

MERRY CHRISTMAS

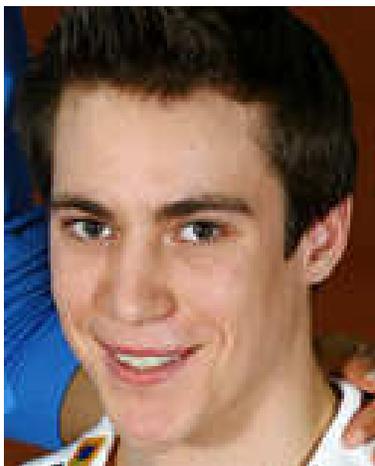
Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Club Newsletter - December 2010

Headline news – Neil Costello gets England Athletics National award for Services to Volunteering (more details follow)



Ed Aston gets a National “On camp with Kelly” award for excellence at the UKA awards

Charlotte Cox voted Living Sport disabled athlete of the year for the second year running.



Chair's chatter

It's not been a good time for training in the freezing weather; many of us have been forced indoors into gyms which I don't find anything like as enjoyable as training outdoors – not just because they're massively more expensive than club subs, though that helps! – it isn't exciting to move from one piece of equipment to another trying to get my pulse rate up, whereas (all sprinters, throwers and jumpers, please turn away at this point) running for an hour or two on quiet roads and footpaths is a great feeling.

Notwithstanding the bad weather, there have been some things to smile about. Charlotte Cox won the award for the BBC Living Sport Cambridgeshire and Peterborough Disabled Athlete of the Year for the second year running and Ed Aston was given a national 'On camp with Kelly' award for excellence at the UKA awards dinner in early December. As many people know, I won the Regional and National 'Services to Volunteering' award from England Athletics. It was a real honour to receive the award and I greatly appreciate the gesture and thanks it implies. I shouldn't get carried away, though. I wouldn't have been considered for the award if I wasn't chair of an effective club supported by dozens of volunteers, and I couldn't put in the time I do if I wasn't supported by Ginny – the spouses of many of us at the club are major unsung heroes. My award is a result of the hard work of lots of people and, on behalf of all club members; I want to thank them sincerely for their time and effort, often over many years.

Winning the award has given me cause to reflect on some broader themes. I've been asked by a number of people, for example from AW and the Cambridge News, what it was that got me started in athletics and what my aspirations are for the future. One of the important things, I've realised, is the way we treat each other and welcome newcomers. I know we don't get it right every time but I'm heartened more than anything when people say to me how welcome they feel and how much pleasure they get from taking part with other club members. My philosophy is that the real objective of the club is to enable every member to be the best they can in the circumstances they find themselves, whatever their standard, and that this only really happens when everyone puts in what they can, and takes out what they need. (Political philosophers will have spotted that this isn't original and has a long, distinguished history!) In a club like C&C I genuinely believe that if we put in as much as we can (which sometimes might not be huge but is as much as we can manage) and take out only that which we need (which sometimes might be an enormous amount and sometimes not much) then our future as a warm, welcoming and successful club is guaranteed. Then of course, there's just the training, the soreness, the nervousness, the tiredness..... and the exhilaration!

Merry Christmas and a happy new year to all members!

Neil

UKA National Award for Services to Volunteering: Neil Costello

At the UKA Annual Awards, Neil Costello was presented with the National award for services to volunteering. Neil is of course our Club Chairman, but he is involved in many other aspects of athletics. The citation for Neils award was as follows.

“Neil contributes a huge amount of time to athletics as a volunteer through a number of roles at club, county, network, regional and national level.

He joined Cambridge and Coleridge in 1985 and has been a member for 25 years. He continues to compete occasionally as an endurance athlete but contributes massively to the club as chairman - a position he has held since 1998. He was secretary for three years prior to that.

Under Neil's management the club has seen huge change and has expanded its membership from 150 to over 500 today.

He is a coach with the junior section of the club and spearheaded the club's move to a multi-skill approach for young people, which is used as a national example of good practice.

Neil also oversaw the creation of four satellite groups for young people making the sport more accessible to youngsters across South Cambridgeshire.

Neil led on the creation of the Greater Cambridge McCain Athletics Network which secured funding as a pilot in Phase One of the 'Networks' scheme. Previously he represented his club on the Cambridgeshire Development Group. He is a Regional Councillor with the important Clubs Portfolio, and has worked tirelessly with the Regional and Area team to ensure that his knowledge and expertise is shared with others

who would benefit. He has put huge energies into organising Club conferences to help share good practice. He sits on the National Clubs group where he continues to provide thoughtful and honest feedback on new schemes such as Athletics 365 and the Networks programme.

He is also a scorer at Track and Field events.”

Neil was presented with his award by Dame Kelly Holmes.

It’s a well deserved recognition for all the work he puts in at club, regional and national level, and we should remember that Neil and all our other volunteers do their bit for athletics on an unpaid basis.

*** FIXTURES ***

Winter/Spring fixtures

Dec 26th	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	SH	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 Pentathlon	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	M	Frostbite League	Ramsey	All
Jan 16 th	X	Sunday Cross country league	Watford	All over 16
Jan 23 rd	R	Folksworth 15	Folksworth	All over 16
Jan 23 rd	IT&F	West Norfolk Open meeting	KingsLynn	All
Jan 29 th	X	SEAA XC Championships	Parliament Hill	All
Jan 29 th	SH	Under 11’s regional match	?	U11’s (County team)
Jan 30 th	R	Reedham 10	Reedham (Norfolk)	Seniors
Feb 6 th	M	Frostbite League	Bourne Woods	All
Feb 13 th	IT&F	BMAF Indoor Pentathlons	Lee Valley	Vets
Feb 13 th	R	Stamford Valentines 30k	Stamford	Seniors
Feb 13 th	X	Sunday Cross country league	Royston	All over 16
Feb 19 th	X	English National XC Champs	Leeds? (TBC)	All
Feb 19 th	SH	U13/U15’s Regional final	Norwich	U13/U15 (County team)
Feb 20 th	X	Ryston XC Grand prix 9k	Ryston	All
Feb 26/27 th	IT&F	BMAF Indoor T&F	Lee Valley	Vets
Feb 27 th	R	Nene Valley 10 (rearranged date)	Peterborough	All over 16
Mar 5 th	X	CAU Intercounties	Birmingham	All (County team)
Mar 6 th	M	Frostbite League	???	All
March 6 th	R	Silverstone half Marathon	Silverstone	Seniors
Mar 12/13 th	IT&F	Eastern AA Championships	Lee Valley	All
Mar 12 th	X	SEAA XC relays	Wormwood Scrubs	All
Mar 12 th	X	BMAF XC Championships	Luton	Vets
March 20 th	R	Brentwood Half Marathon	Brentwood	Seniors
Mar 27 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Mar 27 th	R	Thorney 10k	Thorney	All over 16

R = Road, M = Multi-terrain, X = Crosscountry, IT&F = Indoor Track and Field, SH = Sportshall

Note - all Indoor T&F meetings require you to enter yourself in advance via the organisers (not via C&C)

More details, including how to enter and where to get entry forms are given on Page 10 of the newsletter

You can’t win anything if you don’t enter it – have a go

Endurance events summer 2011

Apr 3 rd	Cambridge Cambourne 10k	Cambourne	All
Apr 9 th	6 and 12 stage relays	Sutton Park	All
Apr 10 th	Flitwick 10k	Flitwick	Seniors
Apr 10 th	Brighton Marathon	Brighton	Seniors
Apr 10 th	Great Welsh marathon	Llanelli	Seniors
Apr 10 th	Paris Marathon	Paris	Seniors
Apr 10 th	Milan Marathon	Milan	Seniors
Apr 10 th	Bungay black Dog Marathon/Half	Bungay	Seniors
Apr 10 th	Lochaber Marathon	Fort William	Seniors
Apr 17 th	London Marathon	London	Seniors
April 17 th	Madrid Marathon	Madrid	Seniors
Apr 17 th	Vienna Marathon	Austria	Seniors
April 30 th	Derwent Dambuster 10 mile	Derwent	Seniors
May 1 st	Great East Anglia Run 10k	Kings Lynn	Seniors
May 2 nd	Breckland 10k	Croxton	Seniors
May 3 rd	Belfast Marathon	Belfast	Seniors
May 8 th	Shakespeare Marathon	Stratford	Seniors
May 8 th	Colchester 10k	Colchester	Seniors
May 8 th	Prague Marathon	Prague	Seniors
May 8 th	Halstead Marathon	Halstead	Seniors
May 8 th	Eye 10k	Eye	All
May 8 th	Silverstone 10k	Silverstone	Seniors
May 12 th	Kevin Henry 5k league	Saffron Walden	All over 16
May 14/15 th	Geneva Marathon and Half Mar	Switzerland	Seniors
May 15 th	Sawston Fun Run	Sawston	All
May 21 st	BMAF road relays	Sutton Park	Veterans
May 21 st	White peak marathon and half	Matlock	Seniors
May 22 nd	Windermere Marathon	Ambleside	Seniors
May 22 nd	Copenhagen Marathon	Copenhagen	Seniors
May 22 nd	Edinburgh Marathon	Edinburgh	Seniors
May 15 th	Stevington 12k	Stevington	Seniors
May 27 th – 29 th	Tour of the Derwent valley	Derbyshire	All over 16
May 29 th	Woodland half marathon	Bourne	Seniors
May 29 th	Mull of Kyntyre half Marathon	Kinloch Green	Seniors
May 30 th	Hatfield Broad Oak 10k	Hatfield Forest	Seniors
June 2 nd	Kevin Henry 5k league	Impington	All over 16
June 8 th	Peterborough 5k league		All over 16
June 12 th	Abbey 10k	Ramsey	Seniors
June 22 nd	Peterborough 5k league		All over 16
July 3 rd	March Spud run 5	March	Seniors
July 6 th	Peterborough 5k league		All over 16
July 7 th	Kevin Henry 5k league	Cambridge (C&C)	All over 16
July 20 th	Peterborough 5k league		All over 16
July 30 th	Swiss Alpine Marathon	Davos	Seniors
August 3 rd	Peterborough 5k league		All over 16
August 4 th	Kevin henry 5k league	Newmarket	All over 16
Aug 14 th	Isle of Man marathon	Ramsey IOM	Seniors
Sept 1 st	Kevin Henry 5k league	Haverhill	All over 16
Sept 4 th	Glasgow Half Marathon	Glasgow	Seniors
Sept 18 th	Great North Run	Gateshead	Seniors
Sept 25 th	London half marathon	London	Seniors
Sept 25 th	Bourne 10k	West Pinchbeck	All over 16
Sept 25 th	New Forest marathon	Hampshire	Seniors

Oct 2 nd	Loch ness marathon	Inverness	Seniors
Oct 2 nd	Jersey Marathon	Jersey	Seniors
Oct 9 th	Chester Marathon	Chester	Seniors
Oct 9 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Nov 6 th	Great East Run 20k	Bungay	Seniors
Nov 6 th	Dovedale dash	Dovedale	Seniors
Nov 20 th	Luton marathon	Luton	Seniors
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16

Summer 2011 track and field (provisional)

April 30 th	Southern Women's League	All Females	
May 1 st	National Junior League (Cambs clubs team) U20's)		Ware?
May 1 st	Eastern Young Athletes Lge	All under 17	Cambridge
May 4 th evening	Eastern vets league	Veterans	
May 4 th evening	Watford Open meeting	All	Watford
May 7 th	Southern Mens League	Males 15+	
May 8 th	East Anglian league	All	
May 14 th	Cambs AA Championships	All members	Peterborough
May 18 th evening	Watford Open meeting	All	Watford
May 21 st	Southern mens league	Males 15+	
May 21st	Southern Womens League	All females	
May 28 th	ECAA Championships	All	
May 29/30 th	CAU Championships	County select	Bedford
June 1 st evening	Watford Open meeting	All	Watford
June 1 st evening	Eastern vets League	Veterans	Cambridge
June 4 th	Southern Mens League	Males 15+	
June 4/5 th	National Combined events	Senior/U20	Bedford
June 5 th	BMAF pentathlons	Veterans	Oxford
June 12 th	Eastern Young athletes league	All under 17	Braintree
June 12 th	National Junior League (Cambs clubs team) U20's		?
June 12 th	Bedford International Games 2010	Spectators	Bedford
June 12 th	BMAF Throws Pentathlon	Veterans	Milton K
June 15 th evening	Watford Open meeting	All	Watford
June 18 th (prov)	Anglian Schools	School select	TBC
June 18/19 th	SEAA Senior/U20 Championships	U20/Seniors	
June 18/19 th	British Masters Championships	Veterans	
June 19 th	East Anglian league	All	
June 25/26 th	Aviva Under 20/Under 23 Champs	U20/U23's	
June 25/26 th	BMAF T&F championships	Veterans	
June 29 th evening	Watford Open meeting	All	Watford
July 2/3 rd	English Schools	Qual	Gateshead
July 3 rd	Eastern Young Athletes Lge	All under 17	Watford
July 6 th evening	Eastern vets league	Veterans	
July 9 th	Southern Mens League	Males 15+	
July 9 th	Southern Women's League	All Females	
July 10 th	National Junior League (Cambs clubs team) U20's		Bedford
July 13 th evening	Watford Open meeting	All	Watford
July 16 th	English Senior Championships	Seniors	
July 17 th	East Anglian league	All	
July 24 th	National Junior League (Cambs clubs team) U20's		???
July 24 th	Eastern Young Athletes Lge	All under 17	Cambridge
July 27 th evening	Watford Open meeting	All	Watford
July 30 th	Southern Mens League	Males 15+	

June 29/30/31 st	UKA Senior Championships	Seniors	Birmingham
Aug 3 rd evening	Eastern Vets League	Veterans	
Aug 5/6 th	Crystal Palace Grand Prix	Spectators	Crystal Palace
Aug 6/7 th	SEAA U17/U15 Championships	All under 17	
Aug 10 th evening	Watford Open meeting	All	Watford
Aug 13 th	Southern Mens League	Males 15+	
Aug 14 th	Eastern Young Athletes Lge	All under 17	Hemel Hempsted
Aug 13/14 th	England U15/U17 combined events	U15's/U17's	Stoke
Aug 20 th	Southern Women's League	All Females	
August 20 th	UK Challenge Final	Invitation	Birmingham
Aug 20/21 st	England U15/U17 Championships	U15's/U17's	Bedford
Aug 21 st	East Anglian League	All	Cambridge (Prov)
Aug 24 th evening	Watford Open meeting	All	Watford
August 27 th (prov)	SEAA U20/U15 intercounties	County select	
Sept 2-4 th	UK School Games	Schools select	Sheffield
Sept 3 rd	Southern Women's League	All Females	
Sept 4 th (TBC)	Hibbard Trophy match	Cambs AA select	TBC
Sept 7 th evening	Watford Open meeting	All	Watford
Sept 10/11 th	BMAF Decathlon/Heptahlon	Veterans	Oxford
Sept 11 th	Eastern Young Athletes Final	Qualifying clubs	TBC
Sept 18 th	East Anglian league Final	All	Bury St Edmunds
Sept 21 st evening	Watford Open meeting	All	Watford

WINTER/SPRING TRAINING

The key facts about winter training times/venues are as follows (weather permitting of course):

- Monday evening training for Young Athletes' continues at Chesterton Sports Centre until Monday 13th December (the last session before Christmas) and then restarts on Monday 17th January (6pm). (We are using 10th January for a familiarisation session for coaches only, on a new coaching plan introduced by England Athletics called Athletics 365).
The Young Athletes training will move back to the track on Monday 28th February (6.30pm – 8.30pm). The last Monday evening indoors at Chesterton will be on Feb 21st.
- Tuesday evening training at the track continues until 21st December, and then resumes on 4th January.
- Thursday training will continue at Chesterton Sports Centre (6pm – 8pm) until 16th December, and resumes on 6th January. Thursday training will move outdoors again on 7th April.
- Saturday training will be available at the track from 10.00-12.00 until 18th December resuming on 8th January and continuing until 2nd April – by agreement from coaches only. (Throws, jumps, sprints and middle distance)

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 Sports hall. There will also be the opportunity for throwers to do some running fitness on Tuesdays. (contact Noel for more details about throwers training noelmoos@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 Cross-country. 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 still need additional help in 2011 with the East Anglian League. Please offer your services. E-mail Noel at noelmoss@btinternet.com

We also desperately need more officials for track and field meetings – we have to provide officials at all league matches. We can train you, and there is a formal training course run in the county each year in March (20th) 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.

Greater Cambridge Athletics Network

Coaching and training events

The Greater Cambridge Athletics Network, in which C&C is a major player, provides a number 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 – there are activities planned during Jan-March. Some are suited to coaches, and some to coaches and athletes.

The available courses are also detailed below.

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 free weights 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.



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 member's 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, register/collect a number, and run. Bring a couple of safety pins for your number, 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 let's see you there this year.

Check the main club website and your e-mail for any updated info just in case the freezing conditions cause safety problems.

ENDURANCE RUNNING BITS

Outstanding success in the St Neots Half Marathon

C&C fielded a veritable army at the St Neots Riverside Half Marathon and produced outstanding success, with no less than 17 C&C finishers and an almost bewildering number of trips to the trophy table. Caroline Pritchard claimed 3rd in the women's race with Katie Sherwood less than a minute behind in 4th. Meanwhile Charlie Wartnaby and John Oakes bagged the V40 and V50 prizes respectively in 4th and 8th places overall; together with John Uff, who had a storming HM debut in 1:20:32, which gave C&C the men's team prize. Emma Kreetzer, plus Caroline and Katie too the women's team prize and finally there was the Frostbite League mixed team trophy of the 3 men plus Caroline.... well done to all 17 who took part.

Frostbite League races

The club has started the winter season with super results in the first two Frostbite leagues, and a good result despite a lower turnout in the third event.

The juniors won the first two matches very comfortably, and the Seniors had a 2nd and a 1st leaving them comfortably first overall, In the 3rd match the Juniors were 3rd but still lead overall, and the Seniors were 2nd and also retain their slender lead. There are three fixtures to come.

If you want C&C to win it, please be in it to do your bit. C&C is well capable of winning both age-groups, but only if athletes make a special effort to turn out for the final three races.

Adam Poole is doing a super job getting the teams out, but he cant win it for you – please support him.

If you need more details, you can either look on the Frostbite league website to see how the league works, age rules etc. <http://frostbiteleague.org.uk/Rules/Rules.htm> , or contact Adam brassik@talk21.com about competing in the C&C team.

Cambourne 10k

The Cambourne 10k will be held on 3rd April next year and the Expo is planned for 13th February at Wilberforce Road. The event website will be live for enrolment/race entries from around mid-december - follow the Cambridge Festival of Running link on the C&C website.

Dovedale Dash

There was no organised C&C trip this year, but we had good representation anyway. Mike Salt finished the hilly/mountainous and mucky/swampy 4¾-mile course in 28:37 for fifth place overall - congratulations, Mike! Stephen Penny had a good one too - finishing 84th in a 1400+ field.

Cross Country roundup (summarised from reports by Andy Irvine and Christof Schweining)

At one of the first of the season's events, the Amptill Trophy, Mike Salt was quickest C&C in the senior race, finishing fifth, and first V35. Good runs too by fellow cross-country stars Stephen Penny, Gerald Meah and Diana Braverman. Diana's run earned her another category victory - congratulations Diana.

The under 13 race was a C&C one-two, courtesy of Finn Barnes and Joseph Willmott.

C&C's cross-country league season started with the Sunday league at Cheshunt, but as ever we struggled for numbers. So a particular 'well done' to Diana Braverman, second-quickest W55.

At the November Ryston Cross country amongst other good performances, there was a very impressive win in the very competitive M45s for David Pettit, and second places in their respective age groups for two Charlottes - Gillard and Murphy.

At the 2nd Sunday league match at Chicksands Mike Salt produced another spectacular run to finish second, but John Kazer (25th), Al Pritchard (28th) and Steve Penny (38th) were right up there too, as were Carol Stanier and Diana Braverman, the former piping the latter for 38th in the female race.

Hilly Fields, Colchester was reasonably clear of snow for the Eastern Cross Country Championships on Sunday afternoon. Going was firm underfoot making it slightly faster than last year. Our turn out, and results, were better than the official results suggest due to unfortunate entry problems. Finn Barnes won the U13 Boys and Claire Wilson came a very close second in the U15 Girls. Mike Salt looked like the clear winner in the Senior Men on each lap - but, ended up being declared second with the same time as the winner in a very close sprint finish.

There were all kinds of mucky ways for us to wave the C&C flag on Sunday 12th December. John Kazer and Diana Braverman did so in style in our Sunday League cross-country fixture at Digswell, whilst much success was had at Shouldham Warren for the Ryston Runners cross-country series; Lauren Murphy took third place in the U11s, whilst Charlotte Murphy (first), Ella Bliss (second) and Lucy Parker (fourth) again dominated the U13s for us. There was a good run by Natalia Rehakova in a rather lonely U15 race, and David Pettit represented us male vets with another spectacular V45 placing - just missing a second consecutive victory.

Running....a departure from the Rational?

by N. Dawe-Finn (aka Alex Downie)

Well, which would Mr/Mrs. Average rather do on a wild, wet and windy winter's night – settle down on a warm and cosy sofa and watch telly or head out into the roaring gale for a run?

So given that the whole concept of running doesn't seem too normal to a lot of people in the first place, how does the act of running further affect the mental state of the poor runner, in particular in race mode, where everything is that much more intense?

To a greater or lesser extent, all runners experience that adrenalin surge of flight or fight before and during races. It can manifest itself in all sorts of ways – going to the toilet hundreds of times, hyperactive warm-ups, and the nervy tittle-tattle of pre-race banter. Personally, I try and seal myself off as hermetically as possible from other runners, take some deep breaths, and repeat some nonsensical mantra to myself. Apologies, therefore, if I appear antisocial at such times of stress!

During the race, many runners are totally focussed and self-absorbed. It's like entering the wardrobe doors to Narnia, or diving down the rabbit hole to Wonderland. There may be spectators along the course, but such runners' thinking goes something like, "Mmmm yes, I remember that, that's normality, but it's nothing much like what I'm feeling now, I'm in Race-Land!"

I know some runners who start races too fast. Typically, these runners feel fairly all-powerful and super-strong as they surge off at the start. Sooner rather than later, this initial over-optimism wanes to "Erm, maybe this isn't such a good idea"....then, "Nope, this isn't really working, slow down, old man/woman." A more realistic pace takes over. These runners, perhaps unsurprisingly, tend to be poor finishers...."Oh no, still a couple of miles to go, but actually I want to stop now. I really need to stop running, it's just too far."

I know other runners who seem to be the complete opposite of this, starting slowly, hitting a bit of rhythm, but getting to the middle of the race and experiencing severe doubts, questioning why they are there, what's the point of it all, and why not give up? "Oh," they moan, "I can't be doing with this. It's dull/ boring/ cold, and just too hard. It would feel good to stop!" Somehow, they get out of this "Slough of Despond" and finish feeling fast and strong.

On long races or runs, some runners experience a lessening of their logical/analytical faculties, such that simple computation becomes well-nigh impossible. It's as if nearly all of the body's resources of blood and oxygen are getting used up in the sheer effort of running, leading to relative starvation of the other organs. At the end of the race, is the runner satisfied with his colossal efforts? Of course not! Even if it's a great result, a PB even, they could always have run that little bit faster, accelerated where they held back, generally improved their tactics, etc, etc.

But then, when it's all over, what the runner does have is the unqualified ecstasy of the endorphin high, induced by the body's very own happiness chemicals, especially manufactured to overcome the sheer pain of running. So, after all the pre-race moaning and worrying, the hard work of the race itself, the post-race chat, the horrors of the institutional showers, the runner can bask and wallow and luxuriate in this sea of endorphins in the certain knowledge that he/she fully deserves to be cosseted and molly-coddled by Mother Nature in this way.

*"The Lunatic is in my head
You lock the door and throw away the key
There's someone in my head and it's not me
And if the band you're in starts to play different tunes
I'll see you on the dark side of the moon."
Pink Floyd.*

Indoor Track and field events

There are several indoor T&F meetings most of which are Open to all club members to enter.

Entry must be made yourselves directly to the organisers before the closing dates.

Information below lists website links from which to get entry forms for each event. ("ctrl" + click on link)
The links are also on the C&C website under track and Field fixtures.

Jan 9th **South of England U15/U17 Indoor Pentathlon** Lee Valley U15/U17's
Entries have already closed

Jan 15/16th **South of England Indoor Championships** Lee Valley All over 12
http://www.seaa.org.uk/images/stories/entry_forms/2011_TF_Indoor_Entry_Details.pdf
Closing date 4th January – good standard of competition with medals. All jumps, Shot, 60m, 60m Hurdles, 200m, 400m, 800m, 1500m

Jan 23rd **West Norfolk Open meeting** KingsLynn All
<http://www.westnorfolkac.co.uk>
Closing date 10th January - Modest competition with medals – 60m, 60m Hurdles, shot, longjump, Triplejump, Highjump, Pole-vault

Jan 23rd **London Indoor Games U15/U17** Lee Valley U15/U17
http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)
Closing date 17th January - Track events up to 800m, shot and full range of jumps – good meeting

Jan 29/30th **London Indoor Games Sen/U20** Lee Valley Sen/U20
http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)
Closing date 24th January - Track events up to 800m, shot and full range of jumps – good meeting

Feb 13th **BMAF Indoor Pentathlons and EVAC championships** Lee Valley Veterans

<http://www.bmaf.org.uk/fix/bmaf2011indoorpent-entry.pdf>

Closing date 27th January – full range of indoor events in EVAC championship

Feb26/27th BMAF Indoor T&F and winter throws meeting Lee Valley Veterans

<http://www.bmaf.org.uk/fix/bmaf2011indoor-entry.pdf>

Closing date 10th February – full range of indoor events and outdoor long throws

Mar 12/13th East of England AA Championships Lee Valley All

<http://www.easternaa.co.uk/entries/EntryFormNLetter.doc>

Closing date 10th February – extensive range of indoor events for all ages >11. Medals for all events.

Standard lower than South of England event but better than West Norfolk Open. Runs concurrently with the Essex AA championships.

Mar 27th U13/U15 Open Indoor meeting and Pentathlons Lee Valley U13/U15

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Closing date 15th March for pentathlons and 23rd March for open track events - Track events up to 800m – each athlete gets 2 races for 60m and 60m hurdles.

Note - Age groups for Indoor championships are based on your age on 31st August 2011, (or for veterans age on the day).

Have a go at some of these meetings – you have to be in it to win it!!

The Track and Field leagues for 2011

As some of you are aware, a new league has been formed in the South for combined Senior Mens/Womens league competition – The Southern Athletics League.

C&C are currently in the Southern men's League and the Southern Women's League, and because of the uncertainty about the structure of the new league, we have decided to stay with the two separate leagues for 2011, but will consider entering the combined league in 2012 if the structure is regionalised sufficiently to minimise travel.

The combined league does have advantages - less fixture dates to find officials for – travel becomes more economic, and there is more club interest at each fixture.

The late formation of this new league has meant that neither the SML or the SWL have yet been able to finalise their own structures for 2011 (some teams have moved over, with a deadline of 20th December to enter the new league), so we wont be certain what divisions we are in within the SML and SWL until some time in January.

Eastern Veterans League

The league will take place on the first Wednesdays of May, June, July and August. Venue details and subdivisions are not yet finalised but we will be be hosting a match on June 1st.

East Anglian league

Dates are now set for May 8th, June 19th, July 17th and August 21st with the final at Bury St Edmunds on Sept 18th.

The team management is not yet fully confirmed and offers to help out by managing one of the younger age-groups would be appreciated. Wendy Fox has agreed to manage the Senior/U17 Women's team and Ben Davies and Noel Moss will do part of it, but more help would be appreciated.

Eastern Young Athletes league

Dates for 2011 are Sundays May 1st, June 12th, July 3rd, July 24th and August 14th. Finals on Sept 11th.

We have home fixtures on May 1st and July 24th.

Team management this year is overseen by Suzanne Marriott

Age-group managers will be

Under 17 Women – Susan King – susanking@doctors.org.uk

Under 15 Girls – Suzanne Marriott – suzmarriott@btinternet.com

Under 13 Girls – Marian Rehak – rehak@btopenworld.com

Under 17 men – Claire Vane/Harriet Cox – claire.vane@ntlworld.com

Under 15 Boys – Julian Gilbert - JulianGilbert@acaciapharma.com

Under 13 Boys – Catriona Marriott - suzmarriott@btinternet.com

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.

The team is in the Thames Division again this year which is quite good competition and consists mainly of composite teams like ourselves.

Fixture dates are May 1st, May 29th, July 10th and July 24th

Team Managers are Sarah Kelk – (males) sarahkelk@btinternet.com and Dave Longman (Females)

davelongman@ntlworld.com . Please e-mail them to let them know that you are interested in competing.

Note that under 17's can compete as under 20's (using under 20 equipment specs) but that some fixtures clash with the Eastern Young athletes league.

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

The second County Sportshall Athletics competition is on 8th January at Bushfield (Peterborough). All athletes have already had details, but we still need more competitors.

If you wish to compete and haven't been in contact already, U11's and U13's should contact noelmoos@btinternet.com. U15's should contact benjaminlukedavies@hotmail.co.uk

The events will start at 13.30 so you should arrive by 13.00. We can provide travel directions.

County representative teams will be selected from this event and the previous one.

In the first match C&C dominated in all age groups, including our community club under 11's. Including community club athletes we had about 45 competitors – about half of the total in a match which was slightly, but not greatly, affected by the heavy snowfall. Luckily there was less snow in Cambridge and to the north and west of the county than there was south of the City (as organiser Matt Witt had found out while sitting in his stationary car on the M11 near Newport on Saturday evening)

ATHLETICS 365 – a possible change to the way we coach Young Athletes

Athletics 365 is a new initiative from England Athletics designed to help clubs, coaches and young athletes to develop a successful and enjoyable future for our sport!

England Athletics are encouraging all clubs to adopt the scheme, and C&C are planning to evaluate the scheme, and adapt it to suit our club and the way that we are able to function with the available volunteer resources etc.

The Under 13 training at C&C is already in many aspects similar to Athletics 365, focussing on a multi-skill, multi-event approach.

So what is Athletics 365? (taken from the England Athletics Website)

“Athletics 365 is a multi-event, young people development programme, which introduces athletes to the fundamental skills of athletics (vital to every sport). It is aimed predominantly at 8-15 year olds, but the resources can easily be adapted for use with younger athletes.

Athletics 365 focuses not only on how fast someone runs or how far someone jumps or throws but also, more importantly, on developing the technical skills ('how' to run, jump and throw) required to perform at full potential and move like a champion. In addition to technical skills, Athletics 365 also looks at an athlete's physical, mental and emotional development, as well as their lifestyle and social development.

The Athletics 365 programme is broken down into nine progressive stages. Each stage provides athletes with new and progressively more difficult challenges appropriate to their stage of development. Athletics 365 encourages athletes to learn all the skills and events of athletics, and reinforces the importance of a good all round skill base.

The stages can be seen as similar to progression in other sports, such as the martial arts 'belt system.'

Through Athletics 365, England Athletics believe young people will develop the skills and confidence to excel in life; not only in athletics, but in other sports and other life pursuits.”

You can read a lot more information about the scheme on the England Athletics website at <http://www.englandathletics.org/page.asp?section=1167§ionTitle=Athletics+365>

Why do we need Athletics 365? (England Athletics statement)

There is some great work and good practice happening across the country and this we need to build upon. There is also a range of challenges that face grass roots athletics, these include:

- Inconsistent delivery of child development activities across England;
- Coaches with the least experience working with children;
- Athletes are specialising too early;
- Too much focus on outcome (i.e. distance jumped or time run) rather than **on Process** (i.e. technique when running or jumping);
- Groups based on chronological age not developmental stage.

Athletics 365 Benefits (England Athletics statement)

- Skilled ‘children coaches’ leading Athletics 365 sessions;
- Adult and young leaders given specific skills required to work with young people;
- Focused on Long Term Athlete Development;
- Excellent supporting resources;
- Focuses both on process and outcome;
- Recognition and reward system;
- Focused on development stage, not chronological age;

There are several issues which have to be resolved before C&C can start implementing the scheme.

The current plan is to have a presentation by England Athletics to coaches in early January and then, in the spring, to begin the implementation in a way which complements what we already do in the current young athletes’ sessions and at the community clubs.

Development and assessment of basic skills such as balance and mobility of athletes, which are important for all sports activities, will be a key feature alongside the coaching of the basic athletics disciplines of running jumping and throwing.

We would welcome offers from anyone who is willing to become involved in the implementation, as a helper for the coaches, in athlete assessment, or in keeping records of athlete achievements. Please get in touch with Neil via info@cambridgeandcoleridge.org.uk if you are interested in helping.

USEFUL CONTACT INFORMATION

Telephone numbers for spring 2011

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
Suzanne Marriott – EYAL team coordinator	01223 813188
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
Amendments/items for website
Newsletter editor (for your results and articles to publish)
Cambridgeshire AA website
UKA website
Power of 10 database (you will probably be in it)
England athletics website
South of England AA website
Living Sport Cambridgeshire
Athletics kit and shoes by internet or mail order
Athletics equipment (Stadia Sports online)
National Junior league website
Southern men's league website
Southern Women's league website
Frostbite League website
5k Road league website

info@cambridgeandcoleridge.org.uk
webmaster@cambridgeandcoleridge.org.uk
noelmoss@btinternet.com
<http://www.cambsaa.org.uk>
<http://www.uka.org.uk/>
www.thepowerof10.info
www.englandathletics.org
www.seaa.org.uk
www.livingsport.co.uk
<http://www.bournesports.com>
<http://www.stadia-sports.co.uk>
<http://www.nationaljuniorathleticleague.co.uk>
<http://www.sussexbarn.com/sml/>
<http://www.swtfl.co.uk/>
<http://www.frostbiteleague.org.uk/>
<http://www.saffronstriders.org.uk/insite.htm>



And finally

A special thank-you to all the unpaid volunteers who gave their own time to make the club a success in 2010

The committee wish all club members a very happy Christmas and success in whatever you attempt in 2011