate Final.

The club itself was awarded the Partnership Award by local Club and Coach Support Officer (CCSO) James Cudmore for organising the Cambridge Festival Of Running. Chris Jones explained, “The Cambridge Festival Of Running was successful due to one major ingredient – partnership working. The group that delivered the event from the original vision came from various organizations including local authority, local business park, running retailers and local athletic clubs. Cambridge has longed for a road race and has faced many issues in getting to this point. The strength of partnership helped to overcome such hurdles. The Festival of Running has been in the pipeline for over 18 months and is only one of a number of innovative projects that the partners, many of whom are the founding members of the Greater Cambridge Athletics Network, are developing to improve athletics development in the community. I'm delighted that they have been recognized in this way.”

Noel Moss, a long standing member of Cambridge and Coleridge Athletics Club received the 2009 East Region Services to Officiating Award from Chris who said, "I'm delighted that Noel has been recognized for his longstanding service to the sport, in this case with respect to his services to officiating. Noel could arguably contest many other categories of award as he epitomizes the volunteer who “does it all” – he has chaired the county athletics development group, has officiated at schools, club and association events – as well as at national and international meets – he is still an active throws coach, is a county facility assessor and also long serving club committee member. >

### **Living Sport/BBC Radio Cambridgeshire awards/BBC East Sports awards**

Charlotte Cox had already won the Local awards for a disability performer – quote - “Anglia Ruskin Disabled Sports Performer of the Year went to Charlotte Cox who won national events in the 100m and 200m and topped her season with one Gold and Two Silver Medals at this summer’s Special Olympics GB”, but she had another surprise to come at the BBC Look East awards held at Tattersalls in Newmarket. She won the award for the Disabled Sports Personality of the year



*Ed - Charlotte has had a fantastic season and her achievements were highlighted in the previous newsletter*  
 Additionally Charlotte's sister Harriet, who is a coach and club team manager, was runner up in the Young community volunteer category – well done Harriet.

**Useful telephone numbers for 2010**

M Holmes - President	01223 860189	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams, and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 742088
Martin Crabb	Young Athletes coordinator		01954 717324
Sonia Cox	Welfare		01223 264889
James Brennand	Coaching Secretary		01223 249410
Adam Poole	Endurance running		07932 622892
Steve Thoday	Cross country contact		07867 533242
Carole Morris	Veterans T&F team manager		01638 742024

**Useful E-Mail and website addresses**

C&C Club Main Website	<a href="http://www.cambridgeandcoleridge.org.uk">www.cambridgeandcoleridge.org.uk</a>
E-mails about C&C membership and other admin issues	<a href="mailto:info@cambridgeandcoleridge.org.uk">info@cambridgeandcoleridge.org.uk</a>
Amendments/items for website	<a href="mailto:webmaster@cambridgeandcoleridge.org.uk">webmaster@cambridgeandcoleridge.org.uk</a>
To join the C&C e-mail information group, e-mail your request to	See new website
Newsletter editor (for your results and articles to publish)	<a href="mailto:noelmoss@btinternet.com">noelmoss@btinternet.com</a>
C&C Road running website	<a href="http://www.runcambridge.org.uk">www.runcambridge.org.uk</a>
Cambridgeshire AA website	<a href="http://www.cambsaa.org.uk">www.cambsaa.org.uk</a>
UKA website	<a href="http://www.ukathletics.org.uk">www.ukathletics.org.uk</a>
Power of 10 database (you may be in it)	<a href="http://www.thepowerof10.info">www.thepowerof10.info</a>
England athletics website	<a href="http://www.englandathletics.org">www.englandathletics.org</a>
SEAA website	<a href="http://www.seaa.org.uk">www.seaa.org.uk</a>
Living Sport Cambridgeshire	<a href="http://www.livingsport.co.uk">www.livingsport.co.uk</a>

**Provisional Fixtures Spring/Summer 2010 (some details are not yet available)**

**Indoor T&F and Sportshall**

Jan 9 <sup>th</sup>	Cambs Sportshall league match 2	Peterbro (Bushfield)	All under 15
Jan 10 <sup>th</sup>	SEAA U15/U17 Indoor Combined events	Lee Valley	U15/U17
Jan 16/17 <sup>th</sup>	SEAA Indoor Championships	Lee Valley	U20/Senior
Jan 24 <sup>th</sup>	BMAF Pentathlons/EVAC Indoor Champs	Lee Valley	Veterans
Jan 30 <sup>th</sup>	Eastern Regional Sportshall final	Norwich	County team
Jan 31 <sup>st</sup>	West Norfolk Indoor Open meeting	Kings Lynn	All
Jan 30/31 <sup>st</sup>	London Indoor Games	Lee Valley	All
Feb 6/7 <sup>th</sup>	Birmingham Games	Birmingham	U15 and above
Feb 13/14 <sup>th</sup>	UK Senior Championships and Eur. trials	Sheffield	Qualifying standards
Feb 20 <sup>th</sup>	Aviva Grand prix	NIA	Spectators
Feb 27/28 <sup>th</sup>	National Indoor U15/U17/U20 Champs	NIA	Qualifying stds
Mar 6/7 <sup>th</sup>	English U15/U17 Indoor Combined Events	Sheffield	U15/U17
Mar 27/28 <sup>th</sup>	BMAF Indoor championships	Lee valley	Veterans

**Road**

Dec 26 <sup>th</sup>	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 <sup>st</sup>	Ely 10k	Ely	All over 16
Jan 1 <sup>st</sup>	Wymondham New year day 10k	Wymondham	All over 16
Jan 24 <sup>th</sup>	Fred Hughes 10	St Albans	All over 16
Jan 24 <sup>th</sup>	Folksworth 15	Folksworth	All over 16
Jan 31 <sup>st</sup>	Reedham 10	Reedham	Seniors
Feb 2 <sup>nd</sup>	Sleaford Half Marathon	Sleaford Lincs	Seniors
Feb 7 <sup>th</sup>	Watford Half Marathon	Watford	Seniors
Feb 7 <sup>th</sup>	Great Bentley Half Marathon	Great Bentley	Seniors
Feb 14 <sup>th</sup>	Valentines day 30k	Stamford Lincs	Seniors
Feb 14 <sup>th</sup>	Seville Marathon	Seville Spain	Seniors
Feb 21 <sup>st</sup>	Bungay 20k Great East Run	Bungay	Seniors
Feb 27 <sup>th</sup>	Belvoir Challenge Marathon	Melton Mowbray	Seniors
Mar 7 <sup>th</sup>	Duchy Marathon	Redruth Cornwall	Seniors
Mar 14 <sup>th</sup>	Silverstone Half marathon	Silverstone	Seniors
Mar 21 <sup>st</sup>	Brentwood Half marathon	Brentwood	Seniors
Mar 21 <sup>st</sup>	Hastings Half Marathon	Hastings	Seniors
Mar 21 <sup>st</sup>	Rome Marathon	Rome	Seniors
Mar 28 <sup>th</sup>	Thorney 10k	Thorney	All over 16
Mar 28 <sup>th</sup>	England Half Marathon Champs	Wilmslow	Seniors
April 10 <sup>th</sup>	12 & 6 stage relays	Sutton Park	Club teams
April 11 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
April 11 <sup>th</sup>	Sandy 10	Sandy	Seniors
Apr 18 <sup>th</sup>	BMAF Marathon	Lochaber	Veterans
Apr 18 <sup>th</sup>	Bungay black Dog marathon	Bungay	Seniors
April 18 <sup>th</sup>	Brighton Marathon	Brighton	Seniors
Apr 18 <sup>th</sup>	Vienna Marathon	Austria	Seniors
Apr 18 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
Apr 25 <sup>th</sup>	London Marathon	London	Seniors

May 2 <sup>nd</sup>	Great East Anglia Run 10k	Kings Lynn	Seniors
May 3 <sup>rd</sup>	Belfast Marathon	Belfast	Seniors
May 9 <sup>th</sup>	Eye 10k	Eye (Pbro)	All over 16
May 15 <sup>th</sup>	BMAF road relays	Sutton Park	Veterans
May 23 <sup>rd</sup>	Edinburgh Marathon	Edinburgh	Seniors
June 3 <sup>rd</sup>	Kevin Henry 5k League	Cambridge	All over 16
June 5 <sup>th</sup>	Stockholm Marathon	Stockholm	Seniors
June 13 <sup>th</sup>	Ramsey Abbey 10k	Ramsey	All over 16
June 27 <sup>th</sup>	Mont Blanc Marathon	Chamonix	Seniors
June 27 <sup>th</sup>	Sutton Feast Beast 7 mile	Sutton	All over 16
1 <sup>st</sup> July	Kevin Henry 5k League	Saffron Walden	All over 16
4 <sup>th</sup> July	March 5 spud run	March	All over 16
11 <sup>th</sup> July	Bushey 10k	Peterbro	All over 16
5 <sup>th</sup> August	Kevin Henry 5k League	Haverhill	All over 16
15 <sup>th</sup> August	Thorney 10k	Thorney	All over 16
2 <sup>nd</sup> September	Kevin Henry 5k League	Newmarket	All over 16
10 <sup>th</sup> Oct	Great Eastern Run	Peterbro	All over 16
5 <sup>th</sup> Dec	Nene Valley 10	Peterbro	All over 16

### Cross country/Multi-terrain

Jan 3 <sup>rd</sup>	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Jan 10 <sup>th</sup>	Cambs AA Crosscountry Champs	St Neots	All
Jan 17 <sup>th</sup>	Ryston XC Grand prix 5k	Ryston	All
Jan 17 <sup>th</sup>	Frostbite League	Ramsey	All
Jan 17 <sup>th</sup>	UK Cross Challenge	Cardiff	All
Jan 23 <sup>rd</sup>	UK Cross Challenge	Antrim	All
Jan 24 <sup>th</sup>	CUH&H cross country	Coldhams Common	All over 16
Jan 30 <sup>th</sup>	SEAA XC Championships	Parliament Hill	All
Feb 7 <sup>th</sup>	Frostbite League	Bourne Woods	All
Feb 14 <sup>th</sup>	Ryston XC Grand prix 9k	Ryston	All
Feb 14 <sup>th</sup>	CUH&H Coe Fen Relays	Fen Causeway	All over 16
Feb 21 <sup>st</sup>	Sunday league XC (Senior/U20 races only)	Watford	All over 16
Feb 21 <sup>st</sup>	CUH&H Selwyn Relays	Wilberforce Rd	All over 16
Feb 27 <sup>th</sup>	National XC Championships	Leeds	Club Teams
Mar 7 <sup>th</sup>	Frostbite League	Huntingdon	All
Mar 13 <sup>th</sup>	CAU Intercounties XC	Birmingham	County team
Mar 13 <sup>th</sup>	BMAF XC Championships	Belfast	Veterans
Mar 13 <sup>th</sup>	UK Cross Challenge	Birmingham	All
Mar 14 <sup>th</sup>	SEAA Masters Cross country	Trent Park	Veterans
Mar 21 <sup>st</sup>	Turing trail relay	Ely – Camb- Ely	Seniors
Mar 20 <sup>th</sup>	English Schools XC	Manchester	Schools select
Mar 21 <sup>st</sup>	Ryston XC Grand prix 6.5k	Ryston	All
Apr 11 <sup>th</sup>	Cambridge Cambourne 10k	Cambourne	All

### Outdoor T&F

April 18 <sup>th</sup>	National Junior League (Cambs clubs team) U20's		TBC
April 24 <sup>th</sup>	Southern Women's League	All Females	TBC
April 25 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	TBC
May 1 <sup>st</sup>	Southern Mens League	Males 15+	TBC
May 5 <sup>th</sup> evening	Eastern vets league	Veterans	TBC
May 8 <sup>th</sup>	Cambs AA Championships	All members	St Ives
May 15 <sup>th</sup>	Southern mens league	Males 15+	TBC
May 16 <sup>th</sup>	East Anglian league	All	Cambridge
May 23 <sup>rd</sup>	National Junior League (Cambs clubs team) U20's		TBC
May 29/30 <sup>th</sup>	SEAA U20 Championships	All under 20	TBC
May 30/31 <sup>st</sup>	CAU Championships	County select	Bedford
May 22 <sup>nd</sup>	Southern Womens League	All females	TBC
June 2 <sup>nd</sup> evening	Eastern vets League	Veterans	Cambridge
June 5 <sup>th</sup>	Southern Mens League	Males 15+	TBC
June 6 <sup>th</sup>	Eastern Young athletes league	All under 17	Cambridge
June 5/6 <sup>th</sup>	National Combined events	Senior/U20	Stoke
June 12 <sup>th</sup>	Cambridgeshire schools Champs	Schools select	TBC
June 12/13 <sup>th</sup>	SEAA Senior Championships	Seniors	TBC
June 19 <sup>th</sup>	Anglian Schools	School select	TBC
June 20 <sup>th</sup>	East Anglian league	All	TBC
June 20 <sup>th</sup>	National Junior League (Cambs clubs team) U20's		TBC
June 19/20 <sup>th</sup>	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
June 25/26/27 <sup>th</sup>	UKA Senior Championships	Seniors	Birmingham
June 26 <sup>th</sup>	Southern Mens League	Males 15+	TBC
June 26 <sup>th</sup>	Southern Women's League	All Females	TBC
June 27 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	TBC

June 27 <sup>th</sup>	National Junior League (Cambs clubs team) U20's		TBC
July 3/4 <sup>th</sup>	BMAF T&F Championships	Veterans	Birmingham
July 4 <sup>th</sup>	East Anglian league	All	TBC
July 7 <sup>th</sup> evening	Eastern vets league	Veterans	TBC
July 9/10 <sup>th</sup>	English Schools	Qual	Birmingham
July 10 <sup>th</sup>	Southern Mens League	Males 15+	TBC
July 11 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	TBC
July 17 <sup>th</sup> (provisional)	ECAA Championships	All	TBC
July 17/18 <sup>th</sup>	English Senior Championships	Seniors	Gateshead
July 25 <sup>th</sup>	National Junior League (Cambs clubs team) U20's		TBC
July 31 <sup>st</sup>	Southern Mens League	Males 15+	TBC
Aug 4 <sup>th</sup> evening	Eastern Vets League	Veterans	TBC
August 7 <sup>th</sup>	Southern Women's League	All Females	TBC
August 8 <sup>th</sup>	East Anglian League	All	TBC
August 9 <sup>th</sup>	UK Challenge Final	Invitation	TBC
Aug 13/14 <sup>th</sup>	Crystal Palace Grand Prix	Spectators	Crystal Palace
Aug 15 <sup>th</sup>	Bedford International Games 2009	Spectators	Bedford
August 15 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	TBC
August 7/8 <sup>th</sup>	AAA U15/U17 combined events	U15's/U17's	Stoke
August 21/22 <sup>nd</sup>	AAA U15/U17 Championships	U15's/U17's	Bedford
August 28 <sup>th</sup>	SEAA U20/U15 intercounties	County select	Copthall
Sept 3-5 <sup>th</sup>	UK School Games	Schools select	Gateshead
Sept 4 <sup>th</sup>	Southern Women's League	All Females	TBC
Sept 12 <sup>th</sup>	Eastern Young Athletes Final	Qualifying clubs	TBC
Sept 19 <sup>th</sup>	East Anglian league Final	All	Bury St Edmunds

**- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31<sup>st</sup> August 2010, except U20's when it is age at 31<sup>st</sup> Dec 2010.**

## RESULTS

### TRACK/INDOOR

#### **Biggleswade Open meeting – Sandy School – 26<sup>th</sup> September**

##### Under 11 Girls

80m 6<sup>th</sup> F Marriot 12.3 7<sup>th</sup> E Dowsett 12.4

##### Under 13 Girls

100m S Dowsett 14.5

200m S Dowsett 31.6 4h M Cassidy 33.7

800m M Cassidy 3.29.4

1500m 1<sup>st</sup> H Parker 5.05.2 CR

Longjump 2<sup>nd</sup> S Dowsett 3.81 CR

Shot 7<sup>th</sup> H Parker 6.28 8<sup>th</sup> M Cassidy 5.20

Discus 2<sup>nd</sup> H Parker 16.92

##### Under 15 Girls

75m Hdls 2<sup>nd</sup> J Fox 13.1

Longjump 2<sup>nd</sup> J Fox 4.71

Triplejump 2<sup>nd</sup> J Fox 9.92

##### U17 Women

Hammer 2<sup>nd</sup> H Sayer 36.97

Shot H Sayer 8.03

Discus 1<sup>st</sup> H Sayer 20.80

#### **Eastern AA/Cambs AA multievents – 26/27<sup>th</sup> September**

##### Mens Decathlon

4<sup>th</sup> S Richards 2701pts (4<sup>th</sup> Cambs) HJ 1.71, Shot 5.74, 100 12.34, 400 60.20, Hdls 22.19, PV 1.90, Jav 23.33  
1500 5.30.31

##### Under 15 Girls Pentathlon

15<sup>th</sup> J Fox 1696pts (2<sup>nd</sup> Cambs) LJ 4.63, Hdls 20.20, Shot 5.78, HJ 1.36, 800m 2.54.72

##### Under 17 Women Heptathlon

6<sup>th</sup> L Sammout 3080pts (1<sup>st</sup> Cambs) Hdls 13.83, HJ 1.48, Shot 9.43, 200 29.57, LJ 4.64, Jav 27.36, 800 dnf

7<sup>th</sup> F Kumar 2502pts (2<sup>nd</sup> Cambs) 17.15, 1.24, 6.21, 31.31, 4.34, 23.01, 2.53.71

##### Under 13 Girls Minithon

5<sup>th</sup> K Raynolds 63pts (2<sup>nd</sup> Cambs) Shot 7.01, HJ 1.31, Hdls 14.19

8<sup>th</sup> C Marriot 54pts (3<sup>rd</sup> Cambs) Shot 6.78, LJ 3.53, 100m 14.52

##### Under 13 Boys minithon

7<sup>th</sup> S Kumar 37 pts (3<sup>rd</sup> Cambs) Jav 25.38, LJ 3.70, 100m 15.4

#### **Metaswitch Lee Valley Open Dec 13<sup>th</sup>**

Longjump 2<sup>nd</sup> Senior S Richards 6.35 3<sup>rd</sup> U17W J Fox 4.25

Highjump 2<sup>nd</sup> Senior S Richards 1.75

Triplejump 3<sup>rd</sup> U17W J Fox 9.48

400m Women L Bass 62.81 A Moindrot 72.04

### ROAD

#### **JW Ultra-distance – 30 miles 27<sup>th</sup> Sept**

13<sup>th</sup> K Samuelson-Dean 4th F 4:25.08 35<sup>th</sup> S Redfern 5:25.07

#### **Saffron Walden 10k – 27<sup>th</sup> September**

##### **353 finished**

1<sup>st</sup> M Salt M35 35:01 5<sup>th</sup> B Watson 1<sup>st</sup> M40 36:07

28<sup>th</sup> S Bowen 5<sup>th</sup> M50 41:11 45<sup>th</sup> C Brown M40 42:29

75<sup>th</sup> A Downie 1<sup>st</sup> M60 45:22 95<sup>th</sup> A Howard 46:43

129<sup>th</sup> C McEniery 13th F 48:44 135<sup>th</sup> A Irvine M40 49:23

142 <sup>nd</sup>	G Smith	M60	49:57				
<b>Help for heroes – Honington 10k - Sept 30<sup>th</sup></b>							
	S Redfern		45.49				
<b>Standalone 10k – Letchworth – Oct 4<sup>th</sup></b>							
435 <sup>th</sup>	P Allen		50.31				
<b>NVH Handicap 5k series</b>							
15 <sup>th</sup>	S Redfern		21.08				
<b>Leicester Marathon – October 11<sup>th</sup></b>							
22 <sup>nd</sup>	D Pell		2.57.45				
<b>Great Eastern Run – ½ Marathon 11<sup>th</sup> October – 2780 finished</b>							
14 <sup>th</sup>	B Baldelli	M40	1:15:11	54 <sup>th</sup>	J Ferguson		1:21.40
134 <sup>th</sup>	J Truelsen		1:25.46	207 <sup>th</sup>	S Thoday		1:30.48
293 <sup>rd</sup>	V Bolton		1:33.38	311 <sup>th</sup>	A Pascual Garrido	F	1:33.57
363 <sup>rd</sup>	D Yenerski		1:35.32	408 <sup>th</sup>	T Long		1:36.51
440 <sup>th</sup>	S Barr		1:37.40	708 <sup>th</sup>	M DiFranco		1:42.17
<b>New Ware 10 mile – 11<sup>th</sup> October</b>							
134 <sup>th</sup>	B Thomson		1.31.22				
<b>Abingdon marathon – October 18<sup>th</sup></b>							
213 <sup>th</sup>	K Samuelson-Dean	F	3.24.45	401 <sup>st</sup>	S Redfern		3.48.51
<b>Cancer Research 10k – Cambridge October 18<sup>th</sup></b>							
2 <sup>nd</sup> F	K Jordansen	F	39.45	3 <sup>rd</sup> F	M Simmons	F	39.51
<b>Richmond Castle 10k – October 18<sup>th</sup></b>							
122 <sup>nd</sup>	A Downie	2 <sup>nd</sup> M60	46.40	136 <sup>th</sup>	T Long		47.05
137 <sup>th</sup>	D Yenerski		47.22	144 <sup>th</sup>	A Irvine	M40	47:51
175 <sup>th</sup>	C McEniery	W35	48.52	275 <sup>th</sup>	F Downie		53.02
302 <sup>nd</sup>	R Roberts (2 <sup>nd</sup> claim)	W35	34.28				
<b>Wix 5 mile – Oct 18<sup>th</sup></b>							
4 <sup>th</sup>	B Watson	1 <sup>st</sup> M45	28.08	7 <sup>th</sup>	J Oakes	1 <sup>st</sup> M50	28.41
<b>Fenland 10 mile – Wisbech – October 25<sup>th</sup></b>							
11 <sup>th</sup>	B Watson	1 <sup>st</sup> M45	59.10	13 <sup>th</sup>	A Coianiz	4 <sup>th</sup> M40	59:45
18 <sup>th</sup>	J Oakes (2 <sup>nd</sup> claim)	1 <sup>st</sup> M50	1.01.22	54 <sup>th</sup>	C Brown	M45	1.09.53
109 <sup>th</sup>	K Samuelson-Dean	F	1.14.17	114 <sup>th</sup>	A Downie	3 <sup>rd</sup> M60	1.14.53
154 <sup>th</sup>	P Shenton		1.19.40	234 <sup>th</sup>	I Graham-Hagg	W45	1.29.43
258 <sup>th</sup>	P O'Brien		1.35.38				
<b>Great South Run – Portsmouth – 25<sup>th</sup> Oct</b>							
200 <sup>th</sup>	M Smith		1.06.53				
<b>Frankfurt Marathon Oct 25<sup>th</sup></b>							
220 <sup>th</sup> M	D Pell		2:52.15	584 <sup>th</sup> M	J Truelsen		3:04.57
<b>Venice Marathon – Oct 25<sup>th</sup></b>							
474 <sup>th</sup>	K Masson	1 <sup>st</sup> W45	3:13.10				
<b>Stevenage Half Marathon – 1<sup>st</sup> November</b>							
271 <sup>st</sup>	D Braverman	3 <sup>rd</sup> W55	1.37.41				
<b>Marathon des Alpes-Maritimes – Nov 8<sup>th</sup></b>							
2695 <sup>th</sup>	S Culit	F	3.40.19				
<b>Rugby 10 November 8<sup>th</sup></b>							
55 <sup>th</sup>	K Samuelson-Dean	7 <sup>th</sup> F	1.08.05				
<b>Stevenage 5k series – Nov 12<sup>th</sup></b>							
8 <sup>th</sup>	M Salt	M35	17.08	21 <sup>st</sup>	B Watson	M40	17.35
<b>St Neots Half Marathon - November 15<sup>th</sup></b>							
1 <sup>st</sup>	S Watterson		1:10:57	10 <sup>th</sup>	B Watson	3 <sup>rd</sup> M40	1:19:43
16 <sup>th</sup>	J Oakes	1 <sup>st</sup> M50	1:21:46	21 <sup>st</sup>	J Ferguson		1:22:52
59 <sup>th</sup>	G Cinque		1:27:03	71 <sup>st</sup>	K Masson	1 <sup>st</sup> W45	1:28:12
84 <sup>th</sup>	T Evans		1:29:24	110 <sup>th</sup>	S Brightwell		1:31:14
137 <sup>th</sup>	K Jordansen	F	1:33:28	152 <sup>nd</sup>	K Toynton	F	1:35:18
188 <sup>th</sup>	J Lewy		1:37:19	212 <sup>th</sup>	A Downie		1:38:51
220 <sup>th</sup>	K Samuelson-Dean	F	1:39:03	294 <sup>th</sup>	P Shenton		1:42:09
311 <sup>th</sup>	D Braverman	W55	1:43:20	418 <sup>th</sup>	M DiFranco		1:48:22
450 <sup>th</sup>	M Brightwell	F	1:49:46	484 <sup>th</sup>	A Marshall		1:52:19
555 <sup>th</sup>	H Turton	F	1:55:45	564 <sup>th</sup>	J Pashley	F	1:56:28
573 <sup>rd</sup>	B Thomson		1:56:58	577 <sup>th</sup>	P O'Brien		1:57:15
687 <sup>th</sup>	I Graham Hagg	F	2:03:59				
<b>Newcastle Town Moor Marathon Nov 22<sup>nd</sup></b>							
69 <sup>th</sup>	P Allen	M35	4.25.33				
<b>Herward Relays – 22<sup>nd</sup> November (Peterborough to Ely)</b>							
<i>Stage 1 Peterborough to Whittlesey - 6.48 miles,</i>							
19 <sup>th</sup>	G Cinque		41:27	37 <sup>th</sup>	J Tucker		45:08
<i>Stage 2 Whittlesey to March - 11.35 miles.,</i>							
8 <sup>th</sup>	A Coianiz		1:07:33	37 <sup>th</sup>	K Masson	F	1:19:27
<i>Stage 3 March to Welney - 10.30 miles,</i>							
51 <sup>st</sup>	G Capetti		1:24:17	53 <sup>rd</sup>	T Long		1:24:35
<i>Stage 4 Welney to Ely - 9.60 miles,</i>							
3 <sup>rd</sup>	B Baldelli		1:02:26	42 <sup>nd</sup>	S Thoday		1:18:05
Final team results C&C)							
9 <sup>th</sup>	The Italians (Giulio Cinque, Alessandro Coianiz, Giacomo Capetti, Ben Baldelli)						
39 <sup>th</sup>	The Mixed Team						
<b>Wolverton 54 – Milto Keynes Nov 28<sup>th</sup> - 5 miles</b>							
27 <sup>th</sup>	B Watson	2 <sup>nd</sup> M45	28.18				
<b>Cambridge 10k series Nov 29<sup>th</sup></b>							
45 <sup>th</sup>	M Brightwell	F	48.31	47 <sup>th</sup>	M DiFranco		48.58
<b>Norwich Half Marathon – Nov 29<sup>th</sup> – 2233 finishers</b>							
4 <sup>th</sup>	D Ó Séaghda	*	1:12:42	10 <sup>th</sup>	M Firouzi	*	1:15:34
26 <sup>th</sup>	J Oakes	2 <sup>nd</sup> M50	1:20:08	44 <sup>th</sup>	D Johnson	*	1:23:20
63 <sup>rd</sup>	N Dennilauler	*	1:24:44	700 <sup>th</sup>	T Long		1:47:28

1198 <sup>th</sup>	F Siblon	13 <sup>th</sup> W50	1:55:04				
* 2 <sup>nd</sup> male team							
<b>Firenze Marathon Nov 29<sup>th</sup></b>							
72 <sup>nd</sup>	S Watterson (2 <sup>nd</sup> claim)		2:39:57	591 <sup>st</sup>	I Badr	M40	3:02:22
3989 <sup>th</sup>	H Parfrey	W40	3:49:08	4947 <sup>th</sup>	F Downie	W45	3:59:09
<b>Nene Valley 10 - Dec 6<sup>th</sup></b>							
12 <sup>th</sup>	A Coianiz	M40	59.30	52 <sup>nd</sup>	K Masson	W45	1:07.43
118 <sup>th</sup>	A Downie	M60	1.14.56	142 <sup>nd</sup>	M Kreetzer	M50	1:17.47
154 <sup>th</sup>	G Smith	M60	1.18.56	215 <sup>th</sup>	R Thomson	M45	1:27.55
<b>Stevenage 5k series Dec 10<sup>th</sup></b>							
140 <sup>th</sup>	S Barnett	1 <sup>st</sup> W55	23.63				
<b>Bedford Half Marathon – Dec 13<sup>th</sup></b>							
5 <sup>th</sup>	N Beer		1.12.56	18 <sup>th</sup>	A Coianiz		1.16.51
591 <sup>st</sup>	K Samuelson-Dean	F	1.44.55	946 <sup>th</sup>	K Semple		1.53.24
<b>Calvia Marathon – Spain Dec 13<sup>th</sup></b>							
3 <sup>rd</sup>	D Pell		2.45.26				

## CROSSCOUNTRY

### **Ryston Runners Grand prix series - October 11<sup>th</sup>**

U13 Girls - 3 km, 18 finishers

2 <sup>nd</sup>	H Parker		12:01	7 <sup>th</sup>	A Pettitt		13:12
				4 <sup>th</sup>	E Dickson		11:29
				1 <sup>st</sup>	R Carter		20:20
				5 <sup>th</sup>	D Pettitt		18:37
				10 <sup>th</sup>	G Meah		21:12
				9 <sup>th</sup>	P Chaplin		33:16
				5 <sup>th</sup>	M Holmes		29:51

### **Sunday League – Cheshunt – Oct 25<sup>th</sup>**

14<sup>th</sup> team, 11<sup>th</sup> vets team

5 <sup>th</sup>	M Salt		29.06	67 <sup>th</sup>	S Penny	M40	34.02
188 <sup>th</sup>	D Braverman	1 <sup>st</sup> W55	39.53	213 <sup>th</sup>	S Barnett	2 <sup>nd</sup> W55	41.53
270 <sup>th</sup>	P Howard	M60	46.42				

### **ECAA vs RAF vs CU Nov 7<sup>th</sup>**

Mens race

				20 <sup>th</sup>	B Baldelli		32.19
--	--	--	--	------------------	------------	--	-------

### **Ryston Runners Grand prix series – November 15<sup>th</sup>**

				1 <sup>st</sup>	L Parker		8:28
5 <sup>th</sup>	A Newcombe		9:53	13 <sup>th</sup>	J Rehakova		11:06
				1 <sup>st</sup>	H Parker		11:46
				1 <sup>st</sup>	J Cochrane		10:04
				3 <sup>rd</sup>	E Dickson		11:13
				10 <sup>th</sup>	J Kazer		35:34
				6 <sup>th</sup>	D Pettitt		33:37
				13 <sup>th</sup>	G Meah		39:08
				5 <sup>th</sup>	N Richards		38:45
				9 <sup>th</sup>	J Packman		44:52

### **Sunday League – Chicksand – Nov 22<sup>nd</sup>**

14<sup>th</sup> Mens team, 7<sup>th</sup> Mens Vets team

11<sup>th</sup> Womens team, 9<sup>th</sup> Womens vets team

3 <sup>rd</sup>	M Salt	1 <sup>st</sup> M35	28.24	54 <sup>th</sup>	S Penny	M40	33.53
172 <sup>nd</sup>	D Braverman	1 <sup>st</sup> W55	39.27	221 <sup>st</sup>	S Barnett	2 <sup>nd</sup> W55	43.30
251 <sup>st</sup>	P Howard	M60	47.21				

### **Suffolk County Schools**

U13 Girls A Pettitt 3<sup>rd</sup> 10.07

### **Eastern AA Cross country championships – Colchester – Dec 6<sup>th</sup>**

U13 Boys	T Heylen	3 <sup>rd</sup>	12.09				
Sen Men	N Beer	3 <sup>rd</sup>	38.59		A Pritchard	10 <sup>th</sup>	41.49
	D Pettitt	16 <sup>th</sup> (6 <sup>th</sup> M40)	45.27		S Thoday	20 <sup>th</sup>	48.47
	C Schweining	20 <sup>th</sup>	50.21				
U13 Girls	C Wilson	1 <sup>st</sup>	12.45		A Pettitt	5 <sup>th</sup>	13.35
U15 Girls	G Schweining	1 <sup>st</sup>	14.45		O McGurk	7 <sup>th</sup>	16.44
U20 Wom	N Richards	2 <sup>nd</sup>	26.03				
Sen Wom	J Lasenby	11 <sup>th</sup> (3 <sup>rd</sup> W45)	26.23		M Holmes	21 <sup>st</sup> (W70)	34.32

### **Ryston Runners Grand prix series – December 13<sup>th</sup>**

U11 Girls - 2 km, 13 finishers.

4 <sup>th</sup>	A Newcombe		10:08	6 <sup>th</sup>	K Rehakova		10:35
				8 <sup>th</sup>	A Pettitt		12:33
				3 <sup>rd</sup>	D Pettitt		24:27
				4 <sup>th</sup>	N Richards		27:34

### **Sunday League – Trent Park – Dec 13<sup>th</sup>**

186 <sup>th</sup>	D Braverman	2 <sup>nd</sup> W55	48.55	245 <sup>th</sup>	S Barnett	4 <sup>th</sup> W55	52.55
319 <sup>th</sup>	P Howard	M60	61.48				

## FELL RUNNING

### **Dovedale Dash – 1st November - 4.75 miles (not all times available)**

260 <sup>th</sup>	G Meah	???	???	261 <sup>st</sup>	A Irvine		41.19
???	J Lewy	M45	???				

## MULTITERRAIN

### **Frostbite League - Oct 4<sup>th</sup> St Neots**

Seniors - 431 finished – 2<sup>nd</sup> team

2 <sup>nd</sup>	S Watterson	26:56	4 <sup>th</sup>	M Salt		27:50
6 <sup>th</sup>	W Mycroft	28:16	8 <sup>th</sup>	B Baldelli		28:22
10 <sup>th</sup>	M Branco	28:44	18 <sup>th</sup>	A Coianiz		29:26
19 <sup>th</sup>	J Ferguson	29:35	28 <sup>th</sup>	J Baslington		30:22



32 <sup>nd</sup>	D Johnson		30:28	36 <sup>th</sup>	J Evans		30:52
46 <sup>th</sup>	J Escalante-Phillips		31:12	66 <sup>th</sup>	T Johnson		32:09
68 <sup>th</sup>	S Bowen		32:14	71 <sup>st</sup>	S Penny		32:24
74 <sup>th</sup>	H Zenner	3rd F	32:32	86 <sup>th</sup>	L Stone		33:02
91 <sup>st</sup>	J Kazer		33:20	99 <sup>th</sup>	I Debnam		33:36
112 <sup>th</sup>	J Clarry	8th F	34:02	116 <sup>th</sup>	K Masson	10 <sup>th</sup> F	34:10
142 <sup>nd</sup>	C Schwiening		34:59	154 <sup>th</sup>	K Toynton	F	35:13
169 <sup>th</sup>	A Downie		35:48	179 <sup>th</sup>	H Arbuckle	F	36:16
189 <sup>th</sup>	S Redfern		36:38	199 <sup>th</sup>	B Corbett		36:49
206 <sup>th</sup>	J Lewy		37:02	207 <sup>th</sup>	C Pritchard	F	37:02
223 <sup>rd</sup>	P Shenton		37:33	225 <sup>th</sup>	A Irvine		37:39
273 <sup>rd</sup>	C McEniery	F	39:09	274 <sup>th</sup>	K Semple		39:11
290 <sup>th</sup>	C Stanier	F	40:12	321 <sup>st</sup>	J Pashley	F	41:27
334 <sup>th</sup>	P O'Brien		42:15	339 <sup>th</sup>	A Moindrot	F	42:41
340 <sup>th</sup>	B Thomson		42:52	345 <sup>th</sup>	J Corbett	F	43:30
417 <sup>th</sup>	N Yufa	F	51:19				

#### Junior Race - 134 finishers. - 6<sup>th</sup> team

6 <sup>th</sup>	G Schwiening	1 <sup>st</sup> F	7:45	12 <sup>th</sup>	J Tapley		8:22
34 <sup>th</sup>	C Murphy	F	9:13	39 <sup>th</sup>	A Stone		9:21
68 <sup>th</sup>	????		10:06	95 <sup>th</sup>	L Murphy	F	11:07
100 <sup>th</sup>	M Cassidy	F	11:22				

#### Frostbite League - Nov 8<sup>th</sup> - Peterborough

Seniors 493 finished - 2<sup>nd</sup> team - 2<sup>nd</sup> team overall

2 <sup>nd</sup>	S Watterson		25:34	4 <sup>th</sup>	D Ó Séaghdha		26:34
5 <sup>th</sup>	N Beer		26:37	8 <sup>th</sup>	M Salt		27:10
13 <sup>th</sup>	B Watson		27:49	27 <sup>th</sup>	J Oakes		29:07
28 <sup>th</sup>	M Branco		29:11	34 <sup>th</sup>	J Ferguson		29:39
51 <sup>st</sup>	J Evans		30:23	53 <sup>rd</sup>	J Escalante-Phillips		30:25
57 <sup>th</sup>	D Johnson		30:47	67 <sup>th</sup>	T Johnson		31:08
76 <sup>th</sup>	L Stone		31:28	87 <sup>th</sup>	K Masson	W40	31:59
92 <sup>nd</sup>	H Zenner	F	32:13	134 <sup>th</sup>	J Tucker		33:34
135 <sup>th</sup>	C Schwiening		33:35	157 <sup>th</sup>	K Toynton	F	34:06
158 <sup>th</sup>	A Pascual Garrido	F	34:06	167 <sup>th</sup>	J Lewy		34:19
183 <sup>rd</sup>	J Clarry	F	34:40	204 <sup>th</sup>	A Irvine		35:36
227 <sup>th</sup>	S Redfern		36:09	228 <sup>th</sup>	J Jenkins		36:11
233 <sup>rd</sup>	B Corbett		36:27	353 <sup>rd</sup>	P O'Brien		40:50
361 <sup>st</sup>	J Corbett	F	41:19	365 <sup>th</sup>	B Thomson		41:34
417 <sup>th</sup>	V Sidney	F	44:16	484 <sup>th</sup>	D Bayles		53:29

Junior Race - 136 finishers. 7<sup>th</sup> team, now 6<sup>th</sup> overall

6 <sup>th</sup>	G Schwiening	1st F	7:44	15 <sup>th</sup>	H Parker	3rd F	8:33
33 <sup>rd</sup>	C Murphy	F	9:21	65 <sup>th</sup>	B Peterson	F	10:12
75 <sup>th</sup>	L Murphy	F	10:26	86 <sup>th</sup>	A Stone		10:49
108 <sup>th</sup>	M Cassidy	F	11:43				

#### Frostbite League - Huntingdon - December 13th

Seniors - 1<sup>st</sup> team - overall 2<sup>nd</sup> team

3 <sup>rd</sup>	M Salt		28.14	5 <sup>th</sup>	W Mycroft		28.25
7 <sup>th</sup>	N Carroll		28.43	12 <sup>th</sup>	M Branco		29.36
19 <sup>th</sup>	A Pritchard		30.48	20 <sup>th</sup>	D Johnson		31.02
22 <sup>nd</sup>	J Oakes		31.10	23 <sup>rd</sup>	J Fergusson		31.11
33 <sup>rd</sup>	S Penny		33.03	60 <sup>th</sup>	M Smith		33.12
66 <sup>th</sup>	H Zenner	3 <sup>rd</sup> F	33.31	78 <sup>th</sup>	A Howard		33.58
93 <sup>rd</sup>	L Stone		34.36	101 <sup>st</sup>	S Thoday		34.56
150 <sup>th</sup>	J Clarry	F	36.57	165 <sup>th</sup>	G Meah		37.25
177 <sup>th</sup>	C Pritchard	F	38.00	187 <sup>th</sup>	A Downie		38.14
190 <sup>th</sup>	G Smith		38.20	213 <sup>th</sup>	M Kretzer		39.11
248 <sup>th</sup>	A Irvine		41.03	254 <sup>th</sup>	C McEniery	F	41.24
259 <sup>th</sup>	M Applegate		41.43	277 <sup>th</sup>	J Corbett	F	43.04
278 <sup>th</sup>	B Corbett		43.06	288 <sup>th</sup>	P O'Brien		44.06

Juniors - 3<sup>rd</sup> team - overall 5<sup>th</sup> team

14 <sup>th</sup>	C Wilson	F	10.47	15 <sup>th</sup>	M Mitchell		10.52
19 <sup>th</sup>	W Holmes		11.12	22 <sup>nd</sup>	R Mitchell		11.22
27 <sup>th</sup>	C Murphy	F	11.32	32 <sup>nd</sup>	F Ovington		12.01
69 <sup>th</sup>	L Murphy	F	13.46	71 <sup>st</sup>	T Peterson	F	13.51
85 <sup>th</sup>	A Stone		14.43	86 <sup>th</sup>	M Cassidy	F	14.48

## SPORTSHALL

Under 11 Regional event - Hatfield 14<sup>th</sup> November (Apologies if weve missed anyone)

Standing Long Jump	2 <sup>nd</sup>	F Marriott	1.92m				
Speed Bounce	11 <sup>th</sup>	L Parker	47				
Vertical Jump	5 <sup>th</sup>	L Parker	41				
Standing Triplejump	12 <sup>th</sup>	A Bucke	3.82	17 <sup>th</sup>	E Shields		3.64
Ball Throw	14 <sup>th</sup>	P Saunders	13				
Soft Javelin	9 <sup>th</sup>	P Saunders	8m				
Chest Push	2 <sup>nd</sup>	Z Adamson	6.00m				

December 12<sup>th</sup> at Chesterton

Boys under 13

2 Lap Race	1 <sup>st</sup>	J Ebanks	22.4	3 <sup>rd</sup> (1B)	D Pennytoure		24.0
	6 <sup>th</sup>	N Monck	24.8	9 <sup>th</sup>	T Mila		26.3
	10 <sup>th</sup>	R MacDonald	28.0				
4 Lap race	3 <sup>rd</sup>	N Monck	52.7	5 <sup>th</sup>	S Kumar		56.1
6 Lap race	1 <sup>st</sup>	O Cantrill	81.3	3 <sup>rd</sup>	J Biggs		84.3
Paarlauf Relay (8 lap)	1 <sup>st</sup>		1.40.5	4x2 Relay	1 <sup>st</sup>	1.37.6	
Circuit Relay	2 <sup>nd</sup>		1.21.0				
Standing Long Jump	1 <sup>st</sup>	J Ebanks	2.35	2 <sup>nd</sup>	D Pennytoure		2.16
	4 <sup>th</sup>	J Biggs	2.00	6 <sup>th</sup>	O Cantrill		1.90

7 <sup>th</sup>	T Mila	1.87			
Standing Triple Jump	1 <sup>st</sup> J Biggs	5.90	2 <sup>nd</sup>	P Young	4.84
	5 <sup>th</sup> L Rawlings	5.65	7 <sup>th</sup>	N Farboud	5.04
Vertical Jump	2 <sup>nd</sup> R MacDonald	48	5 <sup>th</sup>	S Kumar	41
Shot 3.25kg	4 <sup>th</sup> S Kumar	5.71	5 <sup>th</sup>	R MacDonald	4.42
Speed bounce	1 <sup>st</sup> N Monck	80	2 <sup>nd</sup>	J Ebanks	77
	4 <sup>th</sup> D Pennyture	74			

#### Girls under 13

2 Lap Race	1 <sup>st</sup> E Houghton	24.2	5 <sup>th</sup>	C Marriott	25.8
	8 <sup>th</sup> S Brumann	27.6	9 <sup>th</sup>	K Reynolds	29.2
	10 <sup>th</sup> I Cassidy	29.4			
4 Lap race	3 <sup>rd</sup> M Cassidy	58.9	4 <sup>th</sup>	H Hall	59.3
6 Lap race	1 <sup>st</sup> J Evans	96.8			
Paarlauf Relay (8 lap)	3 <sup>rd</sup>	1.56.6	4 x 2 Relay	1 <sup>st</sup>	1.44.9
Circuit Relay	2 <sup>nd</sup>	1.27.0			
Standing Long Jump	1 <sup>st</sup> E Houghton	2.06	2 <sup>nd</sup>	S Cassidy	1.91
	5 <sup>th</sup> J Evans	1.51			
Standing Triple Jump	2 <sup>nd</sup> C Marriott	5.68	4 <sup>th</sup>	E Houghton	5.24
Speed Bounce	1 <sup>st</sup> M Cassidy	69	5 <sup>th</sup>	I Cassidy	58
Vertical Jump	2 <sup>nd</sup> C Marriott	51	5 <sup>th</sup>	I Cassidy	38
Shot	1 <sup>st</sup> K Reynolds	7.15m	2 <sup>nd</sup>	C Marriott	6.10
	3 <sup>rd</sup> M Cassidy	4.85	6 <sup>th</sup>	S Bruman	3.56

#### Boys Under 15

2 Lap Race	2 <sup>nd</sup> M Carter	22.9	3 <sup>rd</sup>	J Mair	23.2
	4 <sup>th</sup> J Wood	23.5	8 <sup>th</sup>	W Cox	25.4
4 lap race	4 <sup>th</sup> B McKeown-Tofts	53.5	5 <sup>th</sup>	J McKeown-Tofts	54.3
	8 <sup>th</sup> J Cahill	55.2			
Paarlauf Relay	1 <sup>st</sup>	1.40.8			
4 x 2 Lap relay	1 <sup>st</sup>	1.36.6			
Shot 4kg	1 <sup>st</sup> M Carter	10.77	3 <sup>rd</sup>	J Wood	8.74
	5 <sup>th</sup> W Cox	7.17	7 <sup>th</sup>	J Mair	6.64
Speed Bounce	1 <sup>st</sup> J McKeown-Tofts	68	2 <sup>nd</sup>	B McKeown-Tofts	67
	4 <sup>th</sup> J Cahill	64			
Standing Triplejump	1 <sup>st</sup> M Carter	7.28	2 <sup>nd</sup>	J Mair	7.16
	5 <sup>th</sup> B Mckeown-Tofts	4.80			
Standing Longjump	2 <sup>nd</sup> J Wood	2.27	5 <sup>th</sup>	W Cox	1.93
	6 <sup>th</sup> J McKeown-Tofts	1.72	7 <sup>th</sup>	J Cahill	1.61
Individual scores	1 <sup>st</sup> M Carter	145	3 <sup>rd</sup>	J Wood	120
	5 <sup>th</sup> J Mair	110	6 <sup>th</sup>	B Mckeown-Tofts	110
	7 <sup>th</sup> J McKeown-Tofts	105	11 <sup>th</sup>	W Cox	75
	12 <sup>th</sup> J Cahill	70			

#### Girls under 15

2 Lap Race	1 <sup>st</sup> J Fox	24.0	2 <sup>nd</sup>	G Newton-Livens	27.4
4 Lap Race	2 <sup>nd</sup> Z MacDonald	54.4			
Paarlauf Relay	1 <sup>st</sup>	1.46.3			
Shot	1 <sup>st</sup> J Fox	5.29			
Speed Bounce	2 <sup>nd</sup> Z MacDonald	67	3 <sup>rd</sup>	G Newton-Livens	66
Vertical Jump	3 <sup>rd</sup> Z MacDonald	50			
Standing Longjump	1 <sup>st</sup> J Fox	2.00	2 <sup>nd</sup>	G Newton-Livens	1.78
Individual scores	1 <sup>st</sup> J Fox	150	3 <sup>rd</sup>	Z MacDonald	140
	4 <sup>th</sup> G Newton-Livens	130			

#### Girls under 11

4 x 2 lap relay	1 <sup>st</sup> C&C	1.46.5			
Circuit Relay	1 <sup>st</sup> C&C	1.23.6			
Standing long jump	1 <sup>st</sup> M Oddie	1.88	2 <sup>nd</sup>	F Marriott	1.84
Vertical jump	1 <sup>st</sup> M Oddie	38	2 <sup>nd</sup>	S Cassidy	36
Ball throw	2 <sup>nd</sup> H Todd	5.44	3 <sup>rd</sup>	S Cassidy	5.16
Speed Bounce	2 <sup>nd</sup> F Marriott	50	5 <sup>th</sup>	H Todd	45

#### Boys U11/Mixed teams

Circuit Relay	4 <sup>th</sup> C&C Com Chicks	1.30.2			
4 x 2 lap relay	3 <sup>rd</sup> C&C Com Chicks	1.55.6			
Ball throw	4 <sup>th</sup> T Kotey (F)	5.70	8 <sup>th</sup>	R Herne	4.35
Standing Long jump	7 <sup>th</sup> R Herne	1.55	11 <sup>th</sup>	T Kotey (F)	1.41
Vertical jump	8 <sup>th</sup> M Cooper (F)	30	9 <sup>th</sup>	E Noe (F)	29
Speed Bounce	6 <sup>th</sup> M Cooper (F)	43	6 <sup>th</sup>	E Noe (F)	42

#### Boys U 13

C&C	85	10	C&C	79	10
HAC	60	9	PAC	70	9
PAC	28	8	HAC	30	8
Abbey	23	7			

#### Girls U 13

C&C	85	10	C&C	79	10
HAC	60	9	PAC	70	9
PAC	28	8	HAC	30	8

#### Boys U 15

C&C	585	10	C&C	470	10
Abbey 1	410	9	HAC	150	9
Abbey 2	310	8	PAC	120	8

#### Girls U 15

C&C	470	10	C&C	470	10
HAC	150	9	HAC	150	9
PAC	120	8	PAC	120	8

#### Boys U 11

Cott A	425	10	C&C	455	10
PAC	405	9	Cott A	335	9
C&C CC	275	8	Cott B	305	8
Cott B	230	7	Cott C	225	7
HAC	215	6			
Cott C	165	5			

#### Girls U 11

Cott A	425	10	C&C	455	10
PAC	405	9	Cott A	335	9
C&C CC	275	8	Cott B	305	8
Cott B	230	7	Cott C	225	7
HAC	215	6			
Cott C	165	5			

#### Combined match result under 11/under 13/under 15's

1 <sup>st</sup>	C&C	58	2 <sup>nd</sup>	PAC	34	3 <sup>rd</sup>	HAC	32	4 <sup>th</sup>	Cott "A"	19
5 <sup>th</sup>	Abbey A	16	6 <sup>th</sup>	Cott "B"	15	7 <sup>th</sup>	Cott "C"	12	8 <sup>th</sup>	Abbey B	8

**Dont forget the Boxing Day run – open to all members and free of charge. Come and run off the Christmas dinner and make room for more – 11am near the roundabout on Newnham Green**  
**Everyone gets an official time for the 4 miles**

**Happy Christmas everyone**

**CAMBRIDGESHIRE SPORTS-HALL ATHLETICS CHAMPIONSHIPS**

**The second round** is on 9<sup>th</sup> January at Bushfield Sports centre, Peterborough. Doors open at 1pm and we finish at 5pm  
It is a team competition for Under 15 's, Under 13's and Under 11 's based on your age on 31st August 2009 - ie as for last summers Track and Field.

Under 15's do a multi-event type competition and everyone does a 2 or 4 lap race, and 2 field events plus a relay  
Under 13's do up to three events and a relay, in a two per event format, with three track events, 5 field events plus relays  
Under 11's have a 4 per team format and everyone does 2 relays plus two field events

Come along and have a go It's a bit of noisy fun, you will score points for the team, and maybe get selected for the Cambs team in the Regional finals at Norwich on January 30<sup>th</sup>, and if Cambs do well, maybe the National final.

Please let us know if you would like to be in the teams as soon as possible  
If phoning or e-mailing please give the information requested below

U11's/U13's contact Noel Moss on 01223 833470 or e-mail noelmoss@btinternet.com  
U15's contact Ben Davies, e-mail benjaminlukedavies@hotmail.co.uk

OR You can fill in the form below and post it to Noel Moss, 18 Hunts Road, Duxford, Cambs, CB22 4RE.  
**(if you've already definitely confirmed to Ben or Noel, then no need to reply again)**

.....X

Name.....Tel Number.....

e-mail address (to send information).....

Date of Birth .....

Preferred events (please indicate below and we will do our best to match you up as far as possible)

**Under 15's (circle 1 from each pair of events)**

2 lap race or 4 lap race, shot or speed bounce, Standing Longjump or Standing Triplejump (boys) Standing longjump or vertical jump (girls)

**Under 13's (circle 3 events)**

2 lap race, 4 lap race, 6 lap race, shot, speed bounce, Standing Longjump, standing Triplejump, vertical jump

**Under 11 's (circle 2 events)**

Sitting ball throw, speed bounce, standing longjump, vertical jump

## PARENTS AND OLDER ATHLETES

As well as the usual officers of the club which are to be elected at the AGM, we urgently need people to get involved in the following tasks:

- **Team management** – we need offers from parents or older athletes who are prepared to help out with organising and selecting teams in one (or more) age-groups for the Eastern Young athletes league, the East Anglian league, and the winter sports-hall teams.  
The more help we get, the easier it becomes, because each person has to do less. Some of our existing team managers “retired” this year after doing it for several years, and without replacements we won’t be able to run teams.
- **Match Officials** – similar comments apply. If you are going to be there anyway, why not take the basic officials course and help out with the judging at the matches (Timekeeping, track judging, field judging or starter/marksperson).  
Our loyal band of regulars work hard but some have dropped out and some are not as young as they used to be, and we need more people to help out.  
Again, if we don’t get the volunteers we will be reluctant to commit to the league fixtures, because we have to provide a team of officials.  
Training is available via courses run by Cambs AA (in march 2010) so that you know what you are doing, and then you gain experience by working with our existing officials.
- **Coaches** – we are always looking for new coaches, especially for the young athletes Monday sessions. We can arrange basic training via England athletics courses, and the you would be able to help out with the Monday training, working with a higher level coach. If you find that you enjoy coaching, you would be able to progress via additional courses to be able to work independently with all ages of athlete.
- **First aid** – would anyone be prepared to go on a basic first aid course (or who already has a first-aid certificate) and be willing to act as additional first-aid cover for the Monday club training nights (we already have some coaches and others with first-aid training but we ideally need additional people who are not busy with other tasks).
- **General administration/athlete registration etc** – we need more people willing to help the admin team on Monday evenings, or to help with general club admin tasks.

With the exception of the general admin tasks, we do ask that you agree to an enhanced CRB check via UK Athletics, and for Match officials and Coaches this is a part of the “qualification” process, simply to ensure the safety of athletes as far as possible. No details are disclosed to the club, its all done by UKA and kept highly confidential. All we are told is that they approve you (or not).

**PLEASE offer to help the club out in some way – it doesn’t run iteself.**

No-one involved in the club gets paid for what they do – it’s all voluntary and we need your help in order to be able to service the growing interest in athletics.

Contact either Neil Costello, neil.costello@ntlworld.com, 01223 524428  
or Noel Moss. noelmoss@btinternet.com, 01223 833470