

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Club Newsletter - September 2010

This is the first newsletter in a new-look format to complement rather than duplicate the information already on our websites.

Headline news - Charlotte Cox takes 4 World championship gold medals (more details further on)



THE 49TH C&C ANNUAL GENERAL MEETING AND TROPHY PRESENTATIONS WILL TAKE PLACE ON MONDAY 1ST NOVEMBER COMMENCING AT 8PM AT THE TRACK.

ITS YOUR CLUB. PLEASE ATTEND IF YOU CAN. EVERY MEMBER OR THEIR PARENT HAS A VOTE.

TROPY PRESENTATIONS FOR UNDER 13'S WILL BE MADE BEFORE THE FORMAL AGM, AND THOSE FOR OLDER ATHLETES IMMEDIATELY AFTER THE FORMAL AGM ITEMS.

THERE IS AN AGENDA BELOW PLUS THE MINUTES OF LAST YEARS AGM.

So whats different about this newsletter?

- There are no detailed results given. Why? – because you can read them on the relevant website.
 - Track and field at <http://www.cambridgeandcoleridge.org.uk/track-and-field/results> (Click on the bold green text)
 - Road and Cross-country at www.runcambridge.org.uk or click on the Run Cambridge link on the main website road running page (<http://www.cambridgeandcoleridge.org.uk/road-running>)On each website you can also find seasons club ranking lists in all the different events.
- The format is no longer designed to be primarily printed for distribution as hard copy – the few members without e-mail will still receive a printed copy, but now in an A4 page format.

Chair's chatter

As we reach the end of the track and field season and the Annual General meeting approaches, I'd like to use this chair's chatter for a regular favourite – the importance of volunteers in the club and not taking them for granted. I've been reminded on a number of occasions over the last few days of the enormous effort so many people put in to making the club a success. For various reasons I've had to ask someone to take on an extra task or to help support other volunteers. The response is nearly always positive, and if the person asked can't do it, there's usually a good reason why and a cheery request to ask again in future. This is tremendous and bodes well for the future of the club. It's also going to become an increasing feature. We're now a big club – nearly 600 members which makes us one of the biggest clubs in the country. We're also well respected for the things we do competitively, in coaching and in supplying more than our fair share of officials to ensure events go ahead. There's much too much for a small group of people to do and we need to share the work out by having rotas, taking on things for a year or two and not regarding them as jobs for life – or assuming someone else will do it. Please offer to do something if you think there's a gap, or whenever possible, respond positively if you're asked to take on a job.

There are lots of things on the horizon. We're planning a regular induction meeting for new members and to change the way young members, in particular, are introduced to the club. This should enable us to do a better job and actually should reduce the work for many people but it will require support. We need to find a continuing stream of coaches and I'm hoping that one way we can do this is to encourage young athletes – maybe taking Sports Studies at GCSE or 'A' level – to take coaching courses and to help with younger members. That way everyone gains – excellent experience for the young athletes and better support for members just starting. If we're not able to respond to changes in ways like this, we'll find it increasingly difficult to keep the club afloat and it will soon disintegrate. As before, please think positively about opportunities like this and make the default answer yes.

The AGM is only a few weeks away. There are many jobs to do. If you're interested in being involved, please put your name forward. (Email info@cambridgeandcoleridge.org.uk or speak to one of the existing committee – names are on the web site under 'About us'

<http://www.cambridgeandcoleridge.org.uk/about-us/about-the-club>.) Having people available to shadow existing postholders is really helpful, if you don't want to take on bigger responsibility. And that goes for every post from the President down. It's healthy to have competition for posts – please don't be shy coming forward.

Finally, I want to thank a couple of volunteers who are retiring from the fray. Martin Crabb has been a manager of the young athletes' teams for a number of years and responsible for much of the young athletes' activities on Mondays for the last two years. Ginny Costello has co-ordinated the reception desk and been one of the smiling, welcoming faces behind it for over ten years. We're going to miss them both enormously and thank them sincerely for the efforts they've put in on the club's behalf. It's a cliché but that doesn't make it untrue – we couldn't have managed without them.

*** FIXTURES ***

Oct 3 rd	R	SEAA Open 10k road race	Crystal Palace	Seniors
Oct 3 rd	R	Standalone 10k	Letchworth	Seniors
Oct 3 rd	R	Abington 10k	Abington	Seniors
Oct 3 rd	M	Frostbite league	St Neots	All
Oct 3 rd	R	Mablethorpe Marathon	Mablethorpe	Seniors
Oct 3 rd	R	Loch ness marathon	Inverness	Seniors
Oct 5 th	R	C&C closed 5k race	Wilberforce Rd	All
Oct 10 th	X	Ryston XC Grand prix 5k	Ryston	All
Oct 10 th	R	Great Eastern Run (Half Marathon)	Peterborough	Seniors
Oct 10 th	R	Felixstowe Half Marathon	Felixstowe	Seniors
Oct 17 th	R	Abingdon marathon	Abingdon	Seniors
Oct 17 th	R	Cancer Research 10k	Cambridge	All
Oct 17 th	R	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors
Oct 17 th	X	Amphill Trophy Cross Country	Amphill	All
Oct 17 th	X	EVAC championships	Amphill	Veterans
Oct 24 th	R	BUPA Great South Run	Southsea	All over 16
Oct 31 st	R	Fenland 10 mile	Wisbech	Seniors
Oct 24 th	R	Dublin marathon	Dublin	Seniors
Nov 6 th	X	English XC relays	Mansfield	All agegroups
Nov 7 th	X	Dovedale Dash	Dovedale	Seniors
Nov 7 th	R	Stevenage Half marathon	Stevenage	Seniors
Nov 7 th	R	Rutland Water Marathon	Normanton	Seniors
Nov 7 th	R	New York Marathon	New York	Seniors
Nov 7 th	M	Frostbite League	Bushfield (P'bro)	All
Nov 14 th	R	Stebbing 10	Dunmow	Seniors
Nov 14 th	R	Stowmarket Senic 7	Stowmarker	Seniors
Nov 21 st	R	St Neots Half Marathon	St Neots	Seniors
Nov 14 th	X	Ryston XC Grand prix 9k	Ryston	All
Nov 20 th	X	SEAA London Championships	Parliament Hill	All
Nov 28 th	M	Hereward Relays	Peterborough	All over 16
Nov 28 th	R	Norwich half Marathon	Norwich	Seniors
Dec 5 th	R	Luton marathon	Luton	Seniors
Dec 5 th	R	Nene Valley 10	Peterborough	All over 15
Dec 11 th	C	SEAA Masters and intercounties	Biggleswade	Masters plus
Dec 12 th	M	Frostbite League	Hinchingbrooke Park	All
Dec 12 th	R	Bedford Harriers Half Marathon	Wotton	Seniors
Dec 12 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Dec 19 th	S	Cambs Sportshall league match 1	Chesterton (TBC)	All under 15
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	R	Ely 10k	Little Downham	All over 16
Jan 1 st	R	Wymondham New year day 10k	Wymondham	All over 16
Jan 8 th	S	Cambs Sportshall league match 2	Bushfield (Pbro)	All under 15
Jan 9 th	X	Cambs AA Crosscountry Champs	St Neots	All
Jan 9 th	IT&F	SEAA U15/U17 Indoor Pentathlons	Lee Valley	U15/U17
Jan 15/16 th	IT&F	SEAA Indoor Championships	Lee Valley	All over 12
Jan 16 th	X	Ryston XC Grand prix 5k	Ryston	All
Jan 16 th	X	Frostbite League	Ramsey	All
Jan 29 th	X	SEAA XC Championships	Parliament Hill	All
Feb 6 th	M	Frostbite League	Bourne Woods	All
Feb 13 th	IT&F	BMAF Indoor Pentathlons	Lee Valley	Vets
Feb 19 th	X	English National XC Championships	Leeds? (TBC)	All
Feb 20 th	X	Ryston XC Grand prix 9k	Ryston	All
Feb 26/27 th	IT&F	BMAF Indoor T&F	Lee Valley	Vets

Mar 5 th	X	CAU Intercounties		Birmingham	All (County team)
Mar 6 th	M	Frostbite League		Huntingdon	All
Mar 12 th	X	SEAA XC relays		Wormwood Scrubs	All
Mar 12 th	X	BMAF XC Championships		Luton	Vets
Mar 27 th	X	Ryston XC Grand prix	6.5k	Ryston	All
Apr 9 th	R	6 and 12 stage relays		Sutton Park	All
Apr 3 rd	M	Cambridge Cambourne 10k		Cambourne	All
Apr 17 th	R	London Marathon		London	Seniors

R = Road, M = Mutiterrain, X = Crosscountry, IT&F = Indoor Track and Field, S = Sportshall

WINTER TRAINING

The key facts about winter training times/venues are as follows:

- Thursday training will continue at the track until October 7th and then move to Chesterton Sports Centre (6pm – 8pm) from, and including, 14th October, until 31st March. Thursday training will move outdoors again on 7th April
- Monday training for Young Athletes' continues on at the track (U13's at 6.30pm and under 15's at 7.30pm) until and including November 1st and then goes indoors at Chesterton Sports Centre from Monday 8th November (6pm – 7pm for under 13's and 7pm – 8pm for under 15's). The Young Athletes training will move back to the track on 21st February.
- Tuesday training continues as normal at the track throughout the winter 6.30 – 8.30pm.
- Saturday training will be available at the track from 10.00-12.00 from 9th October onwards – by invitation from coaches only. (Throws, jumps, sprints and middle distance groups are likely)

Note – only clean non-marking trainers in the gym at Chesterton. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it

Throwers – we are not able to do Javelin, Hammer or discus under floodlights because they are not designed to give enough light in the infield. Therefore the main winter throwing session will be on Saturday mornings, with a fitness session on Thursdays in the Sportshall. There will also be the opportunity for throwers to do some running fitness on Tuesdays. (contact Noel for more details about throwers training noelmoss@btinternet.com or phone 01223 833470)

HELP!

Could you assist us with things such as team management, coaching or officiating

We always appreciate offers to help with team management both for T&F and Crosscountry. We try to have as many team managers as possible each working with one age-group in a league to make it light work. Due to some changes we will need additional help in 2011 with both the Eastern Young Athletes League and the East Anglian League.

Please offer your services. E-mail Noel at noelmoss@btinternet.com

We also always need more officials for track and field meetings – we can train you, and there is a formal training course run in the county each year in March which gets you a UKA licence and insurance cover. Categories are Track judging, Timekeeping, Field judging, and starter/marksman. You can do as little or as much as you like, but every bit helps. E-mail Noel as above.

C&C ANNUAL GENERAL MEETING

AGM Agenda - November 1st at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 23th November 2009 (see below)

Matters arising from the minutes

Reports from the Chairman and Treasurer (Team reports in this Newsletter)

Other items to report

Subscriptions 2011

Any other motions tabled

Election of officers and committee 2011

Presentation of Track and Field awards, Road race awards, and record certificates.

Nominations for President, Chairman, and Treasurer must be received by 4th October in Order to be eligible. (ie 4 weeks in advance of the meeting as per the constitution)

Nominations for other posts may be made at any time up to the meeting, but we would prefer to have these a few days in advance if possible so that we know if there are any contested posts.

Minutes of the 48th Annual General Meeting held Monday, 23rd November, 2009 at Wilberforce Road.

Present: Barry Wallman (President), Neil Costello (Chairman) and 85 members

Apologies for absence: James Ennis, Phil Garrett, David Haylock and Matt Witt

1. The Minutes of the AGM held on 24th November 2008 were approved.

2. Matters arising from the Minutes

There were no matters arising from the Minutes other than those already on the Agenda.

3. Chairman's Report

- The Club became a charity in June 2009 so we will now need to fulfil all that the Charities Commission requires. We will be opening new bank accounts that should allow for our charity status.
- The Club now has a new website and we are very grateful for all the help we have been given in setting this up.
- The roadrunners won the Cambridge 5K League this year and the Cambourne 10K was a great success with the club receiving £4,000, which has been paid into the Trust Fund. The Club won the "Partnership of the Year" award with SCDC, Cambourne Business Park and Advance Performance for organising this event.
- The Greater Cambridge Network has received £100,000 for three years to set up a coaching network. More details will be on the website soon.
- Track and Field reports that we had a good season but there is room for improvement. The Southern Womens League needs a new team manager for next season.
- The Community Clubs in Cambridge and Cambourne for children in school years 3 to 6 are doing well. There are 2/3 coaches and up to 30 youngsters at each. The club at Impington VC should be up and running in January.
- Adam Poole has taken over from Glyn Smith with regard to endurance events. Neil thanked Glen for all his hard work for the club. Anna Bird has now retired from running the Young Athletes League and Martin Crabb has taken over. Anna, who has helped in many ways over the years, was presented with a card and gifts at the track after the EYAL final. Our thanks go to her for all her hard work.
- Noel Moss, who is one of the clubs long serving members, received an award for Services to Officiating by England Athletics East Region. This was much deserved and was for services to the sport locally and nationally.
- Charlotte Cox won Disabled Sports Performer of the Year in the Cambridge Sport Network awards and was also the BBC East Disabled Sports Personality of the Year.

- This is Barry Wallman's last meeting as Club President. He has been involved for over 25 years at both the club, the Cambridgeshire AA and the Eastern AA. Thanks were given and he was presented with a gift.

4. Treasurer's Report

- The Treasurer's Report was circulated to the meeting (see attached). There was a surplus of £294.27 and income was in line with expenditure.
- A donation was received from Marshalls of Cambridge of £2,500 and from England Athletics of £1,832.
- On the 1st June 2009 we became a charity and this will be the last year that the accounts will be in this format. There will be many benefits including the fact that we will no longer pay corporation tax and we can apply for a charities aid bank account that pays more interest.

5. Quorum

It was proposed by Barry Wallman and seconded by Chris Flood, that a quorum at the AGM should be 30 members or 10% whichever is lower.

6. Subscriptions 2010

It is proposed that we increase subscriptions to £40 and £50. This will help cover increased costs that include hire of facilities and floodlighting. Compared to many other clubs these still represent excellent value for money and can only be kept this low because of the time put in by volunteers.

This was proposed by Chris Flood and seconded by Joe Tucker and was approved by the meeting. There was one vote against the proposal.

7. Other Items to Report There were no further items to report.

8. Election of Officers and Committee 2010

President – Mary Holmes – proposed by Barry Wallman and seconded by Noel Moss

Chairman – Neil Costello – proposed by Barry Wallman and seconded by Phil Bramford.

Treasurer – Chris Flood – proposed by Mary Holmes and seconded by Barry Wallman.

Committee Secretary – Valerie Norrell – proposed by Alice Forster and seconded by Nathalie Richards.

Portfolio Holders – Young Athlete – Martin Crabb, Coaching – James Brennand, Track and Field – Noel Moss, Vice Chair – Noel Moss, Endurance – Adam Poole

The Portfolio Holders were proposed on bloc by Gary Parsons and seconded by Michael Kelk.

Committee Member without Portfolio – Hilary Vogel

Co-opted Committee Members

Officials - Matt Witt, Young Athletes – Ben Davies, Coaching – James Ennis

9. Presentation of the Track and Field Trophies

The President Mary Holmes presented the awards and trophies.

There was no further business so the Chairman congratulated the award winners and thanked everybody for coming.

Do you hold a trophy from the 2009 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2009, that they should be returned by 15th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Mary Holmes or Neil Costello rather than rely on handing it to someone on a club night.*

Please do not leave it until the AGM evening – we cant clean them and sort them for presentation quickly enough on the night.

Greater Cambridge Athletics Network

Coaching and training events

The Greater Cambridge Athletics Network, in which C&C is a major player, has just produced an up to date list of coaching and training opportunities. Please look at the leaflet which can be accessed via a link on the recent updates section of the C&C website homepage, and join in any activities which appeal to you – some take place in the next couple of weeks.

Some are suited to coaches, and some to coaches and athletes.

The courses are also detailed below.

Monday 11th October 19:00–20:30

Designing the Ultimate Off Season Training Programme

Core Cambridge, Nuffield Road CB4 1TG

Each off-season is your opportunity to prepare, recover, repair any injuries and increase your performance for the next season. This session will teach you all of the aspects of training and rehab that you should be putting into place, and how to fit them into your schedule to maximise the benefits.

www.core-cambridge.com/gcan

Wednesday 20th October 18:00–20:00

GCAN Development Evening :

Dartfish - Improve your running technique with video analysis

Cambridge University Athletic Track

Coaches and athletes will be given practical coaching advice on improving running technique by Michael Smith (coach to International 800m runner Ed Aston and a member of England Athletics' National Coach Development Programme). They will also get a chance to use Dartfish (video analysis software used by top International athletes such as Usain Bolt and Michael Johnson) to analyse their own performance and identify areas for development.

Tuesday 26th October 18:30–20:00

Flying Coach Visit Denis Costello – High Jump

Cambridge University Athletic Track

Denis Costello, one of the top highjump coaches in the area, will be visiting Cambridge to share his knowledge and expertise.

Monday 8th November 19:00–20:30

A Pillar of Strength

The very latest research on core stability for athletes

Core Cambridge, Nuffield Road CB4 1TG

This session give an overview of the vital topic of core stability, a review of the very latest research, the methods that are appropriate for athletes, and which techniques (and gadgets) should be left in the therapy room. www.core-cambridge.com/gcan

Tuesday 9th November 20:00–21:15

Pro-Active Clinic Injury Prevention Workshop Cambridge University Athletic Track

International athlete Sam Boden will provide an introduction to common athletic injuries. You will learn more about why injuries occur, how to prevent them, and the best way to deal with them if they do happen.

Thursday 2nd December 20:00–21:15

Dan Gordon's Sports Nutrition Workshop

Cambridge University Athletic Track

Dan Gordon, Principal Lecturer Exercise Physiology at Anglia Ruskin University, will deliver a generic sports nutrition workshop. The session will raise your awareness about eating and drinking for athletics, enhance your knowledge about diet, promoting health and ensuring adequate energy intake for optimum athletic performance.

Monday 6th December 19:00–20:30

Bullet Proof your body - Injury prevention strategies

Core Cambridge, Nuffield Road CB4 1TG

This session will help anyone who aspires to enjoy a long and healthy career in sport. It covers common injury issues, what causes them, and what can be put in place as part of a training regime to prevent them.

www.core-cambridge.com/gcan

Monday 17th January 19:00–20:30

How strong is strong enough? Introduction to fundamental strength training for athletes

Core Cambridge, Nuffield Road CB4 1TG

High levels of strength are vital for outstanding athletic performance, but most mainstream information is derived from bodybuilding. This session will teach you how to use specific freeweights methods to improve your performance on the road, track or field

Monday 7th February 19:00–20:30

Performance lifting for Athletes

An evidence-based practical introduction to performance lifts

Core Cambridge, Nuffield Road CB4 1TG

Performance lifting can help athletes to perform explosively in their sport; This session is designed to help anyone looking to incorporate performance/Olympic lifting into their training programme by providing background, technique and coaching . www.core-cambridge.com/gcan

Monday 7th March 19:00–20:30

Shock Training - The myths v. the reality of plyometrics training for athletes

Core Cambridge, Nuffield Road CB4 1TG

This session aims to help anyone wishing to use plyometrics as part of their training programme. It will cover the scientific rationale behind one of the most misunderstood training methods and demonstrate techniques than be used to unlock hidden potential. www.core-cambridge.com/gcan

Saturday 12th March 10:30–12:30

Flying Coach Visit: Denis Costello – High Jump

Cambridge University Athletic Track

Denis Costello's second visit to Cambridge will help prepare coaches and athletes to the forthcoming athletics season.

CAMBRIDGESHIRE ATHLETIC ASSOCIATION AGM

Friday 3rd December - 7.30pm at Hemingford Grey House

It would be nice to see a few of the members in attendance, and not just the trophy winners and athletes who have been awarded colours. You don't need an invitation – just turn up. Also if you are interested, the County AA is always looking for volunteers to help with teams etc.

BOXING DAY CLUB 4 MILE CHALLENGE

Come and shift the Christmas Turkey and make room for more! Open to all members of all ages.

Why not have a gentle run out on Boxing day morning. The annual club members event starts on Newnham Green in Fen Causeway, assemble on the green, near the roundabout. All are welcome old and young, and it can be a race (there is a trophy) or just a jog to shift the hangover or the Christmas Pud. The course is on the pavements to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. The start is at 11am - no entry fees - just turn up and run. Parents and relatives of members are most welcome as well and age should not be viewed as a barrier to entry. We have had members up to age 80 running. It gives you a better appetite for lunch, so lets see you there this year.

CROSS COUNTRY CHAMPIONSHIPS ENTRIES

This winter's cross-country championship dates are given in the fixture list above.

Requests for entry in the club teams for the Eastern AA Championships (Nov 28th), Cambs AA Championships (Jan 9th), SEAA Championships (Jan 29th) and the English Championships (Feb 19th) should be submitted on the form attached with this newsletter (also can be found on the club website under the Cross country tab.)

ROAD RUNNING BITS

Real stamina – the Tahoe Triple

There was apparently only a very small C&C turnout at the Tahoe Triple at the weekend - just Simon Redfern. Not really surprising given the nature of the event - three marathons in three days at altitude in the USA's Sierra Nevada mountains. Simon made it to the end in thirtieth place overall. Very impressive.

Berlin Marathon

Some impressive C&C performances, especially Katie Sherwood (3:16) and Dave Yeneralski (3:20), who capped some great training with deserved big PBs. Going by the splits, it looks like a joint effort until Katie pushed on in the last 10K or so, to finish 128th-placed female. Congratulations also to Ish Badr's (3:10), Adam Poole (3:36) and Colin Smith (4:40). Finally, another gasp of awe for Steve Watterson, who may have run for his first-claim club, but we'll claim him anyway; 2:36 for 120th overall.

Saffron Walden 10K

The Saffron Walden 10K is a huge race for C&C, and has reliably lovely weather.... Well, it's huge for us anyway, and so it's massively pleasing to congratulate Mike Salt on winning this year's event in 33:59. Well done Mike! No less impressive was John Oakes's fourth place in 35:58, taking first M50 once again. Bob Watson's recent entry into the M50s makes the category even tougher this year (particularly at C&C - we took five of the first eight!); Bob took third place, and 14th overall. Another runner turning in fine performances week after week is Diana Braverman, and she mirrored John by winning the F50 category.

Round Norfolk Relay 2nd placed team in the club class.

The Round Norfolk Relay is literally what it says, starting Saturday very early and finishing Sunday around 10am with 17 stages of varying length. Detailed results are on the Endurance running website. C&C finished second in the Club class (at least six vets and five female), which is the blue riband class of the event, even beating the previously-invincible City of Norwich AC (CoNAC had won the Club class every year since 1999.), but losing to a very classy Norwich Road Runners squad, with whom we had a good old battle after lining up with them in the 11:30 start. Congratulations to them for finally doing it! Only one other team ran faster than us; Ely Runners, deserved winners of the unrestricted Open class - well done them. Individual honours: stage wins for Alan Pritchard (leg 2), Noel Carroll (3), Caroline Pritchard (13) and Katie Sherwood (15). And best veteran in the entire race, based on WAVA percentages, was John Oakes for his stage 14 run.

Its not possible to do this event without a support team, and both they and the 17 athletes deserve enormous praise for achieving a super result.

Closed C & C 5k races

The first of the closed C & C 5k races will take place on Tuesday 5th October from Wilberforce Road. They will take place every first Tuesday to coincide with the monthly pub night at The Red Bull, Barton Road, which is open to all road runners. Please can you keep your own times and I will make a note of your name, position and timings to hopefully add to the website? You'll then be able to monitor your own progress.

Frostbite League races

The Frostbite league is a series of autumn/winter races over multi-terrain (so usually spikes are not appropriate).

The first of the 2010/11 Frostbite races is Sunday 3rd October at Priory Park, St Neots. It's free to enter and all you need to do is to turn up, wear your C & C vest and run. The junior race (1.5 miles) starts at 10:15 and the senior race (5 miles) starts at 11am.

Its important to get a good start this year so that the team isn't trying to play catch-up in the later races as happened last year. Lets get as many runners there as possible so we can win both the junior and senior races!

5k League results

This year C&C split its athletes into two teams so that it didn't dominate the small clubs in the competition so much. This had the desired effect and meant that the league would have been much more evenly contested had it not been for the new team entering – Cambridge Triathlon. They fielded a strong team, much more in line with what a single C&C team could have produced, and won the series.

In the Combined (M/F) results the C&C teams finished 3rd (Blues) and 4th (whites) behind Cambridge Triathlon and Saffron Striders.

In the Mens category the teams finished 3rd (blues) and 5th (whites) and in the Womens category, equal 3rd. Congratulations to Adam for arranging such an even split into teams.

The following C & C runners won awards for the series - Helen Branco, Dan Bayles, Iona Graham Hagg, and Matthew Applegate, plus John Oakes won best overall male

Cambourne 10k – Advance notice

The Cambourne 10k will be held on 3rd April next year and the Expo is planned for 13th February at Wilberforce Road.

REVIEW OF SUMMER TRACK AND FIELD

International medals for Charlotte

Once again congratulations to Charlotte Cox, who has won numerous medals this summer. The culmination of her season was to compete in the First World Championships for athletes with Down syndrome, held in Puerto Valla in Mexico recently.

She not only won four gold medals in her class, but was the fastest female athlete in those events in all classes by some way.

Well done Charlotte – you are a credit to the club and your coaches.

Ed Aston

Once again Ed has been outstanding in the 800m, and achieved the qualifying standard for the Commonwealth Games. Unfortunately with three other athletes also meeting the standard, he was the reserve list and now probably wont get a place.

Ed has broken the club 800m record on numerous occasions this season taking it down to 1.47.02 in a race in Gothenberg.

During 2010 Ed was 3rd in the UKA 800m championship, and competed in the World Indoor Championship sin Doha earlier in the year.

Ed ranks 3rd U23 800m runner in UK this year.

Ben Kelk

Ben competed as an under 20 in 110m hurdles this year and achieved an impressive season, only just failing to break the hurdles record of 13.8 secs held by ex-international Jon Ridgeon (clocking 13.86).

Coached by Ridgeon's ex-coach, Bob Smith, Ben won the England Athletics Under 20 title, took 3rd in the English schools and was the Southern Counties champion. He also competed regularly in club events and showed his talent in a wide range of events.

Ben ranks 4th in the 110m U20's hurdles in UK and 16th in the all-time list.

Morgan Young

Morgan has pushed the Club U15's javelin record up by 6m this year setting a personal best of 55.21m.

This season he has improved by 16 meters. went to English schools and finished 4th. Morgan ranks 4th in the UK U15 Boys Javelin for 2010, ranks 12th on the all time list, and also ranks 15th all time for an under 15 throwing the 700g javelin (for under 17's). He threw for Cambridgeshire both as an under 15 and an under 17 this year.

Ben Snaith

Ben has reduced the under 15 Boys C&C 400m record to 51.17, in a season where he won the Eastern Championships, and was 4th in the England Athletics championships. He ranks 6th U15 Boy at 400m in UK in 2010, and is in the all-time top 50.

A remarkable come-back by Gary

After breaking his neck in a fall at the end of 2009, Gary Parsons spent about 3 months in a metal frame while the injury healed. He wasn't expected to be able to throw in 2010, and possibly not at all, but he had made a comeback by the end of May in discus and by the end of the season was throwing hammer and shot as well, with performances improving again on a weekly basis.

He is now back into serious strength training in readiness for his first year as a 40 year old veteran next year. It just goes to show what you can do with enough determination (although we don't recommend a broken neck as an incentive to train harder).

Club Records in 2010 (excluding veteran age-group bests)

400m U15 Boys	51.17	Ben Snaith
800m Senior Men	1.47.02	Ed Aston
800m U13 Boys	2.22.2	Oliver Cantrill
5000m U20 men	15.50.65	Will Mycroft
Javelin U15B	55.21	Morgan Young
4 x 100 relay U15B	46.66	Jake Mair, Joseph Ebanks, Ben Snaith, Will Blackwell
1500m U13G	5.02.69	Charlotte Murphy
Triplejump Sen W	10.49	Lauren Sammout
Highjump U13G	1.48	Katie Reynolds
Hammer Sen W	41.86	Hayley Sayer
Hammer U20W	40.32	Hayley Sayer
80m U11Girls	11.8	Adelaide Omitowoju

Southern Men's League – 21st in Division 2 (25 clubs)

This probably means we are relegated as 5 teams go down this year, but its not confirmed yet due to teams possibly withdrawing. The annoying thing is that we actually scored a lot more total points than the two teams above us who wont be relegated (but its done on match place points, and meeting two other lower teams on their own ground didn't help).

We actually had 3 home fixtures this year (2 of our own and 1 courtesy of Ryston who couldn't get their own track. Things didn't go according to plan however. We came 5th in our first home match finishing just one point behind two of the other teams after being 3rd for most of the match, but then had a good 2nd place at Stevenage, beating a team who were subsequently promoted. The next two matches were at Swindon and Guildford, long distances to travel, and also clashing with exams, English Schools etc etc and we were last in both. Then we hosted Rystons fixture but again finished 5th and then finished with a good 2nd place in our last home match having got our missing athletes back from Uni etc. and we spoilt Wokings promotion hopes in the process.

The team when we had most of it there, was capable of promotion, but unfortunately we only had that situation for two matches out of the six.

The up-side if we are relegated is that in Div 3N we wont have any really long journeys, but the downside is that the opposition will not be very good. We will have to wait and see how it works out.

Southern Women's League – 5th in Mixed Div 1N

This year the women were in Division 1N (really Div 2 because there is a Premier Division) of the U15's

and Seniors league. The SWL now also have a Seniors only league and because clubs are moving over to that, but we remained in the mixed Division because it was regionalised and therefore required less travel. Turnout was better this year and improved steadily throughout the season thanks to the efforts of the team managers – Wendy Fox, Hayley Sayer and Joan Lasenby.

The team finished 5th out of 10, with match placings of 7th, 8th, 5th, 5th and 3rd in the five matches and points scores increasing from 206 to 304 during the season. On the last match, the team beat the club who finished 2nd in the division.

Eastern Veterans League

The Ladies qualified for the league final this year, and finished 8th in the final, but unfortunately the men didn't make it. Numbers competing are gradually increasing, but with 3 age groups in each gender, it is important to be able to fill all of them. At present we cant do that, so if you are old enough (40+), come and have a go next year.

East Anglian league

A good season overall. No trophies this year but C&C qualified for the final in 6 age-groups, the exception being the under 17 Men (just not enough of them this year), although it was close.

The Senior Men finished a close 2nd to Ipswich in the league, the under 13 girls were 4th, under 15 girls 7th, Senior Women 8th, under 13 boys 5th and under 15 boys 6th.

In the final the Under 13 boys finished 2nd to Norwich. The under 13 girls were 4th, under 15 girls 6th and Senior women 7th, under 15 boys 3rd and Sen Men 5th.

We can still do better in this league if we can fill the teams. Offers also needed to help out with the team management next year.

Photographs from the final are available to view and purchase on www.dephoto.biz/eal

Eastern Young Athletes league

A good season again this year, finishing in 12th position and reaching the Plate final.

The under 13 and under 15 age-groups had good turnout in league matches, but this was just one of those years where we had very few actual members in the under 17 boys age-group, and that cost us dearly in some matches. (That will change next year).

In the Plate final which was at Peterborough, turn out in the U13 and U15 agegroups was good but we still suffered from the lack of Under 17 men. The team finished 6th of the 7 teams, ahead of hosts Peterborough, but with the under 17 men and women combined only just outscoring the under 13 girls, we can only say what might have been had we had athletes to fill those age-groups.

Martin Crabb has decided that he is no longer able to continue with overseeing the EYAL team management so many thanks Martin. A big thanks to the other team managers. We will need to find at least one more team manager to join the team for next year.

National Junior League – Team Cambridgeshire

The composite team in the national Under 20's league made up from C&C, Hunts AC, PAC and NVH. A good number of our athletes competed for the team again this year.

The team was in the Thames Division this year after being relegated from the Premier Division last year, and with new team managers after Nigel Faben retired from the post.

The Thames division was still quite good competition, consisting mainly of composite teams like the Cambs team, and the team eventually finished 4th with 1645 scored points (24 league points)and so didn't make the promotion play-off, but were less than 200 scored points behind the Divisional winners and way ahead of the 5th-8th placed clubs.

Sportshall athletics for Under 15's, Under 13's and under 11's.

The County will be running Sportshall Athletics competitions again during the winter season, and C&C will participate. Provisional dates are 19th December at Chesterton (probably 11am – 3pm) and 8th January at Bushfield (Peterborough) (probably 1pm – 4pm)

We need offers for people to act as team managers for these events (support will be given).

USEFUL CONTACT INFORMATION

Telephone numbers for winter 2010

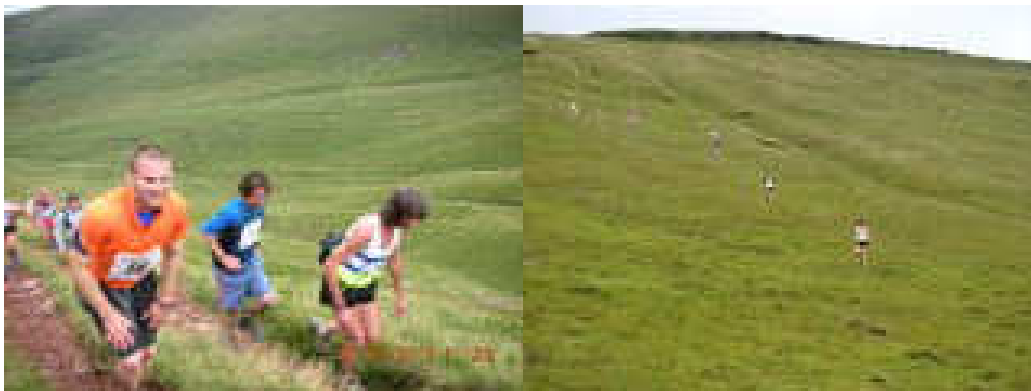
Mary Holmes – President	01223 860189
Neil Costello – Chairman	01223 524428
Noel Moss T&F coordinator and newsletter	01223 833470
Matt Witt Officials coordinator	01638 742088
Sonia Cox Welfare	01223 264889
James Brennand Coaching Secretary	01223 249410
Adam Poole Road running	07932 622892
Carole Morris Veterans T&F team manager	01638 742024
Chris Flood Treasurer	01223 319549

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
C&C Endurance running website	www.runcambridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.uka.org.uk
Power of 10 database (you may be in it)	www.thepowerof10.info
England athletics website	www.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
Athletics equipment (Stadia Sports online)	www.clicksports.co.uk



Our Southern Womens league hammer throwers (After a double first at Walthamstow)



Pen Y Fan Fell race – going up (that looks hard going); and down again