

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

Newsletter

Autumn 2012



THE 51ST C&C ANNUAL GENERAL MEETING AND TROPHY PRESENTATION EVENING WILL TAKE PLACE ON WEDNESDAY 28TH NOVEMBER COMMENCING AT 7PM AT ANGLIA RUSKIN UNIVERSITY. ITS YOUR CLUB. PLEASE ATTEND IF YOU CAN. EVERY MEMBER OR THEIR PARENT HAS A VOTE. (SEE INSIDE FOR MORE DETAILS OF HOW THIS AGM WILL BE DIFFERENT)

THIS NEWSLETTER CONTAINS IMPORTANT INFORMATION ABOUT CLUB MEMBERSHIP, BEHAVIOR BY ATHLETES AND PARENTS, AND WINTER TRAINING - PLEASE READ IT.

2012 – a year of success for C&C

- **THE EASTERN YOUNG ATHLETES LEAGUE TEAM FINISHED AN CREDITABLE 8TH IN THE LEAGUE THIS YEAR AND QUALIFIED FOR THE PLATE FINAL (WHICH THEN HAD TO BE CANCELLED DUE TO NON-AVAILABILITY OF A SUITABLE TRACK)**
- **C&C UNDER 13 BOYS WON THEIR SECTION OF THE EAST ANGLIAN LEAGUE THIS YEAR.**
- **C&C WIN BOTH MALE AND FEMALE SECTIONS OF THE KEVIN HENRY 5K LEAGUE AND TAKE THE OVERALL TITLE**
- **C&C TAKE 5TH IN THE CLUB TEAMS CLASS AND 12TH OVERALL IN THE ROUND NORFOLK RELAY – A SIGNIFICANT ACHIEVEMENT. (MORE INSIDE)**
- **SILVER MEDALS FOR THE UNDER 15 BOYS IN THE SEAA ROAD RELAYS AND 4TH PLACE FOR THE UNDER 17 WOMEN (FULL RESULTS OF ALL TEAMS INSIDE)**
- **THE COMBINED SENIOR MALE/FEMALE TEAM FINISHED IN 5TH PLACE IN DIV 2NE IN THEIR FIRST YEAR IN THE SOUTHERN ATHLETICS LEAGUE AND HOLD A DIV 2N PLACE FOR 2013**

Chairman's chatter September 2012

I started off the Chair's chatter section in the last newsletter commenting on the size of the club and said, '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'. Well that has certainly changed! The inspiration of the Olympics and Paralympics has created a huge interest in athletics. Between the end of July and the middle of September we have had over 150 young athletes asking to join, plus a fair number of older athletes.

The Olympics and Paralympics were magical, of course, and showed our sport off at its best. I was fortunate to attend a couple of sessions in the main stadium and I'll never forget the atmosphere and excitement and the extraordinary quality of the athletes. Not everything was so good – the Visa signs all over the Olympic

Park saying 'Proud to accept only Visa' encapsulated a different self-serving version of the so-called Olympic family which, for me, leaves a bad taste. But that aside, summer 2012 was certainly a good time to be a sports fan.

I like to think that the club exhibits quite a lot of the positive qualities of the Olympics. It's right that we should aspire to reflect that kind of quality. We have many dedicated volunteers and a supportive and friendly atmosphere. Each of us is, for the most part, trying to be the best we can and the competition from each other and athletes from other clubs is key to doing that. These things are at the core of what we do.

But I think we're likely to be tested over the next few months. We're trying to give as many as we can of the new athletes an opportunity to try athletics. There will be a lot of new faces at the club, probably looking a bit apprehensive. We're also going to find that our facilities are a bit crowded and we may not be able to do things we've come to take for granted quite so easily. Please be patient and please welcome the new members. We have now closed new memberships of young athletes until the existing waiting list has been cleared. It will get better as new members are integrated into coaching groups but in the short term it may be less easy.

We are in desperate need of more coaches, officials and other volunteers. A number of people responded very positively to the note I circulated a couple of weeks ago and that's always reassuring. We want to find ways of engaging people for relatively short amounts of time so that it doesn't become burdensome but also make the work enjoyable (most of the time). Please be prepared to offer help when asked – or even when not asked. It makes a big difference. For example, helping track officials to stack hurdles at a match makes everyone's life easier; offering to help at the information desk on Mondays every two or three weeks – if you're in the Club Room why not? – takes the pressure off. Volunteering shouldn't mean being lumbered and in particular over the next few weeks if you see someone who looks as though they need help – please offer.

Neil 27th September 2012

The athlete and parent codes of conduct

Athletes including young athletes, and their parents, agree when joining the club to be bound by the club's codes of conduct and also track etiquette.

As a result of a recent incident, we have reproduced some of the relevant documents below (these and others are also on the club website and in the Welcome booklet handed out at the induction sessions)

As a responsible athlete you will:

1. Treat others with the same respect and fairness that you wish to receive. Show patience with, and respect diversity in others
2. Anticipate your own needs, be organized and on time.

3. Thank those who help you participate in athletics (team managers, event officials, coaches, etc). They give up their own time, for you, free of charge.

4. Inform your coach of any other coaching you are receiving.

5. When attending training sessions, be prepared to do the whole session to the best of your ability. Pay attention to the coach – they give their time free of charge for your benefit. If the session is too difficult for you, ask the coach if there is a more suitable group for you.

6. Act with dignity at all times. Avoid destructive behaviour and leave athletics venues as you find them. Never engage in any illegal or irresponsible behaviour.

7. If you are a young athlete, notify a responsible adult if you have to go somewhere and say why and where you are going and when you will return.

8. Not respond if someone seeks private information, unrelated to athletics e.g. home life

9. Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you work in athletics

10. If you are a young athlete, never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent/carer. Always use safe transport or travel arrangements. Do not leave the training area until collected – wait at the clubhouse, inside the sports centre, or with the team manager. Never go off into the car-park or outside the venue to wait for your lift.

11. Speak out immediately if anything makes you concerned or uncomfortable or if you suspect a club mate has suffered from misconduct by someone else (telling your parents/carers and or the Club Welfare Officer)

As a responsible C&C club member, whether you are at Cambridge, or at another stadium or event venue, you will not:

1. Enter any training or competition event area unless you are taking part.

2. Stand or randomly wander around on the track, or jumps areas, or the cross country or road race course when others are training, or at the end of your race. There may be other runners finishing, or competitors using the area.

3. Cross the track, or jumps areas, at any time, without looking. You could get spiked by a runner.

4. Enter the grass infield throws area unless you are competing or training with the throwing group. You must stay outside the safety ropes even if it doesn't look dangerous at the time.

5. Play in the jumps pits during training or matches. As well as being an accident risk, it makes a mess.

6. Engage in play activities with other athletes in the training or competition areas, other than if specifically instructed to do so by a coach as part of the training activity. You could cause an accident.

7. Sit on or play on the High-jump or Pole-vault beds when there is no coach or match official present. You might have an accident.

8. Use any throwing implement, or rake, broom etc. except in the way that it is intended to be used and only with permission. You must carry them properly at all times, with awareness of who is around you. Eyes for example, cannot be replaced.

9. Interfere with, or make fun of anyone who is training or competing, or try to make someone laugh when they are trying to train or compete. It's not fair on them – they have the same right to a fair chance as you do.

10. Throw or abandon anything such as plastic bottles, balls, water etc. around in any area where others are trying to train or compete. You may cause an accident to someone else.

The club takes a very serious view of any fighting, or disruptive activities by athletes of any age, or any form of verbal abuse to other athletes or coaches. Parents must not touch, or speak aggressively to, any athlete to whom they are not related, or for whom they have not agreed to take responsibility on behalf of the parents.

In such circumstances formal disciplinary action will be taken.

Track safety and etiquette

In order to ensure that everyone can train safely and avoid any accidents, it is important that the following track safety rules are followed.

1. Always warm up and warm down off-track in summer using the jogging trail and grassy areas. Only strides allowed on the track and must be run anti-clockwise
2. Do not stop on the track. Always run through the finish, at the end of an interval, and off the track (normally) to the right.
3. Sprints groups use only the outside lanes, starting with lane 6 (and watch carefully for endurance groups in inside lanes). Hurdles can be used only in lanes 6-10 on the home straight and, for safety reasons, should not be used in lane 6 on Tuesday evenings. Speed coaches must agree hurdle usage in advance.
4. Endurance and middle-distance groups use only lanes 3, 4 and 5. Only fast runners allowed in lane 3. The first few metres of an interval can use lanes 1 and 2 but must funnel into 3, 4 and 5 immediately. Lane 5 should be regarded as an overtaking lane.
5. Never walk or jog back in any running lane – use the outside of the track or lanes 1 and 2
6. Sprint groups work in both the front and back straights and other groups doing speed work agree lanes with sprints coaches.
7. Never cross the infield (unless part of a throws group upon request of a throws coach) or walk in front of the throwing cage or javelin run-up.
8. Never train in lanes 1 and 2, when those lanes are closed.

Subscriptions

Annual renewals are due on the anniversary of your joining the club, on the date shown on your membership card/certificate. If it is due and you haven't paid already, please renew via the online membership section of the club website. £50 for wage earners and £40 for non-earners.

(Reminders will be e-mailed where appropriate)

As unpaid volunteers we spend a lot of time sending out membership reminders, and eventually membership termination notices, to athletes who have no intention of renewing their membership subscription or participating further in the club activities.

We are required to do this to comply with UK Athletics rules on club membership and athlete registration – we have to allow a reasonable period of grace and then issue a formal termination notice (usually by e-mail). That process can result in you getting unwanted e-mails for up to 3 or 4 months after your membership initially lapsed, including of course all routine information and team selection e-mails.

If you receive this newsletter and 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.

Please just send him an e-mail to info@cambridgeandcoleridge.org.uk simply stating that “(name) no longer wishes to be a member of C&C”.

It will save us work, and will save you getting lots of unwanted e-mails.

WINTER TRAINING

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

Mondays All Groups - at the track until 22nd October, 18.30 – 20.30

No training on 29th October and 5th November

Chesterton Sportshall – 12th November until 11th Feb 18.00-20.00

At the track Feb 18th onwards 18.30 – 20.30

Tuesdays at track throughout the winter 18.30 – 20.30

(Throwing will be limited due to light from Oct-Mar)

Thursdays at track until 4th October 18.30 – 20.30

Chesterton Sportshall – 11th October – 21st March 18.00 – 20.00

At track from 28th March 18.30 – 20.30

Saturdays At the track from 6th October onwards 10.00 – 12.00

(Any athlete can participate provided there is a suitable coach available – please check with the coaches first. There will probably be sessions for 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 noelmoss@btinternet.com or phone 01223 833470)

C&C ANNUAL GENERAL MEETING

Wed November 28th at 7.00pm - Venue – Anglia Ruskin

This year's AGM is a little later than usual, and will take place at Anglia Ruskin University. The intention is to make this a bit more of an interesting and social occasion for all club members and parents, so we hope to have a high profile guest speaker and to have “refreshments” facilities available in a side room..

We intend to make the trophy presentations shorter and additional items such as record certificates will be available for collection at the AGM, but not formally presented.

More details will follow via the club email system.

It's important that club members young and old attend the AGM, because it's your club and it's your elected committee and therefore you should be happy with who is involved in running the club and any decisions taken regarding structure and subscriptions etc.

Formal AGM Agenda

Apologies for absence

Minutes of the meeting of 31st October 2011 (see below)

Matters arising from the minutes

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

Other items to report

Subscriptions

Any other motions tabled

Election of officers and committee 2013

Presentation of club trophy awards.

Note - Nominations for President, Chairman, and Treasurer must be received by 25th October in order to be eligible. (i.e. 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 50th Annual General Meeting held 31st October 2011 at Wilberforce Road

Present: 105 Members

1. Apologies for absence were received from Chris Thorne, David Haylock, Diana Braverman, Chris Flood, Rachel Roberts, Nigel Bloxham, Jane Wilson, Becky Willburn, Pauline Blake and Hayley Sayer

2. The Minutes of the AGM held on the 1st November 2010 were approved.

3. Matters arising from the Minutes

There were no matters arising from the Minutes.

4. Treasurer's Report

The Treasurer submitted his report (attached). Following discussion, approval of the accounts was proposed by Noel Moss and seconded by Glyn Smith.

Chairman's Report

The following are the primary features of the club's performance during 2010-11:

- 'Club of the year' award by England Athletics East. Matt Witt is national 'Official of the year'. The club is shortlisted for the county-wide 'Community club of the year'.
- a significant increase in active membership of approx 20% which accelerated towards the end of the track and field season
- much improved performances in track and field, cross-country and road running competitions
- the establishment of a successful induction programme for young athletes
- continuing buoyancy in the associated community clubs, but problems now in finding enough coaches. This has been exacerbated by the closure of the Schools Sports Partnerships
- the successful establishment of a beginners' running group
- a highly successful 'Cambridge Festival of Running' which generated £3000 for the Trust Fund
- acceptable maintenance of the club's coaching capacity, with a big increase in coaches at level 1 for road running, mainly to serve the beginners' running group. The increase in overall membership is now causing strains
- good continuity in coaching at levels 2, 3 and 4. Three coaches remain on the national coach development programme but there are strains in capacity as a result of membership increases
- despite the improving quality in coaching, barely sufficient coaches above level 1 to continue successfully
- difficulty in meeting our commitments to provide officials at league matches, especially at away matches, and need more volunteers (parents and athletes) to train on the basic level 2 officials course
- satisfactory maintenance of the club's volunteer capacity
- continuing partnerships with a number of high quality service providers, in association with the Greater Cambridge Athletics Network, in which the club remains a major player

- increased collaboration with the two local school sports partnerships until their demise in the summer of 2011
- continuing partnerships with the sports development teams in South Cambridgeshire and the City of Cambridge
- continuing good relationships with the county sports partnership
- a small number of internationally excellent athletes and several with national level performances
- early stage development of an electronic membership and payment system
- participation in a number of national, regional and county forums for athletics

The overall reserve policy of the club is to hold sufficient reserves to ensure the ongoing successful continuation of the club.

The unrestricted fund is specifically for the day to day expenses incurred by the club.

The restricted fund is split between the equipment fund and the C & C Trust Fund to which athletes of all abilities and organisations promoting athletics can make funding requests.

Approval of the Chairman's Report was proposed by John Jenkins and seconded by Andrew Shields.

5. Other items to report

There were no other items.

6. Any other motions tabled

There were no other motions tabled.

7. Election of Officers and Committee 2012

President – Mary Holmes - proposed by John Jenkins and seconded by Dan Bayles

Chairman – Neil Costello – proposed by Noel Moss and seconded by Glyn Smith

Treasurer – John Aston – proposed by Mary Holmes and seconded by Mark Vile

Committee Secretary – Valerie Norrell – proposed by Noel Moss and seconded by Mary Holmes

Track & Field – Noel Moss – proposed by Mary Holmes and seconded by Petra Tucker

Endurance – Andrew Shields – proposed by Dan Bayles and seconded by Glyn Smith

Coaching – James Brennand – proposed by Dan Bayles and seconded by Noel Moss

Young Athletes – Caroline McGinnis – proposed by James Brennand and seconded by Julie Pashley

Member without Portfolio – Mark Vile – proposed by Valerie Norrell and seconded by Mary Holmes

The committee can co-opt members. We will look at any gaps at the next meeting and decide who we may ask to join the committee. Neil thanked Ben Davies and Hilary Vogel for their support over the years.

8. Presentation of Trophies and Awards

The Club President, Mary Holmes, presented the trophies and awards.

The Olympic Legacy – an appeal for help

The club has been inundated with interest as a result of the Olympics and Paralympics and we are keen to continue the Olympic mission 'to inspire a generation'. The high interest is great news and, as the only athletics club in the area, we have an obligation to support people interested in joining us. But the numbers are huge and for young athletes could have the potential to cause damage

to the club as well as provide great benefit. We are likely to struggle to cope with the numbers. We need more volunteers - picking up on another outstanding Olympic theme! - to enable us to give these new young people a good experience, to keep them active and to enable them to enjoy developing their sporting talent. The club's needs are quite basic: we need sensible people to help us manage large numbers of young athletes. At its simplest this means being available to help coaches and others on Monday evenings to ensure the youngsters know what they are doing and are properly supervised. We need to add to our coaching numbers, officials numbers and other jobs but most urgently we just need people around to help!

If you are able to help with young athletes' sessions on Mondays (6.30-8.30 until we start indoor training and then 6.00-8.00, or some part of that) **please let me know by replying to this email**. If you've got a particular interest, it would be useful to know that.

Finally a couple of requests: If a friend asks you about joining the club, please ask them to look at the web site www.cambridgeandcoleridge.org.uk and follow the guidance there. At present we cannot cope easily with people just turning up on spec.

And a message for athletes in school years 10 and above: you need to talk to your coach about training times and where possible not continue with the under 15 groups on Mondays, please, but to transfer to the groups running on Tuesdays and Thursdays if you are of appropriate standard and are ready to specialize in a particular event/events. We need the capacity of the groups on Mondays to provide support for new and inexperienced athletes. Monday training is still possible for older athletes but not as part of our general provision. Your coach will know what is best.

C&C at the Olympic and Paralympic Games

A number of our club volunteers were absent during most of August and early September having committed to helping at the Olympic and/or Paralympic Games either as a Gamesmaker or a Technical Official.

We've collected together some brief accounts of their experiences together with some photos.

Almost everyone from the club worked in a different role at the games, and although most were at the Olympic Park, some travelled around to most of the venues.

Barry Wallman - I began my London 2012 Olympic experience on 17 July, prior to the start of the Games and finished on the 11 August. I then had ten days rest before preparing

for the Paralympics on 22 August and finishing on 8th September. I travelled daily from Whittlesford to Stratford, sometimes via Liverpool Street, London and had varying shift patterns i.e. 6.30 a.m. to 2.30 p.m., 1.30 p.m. to 11.30 p.m. and 10.00 a.m. to 6.00 p.m. – hard work but very enjoyable.

What an incredible and enjoyable experience, meeting so many people as well as meeting up with many old friends I had not seen for a very long time – amazingly one from Australia I had not been in contact with for twelve years. One day I was spotted in the Dining Hall by an ex-Cub/Scout, who used to live in Cambridge and now lives in the Cotswolds. I also bumped into people from Abington, which is amazing considering the



numbers visiting the Park. My Games Maker role was based at the Athletic Stadium on the Warm up track. Jobs included meeting and greeting the athletes, looking after them in the lounge area, making sure they had drinks, hot and cold, fruit and biscuits. I took turns in looking after the Equipment store, from which we loaned out, javelins, discus etc to the athletes for training purposes. I supervised the use of the track and field event areas, security of

the areas and escorted athletes and coaches into the Olympic stadium. I prepared ice baths for the athletes (only the male athletes!). For the Paralympics we had to have an area for the Guide Dogs, which I also helped to look after – I made sure that I always had a dog biscuit with me!!!

As I am sure you are all aware, the atmosphere in the Stadium was electric and it the noise reverberated all around the Olympic Park. I have never experienced anything like this in my whole life and I have been to quite a few athletic venues in my time.

The Games Makers I admired most were the ones outside the Stadium who directed visitors in all weathers to the various arenas and did not get to watch any of the events. I was very privileged in being able to see many of the events, given there were giant TV screens all around the Stadium and one in the Warm Up area.

I am now trying to get back into a normal routine once again, after a very memorable experience.

Carol Morris – As athletes' steward my role was to accompany track or field athletes for particular events from first call to final call and then out onto the field of play, sometimes also carrying the event banner. With field events I had to stay with the event throughout, with track events until the race was safely away. The most memorable Olympic field events I stewarded were Jess Ennis' heptathlon shot and the women's pole vault final (with steward Maureen Jones - see image). I also took out Usain Bolt's 200m semi-final - I

have never heard someone talk so much - all the way from the warm-up track to the blocks (about an hour in terms of time)!! At the Paralympics the crowd roar was even louder than at the Olympics - I took out David Weir's T54 1500m and 800m finals and was almost deafened by the crowd as they 'pushed' him towards the line! One of the most memorable Paralympic track events I stewarded was a T11 200m where I had to physically guide the blind Australian runner from first call to the 200m blocks, then hoof it round the inside tunnels to the finish line to meet her on the track with her white stick - they nearly wouldn't let me back through the mixed zone! An awe-inspiring summer of Games - one to treasure forever.



Mary Hoad - I volunteered for London 2012 in 2010. At an interview in February at the Excel Centre I stressed how closely I had been involved in Cambridgeshire Schools



Athletics for the last 15 years. I was selected to join the Anti-Doping team for the athletics in the Olympic Stadium. At first, I was daunted by this but three training sessions later I felt more confident.

I was responsible for notifying athletes in heats and finals if they had to be tested. I completed forms and remained close to them through TV, radio and press and occasionally medal ceremonies until they were ready to go to Doping Control. Sometimes I needed to call an interpreter to help me. It was widely publicised that all medallists would be tested and at times the Doping Control Station was full of amazing athletes, especially on the evening of "Super Saturday". Our team was positioned at the trackside, close to the finish line so we had the best view in the house while waiting for our athlete to finish. I will never forget the huge

crescendo of noise that accompanied Mo Farah's two finals – nor the world-record breaking American relay runner who gave me her winner's bouquet. It was an incredible experience.

On my final evening as I had had such a great time in the preceding 8 days I offered to do the sign in/out desk on the entry to Doping Control. My final job at about midnight on the last Saturday was to sign in Bolt, Blake and the other two Jamaican relay runners plus their entourage of coaches/doctors. Great fun !!

Mary Holmes – My time as a Gamesmaker was an incredible and uplifting experience. It was a privilege to work in such an atmosphere where the presence of happy co-operation,

support and simply joy to be there permeated through from the athletes to Gamesmakers, officials and without doubt, the crowd, who played their not inconsiderable part in creating the most memorable Paralympic Games.



I was part of the Field of Play Track team which meant that I was in or around that magnificent Athletic Stadium for the whole nine days. Luckily my team were used as a primary support team, moved around the stadium regularly to help wherever needed. The work was thus very varied, from moving equipment and preparing the Field of Play for the days events, to buggy driving and transporting athletes kit to the post-competition room, and also helping athletes wherever there was a need. Without exception the athletes were grateful and fun to be around.

The highlight of my time at the Paralympics is the day I congratulated and assisted a Kenyan athlete soon after he won a medal. He was so grateful that he gave me a hug and then presented me with the flowers he had just been awarded. They have now been dried and preserved and will have pride of place

in our house as an everlasting memory of an incredible experience

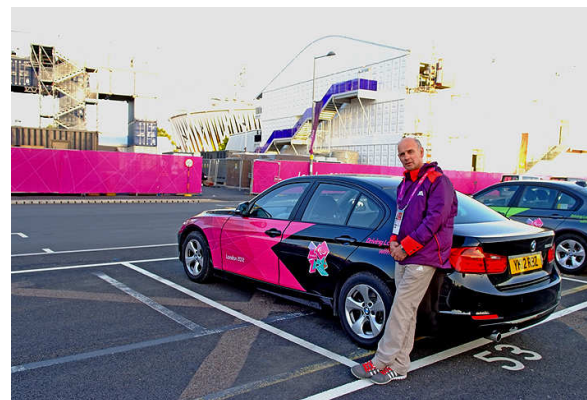


Mike DeSilva (one of our regular starters) - My Olympic/Paralympic Games experience was involved in providing transport for a varied selection of IPC, NOC/NPC officials, medics, media bods and many athletes. I even had lunch with an IPC lady Secretary (and her son) and they let me loose in a variety of vehicles - mostly BMW 3 and 5 Series Saloons and Tourers, Citroen Picasso MPVs (it took me five minutes to find the stupid electronic handbrake), Peugeot Wheelchair Accessible Vehicles etc.

I visited every venue except Weymouth but unfortunately never saw one single live event. I was inspired by the Cauldron Flame when standing almost alone in the Stadium at Midnight.

Nigel Bloxham - For any keen driver and car enthusiast to be told they would be driving, at no expense to themselves but admittedly around London, for 17 days in a series of brand new BMW'S and one Ford Galaxy, is like a dream come true. But this is exactly what I was asked to do as a Games Maker for both the Olympics and Paralympics. I was a T3 Olympic Fleet driver based at the Excel Centre, which I think was the biggest Fleet Depot for the games. Being a T3 driver meant driving any one with an Olympic Accreditation to wherever they wished to go. The unfortunate part of this was that I did not see but I met some amazing people from all over the world and was able to go to

nearly all the Olympic Venues. Some of the people I drove who stand out in my mind are The IOC representative from Tonga, an amazing man who filled the back of the Ford Galaxy, three paralympians from Paraguay who I collected from the athletes' village and



wanted to see Trafalgar Square and an American who helped finance the Games and just wanted a guided tour of all the London landmarks before being taken to the Olympic Stadium. It was all a tremendous experience and something I shall remember for the rest of my life.

Keith Davidson - My role as a Games Maker at London 2012 was as a member of the Athletics Training Team based at Mayesbrooke Park in Barking, a 25 minute bus ride from the Olympic Village. This journey time had dissuaded many Olympic Athletes from training there, but during my time at the Paralympic Games we were fortunate that several countries were willing to make the trip to train at these facilities. The wheelchair racers were all sent to Newham, which left all blind and ambulant runners and jumpers coming to train with us. One of our many varied duties was to ensure that the blind athletes were always kept safe and with 3 Discus cages, 2 Javelin runways and 6 Shot Put circles we had the potential for many mishaps. Teams that trained regularly with us were Russian, Ukrainian, Mexican, Japanese and the South Africans, who always caused a lot of interest when Oscar was training on the track. The early risers, and always the first to arrive on the 8 o'clock bus, were the Kenyan, Ethiopian and Chinese athletes, who would spend most of the morning running round the perimeter of the secure park, followed by some speed work on the track. There were other smaller teams that regularly visited us including the 4 athletes from Philippines, two runners, a javelin thrower and the high jumper, Andy Avellana (Picture). His ability to high jump with only one leg was remarkable, and although he never cleared over 1.50m in training, he finished 6th in the high jump final, having cleared a personal best of 1.55m. He proved himself to be a dedicated athlete



and having been inside the Olympic Stadium during competition time, I am convinced that the crowd were his inspiration to jump to new heights.

Mark Vile - I worked on the Olympic and Paralympic marathons. I already work for the London Marathon and we were asked to organise the Games marathons. The course for the Olympics was different to the normal London marathon course. The route took in all the tourist sites in central London and was split up into sections. My section was St Pauls



which was particularly challenging as it is a very busy site. My role involved everything to do with the 'field of play' which included the security of the course. On the day I was in charge of the security staff as well as media access to the course and most importantly the safety of the competing athletes. We had a separate company looking after the safety of the spectators. The races themselves went very well and my main problems were from the members of the public that had been out on Saturday night. We closed the roads at 2am which was when the clubs started to empty. The water stations were also out by 3am which caused some issues as most of the public on their way home thought it was for them!! St Pauls also decided to ring their bells to coincide with the start of each race which was a great idea or so we thought, the problem was that they keep ringing them for most of the race and after 4 hours

my ears were ready to drop off!!

It was great to be involved in the biggest sporting event in the world and I am proud that I played an important role in making the event special for thousands of spectators who lined the streets of London over the 3 days.

I am now looking forward to Glasgow 2014 and the commonwealth games.



John Aston - The route to being a "Games Maker" was a long and interesting one involving many parts of East London. I applied, along with 240,000 others, sometime in 2010. In early 2012 I went for interview at the Excel Centre. There followed role training in Hackney (I was assigned to the mobility assistance team at the Copper Box), test event training in early May on the Olympic Park (at the hockey arena) followed by the hockey test event itself a week later (the same weekend as the athletics test event, and seemingly the coldest day of the year); uniform collection at West Ham and finally venue training at the Copper Box a week or so before the Olympics started. I was lucky enough to be allocated a

ticket for the Opening Ceremony rehearsal on the Monday before the real event; Danny Boyle made a personal appeal to the 40,000 of us present to "keep the secret" and, perhaps amazingly, people largely did.

For me things started on the first Sunday of the Games with a 7am start at the Olympic Park, meaning a drive to Bishops Stortford to catch the first available train (the only other people on the platform were "games makers" instantly recognisable by their purple and poppy uniforms).

When the athletics started later in the week the atmosphere on the Park went up a further notch. At the Copper Box we were about half a mile away from the main stadium but the stadium roar was distinctly audible.

The chief memory I take away was the refreshingly positive attitude of everyone involved. The volunteers were all there because they wanted to be and quietly determined to do their bit to make the whole event a success.

Noel Moss - I was fortunate to be selected as as Field judge for both the Olympics and Paralympics. The Olympics was an incredible experience, the noise inside the stadium was unbelievable - it was a bit of a surprise on the first morning when Jessica Ennis came out for her initial event - the hurdles - and we had to stop our mens shot event because it was so deafening during her race.

It was superb competition throughout, but we didn't get to watch much of it when not judging because the IAAF seating which we could use was usually full of athletes and coaches when anything interesting was on. I did get to see Bolts semi-final cruise in the 100m, and Mo Farahs medal presentation though.

At the Olympics the Athletics officials were in a hotel adjacent to the Olympic Park so not much chance to mingle with the athletes

The Paralympic athletics officiating experience was equally as good as the Olympics. The stadium was full on every session, the noise was just as loud, and the crowd cheered everyone regardless of their nationality, and especially the athletes from some smaller nations who had not really appreciated how strong the competition would be and were sometimes a little adrift of the main field.

At the Paralympics the Athletics officials stayed in the athlete village. The main food hall was huge with all nationalities of foods. After the Games all the apartments will be sold off, some as affordable or social housing but 60% as luxury flats and the Village Centre becomes a school.

Security was tight and we were scanned every time we went in or out of the village, even when going directly to/from the Olympic Park.



On the day after the Paralympic Opening ceremony, the contractors had just 16 hours to re-turf the infield so that the markings could be set out for the first events the following morning (see picture taken at 5pm).



The Paralympic Games itself was much harder work than the Olympics with seated throwing events lasting up to 4 hours and all officials working both morning and evening sessions, so sometimes just time in between to get back to the village for lunch, change into the evening uniform and back to the stadium (we had to report in normally 2 hours before the start time of each session).

Matt Witt – Matt was selected for both Olympics and Paralympics as a track official. At these events the race finishes were all judged by the duplicate photo-finish systems, and so the main duties of the track officials were: Umpiring at various positions around the track looking for lane infringements etc: Lap board and bell; watching race replays in the video room to help resolve any protests. The track officials worked on most of the sessions at both Olympics and Paralympics, so early starts and late finishes were normal. All track officials had to sign in about 90 minutes before the first of the morning events and of course wait the statutory 30 minutes after the final event of the session in case of protests, and then repeat that for the evening sessions.



During the competitions the track umpires were normally sitting on stools on the outside of the track so as not to be in the way of the TV cameras.

A few more pictures



The implement return mini's, the Cambs officials in evening uniform, Jess Ennis celebrates, the Olympic and GB flags, one of the gardens, The stadium and Orbit.

Of course a number of our club members went as well and here is one of their experiences

Rebecca Clarke (Under 15 Girls) - I was lucky enough to be able to visit the Paralympics



to see athletics twice, once with my family and once with the school. Comberton Village College was lucky enough to get tickets for most of the school pupils. With my family we saw Richard Whitehead win the gold medal in the T42 200m on his blades which was incredible. I saw lots of inspiring athletes, in the heats for the 1500m T46 and a guy called Omar Hassan from Djibouti ran it in about 11 minutes, even though he was losing by a lot he didn't stop, he kept on going slowly but steady. He was getting a loud cheer and everyone was standing as he ran around the stadium and it was amazing just to experience. It was memorable to see because he had barriers to overcome, but he was there competing and just to be there was an achievement for every Paralympian. Another memorable event was seeing David Weir's 1500m medal ceremony and hearing the national anthem and finally seeing the relay for the blind happen in complete silence was incredible.

Do you hold a trophy from the 2011 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 2011, that they should be returned immediately 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 are changing some of the awards and will not be able to prepare them for presentation on the night.

Track and Field leagues – How did we finish the season

Southern Athletics League

The combined male/female team in the new league for Senior competition finished with a very satisfactory 5th place in Div 2NE. As a result the team will be in Div 2 NE next season following reorganisation of the league to have just 2 Div 2's (NE and SW), and 2 Div 3's. (This year there were 4 Div 2's plus Div 1 but no Div 3's).

Both men and women scored well, but there is a need for female competitors in hurdles (400m and 100m), steeplechase and pole-vault if we are to challenge some of the higher scoring teams.

As a result of the structure changes we will probably have to travel a little further to some matches in 2013.

The teams in Div 2N for 2012 will be

Barnet & District, Basildon, Bedford & County, Cambridge & Coleridge, City of Norwich, Dacorum & Tring, Hillingdon, Ipswich, London Heathside, Luton, Newham & Essex Beagles, Peterborough, Ryston Runners, St Albans, Thames Valley Harriers, Wycome Phoenix.

Quite strong competition!

Eastern Veterans League

The Eastern vets league had a better regional structure this year with 7 teams in the central division, six teams in the Northern Division and three in the Eastern Division. C&C were in the Fenland division and the men were 2nd overall and qualified for the league final (unfortunately clashing with the EAL final). The women were 4th – just 3 scored points behind 2nd place - but it wasn't enough to get into the league final (from a "paper" match based on season's best performances).

The team would welcome additional athletes in 2012– 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).

In the final held at Milton Keynes, C&C men finished in 8th place mainly due to several athletes not being available on that day, but those that were there scored well. Alec Taylor was especially unlucky that both his hurdles and Highjump events were cancelled due to the bad weather.

East Anglian league

All the age-groups qualified for the top 8 league finals on 23rd September, with then under 13 Boys winning their league trophy.

Senior men were 2nd, Senior/U17 Women 4th, U17 men 5th, U15 Boys and U15 Girls 6th and U13 Girls 8th.

Well, done to the U13 Boys and their team manager Sarah Clarke.



The East Anglian league finals

In the "top 8 finals", C&C performed well overall on what turned out to be a wet and windy day, but didn't win any trophies.

The club was 2nd in the Under 15 Girls, Under 17 men and the Senior men, 3rd in the U13 Boys, 4th in Under 15 Boys and Senior Women and 5th in the Under 13 Girls. The latter was a very good performance as they only just claimed 8th place in the league, and in the final were just 3 points behind 3rd place.

Eastern Young Athletes league

The team finished in 8th position this year reaching the "plate final" for clubs 7-12 but unfortunately none of the 6 clubs could host the meeting due to various

reasons (Cambridge was already booked by someone else, some had football matches on the infield, one was being resurfaced and one did not have an adequate certification).

The league result is great achievement by athletes and team managers, especially with City of Norwich joining the league this year – a very strong club.

League table (top 9 of the 25 clubs only)

<u>Position</u>	<u>Club</u>	<u>League points</u>	<u>Scored points</u>	
1.	Stevenage & NH	34	3646)
2.	Ipswich	34	3641)
3.	Basildon	32	3328)
4.	Chelmsford	31	3243)
5.	City of Norwich	31	2852)
6.	Havering M	30	3299)
7.	Bedford	30	2881)
8.	C&C	28	2889)
9.	StAlbans	26	2214)

Cup final at Stevenage

As you can see above, C&C were very close to the 5th and 7th clubs, on scored points with the league points largely down to the luck of the draw for who was at each fixture.

Charlotte Cox in Russia



Charlotte came 6th in her 200m final, just shy of her PB at 33secs. The Latvian who won it ran ca 24sec, followed by a Russian at 26, so it was a tough race. It certainly provided focus, and the next day Charlotte ran the 400m, winning gold

Charlotte travelled to Russia as part of the Great Britain team for the Special Olympics European Championships and did the 200m and 400m and 4x 100m .

Heats were Monday to Wed, and all the team got through to a final,



and knocking 5 seconds of her PB (the Latvian was in that race too!) clocking 78.48.

On the Friday the girls finished second in the Relay with Charlotte running the final leg. It was a bit of a surprise, as one of the relay girls had to go to hospital and have her leg set in plaster, so one of the shot put girls stepped in.

Apparently it was much colder than expected - even the Russian had hats and gloves on!!.

Earlier in August she had won the 100m and 400m at the Special Olympics Regional championships in Cardiff.

Medals Galore and Club records tumble at the Eastern multievents

There was a rash of new club age-group records and medals at the Eastern AA multievents on the last day of the 2012 T&F season.

- Samuel Clarke broke the minithon record for U13 boys with a score of 77pts and also lowered the U13 B hurdles best to 12.5 secs. Sam came away with gold medals for both EAA and Cambs AA championships.
- Ewan Frolich took silver in the Cambs AA competition and was 4th overall.
- In the under 15 Girls Katie Reynolds beat her own pentathlon record score, hotly pursued by Lucy Parker who also beat Katies previous score. Katie too Silver in the EAA competition and Gold in the Cambs AA competition with Lucy taking Bronze and silver, and Finaly Marriott taking bronze in the Cambs event.
- In the under 17 men, Will Blackwell was the overall gold meallist with a club record points score.
- In the senior mens event Ben Davies was forced to pull up in the 1500m with a quad injury but still took the Cambs AA gold medal
- In the under 17 women, Alice Galloway was 4th overall and the Cambridgeshire gold medallist

More Club T&F records and age-group bests this season

Athletes who have broken club age-group bests year 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, and also has not yet been independently checked, and so may have an error or two).

The Club records lists on the website will be updated in November after checking all the information.

The most impressive thing this year is the number of age-group bests broken by non-veteran athletes, especially in the male categories. We expect the veteran performances to gradually improve, but it's much more difficult to break the more long established marks in the non-veteran categories.

The 110m hurdles record which Ben Kelk has equalled was set in 1984 by Jon Ridgeon – a major achievement. Records broken by Ben Snaith date back to 1993.

100m	U17 men	Ben Snaith	10.64	
200m	U17 men	Ben Snaith	21.67	
300m	U15 boys	Charlie Woolfe	39.29	
400m	U17 men	Ben Snaith	47.92	
600m	U11 boys	Dominic Clatworthy	1:51.0	
800m	U17 men	Louis Rawlings	1.53.91	
800m	Vet 65	Neil Costello	2:58.0	
1 mile	Sen men	Kye Liddle	4.32.44	
1 mile	U17 men	James Downing	4.41.49	
1 mile	U15 boys	Thomas Blatch	5.01.74	
1 mile	U13 boys	Ewan Frolich	5.49.07	
1 mile	Vet 55	John Oakes	5.25.54	
3000m	Vet 55	John Oakes	10.06.3	
3000m	Vet 65	John Jenkins	11.45.9	
1mile walk	Vet 50	Joe Tucker	10.16.2	
2k walk	Vet 50	Joe Tucker	12.57.6	
75m hdls	U13 boys	Samuel Clarke	12.5	
110 hdls	Sen men	Ben Kelk	13.92	= rec
75m hdls	U13 boys	Samuel Clarke	12.8	= rec
Highjump	Vet 50	Ian Slack	1.35	
2k discus	U20 men	Joe Lines	37.20	
7.26k shot	U20 men	Oliver Holway	12.21	
6k shot	Vet 65	Frank Martin	6.87	
4 x 100	U17 men	Snaith, Ebanks, Mair, Doggett	44.39	
4 x 100	Vet 40	Clarke, White, Ward, Costello	53.4	
4 x 100	Vet 50	Courtney, Moss, Slack, Meah	60.6	
4 x 400	Vet 40	Clarke, White, Ward, Costello	4.33.3	
Medley 4,2,2,4	Vet 40	Clarke, Taylor, Bagley, Ward	3.17.5	
Minithon	U13 boys	Samuel Clarke	77pts	
Pentathlon	U17 men	William Blackwell	2479pts	
100m	Vet 75	Mary Holmes	19.5	
200m	Vet 75	Mary Holmes	42.4	
400m	Vet 75	Mary Holmes	94.90	
800m	Vet 75	Mary Holmes	3.33.4	

1500m	Vet 75	Mary Holmes	7.37.7	
1 mile	U13 girls	Lauren Murphy	5.47.35	
1mile	U15 girls	Charlotte Murphy	5.11.84	
1 mile	U17 women	Claire Wilson	5.24.98	
1 mile	Vet 45	Helen Grant	6.12.81	
3000m	Vet 75	Mary Holmes	19.21.1	
2k walk	Vet 40	Rachel Roberts	13.16.3	
2k walk	Vet 45	Jane Packman	13.55.7	
Javelin	U17 women	Isabella Coutts	33.28	
Javelin	Vet 60	Anthea Bramford	11.92	
Discus	Vet 60	Romana Martin	23.40	
Discus 1kg	Vet 75	Mary Holmes	11.22	
4 x 100	Vet 40	Roberts, Holmes Grant, Packman	71.4	
4 x 400	Vet 45	Grant, Lasenby, Potter, Holmes	5.45.3	
Medley 4,2,2,4	Vet 45	Tucker, Wilson, Holmes, Grant	4.01.7	
Pentathlon	U15 girls	Katie Reynolds	2632pts	

Our senior men's records mainly date back to the 1970's and 1980's when C&C had an exceptional men's team, so there is a challenge there to get some of those broken. Only Ben Kelk has managed to equal one of the long standing Senior records this year.

ENDURANCE RUNNING

Cross-country

Cross country is traditionally a team event providing healthy competition for athletes as they build endurance for the rigours of the next track and field season.

These 4-8 mile off road races provide excellent training for all endurance runners. Road runners - if you can finish 10K of hills and mud then the same distance on the road should feel easier. Definitely faster!

As there is no Cambridgeshire Cross Country League we have been accepted as members of the Essex Cross Country League. A full programme of junior and senior events is run on five Saturday afternoons with the final meet in January ie before the major Championships. Participation in these meets is highly recommended as preparation for the major Championships.

For an introduction to cross country consider the mutli-terrain Frostbite Series and the Ryston Grand Prix - both run once a month on a Sunday morning.

The Essex League and Frostbite events are free to members. All you have to do is turn up in your club vest - the more the merrier. Non-running volunteers and supporters are always welcome. There is a nominal fee for the Ryston GP events. This can be paid on the day.

Essex Cross Country league - New this year for C&C.

This will replace the Hertfordshire Sunday League which did not provide competition for our junior members. This series of 5 matches for those over the age of 11 is run on a Saturday afternoon. Courses are suitable for spikes. It provides excellent preparation for county, regional and national championships. For this event, simply turn up in your club vest and run. Below are the dates of each match and the host clubs. More details about the venues to follow.

Sat 13 Oct - Braintree

Sat 10 Nov - Colchester

Sat 17 Nov - Chelmsford

Sat 8 Dec - Basildon

Sat 12 Jan - hosted by Orion A.C. (Chingford)

The racing programme as below is suggested, but local circumstances (perhaps the course) may require some slight modification to this.

START	COMPETITION	DISTANCE
12.00	Under 13 Girls	3K
12.20	Under 13 Boys	3K
12.40	Under 15 Girls	4K
13.00	Under 15 Boys	4K
13.20	Under 17 &20 Ladies	5K
13.40	Under 17 Men	6K
13.40	Senior Women	6K
14.00	Senior Men	8K

Ryston Runners Grand Prix series

Ryston Runners AC provide an Open Cross-Country Grand Prix Series every year - 6 races - from October to March. Races take place in woods at Shouldham Warren, in West Norfolk, on various Sundays starting at 11:00

Sunday 14th October 2012

Sunday 18th November 2012

Sunday 16th December 2012

Sunday 20th January 2013

Sunday 17th February 2013

Sunday 24th March 2013

<http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

Under 11: 2km on each occasion - Starting at 11:05

Under 13 & 15: 3km on each occasion - Starting at 11:20

Under 17: 5.0k, 4.5k, 6.5k, 5.0k, 4.5k, 6.5k - Starting at 11:40

Seniors & Vets Alternate: 5.0k, 9.0k, 6.5k, 5.0k, 9.0k, 6.5k - Starting at 11:40

Entry fees

Under 11, 13, 15, 17 & Students in full time education £2

All others £4 (NB +£2.00 for non club members)

All entries on the day of the event - please check in by 10:30 am (or at least 30 mins before your start time)

Come prepared for racing as there are no toilets or changing facilities at this venue. Races are under UKA rules, except for under 11s, where athletes compete at their own risk.

Series prizes will be awarded to the first three in each age group according to the aggregate time for one each of 5km, 9km, 6.5km races. (5km, 4.5km, 6.5km in case of U17s). Age groups under 15 and below will aggregate their 3 best times. Veterans will score in the age group for which they have 3 valid times. Mementos will be presented to non medal winners who complete the appropriate 3 races. Prizes will be awarded to the first three in each age group for each days racing. There is an inter club competition in which clubs score points for finishing positions in each age group, the winner being awarded the visitors cup. There is a trophy for the most improved club.

Cambs AA Cross country championships 2013

Sunday January 6th probably at Priory Park, St Neots. More detail will follow. To be entered by the club, C&C members must either request entry via the clubs Cross country representative (fee paid by C&C) or can enter individually, but then may not count for the club teams.

Entry forms and details will appear on the Cambs AA website www.cambsathletics.org.uk in due course. Closing date will be ca 28th December (not yet confirmed). Events for all age groups from under 11 up to veteran.

Eastern Counties AA Cross country championships

Dates not yet available (details will be found on the ECAA website via <http://www.easternaa.co.uk>). Events/awards for all age groups from under 13's up to veterans.

Age groups for Cross-country 2012/13 are based on age on 31st August 2012 (i.e. as for the 2012 summer season) except for veteran categories where it is age on the day of competition.

The Frostbite Friendly League – a team event for juniors and Seniors

The first Frostbite league race will be on Sunday the 7th of October. Junior start is 10.15am with the seniors kicking off at 11.00am. Race one is held at Priory Park, St Neots. Other races are 4th November, 16th December, 13th January, 3rd February and 3rd March. There is also a league website: <http://www.frostbiteleague.org.uk/>

C&C under 15 Boys take silver medals in the SEAA road relays

This is a really remarkable achievement in only the second year in the relays for C&C. The U15 boys beat the achievement by last years U15 girls team who took bronze medals

The under 15 boys team of Oliver Cantrill, Rob Huckle, Thomas Blatch and



Thomas Heylen all ran strongly with Thomas Heylen posting the 6th fastest time of the day on the last leg to snatch the silver. 43 complete teams finished. The under 17 womens team of Hollie Parker, Claire Wilson and Zoe Macdonald just missed out on the medals finishing 4th – another excellent result, and Claire Wilson clocked the 3rd fastest time of the day in that age-group. The under 17 Womens B team of Sophie Jones, Katie Scholey and Faye McLellan

also did well finishing 16th of 27 complete teams and several part teams.

The under 15 girls finished in 8th place of 72 teams – again a super result. The team consisted of Dian Chalmers, Alice Newcombe and Emma Schaertlin-Coffey.



The B team of Lucy Loughlan, Amy Pettit and Amy Chalmers were 56th.

The Under 17 men's team of Kieran Wood, Dan cade, Tim Cobden and Ralf Slaymaker were 30th of 44 teams.

Next day the Senior mens team finished 40th of 66 teams – a good start which can be built on in future years. Their team was Will Mycroft, Jonathan E-Phillips, Diarmuid O Seaghdha, Duncan Coobs, Iain Wood and Andrew Whittle.

The younger athletes teams took a coach to Aldershot and there was a real team spirit this year – well done to all the athletes and their coaches.

Half marathons

9th September saw several C&C athletes running half Marathons. Matthew Applegate finished 39th of 1419 finishers in the Lake Vyrnwy Half Marathon in Wales in a time of 1:19.55.

On the same day Charlie Wartnaby was 12th in the Grunty fen Half in 1:20.48.

On 23rd Sept Alan Pritchard was 3rd in then Harvest trail half marathon at Royston in 1:30.01

Race the Train

On 18th August Several C&C runners took on the Race the Train challenge at Tywyn in Wales. The race is 14 miles and is against the small train on the Talylyn railway running to Abergynolwyn and back. The train took 1:48.27 and four C&C runners beat the train – Sullivan Smith 1st, Duncan Coombes 7th, Istvan Jacso 21st and Matthew Applegate 31st. In the 10k Quarry Challenge race Vicky Frew was 15th and first female.

This is the second year running Matthew has beaten the train.

St Ives 10k

Kye Liddle led the way home winning in 33.40 and C&C took 2nd mens team (Liddle/Baldelli/Hurst/Anderson) and 3rd female team (Wightman/Wicklow /Geoghegan) in the race.

TIPS by Alex Downie

10 Cunning plans to get faster times and up those all-important WAVA percentages without really training.

(for the uninitiated WAVA tables are a way to compare veterans performances between age-groups)

1. Hurtle along in the straightest lines possible to minimise distance – pretty obvious and not really very cunning – but it may not always be easy to discern which IS the shortest distance (the organisers of the Florence Marathon went to the trouble of painting a green line to indicate where it was), and you may decide to deviate from it for various reasons.
2. For instance, you might want to maximise centripetal force by taking bends from a wide position and cutting in.
3. When facing a headwind – and don't we always? – find someone big and bulky of about your speed to use as a human windshield. He, if is a 'he', won't like it.....
4.and he'll like it even less when you accelerate in front of him at the end with a devastating finishing sprint.
NB. This will need a bit of training, unless you are naturally gifted, in which case you don't need to be reading any of this.
5. Any course that 'undulates' will be slower than a mainly flat course. (Just WHY we can't make up time on the down sides what we lose on the ups is something of a mystery, but there it is.) We can't do much about the terrain – except avoid hilly races; it's amazing how much WAVAs improve on the flat – but we can try to select the most level route in microcosm that's available. Even tiny adjustments can add up if carried out often enough.

6. Generally ignore puddles, at least the more shallow ones in road races. Cross-country puddles may be more problematic – you may feel there’s an element of doubt about how deep they are, and/or what may be lurking in their depths.
7. Attacking from the back can be a good plan. Overtaking tends to improve morale, and improved morale may result in increased speed, and vice versa. (The only time I feel fabulously fast in a race is when doing one of the later legs in Chariots of Fire; I tried to count my nett overtaking one year, and it came to about 80.....whereas in most races, I go off too fast, end up being largely overtaken and thinking “oh what’s the use? I’ll slow down now; this is too painful. I think I want to stop.”)
8. I’ve saved this one till last because it’s nasty, selfish and even evil. It contradicts no. 7, and applies when you know there are likely to be constrictions early on in the course. It is this:-....be the BLOCKER, not the BLOCKED. Try to accelerate away at the start a bit ahead of your ‘rightful’ place in the race. OK, it’s a terrible thing to do, and I’ll come clean and admit I did something like it in a recent 5k, by slimily slipping ahead of a couple of runners who were faster than me just before some narrow bits. Awful etiquette! I could almost hear the gnashing of teeth behind me, but I had a clear run.....I know, I’m a very bad person.
9. Er....
10. That’s it.
Keep Focused!

Fixtures for 2012/13

Road

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

Oct 7 th	Abington 10k	Abington	All over 16
Oct 7 th	Basingstoke half marathon	Basingstoke	Seniors
Oct 7 th	Jersey Marathon	Jersey	Seniors
Oct 7 th	Frostbite league	Priory Park	All
Oct 7 th	Standalone 10k	Letchworth	All over 16
Oct 7 th	Chester Marathon	Chester	Seniors
Oct 7 th	Willow foundation 10k	Hatfield	All over 16
Oct 14 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 14 th	Herts 10k	Harpenden	All over 16
Oct 14 th	Liverpool Marathon	Liverpool	Seniors
Oct 21 st	Abingdon marathon	Abingdon Berks	Seniors
Oct 21 st	Amsterdam marathon/half marathon	Amsterdam	Seniors
Oct 21 st	Granchester 10k	Granchester	All
Oct 21 st	Para’s 10 (10 mile)	Colchester	Seniors
Oct 21 st	Thurlow 10k	Thurlow	All over 16
Oct 27 th	Snowdonia Marathon	Llanberis	Seniors
Oct 28 th	Fenland 10k	West Walton	All over 16
Oct 28 th	BMAF/EVAC 10 mile champs	Tiptree	Veterans
Oct 27/28 th	BUPA Great south run 5k/10mile	Portsmouth	Seniors

Oct 28 th	London Half Marathon	London	Seniors
Nov 4 th	Bonfire Burn 10k	Histon	All over 16
Nov 4 th	Frostbite League		All
Nov 4 th	Great East Run 20k	Bungay	Seniors
Nov 4 th	Dovedale dash	Dovedale	Seniors
Nov 4 th	Stevenage half Marathon	Stevenage	Seniors
Nov 18 th	Conwy Half Marathon	North Wales	Seniors
Nov 18 th	Luton marathon	Luton	Seniors
Nov 18 th	St Neots Half marathon	St Neots	Seniors
Nov 25 th	Hadleigh 10 mile	Hadleigh	All over 16
Nov 25 th	Norwich Half marathon	Costessey	Seniors
Nov 25 th	Hereward Relays	P’bro to Ely	Seniors
Dec 2 nd	Nene valley 10m	Bretton	All over 16
Dec 16 th	Frostbite League	TBC	All
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 1 st	Wymondham new years 10k	Wymondham	Seniors
Jan 13 th	Frostbite league	TBC	All
Jan 20 th	Gloucester Marathon	Gloucester	Seniors
Jan 22 nd	Fred Hughes 10	St Albans	Seniors
Feb 3 rd	Frostbite League	TBC	All

Mar 2 nd	Northumberland costal Marathon	Bamburgh	Seniors
Mar 3 rd	Duchy Marathon	Redruth	Seniors
Mar 3 rd	Anglesey Half marathon	Anglesey	Seniors
Mar 3 rd	Frostbite League	TBC	All
Mar 10 th	Milton Keynes half Marathon	Milton Keynes	Seniors
Mar 10 th	Cambridge half Marathon	Cambridge	Seniors
April 7 th	Blackpool Marathon	Blackpool	Seniors
April 14 th	Bungay Black Dog marathon	Bungay	Seniors
April 14 th	Brighton Marathon	Brighton	Seniors
Apr 14 th	Cambourne 10k	Cambourne	All
April 21 st	London marathon	London	Seniors
April 28 th	Shakespeare Marathon	Stratford on Avon	Seniors
May 13 th	St Albans 10k	St Albans	All over 16
Aug 17 th	Race the train	Wales	Seniors

Crosscountry

Oct 6 th	SEAA Cross-country relays	Thames valley stadium	All
Oct 13 th	Essex Cross country league	Braintree	All
Oct 14 th	Ryston Runners Grand Prix 5k	Shouldham Warren	All
Oct 21 st	Amphill Trophy	Amphill (Beds)	all
Nov 3 rd	English XC relays	Mansfield	Teams
Nov 10 th	Essex Cross country league	Colchester	All
Nov 16 th	Ryston Runners Grand Prix 9k	Shouldham Warren	All
Nov 17 th	Essex Cross country league	Chelmsford	All
Nov 17 th	BMAF XC relays	Derby	Veterans
????	Eastern Counties XC Champs	?????	All
Dec 8 th	EVAC champs	Kettering	Veterans
Dec 8 th	SEAA Masters and Intercounties	Woodford	Vets
Dec 8 th	Essex Cross country league	Basildon	All

Dec 16 th	Ryston Runners Grand Prix 6.5k	Shouldham Warren All
Jan 6 th	Cambs XC Championships	Priory Park, (TBC) All
Jan 12 th	Essex Cross country league	Chingford All
Jan 20 th	Ryston Runners Grand Prix 5k	Shouldham Warren All
Jan 26 th	SEAA Cross country championships	Parliament Hill All
Feb 17 th	Ryston Runners Grand Prix 9k	Shouldham Warren All
Feb 23 rd	National XC championships	(TBC in North) All
Mar 9 th	CAU Intercounties	TBC County select
Mar 24 th	Ryston Runners Grand Prix 6.5k	Shouldham Warren All

Indoor and outdoor T&F

24 th Nov	Notts AA Open	Sheffield	All
Jan 1st	Lee Valley Indoor sprints/800m	Lee Valley	All
Jan 5 th	Cambs Sportshall championship	St ives	All under 15
Jan 13 th	SEAA U15/U17 Indoor Pentathlons	Lee Valley	U15/U17
Jan 19/20 th	SEAA Indoor Championships	Lee Valley	All over 12
Jan 26/27 th	London Indoor Games (Sen/U20)	Lee Valley	Sen/U20
Feb 2 nd	London Indoor Games (U17/U15)	Lee Valley	U17/U15's
Feb 9/10 th	UK championships	EIS Sheffield	Seniors
Feb 20 th	Middle distance Open	Lee Valley	All
Mar 31 st	Open Pentathlons	Lee Valley	U13/U15's
April 20 th (or 4 th May)	Southern athletics league 1	TBC	Seniors inc U17's
May 18 th	Southern athletics league 2	TBC	Seniors inc U17's
May 25 th	Cambs AA Championships	TBC	All
June 15 th	Southern athletics league 3	TBC	Seniors inc U17's
July 13 th	Southern athletics league 4	TBC	Seniors inc U17's
Aug 10 th	Southern athletics league 5	TBC	Seniors inc U17's
Aug 24/25 th	CAU Intercounty championship	TBC	Seniors County selected

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)

Southern Athletics League website

Frostbite League website

<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.southernathletics.co.uk>

<http://www.frostbiteleague.org.uk/>

A sting in the tail

We have just been informed by England Athletics of their intention to increase the "athlete affiliation fee" several fold in 2013 in order to cover loss of revenue from other sources.

The club registers all members and pays your athlete affiliation fee to England Athletics en-bloc from annual membership subscriptions (its currently £5 per athlete). You then receive from England Athletics your URN number confirming affiliation (which is then requested on entry forms for major events).

Affiliated athletes are automatically covered by the UKA insurance in case of accident or public liability.

The result will be that we will be forced to increase subscriptions substantially in 2013 simply to cover this increase. We will of course try to minimise any other increases necessary for day to day running of the club.

England athletics have also indicated that there will be further small rises in the affiliation fee over the subsequent 3 years.

Membership subscriptions will be an item on the agenda of the club AGM.

USEFUL CONTACT INFORMATION

Contact info for autumn 2012

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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	http://www.cambsathletics.org.uk
Cambridgeshire schools athletics information	http://www.cambsathletics.org.uk