

# MERRY CHRISTMAS

## Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

### Club Newsletter - December 2012

#### Another good year for the club comes to a close

After the major successes of 2011, the club has continued its winning ways in 2012 with successes in all disciplines.

In addition to the successes reported in the Q1 - Q3 newsletters we have had the following in the past three months:

#### **National Cross-Country relays – excellent team results**

Under 17 Women 7<sup>th</sup> of 60 teams, Under 15 Girls 19<sup>th</sup> of 96 teams and Under 15 Boys 25<sup>th</sup> of 81 teams

#### **SEAA Cross country relays**

C&C close both Senior men's (12<sup>th</sup>) and Senior women's teams (8<sup>th</sup>) for the first time in recent years. (Picture – the men's team)

**C&C 2<sup>nd</sup> in the Senior section of the Frostbite league after three fixtures.**



#### **More success in the Living Sport Cambridgeshire and Peterborough Awards**

Charlotte Cox won the award for Local Disabled Sports Star of the Year

Neil Costello was given the award for Services to Sport

Jonathan Escalante-Philips was shortlisted for Local Sports Star of the Year

George Schwiening was shortlisted for Young Sports Performer of the Year

It is particularly noteworthy that the Living Sport awards relates to amateur and professional clubs in all sports.

#### **C&C women are UK half marathon team champions!**

Special congratulations to Katie Sherwood, Sarah Wightman and Caz Pritchard for their run in the Great Eastern which doubled as the UK championships. The men's team also got the bronze medal.

#### **Claire Wilson leads her age-group in the Essex Cross-country league**

Alice Newcombe holding 2<sup>nd</sup> in the U15 Girls, and Thomas Heylen and Rob Huckle also holding top 4 placings

#### **St Neots Half Marathon – a clean sweep**

C&C athletes took many of the major honours at the St Neots Half marathon. 1st Man – Michael Salt, 1st Woman – Katie Sherwood, 1st Women's Team, 1st Men's Team..

**The club has grown significantly again in 2012, mainly due to post-Olympic enthusiasm, and is now running at the limit of our volunteer resources. Additional help is urgently needed in all areas (see later in the newsletter).**

## Chair's chatter

Please accept my best wishes for the festive season and for everyone's success in 2013! Looking forward to next year, I feel very positive about the club. We have had a massive influx of new members – welcome if that applies to you! – and we seem to have absorbed everyone pretty well. We have been seeing some excellent results from teams and individuals and I sense a passion from many members to push that bit harder and achieve as much as they can. That's why there's a buzz around some teams and, for me anyway, a feeling of great support from team mates. I hope you have that feeling too. It's one of the things which set us out as a good place to be.

The Awards Evening and AGM demonstrated the high standards we are now reaching. I thoroughly enjoyed the evening and I hope others did too. From the feedback I've received, the new format worked well. It was fascinating to hear some of the background to Grace Clements' success. She is a great inspiration. We need to build on her inspiration and that from the summer to push ourselves on. Mark (Vile) commented at the AGM that C&C is a good club to be part of – that for a very low subscription, the club offers an enormous amount in services and opportunities as well as coaching and teamwork. Mark has experience of some successful clubs and I take his views very seriously. But how do we maintain this momentum? Our current position rests on the hard work of many volunteers. I bang on about volunteers a lot and probably seem like a broken record, but they are the backbone of the club. I want to express my deep thanks, and I hope it's correct to say this is on behalf of all members, to the volunteers who make the club work and give us all the buzz and satisfaction we receive in training and competing. Thanks all. We wouldn't be able to do it without you!

As we get bigger, communicating with everyone about things going on and opportunities available becomes more difficult. We're putting as much as we can on the web site [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk) so please look there first if you have anything you need to know. It's also worth signing up to the club's Facebook page or the yahoo group (links are on the web site). We circulate things in both those places and any members can add things so it's a two way process. Please make sure you're registered for the 'mailing list' in your membership profile (if you're receiving emails from the club, you are registered). The mailing list is only used for club purposes. You won't receive adverts or other unsolicited mail. If you don't click on the mailing list box, you won't receive **any** mail from the club! Please also make sure club emails aren't disappearing in to your spam folder. Finally, in relation to the web site, you may not have looked at the page labelled 'Athlete services'. Listed there are physios, podiatry services, injury prevention, strength and conditioning support services, all of which have been checked out and offer special deals for club members. It's well worth using them.

Good luck in 2013 – though with the right coaching and training, maybe you won't need luck!

Neil

## \*\*\* FIXTURES \*\*\*

### Winter/Spring fixtures

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

**More details, including how to enter and where to get entry forms are given below in this newsletter**

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

### Endurance events 2013

Dec 26 <sup>th</sup> 2012	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 <sup>st</sup> 2012	Ely New Year's Eve 10k	(Little Downham)	All over 16
Jan 1 <sup>st</sup>	Wymondham New Year's Day 10K	(Wymondham, Norfolk, 10 km*)	All over 16
Jan 6 <sup>th</sup>	Cambridgeshire XC Championships	(Priory Park, St Neots)	All
Jan 12 <sup>th</sup>	Essex XC league	Chingford	All
Jan 13 <sup>th</sup>	Frostbite League - March AC	Whitemoor Prison, March	All
Jan 20 <sup>th</sup>	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Jan 20 <sup>th</sup>	Folksworth 15	(Folksworth, Peterborough - 15 miles)	Seniors
Jan 20 <sup>th</sup>	Gloucester Marathon	(Gloucester)	Seniors

Jan 26 <sup>th</sup>	South of England AA XC Championships(Parliament Hill)		All
Feb 3 <sup>rd</sup>	Frostbite League - Bourne	(Bourne, Lincs)	All
Feb 17 <sup>th</sup>	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Feb 17 <sup>th</sup>	Stamford 30k	(Stamford, Lincolnshire, 30 km)	Seniors
Feb 23 <sup>rd</sup>	English National XC Championships	(Sunderland)	All
Feb 24 <sup>th</sup>	Sleaford half marathon	(RAF Cranwell)	Seniors
Feb 24 <sup>th</sup>	Hereward relays (rescheduled)		Seniors
Mar 2 <sup>nd</sup>	Legends of Sherwood (night)	(Sherwood Forest - 10k multi terrain)	Seniors
Mar 3 <sup>rd</sup>	Frostbite League	(Hinchingbrooke)	All
Mar 3 <sup>rd</sup>	Cambridge Boundary Run	(Cambridge – 26.2 miles)	Seniors
Mar 3 <sup>rd</sup>	Swavesey half marathon	(Swavesey Village College)	Seniors
Mar 3 <sup>rd</sup>	Silverstone half Marathon	(Silverstone – 13.1 miles)	Seniors
Mar 9 <sup>th</sup>	CAU Intercounties	(Cofton park, Birmingham)	County team
Mar 10 <sup>th</sup>	Cambridge Half Marathon	(Cambridge, 13.1 miles)	Seniors
Mar 16 <sup>th</sup>	English Schools XC	TBC	Schools team
Mar 16 <sup>th</sup>	British Masters XC Championships	(Sunderland)	Vets
Mar 17 <sup>th</sup>	Ashby 20	(Ashby – 20 miles)	Seniors
Mar 23 <sup>rd</sup>	Orion 15	(Epping Forest – 15 miles)	Seniors
Mar 23 <sup>rd</sup>	Sussex Coastal marathon	(Birling gap, Sussex)	Seniors
Mar 24 <sup>th</sup>	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Mar 24 <sup>th</sup>	Stowmarket half marathon	(Stowmarket)	Seniors
Mar 24 <sup>th</sup>	Oakley 20	(Oakley, Bedfordshire, 20 miles)	Seniors
Apr 7 <sup>th</sup>	Blackpool Marathon & half marathon	(Blackpool – 26.2 miles/13.1 miles)	Seniors
April 14 <sup>th</sup>	Cambridge Cambourne 10K	(Cambourne, Cambs, 10 km + fun run)	All
Apr 14 <sup>th</sup>	Brighton Marathon	(Brighton )	Seniors
Apr 14 <sup>th</sup>	Bungay Black Dog Marathon	(Bungay, Suffolk)	Seniors
April 21 <sup>st</sup>	Virgin London Marathon	(London, 26.2 miles)	
May 5 <sup>th</sup>	Fen Drayton 10k	(Fen Drayton)	All over 16
May 6 <sup>th</sup>	Milton keynes marathon	(Milton Keynes 26.2 miles)	Seniors
May 12 <sup>th</sup>	Prague Marathon	(Prague)	Seniors
May 18 <sup>th</sup>	BMAF Road relays	(Sutton Park)	Veterans
May 26 <sup>th</sup>	Edinburgh marathon	(Edinburgh - Ind Rep. of Scotland)	Seniors

### **Spring Indoor Track and Field (you can click on the underlined links)**

Jan 1st	<b><u>Lee Valley Indoor Sprints/800m</u></b>	Lee Valley	All ages
Jan 5th	Cambs AA Sportshall championships	St Ives Indoor	U11 - U15
Jan 5/6th	<b><u>England/SEAA Combined events</u></b>	Sheffield	Senior/Under 20's
Jan 13th	<b><u>SEAA U15/U17 Indoor Pentathlons</u></b>	Lee Valley	U15/U17's
Jan 12/13th	Birmingham Indoor Open meeting	HPC Birmingham	Various
Jan 19th	Under 11's Regional Sportshall final	Norwich	Selected team
Jan 19/20th	<b><u>SEAA Indoor Championships</u></b>	Lee Valley	U15's and above
Jan 26/27th	<b><u>London Indoor Games</u></b>	Lee Valley	U20 & Senior
Jan 27th	<b><u>West Norfolk Indoor Open meeting</u></b>	Kings Lynn	All ages Hdls, 60m, LJ, TJ, Shot HJ
Feb 2nd	<b><u>London Indoor Games</u></b>	Lee Valley	U15/U17's
Feb 2nd	U13/U13 Regional sportshall final	Norwich	County selected
Feb 2/3rd	Birmingham Indoor Games	NIA Birmingham	Various
Feb 9/10th	<b><u>Eastern AA Indoor championships</u></b>	Lee Valley	All ages U13 upwards
Feb 9/10th	UK Championships	Sheffield	Seniors
Feb 17th	Midland Open meeting	NIA Birmingham	Various
Feb 20th	<b><u>Middle Distance Open</u></b>	Lee Valley	All
Feb 23/24th	<b><u>England athletics Championships</u></b>	NIA Birmingham	U15's,U17's/U20's
Feb 24 <sup>th</sup>	BMAF Indoor Pentathlon Champs	Lee Valley	Veterans
Feb 24 <sup>th</sup>	EVAC Indoor Championships	Lee Valley	Veterans
Mar 2/3rd	<b><u>England U15/U17 Combined events</u></b>	Sheffield	U15/U17's
Mar 9/10 <sup>th</sup>	BMAF Indoor Championships	Lee Valley	Veterans
Mar 31st	<b><u>Open Pentathlons</u></b>	Lee Valley	U13/U15's
Apr 7th	Inter area Indoor vets	Lee Valley	Veterans

### Summer 2013 track and field (provisional)

Mar 16th	Cambs AA Open throws meeting	Cambridge	All ages (entry in advance)
Mar 29 <sup>th</sup> (tbc)	Herts Phoenix Good Friday Open meeting	Welwyn	All ages (entry in advance)
Mar 29 <sup>th</sup> (tbc)	Chelmsford Open Throws	Chelmsford	All ages
Mar 30 <sup>th</sup> (tbc)	Chelmsford Open Track and jumps	Chelmsford	All ages
Apr 13th	Open meeting	Lee Valley	TBC
Apr 14th	Eastern Young athletes league (EYAL) (1)	Bury St Eds	All under 17
Apr 20th	Southern Athletics league (1)	Ipswich	All over 15
May 1 <sup>st</sup>	EVAC league (1)	TBC	Vets
May 4/5/6th	British Universities Championships	Bedford	University students
May 8th	Cambs AA Devt meeting (inc 3k champs)	St Ives	All
May 12th	East Anglian League (1)	Kings Lynn	All
May 18th	Southern Athletics league (2)	St Albans	All over 15
May 19th	Eastern Young athletes league (EYAL) (2)	Cambridge	All under 17
May 25th	Cambs AA County Championships	Cambridge	All (enter in advance)
June 1st/2nd	England Senior/u20 Combined Events	Bedford	Sen/U20's
June 5 <sup>th</sup>	EVAC league (2)	TBC	Vets
June 8th	County schools Championships	TBC	Schools district teams
June 15th	Southern Athletics League (3)	Uxbridge	All over 15
June 15/16th	Intercounty schools (if run in 2013)	TBC	County schools selection
June 15/16th	UK U20/U23 championships and trials	Bedford	Entry standards
June 19 <sup>th</sup>	Cambs AA Devt meeting (inc S/C champs)	St Ives	All
June 22/23rd	English Schools Regional Combined events	TBC	Schools entry
June 22/23rd	SEAA Senior/U20 Championships	Crystal palace?	Sen/U20 (individual entry)
June 23rd	East Anglian League (2)	Chelmsford	All
June 23 <sup>rd</sup>	BMAF Pentathlon Championships	Oxford	Veterans
June 30 <sup>th</sup>	BMAF Throws Pentathlon	Copthall	Veterans
July 3 <sup>rd</sup>	EVAC league (3)	TBC	Veterans
July 5/6th	English Schools Championships	Birmingham	Schools select
July 7th	Eastern Young athletes league (EYAL) (3)	Stevenage	All under 17
July 14th	East Anglian League (3)	Cambridge	All
July 12/13/14	UK and England Senior Championships	Birmingham	Entry standards
July 17 <sup>th</sup>	Cambs AA Devt meeting (inc Mile Champs)	St Ives	All
July 20th	Southern Athletics League (4)	Parliament Hill	All over 15
July 20/21st	SEAA Combined events Championships	Copthall?	All
July 21st	Eastern Young athletes league (EYAL) (4)	Norwich	All under 17
July 21 <sup>st</sup>	Vets inter-area match	Solihull	EVAC selection
July 26/27th	Diamond League Grand Prix	Crystal palace	Spectators
July 27th	Birmingham Games	Birmingham	Individual entry
Aug 3/4th	England Combined Events Championship	Stoke	U15/U17's
Aug 4th	Eastern Young athletes league (EYAL) (5)	Cambridge	All under 17
Aug 7 <sup>th</sup>	EVAC league (4)	TBC	Vets
Aug 10th	Southern Athletics League (5)	Cambridge	All over 15
Aug 11th	SEAA U15/U20 Intercounties	Copthall?	County selection
Aug 17/18th	SEAA U15/U17 Championships	TBC	Individual entry
Aug 17/18th	UKA Jumps and Throws Fest	TBC	Individual entry
Aug 24/25th	CAU Intercounties Championships	Bedford	County Selection
Aug 31/S 1st	England U15/U17 Championships	Bedford	Individual entry
Sept 1st	East Anglian League (4)	Bury St Eds	All
Sept 8th	Eastern Young athletes league (EYAL) finals	TBC	All under 17 (if we qualify)
Sept 8 <sup>th</sup>	EVAC league Final	TBC	Vets
Sept 15th	East Anglian league final	Bury St Eds	Age groups that qualify
Sept 14/15th	UK Schools Games	Sheffield	Schools area selection
Sept 14/15 <sup>th</sup>	BMAF T&F Championships	Birmingham	Veterans
Sept 21/22nd	English Schools CE Championships	TBC	Schools selections
Sept 29 <sup>th</sup> (TBC)	Cambs/EAA Multievents	TBC	All

## WINTER/SPRING TRAINING

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

- Monday evening training for Young Athletes' continues at Chesterton Sports Centre until Monday 17<sup>th</sup> December (the last session before Christmas) and then restarts on Monday 7<sup>th</sup> January (6pm). The Young Athletes training will move back to the track on Monday 18<sup>th</sup> Feb (6.30pm – 8.30pm). The last Monday evening indoors at Chesterton will be on Feb 11th.
- Tuesday evening training at the track continues until 18th December, and then resumes on 8<sup>th</sup> January.
- Thursday evening training will continue at Chesterton Sports Centre (6pm – 8pm) until 20th December, and resumes on 3rd January. Last indoor session March 21st.
- Saturday training will be available at the track from 10.00-12.00 until 22nd December resuming on 12<sup>th</sup> January and continuing until 23<sup>rd</sup> March – by agreement from coaches only. (Throws, jumps, sprints and middle distance)

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

### 2013 committee

The 2013 club committee elected at the AGM was as follows

President – Mary Holmes

Chair – Neil Costello

Treasurer – John Aston

Endurance portfolio - Andrew Shields

T&F portfolio - Noel Moss

Committee Sec - Valerie Norrell

Without portfolio - Mark Vile

Young athletes teams - Suzanne Marriott

Young athletes and community clubs - Caroline McGinnes

Young athlete coaching - Lee Shields

Coach Development and GCAN - Julie Pashley

Match officials (T&F) – Matt Witt

Cross-country – Helen Grant



The president last Boxing day.

### Club Trophy winners

#### **The seasons Best Perf. overall club**



Shared award

The under 15 Boys road relay team for their SEAA silver medal (T Heylen, T Blatch, O Cantrill, R Huckle)

The Under 15 Girls National Cross country relay team bronze medallists (H Parker, C Murphy, C Wilson)



#### **Veterans Best Perf. overall club**

Mary Holmes – W75 British record 800m 3.36.72 in British Masters

#### Endurance awards

Marathon Male

Diarmuid O'Seaghda 2:37:15 at London Marathon

Marathon Female

Vicky Knight 2:59:43 at London Marathon

Veteran Marathon

Kim Masson WAVA 82.16% at London Marathon

Veteran Half Marathon	John Oakes WAVA 89.49 at St Neots Riverside HM
Half marathon Male	Sullivan Smith 1:09:16 at Int. HM Marrakesh
Half marathon Female	Madeline Boardman 1:26:06 at St Neots Riverside HM
10k Male	Mike Salt 33:04 at Great East Anglia Run 10K
10k Female	Katie Sherwood 39:01 at Abbey 10K
Veteran 10 Km	Ben Baldelli WAVA 84.07 at Bedford Harriers 10K
5k Male	Jonathan Escalante-Philips 16:16 at NVH Barney Memorial 5K
5k Female	Georgina Schwiening 18:03 at Cambridge Parkrun
Veteran 5 Km	Helen Grant WAVA 81.59 at Harlow Ladies 5K
<u>T&amp;F awards</u>	
Most Improved T&F	Aedan Slack U15B Discus by 8m to 38.94m
BP male T&F	Louis Rawlings 800m U17M 1.53.91 CR (Gd 1 by 3.1 secs) EA Champs 3rd
BP Female T&F	Charlotte Cox Special Olympics European Gold medallist at 400m (in class)
BP Male Veteran T&F	Kevin White for his M40 800m 2:16.2 in SAL 14/7 (80.9% - age 44)
BP Female Veteran T&F	Mary Holmes – W75 British record 800m 3.36.72 in British Masters Champs
BP sprints male	Ben Snaith 400m U17m
BP sprints female	Catriona Marriott U17W 300m
BP Middle distance Male	Kieran Wood 1500m U17M
BP middle distance female	Hollie Parker 1500m U17W
BP Highjump	Kit Phillips U15B
BP Long/Triplejump	Joe Warwick TJ U15B
BP hurdles male	Ben Kelk 13.92 SM
BP hurdles female	Finlay Marriott U15G
U13 Girls hurdles	Adelaide Omitowoju
U13 Boys hurdles	Sam Clarke
BP Throw – senior equipment	Oli Holway (U20) 7.26k shot
BP Throw U13/U15/U17	Morgan Young Jav U17M
BP multievents male	Will Blackwell U17M Pentathlon
BP multievents female	Katie Reynolds U15G
<u>Team managers league awards</u>	
Vets league males	Matt Ward for his M40 800m in 2.14.0
Vets league females	Helen Grant for her 1500m in 5.47.4
EYAL males	Alex Holdsworth
EYAL females	Rebecca Clarke
Anglian league males	Oliver New
Anglian league females	Sophia Brumann
SAL males	Sam Rivers
SAL females	Hayley Sayer

## Cambs AA Trophy Winners

### Best Performances at the Cambs AA County Championships:

U17 Men	Ben Snaith – 200m
U15 Boys	Aedan Slack – Discus
U13 Boys	Sam Hurd – High Jump
U17 Women	Alice Galloway – Shot
U15 Girls	Katie Reynolds – Shot

### Best Overall Track & Field Performances

Men Under 17 - Ben Snaith Ranked no.1 in UK U17 400m. English Schools Bronze Medal, England U17 Champion.

Women Under 17 - Hollie Parker 2.13.64 800m

Best Junior Field Performance - Morgan Young Ranked 4<sup>th</sup> in UK U17 Javelin, 4<sup>th</sup> English Schools Champs

### County Colours awarded to:

Oliver Cantrill	Thomas Heylen	Oliver Holway	Sophie Jones
Zoe MacDonald	Catriona Marriott	Katie Reynolds	Claire Wilson

(County colours are awarded to athletes who represent the County AA in team competition 6 times or in three separate years. This does not include under 11's or schools teams)

## Living Sport awards

Stars of London 2012 shared centre stage with grassroots heroes as the best of Cambridgeshire sport was honoured at the LIVING SPORT Sports Awards.

Olympians and Paralympians were among the guests at the LIVING SPORT Sports Awards, in association with the Cambridge News, at the Rowley Mile Conference Centre at Newmarket.

With 2012 being such an amazing year for sport, competition for the headline awards were stiff with the likes of double London 2012 medallist Louis Smith and Matt Skelhon and England Women's Cricket captain Charlotte Edwards all in contention. Not surprisingly two London 2012 stars scooped the headline awards, with Robbie Grabarz named Progress Sports Performer of the Year and Jonnie Peacock taking the Anglia Ruskin Disabled Sports Performer of the Year accolade.

Robbie, from St Neots, enjoyed a superb year, following his gold medal at the European Championships with bronze at the Olympics. He also equalled the British record with a leap of 2.37m and claimed overall victory in the Diamond League. Jonnie became one of the poster boys of London 2012 with a sensational victory in the T44 100m at the Paralympics. The Doddington athlete, who had set a world record of 10.85sec earlier in the year, added the Paralympic record of 10.90 in the process.

The awards night kicked off with the presentation of the QAV Local Sports Star of the Year award, which went to former Cambridgeshire cricket captain Ajaz Akhtar, who led Peterborough Town to their first league title for 16 years, picking up 35 wickets at an average of just 12 runs along the way.



Paralympian Jody Cundy made his way to the stage to present the next award of the night to Charlotte Cox. Charlotte won the Anglia Ruskin University Local Disabled Sports Star accolade after another outstanding year which included winning four golds at the World Games of the International Athletics Association for Athletes with Down Syndrome – setting a 100m world record in the process – and setting a world 400m record while winning gold at the European Championships. *(Picture – the European Championships relay team)*

The Coaching:HQ Coach of the Year award went to Huntingdon gymnastics coach Paul Hall, who helped to guide a Team GB squad featuring Louis Smith and Sam Oldham to a historic team bronze at the Olympics, while then helping Smith to his pommel horse silver. The youngest winner on the night was Charlie Rolls, who at aged just 11 has won the British, European and world championships in his bike trials class. The Longstowe rider picked up the Gold Young Sports Performer trophy. Charles Cousins, who represented Team GB in the quadruple sculls final at London 2012 presented the Cambridge News Team of the Year award to The Leys School's rugby squad after impressive performances in junior sport this year. The Leys School's rugby squad triumphed at Twickenham in the final of the Daily Mail RBS under-18 Vase. Completing a triumphant triumvirate of young stars, Team GB 10m platform diving athlete Stacie Powell presented the Sports Leaders Young Volunteer of the Year award to Courtney Pettifor. The Ely College sixth-form student has put in countless hours of volunteering, coaching and officiating in both football and badminton.



The LIVING SPORT Services to Sport award went to Neil Costello, the chairman of Cambridge & Coleridge Athletics Club, who has made an outstanding contribution over 27 years. His many roles have included coach, coach tutor, adjudicator and event director *(and athlete of course as this picture taken in Dovedale a few years ago shows).*

Luminus Group School of the Year was won by Abbey Meadows Primary School, while Hampton Football Club picked up the Grosvenor Community Club category.

Peterborough Sailability got the nod from judges in the Cambridge Commodities Power of Sport award, while the first winners of the

Cambridgeshire Chambers of Commerce Workplace of the Year were Luminus.

## HELP!

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

**We always appreciate offers to help with team management both for T&F and Cross-country. We try to have as many team managers as possible each working with one age-group in a league to make it light work. Due to some changes we still need additional help in 2013 with the East Anglian League, and importantly a team manager for the Under 17 Women in the EYAL.**

**Please offer your services. E-mail Noel at [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)**

We also desperately need more officials for track and field meetings – we have to provide officials at all league matches. We can train you, and there is a formal training course run in the county each year in late March (probably 24<sup>th</sup> March in 2013) which gets you a UKA licence and insurance cover. Categories are Track judging, Timekeeping, Field judging, and starter/marksman. You can do as little or as much as you like, but every bit helps. E-mail Noel as above.

## BOXING DAY 4 MILE CLUB RUN

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

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

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

## ENDURANCE RUNNING BITS

C&C's young endurance runners at the English Cross country relays on 3<sup>rd</sup> November at Mansfield .

The under 17 Womens team of Faye McLellan, Claire Wilson and Hollie Parker finished a super 7<sup>th</sup> of 60 teams with Claire posting one of the days faster legs of 9.04.1.

Our under 15 Girls "A" team this year finished 13<sup>th</sup> of 96 teams and the "B" team were 58<sup>th</sup> – no mean achievement when you consider that finishing in the top 25 of a National Relays event is an outstanding achievement.

Lucy Parker, Alice Newcombe and Diana Chalmers ran for the "A" team and Amy Chalmers, Lucy Louglan and Belinda Dow for the "B" team.

The Under 15 boy's also did very well to finish 25<sup>th</sup> of 81 teams. Oliver Cantrill ran very well coming home in 41st overall, Jordan Wood held on to the position, and then Thomas Heylen moved the team up to 25<sup>th</sup> with his final leg time of 6.53 secs.

### Marathon running

Most of the fastest of the 20 males who have run marathons in 2012 came in the London Marathon in April, but there have been some notable performances in the latter part of the year – Sam Barr in Amsterdam clocking 3hrs 14 mins being the autumn fastest.

Of the 20 women marathon runners in 2012, again the fastest times of the year were from London, but Clare Garvey also produced a 3 hrs 34 in Amsterdam in October

Stats for all endurance distances can be found at <http://runcambridge.org.uk/rankingsindex.cgi> - If yours are not there it means that you haven't put your results in to the system.



Picture – Sullivan Smith on the podium with 2 Ethiopians at the Great Eastern

### UK marathon team champions

Special congratulations go to Katie Sherwood, Sarah Wightman and Caz Pritchard for their run in the Great Eastern which doubled as the UK championships. The men's team also got the bronze medal.



## Success in the St Neots Half Marathon



C&C fielded an even bigger army of 41 again this year at the St Neots Riverside Half Marathon and produced outstanding success. Michael Salt (picture) won the event – he is now Vet 40, but running stronger than ever and had a WAVA percentage of 86.82. Katie Sherwood claimed 1st in the women's race and was also 1<sup>st</sup> W35. The club also took 1<sup>st</sup> Mens and 1<sup>st</sup> Womens teams. Well done to all 41 who took part.

## Frostbite League races

The club has started the winter season with with super results in the Senior section of the first two Frostbite leagues, standing in first place, but slipped back to 2<sup>nd</sup> behind NVH after the third event at Hinchinbrooke Park and only 1 point ahead of Hunts AC.

The main reason for this was a shortage of ladies among the top finishers as we were short of some regulars.

The report from the 3<sup>rd</sup> event; “Hinchinbrooke Park, Huntingdon always makes for a slippery winter venue but this time the course had to be modified due to flooding. Enough senior men turned out to bring the team home in fourth place, just sufficient to maintain second to NVH in the senior league overall. Alex Geoghagen lead home the ladies with Margaret Phillips (JEP's Mum) second making her racing debut. Ladies - come back next

year.

Amy Chalmers and Ewan Frolich were our sole representatives in the junior 1.5 mile event. Amy did well to finish first girl and 9th overall within 24 hours of running all those hills in Essex. The next event, hosted by March AC at Whitemoor Prison, is Sunday 13th January. Fast, flat and probably windy!

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

## Cambourne 10k

Entries are now open for the club's 10k. It raises money for the club and we'll need lots of help to marshal etc. It is filling up quickly so if you want to run, make sure you get your entry in, in the next two weeks.

<http://register.cambridgefestivalofrunning.com/>

There is also a free preview run on 24<sup>th</sup> February for which entries are currently being taken. Groups of varying pace will head round the course, or part of it if you're not yet up to the full 10K. There will be an interactive warm-up beforehand, and afterwards tuck into free danish pastries, fruit and soft drinks to help you recover.

## Hereward Relays

Cancelled due to flooding and rescheduled for 24<sup>th</sup> February

## Cross Country roundup

### **Ryston Grand Prix**

Not many have competed in this so far this winter due to clashes with other events including the Essex league. Several attended the first round which didn't clash with much, but attendances were smaller at the 2nd round and only our President Mary Holmes contesting the 3<sup>rd</sup> fixture.

### **The Essex Cross-country league – Excellent individual results (but more runners needed to fill the teams)**

C&C Juniors had their best day yet on 17<sup>th</sup> November, since joining the Essex League this year.

Claire Wilson (U17G) followed up her victory last week at Colchester with another emphatic win at Hylands Park, Chelmsford. Claire was in a leading group of 3 at the end of the first lap but forged ahead on the second lap to take a comfortable win.

Claire's was not the first victory of the day for C&C though as fast improving Alice Newcombe (U15G) worked her way through the field into second position by the end of the first lap and then set about pulling in the leader. With just 800m to go Alice took the lead and opened up a good gap on the talented Jodie Judd (Chelmsford AC). Alice was followed in by Lucy Loughlan who ran well to finish 22nd.

We only had one runner in both the girls U13 and U11 races. Rebecca Barnes (U13) ran well to finish 41st and Beth Wilson (U11) did very well.

Kieran Wood (U17Men) showed us that he is getting back to his best with a fine second place. He was followed home by Tim Cobden in 11th, Dan Cade in 15th and James Tapley in 20th. This was a good effort by our U17 men's team who finished 2nd team of 10.



In the U15 boys race Thomas Heylen did well to finish 4th closely followed by Rob Huckle in 5th and Jordan Wood in 14th.

As with the girls we only had one athlete in each of the U13 and U11 boys races. Peter Cooke ran very well to finish 15th after doing his triathlon training in the morning. Both William Newcombe and Beth Wilson finished well up in the field in the U11 races, however at the time this report was posted the results were still not available.

Although this was a good day for us we could do even better. C&C entered this league to give good competition for our young athletes (and our senior athletes too) over the correct championship distances so it is still disappointing not to see other athletes competing at this event.

Ton December 15<sup>th</sup>, the course at Gloucester Park, Basildon was not for the fainthearted. Anyone coming from the flatlands of Cambridgeshire could rightly mistake this for a ski resort with mud instead of snow. The summit of the hill was an excellent vantage point for cheering on our athletes as they climbed the same hill three times - each loop. The hills did not intimidate our well prepared junior athletes who put in some excellent performances. That and good team running in the U15 and U17 age groups brought all four teams home in fourth position. They continue to place 4-6th in the league rankings.

We were one athlete short for the Womens team but enough veterans turned out to help John Ferguson lead home a scoring men's team. Both the senior men and women are still

ranked middle of the league overall, however, a strong turnout will be required at the final meet on Saturday 12th January to maintain these positions.

**Let's have a big turnout for that meeting and show the Eastern region how strong we are as a Club! We have loads of endurance runners training regularly, both old and young so we should be fielding full teams in all these events.**

**(Picture is of Cross-country coordinator Helen Grant)**

### Cambs XC championships

6<sup>th</sup> January at Priory Park in St Neots – make sure that you allow yourself plenty of time to find parking and to collect you race numbers.

If you haven't let Helen Grant know that you would like an entry for the County XC champs, then you will now have to send it in yourself ASAP with the correct entry fee.

The details are on the Cambs AA website [www.cambsathletics.org.uk](http://www.cambsathletics.org.uk)

The organiser will probably accept late entries up until 31st December if they are accompanied by the correct fee.

### Cross country championship entries

To register for entry for the Cambridgeshire County, Southern or National Cross Country Championships, please go to the club website and select Event entries under the Cross-Country tab. Please remember that because the club pays these XC championship entry fees, the club reserves the right to charge the fee to any athlete who does not turn up having requested an entry, unless they are taken ill or injured.

### Track and field events

#### The first club record of the new T&F season

Oli Holway set the first new club record for the 2013 T&F season (which officially started on 1<sup>st</sup> October 2012) Oli threw a personal best of 13.98m to win the Metaswitch Indoor games U20 mens 6kg shot. This is the first time that anyone at C&C has exceeded the old record, set with the 6.25kg shot, since the specification weight changed almost 10 years ago, and so the record now goes to Oli, having remained with John Blackwell since 1969.

### Indoor T&F events after Christmas – how to enter

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

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

Information below lists website links from which to get entry forms for each event. (“ctrl” + click on link)

The links are also on the C&C website under track and Field fixtures.

**Jan 1st            Lee Valley sprints meeting , and also 800m Open meeting            Lee Valley**

<http://www.visitleevalley.org.uk/go/lee-valley-athletics-centre/#competition-entry-forms>

**Two rounds of 60m**

- 800m start time 12:00
- 60m start time 13:00
- 200m start time 16:00
- Pre entries and entries on the day will be accepted
- All age groups are welcome with the exception of U11's
- Races will be run as a graded meeting, based on times not ages
- Entry desk will close 60 minutes before the start of each race with no exceptions after this time.
- Entry forms can be downloaded via the link above

### **Jan 12<sup>th</sup> Lee Valley U13/U15 Open meeting**

<http://www.visitleevalley.org.uk/go/lee-valley-athletics-centre/#competition-entry-forms>

#### **Track Timetable**

14:00 60m Hurdles (Round 1)  
 14:30 800m  
 15:10 60m Hurdles (Round 2)  
 15:45 60m (Round 1)  
 16:35 60m (Round 2)  
 17:00 200m

#### **Field Time Table**

13:30 U13 Girls Shot Putt & U15 Boys Shot Putt  
 13:30 U15 Boys Long Jump  
 14:30 U13 Boys Shot Putt & U15 Girls Shot Putt  
 14:30 U15 Girls Long Jump  
 15:15 U13 Girls & U15 Girls High Jump  
 16:00 U13 Boys Long Jump  
 16:30 U13 Boys & U15 Boys High Jump  
 16:45 U13 Girls Long Jump

Closing date for entries 9<sup>th</sup> Jan

No late entries and no entry on the day – entry form via link above

### **Jan 13<sup>th</sup>/19<sup>th</sup>/20<sup>th</sup> South of England Indoor Championships at Lee Valley All over 12**

<http://www.seaa.org.uk/events/track-and-field.html> (for prospectus and entry forms)

13<sup>th</sup> is U15/U17 pentathlons plus a few individual championship events (entries close 2nd Jan)

**Pentathlon** - Under 15 Boys, Under 17 Men, Under 15 Girls & Under 17 Women

**200m** - Under 20 Men & Under 20 Women

**800m** - Senior Men, Senior Women, Under 20 Men & Under 20 Women

**300m** - Under 15 Girls & Under 17 Women

**400m** - Senior Men, Under 20 Men, Under 17 Men, Under 15 Boys, Senior Women & Under 20 Women

**High Jump \*** - Senior Men(1.80m), Under 20 Men(1.70m), Senior Women(1.55m) & Under 20 Women(1.50m)

19<sup>th</sup>/20<sup>th</sup> are the main SEAA championship event days for U15's up to Seniors. Closing date 18th January – good standard of competition with medals.

All jumps excepting those taking place on 15<sup>th</sup> Jan., Shot, 60m, 60m Hurdles, 200m, 800m, 1500m

### **Jan 27<sup>th</sup> West Norfolk Open meeting KingsLynn All**

<http://www.westnorfolkac.co.uk>

link to entry form at <http://www.cambridgeandcoleridge.org.uk/track-and-field/fixtures>

Closing date 14<sup>th</sup> January - Modest competition with medals – 60m, 60m Hurdles, shot, longjump, Triplejump, Highjump, Pole-vault. All ages including under 11's and veterans

### **Jan 26/27<sup>th</sup> London Indoor Games Senior/Under 20's Lee Valley**

<http://www.visitleevalley.org.uk/go/lee-valley-athletics-centre/#competition-entry-forms>

Closing date 21st January - Track events up to 800m, shot and full range of jumps – good meeting

Enter by downloading the entry form from the website link above

### **Feb 2<sup>nd</sup> London Indoor Games U15/U17 Lee Valley**

<http://www.visitleevalley.org.uk/go/lee-valley-athletics-centre/#competition-entry-forms>

Closing date 28<sup>th</sup> January - Track events up to 800m, shot and full range of jumps – good meeting

Enter by downloading the entry form from the website link above

### **Feb 24<sup>th</sup> BMAF Indoor Pentathlons Lee valley Veterans**

<http://www.bmaf.org.uk/fix/fix.asp>

### **Feb 9/10<sup>th</sup> East of England AA Championships Lee Valley All**

<http://www.easternaa.co.uk/entries/indoor/TimetableLetter2013.doc>

**Closing date 10<sup>th</sup> January** – extensive range of indoor events for all ages >11. Medals for all events. Standard is lower than South of England event but better than West Norfolk Open. Runs concurrently with the Essex AA championships.

**Feb 24th EVAC Indoor championships (with BMAF pentathlons) (TBC) Lee Valley**  
<http://www.bmaf.org.uk/fix/fix.asp> or <http://evac.org.uk/> Entry details to be confirmed

**Mar 9/10<sup>th</sup> BMAF Indoor Championships Lee Valley**  
<http://www.bmaf.org.uk/fix/fix.asp>

**Mar 31st U13/U15 Open Indoor track meeting and Pentathlons Lee Valley**  
<http://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>  
Closing date 20<sup>th</sup> March for pentathlons and 25<sup>th</sup> March for open track events - Track events up to 800m – each athlete gets 2 races for 60m and 60m hurdles.

**Note** - Age groups for Indoor championships are based on your age on 31<sup>st</sup> August 2013, (or for veterans age on the day).

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

## **The Track and Field leagues for 2013**

### **The Southern Athletics League.**

This year the Southern Athletics league has grown a bit more to 80 teams which allows the league to run 5 Divisions of 16 clubs each.

At the AGM it was agreed that in 2013 there will be a 16 club first Division, two regionalised division 2's and two regionalised Div 3's. By finishing 5th in Div 2 NE last year we made sure of our place in Div 2 North for 2013.

Its quite a strong Division with Barnet & District , Basildon, Bedford & County , City of Norwich , Dacorum & Tring, Hillingdon, Ipswich, London Heathside, Luton, Newham & Essex Beagles, Peterborough Ryston Runners, St. Albans, Thames Valley Harriers, Wycombe Phoenix.

We will need to fill our teams if we are to stay up in Div 2 for the following year.

The fixtures are on 20<sup>th</sup> April (Ipswich), 18<sup>th</sup> May (St Albans), June 15<sup>th</sup> (Uxbridge), July 20<sup>th</sup> (Parliament Hill), August 10<sup>th</sup> (Cambridge) – not too bad all within 90 minutes travel.

The league is a Senior mens/womens competition and uses senior specifications but under 20's and under 17's may compete as Seniors.

### **Eastern Veterans League**

The league will take place on the first Wednesdays of May, June, July and August as normal again this year. Venue details and the regional makeup are not yet finalised. The league is considering changes in structure to help matches stay on time – less clubs at events and other minor changes. The M35's will also become a scoring category but with limited events.

### **East Anglian league**



Dates are now set for May 12<sup>th</sup> (Kings Lynn), June 23<sup>rd</sup> (Chelmsford), July 14<sup>th</sup> (Cambridge) and Sept 1<sup>st</sup> (Bury St Eds) with the final at Bury St Edmunds on Sept 15<sup>th</sup>.

The team management is not yet fully confirmed and offers to help out by managing one of the age-groups would be appreciated. (Noel – [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com))

(picture – the under 13 boys league winners 2012)

### **Eastern Young Athletes league**

Dates for 2013 are Sundays 14<sup>th</sup> April (Bury St Eds), 19<sup>th</sup> May (Cambridge), 7<sup>th</sup> July (Stevenage), 21<sup>st</sup> July (Norwich), 4<sup>th</sup> August (Cambridge). Finals on 8<sup>th</sup> September.

Team management this year is overseen by Suzanne Marriott ([suzmarriott@btinternet.com](mailto:suzmarriott@btinternet.com))

We need volunteers for team managing some of the age-groups. Please offer if you can help.

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

The second County Sportshall Athletics competition is on 5<sup>th</sup> January at One Leisure St Ives Indoor centre. All athletes have already had details, but we still need more competitors.

If you wish to compete and haven't been in contact already, you should contact [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) and I will pass your details on to the team managers

The events will start at 12.45 so you should arrive by 12.20. We can provide travel directions.

**County representative teams will be selected from this event and the previous one (and for under 13's and under 15's it counts towards your County Colours..**

In the first match C&C dominated the under 15 girls age group but we had no under 15 Boys (we will have in the 2<sup>nd</sup> match), we won the U13 Boys and were 2<sup>nd</sup> in U13 Girls. (In fact there was only one under 15 Boy but they will need 7 for the county team on Feb 2<sup>nd</sup>, so have a go).

Our club U11 boys team and the community club teams did well in the under 11's.

Including community club athletes we had about 75 competitors – almost 1/2 of the total in the match.

### Boys U 13

C&C	330
Abbey Sch	176
PAC	164
HAC	50

### Girls U 13

PAC	342
C&C	244
HAC	124

### Boys U 15

Abbey Coll	150
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### Girls U 15

C&C 1	599
PAC	559
C&C 2	509
HAC	327
SPF	102

### Boys U 11

Cott A	643
HAC A	569
Cott C	567
Cott B	527
C&C Cambourne	503
ICC-Glenn	420
CCC-Jacqui	365
ICC-Yinka	365
PAC	345
HAC B	306

### Girls U 11

SPF Leopards	565
PAC A	548
PAC B	481
Cott B	476
CCC-Catriona	473
Cott A	449
C&C Cambourne	394
CCC-Caroline	358
SPF Jaguars	332
CCC-Finlay	329
SPF Tigers	326
HAC	240
CCC-Suzanne	206
Cott NS	72

(CCC and ICC are C&C community clubs)

## E-MAIL'S FROM THE CLUB, AND OUR TEAM MANAGERS

Its very important to set the antispam settings on your e-mail so that e-mails from Neil Costello ([neilzcostello@gmail.com](mailto:neilzcostello@gmail.com)), Noel Moss ([noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)), and club team managers (who you can find on the websites) e.g. Helen Grant for XC, Suzanne Marriott and the other team managers for EYAL etc etc, end up in your inbox, rather than your antispam folder.

**Because most club e-mails are sent out to a large number of recipients, they are likely to go into your spam-box unless you tell your software that the sender is allowed.**

**Alternatively, check your spambox/bulk folder regularly so that you find any e-mails from the club before they get deleted or are too old to be relevant.**

The club now sends out most information by e-mail or puts it on the websites. We don't send hard copy via the post unless we are about to take you off the members list for non-payment, and even then not always.

Its particularly important as it states in the Chairs chatter, because of the new membership software, and there will now be e-mails from XXX@cambridgeandcoleridge.org.uk which are sent via the membership database software. Also it would be advisable to change any Young athletes personal e-mail address to that of their parents when you are given your log-on password to the membership database, so that membership renewal reminders etc don't get ignored. I think most are parents addresses already but there are a few which are not.

We regularly find that the response from members, to team related e-mails, is usually only about half of what we might expect, which is not fair to team managers etc who then have to chase.

**We are all unpaid volunteers** (including the coaches), the club has no paid employees, so please don't just ignore

e-mails about team competitions etc – if you cant/don't want to compete an event, just drop a brief e-mail back to the team manager saying so – it helps us a lot.

In some cases that may mean not just hitting “reply” but replying to the correct team manager – some team selection e-mails are not necessarily sent by your particular team manager but are sent out to several age-groups at once.

## USEFUL CONTACT INFORMATION

### Telephone numbers for spring 2013

Mary Holmes	President	01223 860189
Neil Costello	Chairman	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Matt Witt	Officials coordinator	01638 742088
Sonia Cox	Welfare	01223 264889
Lee Shields	Young athletes coaching Co-ordinator	01223 249410
Andrew Shields	Endurance portfolio holder	07787 523183
Carole Morris	Veterans T&F team manager	01638 742024
Suzanne Marriott	EYAL team coordinator	01223 813188
John Aston	Treasurer	07710 057616

### Useful E-Mail and website addresses

C&C Club Main Website	<a href="http://www.cambridgeandcoleridge.org.uk">www.cambridgeandcoleridge.org.uk</a>
C&C Endurance running website	<a href="http://www.runcambridge.org.uk">www.runcambridge.org.uk</a>
E-mails about C&C membership and other admin issues	<a href="mailto:info@cambridgeandcoleridge.org.uk">info@cambridgeandcoleridge.org.uk</a>
Amendments/items for website	<a href="mailto:webmaster@cambridgeandcoleridge.org.uk">webmaster@cambridgeandcoleridge.org.uk</a>
Newsletter editor (for your results and articles to publish)	<a href="mailto:noelmoss@btinternet.com">noelmoss@btinternet.com</a>
Cambridgeshire AA website	<a href="http://www.cambsathletics.org.uk">http://www.cambsathletics.org.uk</a>
Cambridgeshire schools athletics information	<a href="http://www.cambsathletics.org.uk">http://www.cambsathletics.org.uk</a>
EYAL website	<a href="http://www.eyal.org.uk">http://www.eyal.org.uk</a>
Southern Athletics league	<a href="http://www.southernathletics.org.uk">http://www.southernathletics.org.uk</a>
East Anglian league website	<a href="http://www.cambsathletics.org.uk">http://www.cambsathletics.org.uk</a> (on page 13)
UKA website	<a href="http://www.uka.org.uk/">http://www.uka.org.uk/</a>
Power of 10 database (you will probably be in it)	<a href="http://www.thepowerof10.info">www.thepowerof10.info</a>
England athletics website	<a href="http://www.englandathletics.org">www.englandathletics.org</a>
South of England AA website	<a href="http://www.seaa.org.uk">www.seaa.org.uk</a>
Eastern AA website	<a href="http://www.easternaa.co.uk">www.easternaa.co.uk</a>
Living Sport Cambridgeshire	<a href="http://www.livingsport.co.uk">www.livingsport.co.uk</a>
Athletics kit and shoes by internet or mail order	<a href="http://www.bournesports.com">http://www.bournesports.com</a>
Athletics equipment (Stadia Sports online)	<a href="http://www.stadia-sports.co.uk">http://www.stadia-sports.co.uk</a>
Southern Athletics League website	<a href="http://www.southernathletics.co.uk">http://www.southernathletics.co.uk</a>
Frostbite League website	<a href="http://www.frostbiteleague.org.uk/">http://www.frostbiteleague.org.uk/</a>
Kevin Henry 5k Road league	<a href="http://www.cambridgeandcoleridge.org.uk/road-running/kevin-henry-league">www.cambridgeandcoleridge.org.uk/road-running/kevin-henry-league</a>

## Greater Cambridge Athletics Network

### **Update taken from the GCAN website.**

The Greater Cambridge Athletics Network is one of the many athletics networks setup by England Athletics with the support of McCains. It is a local partnership of athletics clubs and other sporting bodies in and around Cambridge with the following aims:

- To provide a high performance support service for coaches and athletes comparable to those world wide
- To improve the standards of coaching and increase the number of coaches within the Greater Cambridge area
- To provide athlete development pathways for all athletes whatever their standard
- To increase participation in athletics at all levels

Established in October 2009, we are inclusive and open, so if your organization is interested in becoming involved, please in touch.

GCAN are developing partnerships with high quality service providers in the area who can offer services to our members at a reduced rate. These include:

## **Coached Sessions**

### **Regional Endurance Performance Squad**

The squad is endorsed by GCAN but is an independent squad in their own right ran by two of the top coaches in the area; Brian Corbett and Robert Woodward. It aims to bring aspiring endurance athletes of a similar ability level (male - sub 38 min for 10k, female - sub 42 mins) and their coaches together on a monthly basis to help improve performance and train with like-minded athletes in the area. More information about the squad can be found in the [information sheet](#). If you would like to take part, then please contact either [Brian](#) or [Robert](#).

### **Physiotherapy Clinics**

#### **Cambridge Medical Centre**

With over 25 years combined experience, the Cambridge Medical Centre provides skilled private physiotherapy, sports massage, personal training and Pilates classes. Located in Central Cambridge, Cambourne and coming soon to Sawston, the Cambridge Medical Centre will offer a 20% discount for GCAN members (excluding people who have private health care insurance).

Website: [www.cambridgemedicalcentre.com](http://www.cambridgemedicalcentre.com)

### **Sports Therapy and Rehabilitation Clinics**

#### **Core Cambridge**

Core Cambridge offer a complete range of services for athletes & clubs - ranging from physiotherapy, injury rehabilitation and sports massage to free-weight coaching, technique analysis and year-round strength training / nutrition plans.

Website: [www.core-cambridge.com](http://www.core-cambridge.com)

#### **Pro Active Clinic**

The ProActive Clinic is Cambridge specialist running and athletics injury clinic where we treat all problems commonly associated with top performance. The lead practitioner is Sam Boden who is an ex international distance runner having represented England and Great Britain on numerous occasions.

Website: [www.proactive-clinic.co.uk](http://www.proactive-clinic.co.uk)

#### **Fit for Sport**

Sports Therapy and Injury Clinic specialising in prevention, diagnosis, treatment, rehabilitation and sports massage. Fit for Sport Clinic will provide a 20% discount for GCAN members.

Website: [www.fitforsportclinic.com](http://www.fitforsportclinic.com)

#### **Activate Pilates**

Opened in March 2009 Activate Pilates offers reformer Pilate session which bring together more traditional Pilates with circuit training exercises alongside personal training and sports massages.

Website: [www.activatepilates.co.uk](http://www.activatepilates.co.uk)

#### **Cambridge Podiatry and Chiropody Ltd**

The practice offers both routine chiropody and biomechanical assessments, which include the use of video gait analysis and pressure mat systems. We are able to prescribe a range of off-the-shelf and custom made insoles/orthoses.

Website: [www.cambridgepodiatry.co.uk](http://www.cambridgepodiatry.co.uk)

#### **Sports Scientist and Support in Sports Psychology Techniques**

Psychology is one of the most important components in sport often influencing how we perform under pressure. Through observational work, interviews and questionnaires David is able to improve areas as concentration, confidence, controlling emotions and developing a more positive attitude. Contact David Nation on

[davidnation@hotmail.co.uk](mailto:davidnation@hotmail.co.uk)

### **Higher Education Institutions**

#### **Anglia Ruskin University**

The sports science department can provide GCAN with physiological testing and support and workshops that offer academic information on an array of sport related topics.

Website: [www.anglia.ac.uk](http://www.anglia.ac.uk)

### **Specialist Running Shops**

#### **Advance Performance**

Advance Performance is an award winning specialist running shop who prides themselves on their exceptional levels of service along with quality products at sensible prices. The store offers free gait analysis to ensure that you are exercising in the most suitable shoe for your unique running style, minimising your risk of injury.

Website: [www.advanceperformance.co.uk](http://www.advanceperformance.co.uk)

#### **Sweatshop**

Sweatshop are the official retailer for England Athletics and are the UK's largest specialist running shop, offering running shoes, clothing and accessories.

Website: [www.sweatshop.co.uk](http://www.sweatshop.co.uk)

More information about the network and its activities and the Athlete support services available can be found at <http://gcan.org.uk/index.html> .

## And finally

**A special thank-you to all the unpaid volunteers who gave their own time to make the club a success in 2012.**

**The committee wish all club members a very happy Christmas and success in whatever you attempt in 2013.**

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**Below are a few of the memories from 2012 – a momentous year for athletics in UK and for the club.**

