

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

Newsletter

Summer 2012

Imminent C&C “team” fixtures (full list inside)

Road

July 5 th	Kevin Henry 5k league	Haverhill	All over 16
July 15 th	St Ives 10k	St Ives	All over 16
July 18 th	Peterborough 5k league		All over 16
Aug 1 st	Peterborough 5k league	Werrington	All over 16
August 2 nd	Kevin Henry 5k league	?	All over 16
Sept 6 th	Kevin Henry 5k league	Saffron Walden	All over 16
Sept 15/16 th	Round Norfolk Relay	Norfolk	Senior/U20/Vet
Sept 22/23 rd	SEAA 4&6 stage road relays	Aldershot	All ages
Oct 6 th (prov)	SEAA Cross country relays	TBC	All

T&F

July 8 th	Eastern Young Athletes league	Lee Valley	U13/U15/U17's
July 11 th	EVAC League match 4	StIves	Veterans
July 14 th	Southern Athletics league match 4	Cambridge	Seniors inc U20/U17's
July 29 th	East Anglian Lge match 4	Cambridge	All
Aug 19 th	Eastern Young Athletes league	Cambridge	U13/U15/U17's
Sept 1 st	Southern Athletics league match 5	Ipswich	Seniors inc U20/U17's
Sept 16 th	Eastern Young Athletes league finals	TBC	Team qualifying
Sept 23 rd	East Anglian Lge final	Bury St Edmunds	Teams qualifying

July 18th **Cambs Evening Devt meeting and Cambs Mile championships.**
(County championship entries must be received by July 14th)
Entry on the night for Open events – 100m, 200m, Mile, S/C,
Highjump, Triplejump and Javelin - details inside)

Year 2012 subs are due on the date shown on your on-line membership file. Please renew on-line when you get the reminder e-mail. If you are unable to pay online, please contact Neil via membership@cambridgeandcoleridge.org.uk

No longer wish to participate in club activities?
If you are no longer training or competing, and don't intend to do so any more, please let Neil Costello know so that we can take you off the membership list.
Just send him an e-mail to info@cambridgeandcoleridge.org.uk stating that you are no longer wish to be an active member.

Chairman's chatter

Club membership is now running at well over 700. This makes us a big club and one that is growing steadily. (Ten years ago we had just short of 400 members.) The growth in numbers is across the range but is greatest for young athlete's track and field and for road running. I guess there may be some influence from the forthcoming Olympics but my sense is that the Olympics haven't been a big factor yet. Our growth has actually been steady at about seven per cent per year, and with a possible Olympic effect coming up, I wonder how long we can sustain it.

I value enormously the fact that we are a club which is run by and for members. This gives us all both rights and obligations. Our success depends on everyone doing as much as they can to make the club effective and enables us all to take the things we need from the club to be as good as we can be as athletes.

This month we are losing one of the people who have played a significant role in the making those things happen. James (Brennan) is moving to Norway with his new partner. I'm delighted for James that he has exciting new opportunities to look forward to, but I'm devastated, as club chair, that he is going. I've known James for well over 20 years. In all that time his willingness to take on jobs as an athlete, coach and committee member has been absolutely enormous. His support for young athletes at the club has been huge. He's done it all in his quiet unassuming way and we've really just taken it for granted. If James was there, we knew the athletes were going to be looked after! James is also highly regarded by England Athletics, from whom he has won awards, and by many local sports organisations including the County Sports Partnership and the local Schools Sports Partnerships. So, a very big thank you to James for his work and commitment to athletics in this area and for the welcoming and open way in which he has always operated. How can we replace him?

As you can guess that has been exercising my mind a bit since James told me he was on the move. The committee is discussing possible changes to our coaching organisation. Our increase in size, and the need for more structure to cope with that, means that we need increasing clarity in the way we recruit, support and retain coaches. Coaches need to be able to get on with the thing they do well – coaching – and the club needs to give them a framework in which collaboration between coaches can be facilitated and the needs of coaches for training and development can be readily supported. We need someone who is interested in coaching and who enjoys supporting other people. It probably isn't a senior coach and it certainly isn't a bureaucrat. We're preparing a job description and person

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

specification for the role. If you're interested in commenting on that or on the job itself, please get in touch with me on info@cambridgeandcoleridge.org.uk. We can offer quite a lot. We're a well-regarded, award winning club. We're well connected to England Athletics and other local sports organisations and can provide career development in different ways. Maybe you know someone whom you think would be interested..... Further details will be circulated soon.
Neil

Congratulations to the C&C qualifiers for the National Schools Championships

We haven't yet had the English Schools championships, but the selected Cambs Schools team of 25 contains 15 C&C athletes.

This year Cambridgeshire is again in the lowest size category and can take 25 competitors – 28 obtained a qualifying standard, so a few were disappointed.

Those C&C athletes selected are:

U15 Girls - Katie Reynolds (shot), Charlotte Murphy (1500), Diana Chalmers (1500)

U15 Boys - Aedan Slack (hammer), Kit Phillips (Highjump)

U17 Women – Hollie Parker (1500), Claire Wilson (3000)

U17 Men – Louis Rawlings (800), Ben Snaith (400), Morgan Young (Jav), Guy Kendall (800), James Downing (800), Kieran Wood (3000)

U20 Women – Jessica Fox (longjump)

U20 Men – Oli Holway (Shot)

And additionally Katie Reynolds has qualified for the English schools multievents finals with an under 15 girls club record pentathlon score of 2425 points at the Regional event at Bedford.

C&C at the Olympics and Paralympics

The club and its members will have quite a significant presence at the Olympic and Paralympic Games athletics in the roles of National Technical officials (judges), supporting officials working in the warm-up areas, athletes stewards who accompany the athletes into the stadium, in the call rooms, and as Gamesmakers who will be in a variety of roles inside and outside the stadium. We can't say who in this issue because the newsletter goes onto our website and is accessible to everyone, and LOGOC have asked that names are not released to the press in advance of the games for security reasons.

In addition there are some members who will be part of the torch relay including Charlotte Cox who carried the torch in South Wales, and Bryn Percival who will carry the torch more locally at Huntingdon on July 8th.

Some people have already worked inside the stadium and on the warm-up track, at the Stadium test event, which was the BUCS championships. Over three days there was a complete Olympic program of events (excluding the Heptathlon and Decathlon) and that was followed by a day of Paralympic competition. On one evening, 40,000 spectators attended the official opening ceremony of the stadium, as part of its safety certification process (to ensure that crowds could get in and out safely).

All of that was watched by members of the IOC and the IPC to ensure that the procedures were in place to run the games properly, and at the end the IOC representatives said that it

was the biggest test event run by any host city, and that they had full confidence that London could run a good Games.

Did you know that the frame of the building will be clothed in a £7m plastic fabric wrap made up of individual pieces that reach 900m (0.56 miles) long and 20m (67ft) high in total. The 2.5m wide panels twist through 90 degrees from top to ground level to allow spectators to pass between them in to the stadium at any point on its perimeter. The purpose is mainly to reduce the wind inside the stadium because there is an access mezzanine level between the lower and upper seating levels.

The 230 ft high pointy bits at the top of the stadium are the 14 floodlight towers which provide the high intensity lighting necessary for HD freeze frame television.



Security is going to be a major issue at the games and everyone entering the Olympic Park is screened airport style by metal detectors, baggage x-ray and frisk searches. To do that, about 20-30 screening lines are in place at the Park entrance.

We hear that a lucky few have even been able to get tickets for some of the events including a few for the athletics (but the ticket issue is a sore point for most of the athletics fraternity with no priority being given to members of clubs and those associated with the sport).

The Big Weekend – Olympic torch in Cambridge

The Olympic torch is coming to Cambridge next Saturday, 7th July, and Cambridge City Council is organising a 'Big Weekend' of events on Parker's Piece from 10.00-5.00 to celebrate. The club will have a stall in the sport zone. We'll be asking people to try out some fun events and giving them information about the club.

If you're coming down to the Big Weekend, call in to the club area and say hello. If you would like to stay for a few minutes to help answer some queries that would be great too - but not a requirement! If you have some time free on Saturday and could help at the club stall for an hour or two, please get in touch with Julie on julie.pashley@me.com or 0791 734175. We have sufficient volunteers to cover but we really have very little idea how many people will turn up - we may be inundated and any little bit of support would help.



Special Olympics ambassadors Heather Small, Anna Hemmings, Darren Campbell, Chris Kamara and Katharine Merry – pictured with torch bearer and Special Olympics GB medallist Charlotte Cox – show their support for the charity and the British 10k London Run on July 8th.

Track and Field leagues

Turn out in the leagues has again been patchy in the younger age-groups so far this year, but it has been better in the now combined senior league.

We need you to support your club's teams – gaps in the team are wasted points and lost matches. All athletes competing in scoring events get points for the team.

All fixture dates are shown on the club website

<http://www.cambridgeandcoleridge.org.uk/track-and-field/fixtures>

together with match results, individual performances and ranking lists,

<http://www.cambridgeandcoleridge.org.uk/track-and-field/results>

and these are updated regularly – usually weekly.

For all the leagues, there is contact information on the website under the Track and Field tab (sub tabs for young athletes league matches and Senior league matches), information is sent out by e-mail to all those members for whom we have e-mail addresses, and also information is handed out at the club. We won't chase you – it's up to you to respond to us. All the fixtures are listed in the fixture list in every newsletter, and in the T&F competition handbook which is on the website

http://www.cambridgeandcoleridge.org.uk/images/stories/files/competition_handbook_2012_websiteversion.pdf and which was circulated with the spring newsletter, so you have all the dates.

The team managers are different for the two leagues involving young athletes so please ensure that you contact the correct one – details of all league team managers are on the website.

Remember that we use competition to measure the benefit of your training. Unless you compete you have no measurement of your improvement.

Remaining 2012 fixtures:

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 8th, and August 19th (home) and the league final on 16th September

East Anglian league – All ages – Under 13's up to Seniors – July 29th (home) and the league final on Sept 23rd.

Southern Athletics league – Senior males and females (including U17's and under 20's) – July 14th (home), and, Sept 1st.

Southern Athletics League

This year the club joined the new mixed gender Senior League in the Southern Region., C&C are in Division 2 North, which has 16 teams.

The seasons target is to finish in the top half of the Division so that we keep Div 2 status when the divisions are re-arranged next year.

The first match was at home and C&C won, beating a strong Ryston team. On the 2nd match at Basildon we finished 2nd ahead of Hunts AC. The third match gave us a third place, and the team now has 9 match points with two matches left (target at least 13). And are currently in 6th place.

The next match is at home, but could be a tough one, and the final match is at Ipswich.

Taking at least five points from the final two matches should not prove too difficult.

The bottom 8 clubs from each of the four Div 2's will form two Div 3's next year, plus two 16 club Div 2's and a 16 club Div 1.

The league tables can be viewed at <http://www.southernathletics.org.uk/2012.html>

Eastern Veterans League

The Eastern vets league has a different regional structure this year with C&C competing in the 6 team Fenland Division. There are 7 teams in the central division, and three in the Eastern Division.

Qualification for the final will be based on the 3 group winners plus 5 others from a "paper" match based on seasons best performances, so who knows if C&C will make it.

At present the men are in 2nd place but it's very tight between HAC, C&C and PAC for the top three positions

The women are currently 4th but a few extra points could easily move them up to 2nd, but there is now only one match left to do it.

The team would welcome additional athletes – men need to be aged over 40 on the day and women over 35. No upper limit. 3 age band categories of 10 years each.

Athletes must also be members of EVAC (£10). One more league match left on 11th July. Unfortunately Julian Courtney will not be available as he is emigrating to New Zealand, so he will be sorely missed in the M50 category. Maybe he could pop back for the match!

East Anglian league

The first two matches (at Peterborough and Ipswich) left all C&C age-groups in with a good chance of reaching the league final on Sept 23rd. But there are still gaps in the team in all agegroups, especially in Hurdles, highjump and some distance events.

At the third match at Colchester, we had a reasonable turnout, but under 13 girls were again thin on the ground. The team were 2nd overall but the under 13 girls have now dropped into 9th place (8 teams reach the final) and the under 13 Boys have dropped from 1st to 2nd in their group by just a few points. A big score at the final match at Cambridge could see them with their group trophy, but we will need a full team out.

Current positions with 1 home match to come:

U13 Girls	9 th	U13 Boys	2 nd
U15 Girls	6 th	U15 Boys	7 th (but safe)
Sen Women	4 th	U17 men	6 th
		Senior men	2 nd

A strong team on the home match on 29th July would see age-groups moving up the table.

COME ON UNDER 13 BOYS – YOU CAN WIN THAT TROPHY

Eastern Young Athletes league

A good start to the season, with a hard first match, but after 3 matches C&C are in 8th place and should reach at least the plate final. (The top 6 clubs qualify for the “Cup” final, and clubs 7-12 for the “Plate” final, on Sept 16th.)

Given the points difference between 8th and 6th places C&C still have a chance to reach the “Cup” final, and have a home match still to come..

There are still several gaps in the team so we need more bodies to help fill those, and especially more athletes in distance events and hurdles.

The league table can be viewed on the EYAL website www.eyal.org.uk but it is complicated this year by a cancelled match early in the season due to heavy rain and flooding. Those teams will be awarded their seasons average match points score for the cancelled match, when all the matches are completed. This means that although we are currently 7th nominally, Stevenage will move above us when that is calculated.

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

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3rd meeting on July 18th, there are also County Championship events .

The Cambridgeshire Mile Championships.

The Mile is open to all athletes aged 11 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Women's age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

The Cambridgeshire Steeplechase championships - Senior Mens and Women's steeplechases.

There are also 2 sprint events, plus some field events (Javelin, Highjump and Triplejump)..

General Open events - Entry fee £2.50 per event.

- Advance entry by post is encouraged if possible, but entries will be accepted on the evening.
- Register/Collect your numbers on the night from about 18.15.
- Field events which start at 19.00 will commence warm-up at 18.40.

Note – all Open track event entries will close 15 minutes before the event times for seeding.

The Steeplechase (July 18th) – Open events, but also including the Cambs AA Championships. Open entry fee £2.50, Cambs AA Championship entry fee £3.00.

- Open events for any athlete in the appropriate age-groups (Seniors Male and Female)
- Championship events for Sen Men (3k), U20/SenW Women (2k) eligible by birth or 9 months current residence in Cambridgeshire (medals to first 3)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)
- Club, County or National vests must be worn by those athletes contesting the County Championship.

The Cambridgeshire Mile (July 18th): Open Entry fee £2.50. Cambs AA Championship entry fee £3.00.

- Open to all Under 13's, Under 15's, Under 17's, Under 20's and Seniors, including non-Cambridgeshire athletes.
- Under 17's, Under 20's and Senior athletes with Cambridgeshire eligibility will be competing for the County Championship (medals to first 3 in each age-group)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)
- Club, County or National vests must be worn by those athletes contesting the County Championship.
- Cambridgeshire Under 15's may elect to compete as Under 17's for the Mile championship

Entry forms on www.cambsathletics.org.uk.

19.05: Males Open 3k Steeplechase (Inc. Senior Mens Cambs Championship event)

19.20: 100m (All ages, graded races including Ambulant athletes *)

19.45: 100m (Wheelchair Athletes)

19.55: The Cambridgeshire Open Mile, all ages (Inc. Cambs championship for Under 17's up to Seniors),
 20.20: 200m (All ages, graded races including Ambulant athletes *)
 20.45: 200m (Wheelchair Athletes)
 20.50: Sen/U20 womens Open 2k Steeplechase (Inc. Cambs Championship event)

19.00: Javelin (Under 13's up to Seniors)
 19.00: Highjump (PB < 1.50 – bar goes up in 5cm intervals from 1.05 – 9 jumps limit)
 20.00: Triple-jump (Under 15 up to Senior).
 20.00: Highjump (PB >1.50 - bar goes up in 5cm intervals from 1.45 – 9 jumps limit)

Under 11's events – 19.00: 80m, 19.40: 150m, 20.00: Turbo Javelin,

Cambridgeshire AA County Track and field championships

Another very good day for C&C.

The event was very well contested again this year, with more athletes than 2011 and a very good C&C entry.

C&C currently lead in seven of the age-group team trophies, (U15G, U17W, U20W, SW, U13B, U15B, U17M, but these now include the championship events held at the Evening meetings.

The County age-group team trophies will not be decided finally until the mile and S/C events are completed on July 18th, so the more people that enter those events the better chance we have to win the trophies. The mile and Steeplechases are also medal events of course. More details can be found on www.cambsathletics.org.uk under T&F events or see immediately above.

Kings School Peterborough retained the schools trophy yet again.

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

Eastern AA Championships – June 2nd at Cambridge

A successful day for C&C athletes with 11 gold medals and numerous silver and bronze.

(and some decent weather for once)

All the results are on the club website under T&F results.

New club T&F records this season so far

Athletes who have broken club age-group records to date (this is not an exhaustive list at present and doesn't include new records set by veterans – only those which we've spotted that have been broken).

The wet and windy conditions have made it more difficult to break records so far this year

300m	U15Boys	Charlie Woolfe	39.29
400m	U17 Men	Ben Snaith	48.84
600m	U11 Boys	Dominic Clatworthy	1.51.0
2k walk	Men 50+	Joe Tucker	12.58.6
1 mile walk	M50	Joe Tucker	10.16.2
4 x 100 relay	M50	Courtney, Moss, Slack, Meah	60.6

4 x 100 relay	M40	Clarke, Ward, Bagley, Holdsworth	53.4
4 x 400 relay	M40	Clarke, White, Ward, Costello?	4.33.3
400m	Women 75+	Mary Holmes	97.4
800m	Women 75+	Mary Holmes	3.33.4
1500m	Women 75+	Mary Holmes	7.37.7
2k walk	Women 40+	Rachel Roberts	13.16.3
2k walk	Women 45+	Jane Packman	13.55.7
Javelin	U17Women	Isabella Coutts	33.28
4 x 100 relay	W35	Roberts, Holmes, Grant, Packman	71.4
4 x 400 relay	W45	Grant, lasenby, Potter, Holmes	5.45.3
Medley relay	2,2,4,8 W45	Holmes, Grant, Allenby, Martin	5.30.9

ROAD RUNNING BITS

Kevin Henry 5k Road League

The club has made a good start in the first two of the Kevin Henry 5k series with the men leading the way and the women in =2nd place. Overall the team are 2nd so a couple of good results are needed at the next fixtures

Provisional team Results after 2 fixtures

Club	Mens Points	Womens points	Combined points	OA Position
C&C	10	7	17	2 nd
Camb Tri club	5	7	12	3 rd
Haverhill Runn	2	2	4	5 th
Newmarket Jogg	9	9	18	1 st
Saffron Striders	5	5	10	4 th

At the first match hosted by Cambridge Tri club C&C had four men in the top 10, and with Katie Sherwood as 3rd female leading in the women with 3 more close behind, C&C led in both categories

At Newmarket in June, C&C had 5 men in the top 10

1st	Sullivan Smith	16:23
3rd	Michael Salt	16:41
5th	Jonathan Escalante-Phillips	17:10
6th	Oliver Park	17:24
9th	Benvenuto Baldelli	17:37

But unfortunately there were not so many female finishers high up in the field this time so they dropped to 2nd overall

Full results can be found on www.runcambridge.org.uk website or on the 5k league pages at <http://www.saffronstriders.org.uk/insite.htm>

Hero's Half Marathon

A win for Charlie Wartnaby in 1;16.08 with John Baslington in 3rd.



Chilford 10k

Won by Sullivan Smith in 35:38 with Jonathan Escalante Phillips (pic) in 3rd with 36.:10



Great East Anglia Run

Sullivan Smith (right) receiving his trophy and cheque after the Grand East Anglia Run 10k. Sullivan ran a lightning-quick time of 31:15 to finish just behind two elite athletes from Kenya and Ethiopia.

Pic by Matthew Applegate



Swaledale Marathon

The Swaledale Marathon is an enduring C&C tradition, taking in the rugged and glorious terrain of the Yorkshire Dales and this year a bit harder than normal because of the wet weather.

31st	Katie Sherwood	4:03
45th	David Edwards	4:23
57th	John Kazer	4:28
177th	Glyn Smith	5:33
247th	Neil Costello	6:22
409th	Ginny Costello	9:42
410th	Mary Holmes	9:42

Picture – Katie close to the finish and apparently making it look too easy. (Picture by JohnO)

The London Marathon



Andrew Shields (pic: NeilCarrington)

C&C Endurance Portfolio holder Andrew was the 4th C&C runner home finishing in 1324th place in just over 3 hours. There were 7 C&C in the top 2000 of the 36600+ finishers with 27 C&C runners in all. Diarmuid O’Séaghdha came in 118th and Charluie Wartnaby 260th – classy running indeed.

118th	Diarmuid Ó Séaghdha	2:37:15
260th	Charlie Wartnaby	2:42:38
1198th	Victoria Knight	2:59:43
1324th	Andrew Shields	3:01:26
1363rd	Paul Makowski	3:01:57
	Giulio Cinque	3:02:30
1483rd	Alan Pritchard	3:03:41

18miles gone for the leading C&C runner (pic. Neil Carrington)



Cambridge Parkruns

These 5k runs are now a weekly source of fun and fitness for about 20 or 30 C&C endurance runners each week. Jonathan Escalante-Phillips seems to do most of them and sometimes then runs a track race or two afterwards on the same day or the Sunday. This weekend 30th June/1st July he was 2nd in the Parkrun in 17.12 and then on Sunday won the 3k at the EAL match at Colchester after running an 800m earlier in the day in what was, or is close to, his personal best.

KIT by Alex Downie

“Ah....choices, choices, choices!.....oh dear, oh dear.....what to wear out on the road today?”

No, not 'a dedicated follower of fashion' agonising endlessly on what to be seen in for his/her adoring public, but a serious athlete weighing up what would best suit the weather and the conditions out there in order to 'keep on running.'

So, will it be.....woolly hat, skull cap , sun hat or no hat

.....vest, T-shirt or long-sleeved, or combinations thereof?

.....gloves or no gloves?

.....shorts, ¾, or longs,

.....trail shoes, trainers, racers or spikes?

.....waterproof or not?

.....sun glasses or not

I make that about 21 separate decisions, and I'm bound to have missed some. (The mathematician in me cannot help but estimate the probably useless, but nevertheless astounding total of 2344 different possible combinations – some perhaps more likely than others). An indecisive runner would never get out of the door.

I know you will argue that we can all point to a few hardy specimens at Club who short-circuit all these namby-pamby considerations by adopting a resolutely minimal attitude to kit, and happily plod through snow and ice in shorts and vest, but for ordinary mortals it can be a problem.

The opposite end of the spectrum from the semi-naked blizzard-runner is the runner – often a beginner – who piles on as much as gear as possible. You can see him or her wearing a very high proportion of the kit list above, and.....er, usually making quite slow progress. I am embarrassed to recall the stuff I started out in, which relied heavily on a pair of floppy old shorts, verging on the indecent, probably from a jumble sale, and a long-sleeved cotton T-shirt free from the Radio2 programme, 'Sounds of the Sixties.'

Then there is the colour-coordinated runner, particularly spotted looking perfect in pink. The Club vest is especially emblematic, and with 30 – 50 of us regularly turning up to Frostbites and Kevin Henrys in the blue and white, we present a resplendent and rather formidable sight. This was also the case, I recall, at the Tour of the Derwent Valley in Derbyshire, when we mustered quite a significant presence. This is series of 4 races in 4 days, but staying at a Youth Hostel with limited washing and drying facilities, as we did, it was difficult to keep kit clean, and so by the 3rd or 4th race,.....well, I leave it to your imagination. Some Club wag suggested sending the vests into the race on their own, a tempting thought, especially for the last one, which has to be the steepest road race (up, but even worse going down) known to man.

The Club vest can of course become a sort of inverse fashion statement, i.e. so shapeless and faded with age, and so safety-pinpricked that it's more holes than vest, it can speak volumes about its wearer's credentials as a constant old campaigner in Club colours. The trouble is that when it gets to this stage in its life cycle, the vest is fighting a continuing battle not to be demoted to the status of rag.

USEFUL CONTACT INFORMATION

Telephone numbers for 2012

Mary Holmes	President	01223 860189
Neil Costello	Chairman and membership	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Matt Witt	Officials coordinator	01638 742088
Sonia Cox	Welfare	01223 264889
Andrew Shields	Endurance committee Chair	07787 523183
Carole Morris	Veterans T&F team manager	01638 742024
Suzanne Marriott	EYAL team coordinator	01223 813188

Useful E-Mail and website addresses

C&C Club Main Website	www.cambridgeandcoleridge.org.uk
Subscription renewals**	
	http://www.cambridgeandcoleridge.org.uk/joining/renewing-membership
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	http://www.cambsathletics.org.uk
Cambridgeshire schools athletics information	http://www.cambsathletics.org.uk
UKA website	http://www.uka.org/
Power of 10 database (you will probably be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
South of England AA website	www.seaa.org.uk
Eastern AA website	www.easternaa.co.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	http://www.bournesports.com
Athletics equipment (Stadia Sports online)	http://www.stadia-sports.co.uk
Southern Athletics League website	http://www.southernathletics.co.uk
Eastern Young athletes league website	http://www.eyal.org.uk
East Anglian league webpage	www.cambsathletics.org.uk (last page)
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league website	http://www.saffronstriders.org.uk/insite.htm

**** if you are renewing your subscription you should log-in into your membership file and do it online if possible. If you've forgotten your log-in name or password, the system will send you a new one. Your sub reminder e-mail will contain a reminder of your log-in details. We recommend that when logged in, you change your log-in name and password to something you will more easily remember.**

Please don't use the new members joining option if you can't remember your log-in details – that produces another record and your original record will still keep demanding a sub renewal.

Remaining Fixtures for 2012

Road

(See also on www.runcambridge.org.uk)

July 5 th	Kevin Henry 5k league	Haverhill	All over 16
July 15 th	Fairlands Valley Challenge 26.2 m)	Stevenage	Seniors
July 8 th	Milton Keynes half Marathon	Milton Keynes	Seniors
July 15 th	St Ives 10k	St Ives	All over 16
July 18 th	Peterborough 5k league		All over 16
July 19 st	Girton 5k	Girton	All over 16
July 22 nd	Littleport 10k	Littleport	Senior/U20/Vet
July 22 nd	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
July 28 th	Wandlebury Cross country 5 mile	Wandlebury	All over 16
July 28 th	Swiss Alpine Marathon	Davos	Seniors
Aug 1 st	Peterborough 5k league	Werrington	All over 16
August 2 nd	Kevin Henry 5k league	?	All over 16
August 12 th	Thorney 5 mile	Thorney	All over 16
August 18 th	Helsinki City Marathon	Helsinki	Seniors
August 18 th	Race the train	Tywyn Wales	Seniors
Aug 19 th	Riverside 10k	St Neots	Senior/U20/Vet
Aug 25 th	Guernsey Marathon	Guernsey	Senior/U20/Vet
Sept 2 nd	Glasgow Half Marathon	Glasgow	Senior/U20/Vet
Sept 6 th	Kevin Henry 5k league	Saffron Walden	All over 16
Sept 9 th	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 15/16 th	Round Norfolk Relay	Norfolk	Senior/U20/Vet
Sept 16 th	Great North Run	Gateshead	Senior/U20/Vet
Sept 23 rd	Abbey 10k and fun run	Ramsey	All
Sept 23 rd	New Forest marathon	Hampshire	Senior/U20/Vet
Sept 23 rd	Bourne 10k	Bourne Cambs	Seniors
Sept 22/23 rd	SEAA 4&6 stage road relays	Aldershot	All ages
Sept 30 th	Saffron Walden 10k	Saffron Walden	All over 16
Sept 30 th	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 30 th	Berlin marathon	Berlin	Senior/U20/Vet
Oct 6 th (prov)	SEAA Cross country relays	TBC	All
Oct 7 th	Wibbly Wobbly Log Jog	Brandon	All over 16
Oct 7 th	Brussels Marathon	Brussels	Senior/U20/Vet
Oct 7 th	Jersey Marathon	Jersey	Senior/U20/Vet
Oct 7 th	Chester Marathon	Chester	Senior/U20/Vet
Oct 7 th	Abington 10 and fun run	Abington	All
Oct 7 th	Windsor half Marathon	Windsor	Senior/U20/Vet
Oct 14 th	Eindhoven Marathon	Netherlands	Senior/U20/Vet
Oct 14 th	Leicester Marathon	Leicester	Senior/U20/vet
Oct 14 th	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 21 st	Amsterdam Marathon & Half	Amsterdam	Senior/U20/Vet
Oct 21 st	Paras' 10mile	Colchester	Senior/U20/Vet
Oct 21 st	Thurlow 10mile	Thurlow cambs	Senior/U20/Vet
Oct 28 th	London half marathon	London	Senior/U20/Vet
Nov 3 rd	ECCA National XC relays	??	All

Nov 4 th	Great East Run 20k	Bungay	Senior/U20/Vet
Nov 4 th	Dovedale dash	Dovedale	Senior/U20/Vet
Nov 17 th	London XC championships	Parliament Hill	U20/Sen M&F
Nov 18 th	Riverside half marathon	St Neots	Senior/U20/Vet
Nov 18 th	Luton marathon	Luton	Senior/U20/Vet
Nov 25 th	Hereward relays	Peterborough – Ely	Senior/U20/Vet
Dec 2 nd	Nene valley 10 mile	Bretton	Senior/U20/Vet
Dec 8 th	SEAA Masters and I/C XC	TBC	Veterans
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 6 th 2013	Cambs AA XC champs (prov)	TBC	All
Jan 26 th 2013	SEAA Cross Country Champs	Parliament Hill	All
Feb 23 rd 2013	National XC championships	TBC	All
Mar 9 th 2013	CAU I/C Cross country	TBC	County teams
April 21 st 2013	London marathon	London	Seniors

Outdoor T&F

July 6 th /7 th	English Schools	Gateshead	County schools select
July 8 th	Eastern Young Athletes league	Lee Valley	U13/U15/U17's
July 11 th	EVAC League match 4	StIves	Veterans
July 13/14 th	London Grand Prix	Crystal Palace	Spectators
July 14 th	Southern Athletics league match 4	Cambridge	eniors inc U20/U17's
July 14/15 th	SEAA U15/U17 championships	Watford	Under 15's/17's
July 18 th	<u>Cambs AA Evening Devt competition</u>	St Ives	All (inc. Mile Champs)
July 21/22 nd	BMAF Championships	Derby	Veterans
July 27 th	Olympic Games opening ceremony	London	TV coverage
July 29 th	East Anglian Lge match 4	Cambridge	All
Aug 3rd/11th	Olympic Games athletics	London	TV coverage
Aug 4/5th	BMAF Multievents champs	Oxford	Veterans
Aug 4/5th	England athletics age-group multievents	Stoke	U15/U17/U20's
Aug 18/19th	England U15/U17 Championships	Bedford	U15/U17's (standards)
Aug 19th	Eastern Young Athletes league	Cambridge	U13/U15/U17's
Aug 31st - Sept 8th	Paralympic Games athletics	London	Spectators
Sept 1st	Southern Athletics league match 5	Ipswich	Seniors inc U20/U17's
Sept 16th	Eastern Young Athletes league finals	TBC	Team qualifying
Sept 23rd	East Anglian Lge final	Bury St Edmunds	Teams qualifying
Sept 30 th	ECAA/CambsAA multievents	Cambridge	All