

# *Cambridge & Coleridge Athletics Club*

*President – M Holmes*

*Chairman - N Costello*

## **Newsletter Spring 2013**

### **Continuing the success into 2013**

Again this year all sections of the club have contributed to a fantastic start to the year's competition.

- **Loads of event wins and team successes in the Cambs AA Cross-country Championships**
- **6<sup>th</sup> place for Claire Wilson in the English Schools Inter Girls Cross Country championships and 9<sup>th</sup> place for Rob Huckle leading in the bronze medal team of Junior Boys.**
- **10<sup>th</sup> place for Claire Wilson in the U17 Women's English Cross Country championships, 18<sup>th</sup> for Kieran Wood in the U17 men, and 25<sup>th</sup> for Alice Newcombe in the U15 Girls.**
- **Holly Parker takes gold at the National indoor championships**
- **Ben Kelk invited to run in the Birmingham Indoor Grand Prix**
- **Gold at 200m at the SEAA Indoor championships by Ben Snaith in a new U17 men's club record time**
- **Silver and a new club record for Oli Holway in the U20 men's shot, and silver for Alice Galloway in the U20 women's shot the London Indoor Games**
- **Gold for Katie Reynolds in U15 Girls shot at the Regional sports-hall match**
- **Ben Kelk 4<sup>th</sup> in the UKA Indoor Championships men's hurdles**
- **5 gold, 1 silver and 1 bronze in the Eastern AA Indoor championships**
- **New U17 women's club record of 34.21m for Isabella Coutts in the javelin.**
- **C&C teams finish 4<sup>th</sup>, 5<sup>th</sup> and 28<sup>th</sup> of 84 teams in the Hereward relays**
- **5<sup>th</sup> place for Claire Wilson in the SEAA U17W Cross-country championships and 10<sup>th</sup> in the English Nationals**
- **38<sup>th</sup> place for Alice Newcombe in the CAU inter-county U15G cross country and 25<sup>th</sup> in the English Nationals**
- **18<sup>th</sup> place in the English national cross country for Kieran Wood U17M**



- **86 competitors in the Cambridge half marathon with 4<sup>th</sup> , 5<sup>th</sup> , 10<sup>th</sup> and 22<sup>nd</sup> places and 12 finishing in the top 100 (of 3386 finishers)**
- **Super first season in the Essex Cross country league. Claire Wilson 1<sup>st</sup> overall in the U17 women, Kieran Wood 3<sup>rd</sup> overall in U17 men and Alice Newcombe 3<sup>rd</sup> overall in U15 Girls. The U15 Girls, U15 Boys and U17/U20 women's teams all finished in 5<sup>th</sup> place**
- **Michael Salt first home in the Swavesey Half marathon**
- **John Oakes 5<sup>th</sup> overall and 1<sup>st</sup> M55 in the Tarpley 10 (Wava 87.4%)**

## **IMPORTANT CHANGES TO MEMBERSHIP SUBSCRIPTIONS**

Subs are due on the anniversary of your last payment. Please now pay on-line via the club website. If you cannot pay on-line for any reason contact us at [membership@cambridgeandcoleridge.org.uk](mailto:membership@cambridgeandcoleridge.org.uk)

Anyone who is more than two months late in payment will have their membership cancelled and will not be eligible to compete for C&C or use club training sessions.

If you have lost/forgotten the log-in name and password sent to you, you can obtain a new one via the membership system. Please do not use the new members joining option because that will produce a duplicate record and the old one will still keep asking for payment.

Your membership renewal reminder e-mail will in future contain details of your log-in username and password. We suggest that you update it when renewing, so that it is something you will easily remember.

**The club has now separated the England Athletics athlete registration fee from the club membership fee. Club membership fees are therefore now reduced to £45 for wage earners and £35 for non-earners.**

**In early April you will receive a separate notification that your England Athletics registration fee is now due. In 2013 this has been set at £10 and the fee will be collected by the club online and then paid to England Athletics on your behalf.**

**The club will not register any athlete with England Athletics who has not paid their England athletics fee.**

In the past, everyone was registered with England Athletics by the club and that fee of £5 was included with the club membership fee.

We have changed the system because England Athletics had proposed to increase the fee four-fold, although they have now reduced that to a two-fold increase in 2013 after major protests from clubs. The EA objective for the increase was to replace other funding which is no longer available post-Olympics. Because their registration fee is likely to increase year on year, we have decided to separate club subscriptions from the EA registration fee for future years and to ask athletes to pay that separately. This was agreed by the 2012 AGM.

If you paid your club subscription between 1<sup>st</sup> April 2012 and 31<sup>st</sup> January 2013, the £5 fee was included in your club membership subscription and was for the year 2012 – the club paid the EA fee for you in advance of your membership renewal.

**The club strongly recommends that all members should be registered with England Athletics, who are the sports' governing body in England, but we now leave you the option.**

**If you are not registered you will not have an EA registration number, a personal profile on the England Athletics database or a competition license, and therefore will not be able to enter regional or national championships and similar level events in 2013. Neither will you have a personal results file on the Power of 10 database.**

In future years it is likely that EA will try to place more restrictions on athletes competing without first registering for a competition license (eg.in leagues, open meetings and county championships) but there is currently an on-going discussion between clubs and EA about what services are really necessary.

## **Chair's chatter Easter 2013**

Well, we've survived the Olympics... It seems a bit odd to use the word 'survived' for events as inspiring as the Olympics and Paralympics but clubs like ours have been the ones which have had to try to provide the legacy of the Games. After all the hype and excitement, it's actually groups of volunteers around the country who have had to buckle down and manage some quite challenging problems. In fact, we haven't quite survived yet. The next few months are going to see even more members coming in to the club. We have a waiting list and we're welcoming new members at a pace we can cope with, just about. We want everyone to be able to get the things they need from the club and to keep it the friendly and supportive place it is. We need everyone's help to make sure that happens. Please look out for people and assist them if they seem to need it.

Members of the club have responded magnificently so far to the requests which have been made of them to support our new members and the increasing demands of existing members. Elsewhere in the newsletter, Noel has mentioned the position of volunteers at the club and it bears repetition. No-one at C&C gets paid a penny for the time they put in to coaching, team-managing, officiating, providing tea and cakes, running the finances or membership systems and all the other things which keep the club running effectively. They are the foundation on which the club is built and we can't manage without them. From time to time, other members can be a bit thoughtless or silly and take volunteers for granted. The volunteers come down, week in week out, come rain, shine or freezing cold, because they enjoy coaching (or whatever activity they have taken on) and want to put something back or support their children – there are dozens of reasons – but they will stop coming if they are taken for granted or treated disrespectfully. Without them, we have no club. If you're an athlete you need them, and you should respect and thank them for their generosity and support. Anything less than this, isn't really acceptable!

As I've written here before, as we get bigger, communicating with everyone about things going on and opportunities available becomes more difficult. Over the next few months we'll be redeveloping the web site. We're trying to make it the hub for information about the club, including specialist information for specific people. Please look there first if you have anything you need to know [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk). If you see any errors or inconsistencies or there's something you can't find (try the 'search' box first) please send a note to [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk). In the light of my previous comment, please send any suggestions in the knowledge that a volunteer has done his or her best to get the web site right and has another life outside the club. And talking of other lives, please look at the web site before sending a request to [info@C&C](mailto:info@C&C). The info address receives dozens of requests a day from members and the general public – and guess what? – it's staffed by volunteers!

Weather permitting the summer season will just be getting underway when you read this. The winter has been the worst I've known for training in over 25 years at the club. We have had to cancel more training sessions this year than in the whole of my previous time at C&C. The only good news is that the web site and emails make that much easier than it used to be. Notwithstanding the interference in training, the winter has been a great success so far. We began by winning gold for the women's team in the UK half marathon championships in Peterborough and bronze for the men's team. Cross-country results have been outstanding and are listed under the cross country tab on the web site. We've had excellent results in national and regional competitions and won almost everything there was to win at the County Championships. We've had success indoors too. The County Champs were inspiring for the standard of running and also for the club atmosphere – thanks girls for putting war paint on all our faces. It frightened me anyway!

Best wishes for a good summer season

Neil

22<sup>nd</sup> March 2013

***C&C is run entirely by unpaid volunteers – could you help?***

***Please contact [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk) to find out.***

## **Summer training – Important information**

- Saturday training sessions ended on March 23rd, and Thursday fitness sessions at Chesterton ended on March 21st.
- Thursday sessions at the track are ongoing (6.30pm)
- Mondays 6.20 – 8.30 – young athlete training (Under 13's arrive at 6.20, Under 15's arrive by 7.15 to warm up)

Mondays is for the young athletes and any older track and field athletes who come down along must always give way to the U13 and U15 athletes – the youngsters have total priority on Mondays.

U13 sessions begin at 6.30 – please check in before 6.30 so the session can start promptly. The U13 sessions have group training in one week and a choice of event in alternate weeks. Membership of groups is alphabetical by surname.

**Please stick with the group to which you're allocated to help us run the sessions effectively.**

Monday sessions for U15s vary slightly according to the coach but the warm up for all events starts at around 7.15. All athletes warm up together.

We encourage U15 athletes to take part in several event groups. You can just turn up for your chosen event but always best to speak to the coach first if you can.

- Tuesdays 6.30 – 8.30 – Endurance runners, and ages 13+ Track and Field \*\*. Check with coaches about which events are available
- Thursdays 6.30 – 8.30 – Endurance runners, and ages 13+ Track and Field \*\*. Check with coaches about which events are available

Note - \*\* These outdoor sessions on Tuesdays and Thursdays are designed for older athletes and are not suitable for most under 13's.

Occasionally under 13's may be invited by a coach to participate in outdoor sessions on Tuesday or Thursday, but only if the coach considers that the athlete will have the required physical and mental maturity to be able to cope with the sessions, and these will be the exceptions, rather than the norm.

The reason for this is that development age for under 13's (rather than chronological age) varies enormously, and most would not be at a stage where they could physically cope with the more strenuous training or maintain focus for a lengthy session. It must be the coach's decision, and parents should accept the coach's assessment.

C&C wants to responsibly develop young athletes to achieve their full potential as adults without causing growth and development problems.

## **Message for athletes and parents from Monday Help Desk**

So that volunteers can get set up quickly, please can athletes and parents use the **outside** staircase on Monday nights and wait until the doors are unlocked before entering the club house. This enables the volunteer to set up the room for the athletes prior to the start of the session.

It is also important that all athletes have appropriate clothing for their training, for example warm tracksuit top and bottoms which can be taken off as needed. For safety reasons the coaches may refuse to take athletes out if they are inappropriately dressed.

## **Important fact you may not know**

Please can we ask all our members to be mindful that C&C is run **entirely by unpaid volunteers** and that for the volunteers it is often their hobby as well - especially for the coaches, who do a superb job.

Everyone does their best to help you attain your athletic objectives as far as they are able, and give up whatever time they can spare to do that but it's not an unlimited resource. It is important that everyone is able to get the maximum benefit from training sessions, and that the volunteers feel satisfied that their efforts are valued by those they are coaching, so that we retain that key resource.

The overwhelming majority of our athletes are a great pleasure to work with but, as our Chairman has pointed out, on a few occasions a very small number of young athletes have unintentionally caused concern by not always paying attention, and by disruptive chatter to, and texting with, their mates during the coaching sessions.

That has the effect of reducing the level of satisfaction and enthusiasm of the coaches, who are giving up their personal time free to help you the athletes. We realise that the social aspects of athletics are also important but please keep them outside the actual coaching sessions.

Below is a reminder of the code of conduct to which all new members agree, and the 10 rules for training and competition.

### **C&C athletes code of conduct**

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 organised and on time.
3. Thank those who help you participate in athletics (team managers, match 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).

### **10 rules for athletes in training and competition**

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.

## Endurance running highlights

### Cambs AA Cross-country championships

Held at Priory Park St Neots, again this year. No snow – quite pleasant really. It was another great day for C&C at the County Cross Country Championships. It is not an understatement to say that, as a club, C&C dominated this competition for the 2<sup>nd</sup> year running. 6 individual gold medals and 9 team gold's which is outstanding and the best C&C team performance for many years.

**Under 11s** – After finishing 5<sup>th</sup> last year, Beth Wilson was a clear winner this year, and also took the team award with Bella Hall and Flora Timney.

**U11 Boys** – William Newcombe was our only runner and finished 7<sup>th</sup> in a field of 59.

**U13 Girls** – 2<sup>nd</sup> team award in this age-group with Sarah Brunton 7<sup>th</sup>, Kathryn Bell 9<sup>th</sup> and Sorcha Barnes 19<sup>th</sup> making the scoring team.

**U13 Boys** – A 3<sup>rd</sup> place by Thomas Keen, led the boys in for a team win. Peter Cooke in 6<sup>th</sup> and Euan Frolich in 9<sup>th</sup> closed the team, with Oliver Newman and Alf Timney a little further back.

**U15 Girls** - Another clean sweep for C&C. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup> gave C&C 1st and 2<sup>nd</sup> teams. Alice Newcombe led home followed by Lucy Parker and Diana Chalmers. Amy Chalmers was just 2 places back followed by Belinda Dow, with Melissa Dix in 11<sup>th</sup> and Alexia Wilson in 13<sup>th</sup>. A superb team effort.

**U15 Boys** – Could the boys equal that? Well Robert Huckle had to settle for 2<sup>nd</sup> behind ex-team-mate Finn Barnes running for Cambridge Tri, but with Jordan Wood 3<sup>rd</sup> and Oliver Cantrill 5<sup>th</sup>, the team award was in the bag.

Robert Sewell, Harry Schumann and Robert Brunton just missed out on the team awards finishing as 4<sup>th</sup> team

**U17 Women** – A comfortable win for Claire Wilson in a small field, with C&C taking the first four places with Faye McLellan 2<sup>nd</sup>, Sophie Jones 3<sup>rd</sup> and Hollie Parker 4<sup>th</sup>, for the team medals.

**U17 Men** – Another team win for C&C with Kieran Wood leading the race, with Tim Cobden in 4<sup>th</sup> and James Redman in 5<sup>th</sup> making up the winning team.

**Senior and under 20 Men** – 4<sup>th</sup> place for Sullivan Smith and 5<sup>th</sup> place for Mike Salt who was also first veteran home. C&C men took both the Mens team gold medals and the veterans team gold medals thanks to Will Mycroft, Alan Pritchard, Charles Wartnaby and John Fergusson. John Baslington was 4<sup>th</sup> under 20.

**Senior and under 20 Women** – C&C won the team gold in the Senior Women and the team silver in the veterans thanks to Ellen Leggate, Katie Sherwood, Georgina Schweining, Helen Grant and Clare Garvey with Ellen taking the overall 2<sup>nd</sup> place medal and Katie 3<sup>rd</sup> (and 1<sup>st</sup> veteran). Georgina was 1<sup>st</sup> under 20 woman. Margaret Phillips and Diana Braverman were also well placed.



### SEAA Championships

This event, held at Parliament Hill Fields, N. London had been postponed from January 26th. As a result only half of those who originally wished to run were able to make it. Those that did ran well and it served as excellent practice for the Nationals.

#### **U13B 3K 204 finishers**

56th Thomas Keen 11:44

#### **U15G 4K 187 finishers**

17th Alice Newcombe 14:44

42nd Diana Chalmers 15:27

78th Amy Chalmers 16:22

97th Belinda Dow 16:31

#### **U17W 5K 102 finishers**

5th Claire Wilson 19:14

32nd Faye McLellan 21:33

70th Sophie Jones 23:31

#### **U17M 6K 151 finishers**

101st Daniel Cade 23:13

119<sup>th</sup> James Redman 24:03

#### **U20W 6K 53 finishers**

10th Georgie Schweining 23:52

#### **Senior Men 15K 541 finishers**

30th Michael Salt 53:25 3rd MV40

120th James Chettle 59:15

304th Christof Schweining 68:44

### English National Cross-Country Championships

A few die hard cross country runners from C&C travelled to Sunderland for the National Cross Country Championships this weekend. Most of the group travelled up on Friday night only to wake up on Saturday morning to find their cars covered in snow! On arriving at the course it was clear that the day's races were going to be tough. The course was not only snow covered in was very muddying in places. It was going test all our athletes and the first group to race were the U17 women. Claire Wilson showed us why she has a great future in this sport as she finished in 10th place. A great result from an athlete who still has another year in the age group. Claire was followed home by a fast finishing Faye McLellan in 49th place which is a remarkable run considering last year she

only finished in 80th place in the Southern Championships! Sophie Jones ran well to finish 83rd despite falling in the early stages of the race. The u15 boys were up next and Rob Huckle ran very well to finish 39th. Jordan Wood was next to finish in a fine 69th place. Robert Brunton was our third runner home in 215th. Sarah Brunton was our only runner in the U13 girls race and ran very well to finish 186th. In the U20 women's race Georgina Schwiening finish in 35th despite not feeling well on the day. The U17 men's race brought us the most excitement of the day. Kieran Wood who has said in the past that he does not like cross country took off from the gun and was leading the race until the 2k point. He eventually finished in 18th and only 30 secs behind the winner. I believe it is sometime since an athlete from C&C led the English National Cross Country Championships! It was great to hear his name and our club over the public address system and for 6 mins or so we thought we might have a national champion from our club! The U15 girls race went very well for C&C with Alice Newcombe first home in 25th. She was followed by Diana Chalmers in 48th and her sister Amy in 52nd. Thomas Keen who has only been running for a few months ran a fantastic race in his first National Championships to finish 45th out of over 200 runner the U13 boys race. Thomas is still only 11 years old!

Helen Grant was our only senior women to compete and she finished an excellent 186th out of 427 runners! We had 3 Senior men competing with Duncan Coombs coming home first in 190th followed by Matt Applegate in 451st. Christof Schwiening could not quite match the performance of his daughter earlier but did very well to come home in 762nd.

The great news for us is that most of the young athletes above have another year in their age groups and with all the new athletes coming through the club system we are hopeful that our club could do very well at next years championships.

### [CAU Cross country – March 9th at Birmingham](#)

The usual course at Cofton Park, Birmingham was far more difficult to run than last year with several places turning to slippery mud after the first race. The change of format meant some of the youngest athletes, with the shortest legs, had to negotiate the deepest mud. This however did not deter our juniors from putting in some great performances. We had representatives in most age groups with club members, Alice Newcombe, Faye McLellan, Rob Huckle and Kieran Wood leading home the County teams - all with big improvements on last year. Will McKay lead home the senior men with Mike Salt (now MV40) putting in an outstanding performance to finish third scorer.

(C&C athletes only)

Sen Men – 26 <sup>th</sup> team of 6 – 290 finished	Sen Women – No team result – 291 finished
157 <sup>th</sup> 38.51 Michael Salt	258 35.09 Helen Grant
Under 17 men – 30 <sup>th</sup> team – 276 finished	Under 17 Women – 25 <sup>th</sup> team – 233 finished
74 <sup>th</sup> 19.49 Kieran Wood	81 <sup>st</sup> 22.03 Faye McLellan
130 <sup>th</sup> 20.19 Tim Cobden	183 <sup>rd</sup> 24.05 Sophie Jones
265 <sup>th</sup> 23.09 James Redman	Under 15 Girls – 23 <sup>rd</sup> team – 287 finished
Under 15 Boys – 22 <sup>nd</sup> team – 288 finished	38 <sup>th</sup> 18.30 Alice Newcombe
52 <sup>nd</sup> 17.11 Robert Huckle	163 <sup>rd</sup> 19.52 Diana Chalmers
154 <sup>th</sup> 18.04 Jordan Wood	224 <sup>th</sup> 20.28 Amy Chalmers
215 <sup>th</sup> 18.44 Robert Sewell	228 <sup>th</sup> 20.32 Belinda Dow
Under 13 Boys – 25 <sup>th</sup> team – 311 finished	Under 13 Girls – 24 <sup>th</sup> team – 302 finished
152 11.45 Thomas Keen	299 15.06 Sarah Brunton
224 12.09 Peter Cooke	
260 12.26 Dominic Clatworthy	

### [English Schools cross country championships](#)

C&C were quite well represented in the Cambridgeshire schools teams. Well done to those who were selected.

To quote from the ESAA website *“On Friday afternoon, the course was beautiful, and quite dry underfoot. Overnight, it rained... a lot! As a result, nearly all the spectator areas and most of the course became a quagmire, which resulted in some bits of the course being shortened, and some changes to the number and size of laps were made in order to keep the race times within sensible limits - even so, the Senior races ended up around one and a half minutes longer than last year.*

*However, the rain wasn't entirely bad - it did make it a lot easier to get cleaned up after racing”*

Claire Wilson was the 6<sup>th</sup> finisher of 331 finishers in the Inter Girls – a really excellent performance

Robert Huckle was 9<sup>th</sup> finisher of 323 finishers in the Junior Boys, but also he led in the Cambridgeshire team to a 3<sup>rd</sup> place finish.



[Looks muddy!](#)

### [Essex Cross country League](#)

This series of 5 races for those over the age of 11 is run on a Saturday afternoon. To score in the individual competition you have to finish four of the five fixtures. Courses are suitable for spikes but they are not essential. It provides excellent preparation for the county, regional and national championships in addition to being an all-comer event. It's four to score for a team in each age group and six for the senior men. Every finisher counts as in the case of a tie the winner is decided on count back

The following finished at least four of five races to count:

1st Claire Wilson U17W an emphatic win

3rd Kieran Wood U17M lost out to second on count back

3rd Alice Newcombe U15G just two points behind second (was unlucky losing both shoes in the last race)

8th Jordan Wood U15B first season in this age group

10th Timothy Cobden U17M good for someone who prefers the shorter middle distances (400/800)

15th Helen Grant SW & 3rd FV45 just two points behind second

63rd Charlie Ritchie SM (MV50)

68th Ben Chamberlain SM

In the team results the U15G, U15B and U17/U20W were all placed 5<sup>th</sup> team.

It was a good start to our involvement in this league but the team places could have been much better if we had had a full team in each age-group at each fixture

### [The Boxing day 4 mile 2012](#)

65 finishers this year, getting bigger again.

The race was won Will Clarke in 19.39, the international Tri-athlete who was a member of C&C in his younger days, with Will Mycroft finishing 2<sup>nd</sup>. First female home was 13 year old Alice Newcombe in 24.42. Full results are on the runcambridge website

### [Frostbite league](#)

Not quite so good this year. After a fantastic first three races which left the Seniors in 2<sup>nd</sup> place just a point behind Hunts AC, the attendances dropped and C&C slipped to 4<sup>th</sup> place after the final race of the series.

### [Wymondham New years Eve 10k](#)

After last years rush where almost every C&C member seems to have turned out at Ely for the traditional end-of-year burn-up, (33 to be exact) there were only 6 C&C representatives in 2012. Jonathan Escalante-Phillips improved on last years 14<sup>th</sup> place to take 5<sup>th</sup> in 2012 with David barber in 37<sup>th</sup> of the 426 finishers.

### [The Cambridge Half Marathon](#)

86 C&C athletes finished this race where 3386 finished in total. This years race featured snow to give a bit more of a challenge to the runners but despite that the drop-out rate was no lower than normal. First home for C&C was Duncan Coombes in 4<sup>th</sup> followed by Steve Watterson in 5<sup>th</sup>.



## [Indoor Track &Field Season](#)

### [Gold for Hollie, at the National Indoor championships](#)

Hollie won the under 17 Women's 1500m in 4.45.61 at the England Athletics Age-group championships. A number of other athletes came close to medals – Oli Holway 5<sup>th</sup> in the U20 men's shot and Alice Galloway 6<sup>th</sup> in Under 20 women's shot. Probably the most unlucky athlete of the day was Finlay Marriott who having won her heat and taken 2<sup>nd</sup> place in her semi-final of the U15 Girls 60m hurdles, hit a hurdle in the final which probably cost her a medal – but it is always a risk in races with things in the way..

### [Club record for Ben in the under 20's 200m at the SEAA Indoor Championships](#)

Ben Snaith entered the 200m for U17 Men on Day 1 of the SEAA Indoor championships and took the gold medal with a new U20's club record of 21.71.

The 2<sup>nd</sup> and 3<sup>rd</sup> days of the SEAA championships were unfortunately cancelled due to heavy snow falls and could not be rescheduled.

### [Oli Holway breaks the under 20 men's shot record \(twice\)](#)

A put of 13.98m before Christmas at Lee Valley in the Metaswitch Open had set the new record for Oli, but he literally went one better at the London Indoor Games with 13.99m to take 2<sup>nd</sup> place and was left frustrated that he still hadn't managed 14m.

In the English National Championships things didn't go as well and he finished 5<sup>th</sup> but that was an improvement on the previous years 7<sup>th</sup> place

Alice Galloway also took a bronze in the under 17 women's shot at the London Indoor games with 10.50m, her own personal best.

### [Ben Kelk just missed out on a medal at the UKA championships](#)

Congratulations to Ben Kelk who finished 4<sup>th</sup> in the 60m hurdles for Seniors at the UK championships. It's the worst place to finish of course – just outside the medals, but Ben did get invited to compete in the Birmingham Indoor Grand Prix as a result, where he reached the semi-finals

### [Medals galore at the Eastern AA Indoor championships.](#)

Gold for Oli Holway (shot U20M), Alice Galloway (shot U20W) Tim Cobden (800m U17M) Hollie Parker (800m U17W) and Finlay Marriott (U15G hdl). Charlie Hall took Silver in the U17M Highjump and Katie Reynolds took Bronze at her first outing with the 4k U17 women's shot.

### [Sports Hall athletics](#)

There were two County selection matches this winter, one in December at Cambridge and one in early January at St Ives. C&C won both matches.

Several of our athletes then went on to compete for Cambridgeshire in the Regional U13/U15's final at Norwich.

There were medals for several C&C athletes

Katie Reynolds took gold in the under 15 girls shot

Finlay Marriott took silver in the 2 lap race and bronze in the shot.

Jessica Robinson and Neve Rutter were unlucky finishing 4<sup>th</sup> in their events, but otherwise the county team struggled against strong opposition from Norfolk and Hertfordshire.

### Cambs Open throws meeting

A miserable wet morning and a cold windy afternoon at Cambridge on March 16<sup>th</sup> but some good performances from C&C throwers including an U17 womens club javelin record for Isabella Coutts, an English schools Javelin qualifier for Albert Pavelin and several other personal bests.



Bella, Albert and Neve Palmer braving the cold on March 16<sup>th</sup>.

### Young athletes trials evening

On Monday 25<sup>th</sup> March we held a trials evening for the newer young athletes and some of the not so new ones also came along to provide some benchmarks.

It was a very cold evening, around 0-1 degrees and so performances were nowhere near as good as we would expect in warmer weather, but it gives the team managers some idea of relative performances. Normally we do the trials in early April but this year Easter is early and the first league matches are not that long after Easter.

Then turnout was fantastic with 135 athletes taking part, mainly under 13's and under 15's and the majority were relatively new members.

The results are on the club website at <http://www.cambridgeandcoleridge.org.uk/track-and-field/results> and we have added a few comparative performances by athletes who also competed last year, to show what might be expected in warmer weather.

We must not forget the officials who staffed the track and the field events in the cold wind – thanks to everyone who helped.

### Summer Track and Field competition

#### The club wants all young members to be involved

Athletics is a sport which is based around competition, either as an individual, or as a team event.

It's all about trying to improve your own level of performance, and to have a measurement of it. That's why athletes train – simply to improve their performance.

Our coaches (all unpaid volunteers) work very hard in order to help you improve, and to prepare you for competition, but they can't do it for you. Only you can experience the feeling of satisfaction which you get from a personal best, or a close competition.

Of course, not everyone can win the event – so as well as competing against others, you are also competing against yourself, trying to improve during the season (or in the case of the veterans, to get as close as possible to last years performance!). Gradual improvement must be the main target for everyone, and the satisfaction which that gives you, whatever your own standard.

C&C have teams in a number of leagues in order that all our athletes have the chance to compete during the season on a number of occasions, and the club encourages and expects you to take that opportunity whenever possible. For those who have not competed before, the leagues provide opportunities for non-scoring competitors, as well as those scoring for the team.

By competing either as a scorer, or a non-scorer, you have accurate performances recorded, which allow you to compare with others, and with the AAA standards, or then you can measure the improvements gained from training.

**You can't win races and medal if you don't compete.**

The club keeps a ranking list of everyone's best competition performances, and these are used by the team managers when selecting who should be the scorers in the next match. Even if you are not selected as one of the scoring competitors at a match, you should compete as a non-scorer whenever possible; otherwise the team managers won't know that you are improving.

You can view the results and the ranking lists which are regularly updated, on the club website at <http://www.cambridgeandcoleridge.org.uk/track-and-field/results>.

Athletes performances are also documented on "the Power of 10" website - you will find yourself there when you have competed and posted a reasonable performance – [www.thepowerof10.info/](http://www.thepowerof10.info/) .

With at least two leagues available for all athletes, the opportunity is there for everyone to compete.

This year we hope to be able to put all results and the ranking lists on the club website, but please don't expect them to be updated instantly after each match – it takes a bit of time.

Full details of all the leagues and championships are given in the C&C 2013 T&F competition handbook, which has already been posted on the website (see the Home page or the Young athletes T&F page for a link). The handbook gives full details of who can/should compete in which leagues and championships, and details of how the leagues work. If you need your UKA competition license No. for an entry, Neil or Noel should be able to find out for you provided you have paid the registration fee (see page 2).

### **Cambridgeshire AA County Track and field championships – Peterborough on May 25<sup>th</sup>**

This year UKA in their wisdom have changed the date for county championships to 25<sup>th</sup> May, which is 2 weeks later than normal. This unfortunately is the first Saturday of the summer half term and also the late May Bank holiday weekend. These dates are fixed and subject to a UKA permit so cannot be changed.

An entry form is enclosed with the newsletter. Entry forms can also be found on the club website under Track and field, Championships and were circulated to most people during mid-march.. The County Champs are not for elite athletes, they are for all club members to have a go. Who knows you might win a medal or certificate, and you might get a personal best. There are a full range of events. Under 13's - under 17's can enter three events and under 20's five. Senior Ladies can enter 5 events, and Senior men as many as they are physically able to do.

Why not have a crack at it this year. All entries will be included in the team competition (We are current holders of seven of the age-group trophies – lets keep them and win some more!). The six best competitors in each event score for the team and in many field events and distance races there sometimes are less than six competitors, so you will certainly help the team if you enter.

Road runners, why not do a track race for a change – the Men's 5000m or the Ladies 3000m.

**Note – this year the 3000m championships for U20M, U17M, U15B, SW, U17W and U15G will be held at the Evening Dev't meeting on Wed May 8th at St Ives.**

Also the Steeplechases and 1 mile Championships will be held at the Evening Devt meetings on Wed 19<sup>th</sup> June and 17<sup>th</sup> July at St Ives.

You must enter in advance for all the championship events (but can enter the Open events at the evening Dev't meetings on the night if you don't want to count as a championship entry).

Entries to be sent to Noel Moss before the 15<sup>th</sup> May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB22 4RE. Cost is £3.00 for your first event and £2.50 for each additional one. Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more.

Cheques are payable to Cambs AA (not to Noel). Entry forms have been circulated but can also be downloaded from <http://www.cambridgeandcoleridge.org.uk/track-and-field/fixtures> or from the Cambs

AA website <http://www.cambsathletics.org.uk/page3.htm>. or can be found via the links in the T&F fixture list later in this newsletter.

You can enter the 3000m, steeplechase and mile at the same time if you wish, and get them for £2.50 if you are entering other events as well. (They do not count towards your 3 event limit on May 25<sup>th</sup>)

### **COMPLETE THE ENTRY FORM AND SEND IT IN NOW BEFORE YOU FORGET.**

#### **Eastern AA Championships – 29th June at Cambridge**

This is the next level of Championships after the County Championships. Not as hard to get in the medals as it is at the South of England Championships, and with a good range of events for most age-groups (limited range for under 13's).

It basically covers the six East Anglian counties – i.e. England Athletics East Region.

Anyone who competed in the Cambridgeshire championships should consider having a go, especially as it's a "Home" match again this year.

Entry forms will also be available from Noel Moss, by e-mail or as hard copy, and will be circulated to coaches, and will be posted on the Club website under Track and Field, Championships when available.

Entry forms will also be available from <http://www.easternaa.co.uk>. There will also be entry details for this available at the County Championships.

#### **South of England Championships**

**17/18<sup>th</sup> August for U15's & U17's**

**22/23 June for U20's and seniors**

These championships cover most counties of Southern England. This is stronger competition than the Eastern Championships. The senior event is scheduled to be held at Crystal Palace and the Under 15/Under 17 event is scheduled to probably be held at Ashford or Cophthall

Closing dates will be about 2 weeks before each championship.

Entry details will be circulated to coaches and copies can be obtained via the Club website, or look on the South of England Competitions Ltd website <http://www.seaa.org.uk/events.html>

#### **Cambridgeshire Evening Open Development Meeting series**

Cambs AA are again running a series of three Development meetings held on Wednesday evenings during May-July.

They are open to everyone and will include a limited number of graded track events, and field events at each. **There will be electronic timing at these events.**

All three events will be held at St Ives Track as it is central in the county.

**Wed May 8th** at St Ives - 100m, 200m, 323/400m, 800m, 3000m (inc. County championships), Hammer, Shot, Long jump. (plus U11's Long jump, 80m, 150m)

The 3000m is a county championship event for all age groups (except Senior/vet Men). You must enter in advance to be eligible for the Championship, but there will also be "Open" entries on the night (not eligible for County medals) and Senior/Vet men can enter that.

**Wed June 19<sup>th</sup>** at St Ives - 100m (2 rounds), 800m, 1500m, 1.5k S/Chase (U17M) (inc County Championships), 2k S/Chase(U20M) (inc County Championships), Discus, Long-jump, Shot (plus U11's javelin-ball throw, 80m and 600m)

**Wed July 17th** Men's and Women's Steeplechases (inc County Championships), 100m, 200m, 1 mile (inc. county Championship), Javelin, Triple-jump, High-jump, (plus U11's Turbo-javelin, 80m and 150m)

You must enter the steeplechases and the Mile in advance to be eligible for the Championship, but there will also be "Open" entries on the night (not eligible for County medals).

This year the meetings will also include events for athletes with disabilities

The events are open to all age-groups from Under 11's upwards (subject to UKA age-group rules) with entry either in advance or on the night. Cost is £2.50 for each event (Championship events £3.00). The plan is to start at 7.00 and finish about 9.15. (Numbers will be limited in the field events so best to enter in advance by post, especially Hammer)

All field event entries get 6 attempts (except PV where normal rules apply)  
The event on May 8th gives extra opportunities to get the National Schools qualifying standards.  
Entries can be made on the forms which can be downloaded from the C&C website (Track and field, Championships) or from [www.cambsathletics.org.uk](http://www.cambsathletics.org.uk).

**We would like to see C&C athletes supporting these events as much as possible**

## **The Track and Field leagues for 2013 – a reminder**

### **Southern Athletics league**

This league replaced the old Southern Men's league and Southern Women's league and is a joint gender league for any male or female athlete aged 15 and over (throws and hurdles are to Senior specification). Fixtures are in the fixture list in this newsletter and on the club website, and are all on Saturdays.

Team managers – Noel Moss and Joan Lasenby.

This year we are in Division 2 NE– 16 clubs, quite strong – and all matches are north of the Thames.

This is our second year in this league which was established in 2011 and it is important that we do well (which needs full teams), in order that we are in Div 2 again next year.

This year instead of 4 regionalised Div 2's there will be 2 Div 2's (NE/SW) and 2 Div 3's (NE/SW) and that has made it stronger competition in Div 2 so our target is to hold our place in that division.

### **Eastern Veterans League**

For athletes aged 35+. The league will take place on the first Wednesdays of May, June, July and August this year.

The league has been restructured into 4 regional division this year (instead of 3) to reduce the number of clubs and speed up fixtures. We have been put in the Northern Division with PAC, WNAC, Ryston and CONAC.

Our fixtures are probably at Kings Lynn in May and June, Cambridge in July and Peterborough in August. At present the Northern Div has 5 teams but CONAC are not expected to be very active, the central has 4, the new Northwester division has 4 (inc Hunts AC) and the Eastern has 4 teams.

Team Manager Carole Morris. [carole.morris2@ntlworld.com](mailto:carole.morris2@ntlworld.com)

You must also be a member of EVAC to take part.

### **East Anglian league**

The league is for all athletes in the club, aged 10 up to Seniors, and athletes compete in their own age-group, with each age-group scored separately as a "mini-league" and also the overall totals aggregated to give an overall match result.

There are eight age-groups in each match.

Under 11 Boys and Girls (this is for fun only and is not a scoring age-group)

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Men, Senior Women and Senior Men. (Under 17 Women compete with the Seniors but there are special hurdles and 300m races for them. Under 20 Women and men compete as Seniors)

Each club can enter two scoring athletes into each event in an age-group (except Under 13's javelin and Discus which are limited to one per club). The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1)

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 80m (U11's only), 100m, 200m, 300m (not U13's and U15 Girls), 600m (U11's only), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (Seniors, U17 men and U15 Boys only), Shot, Discus, Javelin, Hammer (Senior Men, U17 men, U15 boys only), 4 x 100m relays.

Under 11's may only do any three of 80m, 600m, shot and long jump.

(more info in the 2013 T&F competition handbook which is on the website.)

**The 2013 EAL fixtures are:**

- 1) Sunday May 12th at Kings Lynn
  - 2) Sunday June 23rd at Chelmsford
  - 3) Sunday July 14th at Cambridge
  - 4) Sunday Sept 1st at Bury St Edmunds
- FINAL Sunday 15th September at Bury St Edmunds

**TEAM MANAGERS:**

Co-ordinator & U11's, U17 men and Sen.Men Noel Moss 01223 833470 noelmoss@btinternet.com  
U15 Boys - Sarah Clarke 01223 873158 - kspclarke@btopenworld.com  
U13 Boys - Sarah Clarke 01223 873158 - kspclarke@btopenworld.com  
Senior Women(inc U20and U17's) - Wendy Fox 01223 332445 wjf25@cam.ac.uk  
U15 Girls - Marian Rehak - 01223 241973 - rehak@btinternet.com  
U13 Girls - Sharon Cassidy - 07531428306 - thurstoncassidy@hotmail.com

But more help would be appreciated – any offers?

**Please contact the team managers if you want to compete in the first match - everyone is welcome regardless of ability and it save us chasing you.**

**Eastern Young Athletes league**

The league is specifically for athletes in the age range 11 – 16, and athletes compete in their own age-group, with the scores for all age-groups totalled to give the overall match result.

Each club can enter two scoring athletes into each event in an age-group (except hammer and pole-vault which are limited to one per club). The athletes are designated “A” and “B” competitors according to their ability – “A” should be your best athlete – and track races are run as “A” and “B” races. Field events are run all together with “A” and “B” results separated afterwards. All “A” and “B” competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1 in a 7 team match).

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 100m, 200m, 3/400m (not U13's), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (U17's only), Pole-vault (not U13's), Shot, Discus, Javelin, Hammer (not U13's), 4 x 100m relays.

(more info in the 2013 T&F competition handbook which is on the website.)

**The 2013 EYAL fixtures are:**

- 1) Sunday 14th April at Bury St Edmunds
  - 2) Sunday 19th May at Cambridge
  - 3) Sunday 7th July at Stevenage
  - 4) Sunday 21st July at Norwich
  - 5) Sunday 4th August at Cambridge
- FINAL Sunday 8th September Cup finals (if we've qualified).

League website [www.eyal.org.uk](http://www.eyal.org.uk)

**TEAM MANAGERS:**

Co-ordinator Suzanne Marriott 01223 813188/07952559132 suzmarriott@btinternet.com  
U/13 Girls Suzanne Marriott 01223 813188/07952559132 - suzmarriott@btinternet.com  
U/13 Boys Sarah Clarke 01223 873158 - kspclarke@btopenworld.com  
U/15 Girls Suzanne Marriott 01223 813188/07952559132 suzmarriott@btinternet.com  
U/15 Boys Sarah Clarke 01223 873158 - kspclarke@btopenworld.com  
U/17 Women Wendy Fox 01223 332445 - wjf25@cam.ac.uk  
U/17 Men Suzanne Marriott 01223 813188/07952559132 - suzmarriott@btinternet.com

**Please contact the team managers now to let them know you are available for the first match – don't wait to be chased. Everyone can take part – have a go!**

## Age groups for T&F competition in 2013

Under 13's must be aged 11 or over and aged under 13 on 31st August 2013.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2013.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2013.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2013.

For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2013.

For Championships, Senior's must be aged 17 or over on 31st August 2013

(note in a senior league or championship, equipment will be senior specification only).

Veterans must be alive, and aged at least 35 on the day of the match

## How many events are you allowed to do on one day?

All matches are run under UK Athletics rules, which permit any athlete age 11 - 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period.

There are also some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls, Under 15 Boys, and Under 17 Women race over 300m instead of 400m.

## Athletics Officials

Eight people attended recent Level 2 T&F official's courses, and four of them are young officials – something badly needed nationally to bring down the average age of officials

Sheila Nori, Andy Rutter and Ali Wilson took then track judging course, Melissa Dix, Megan Hobson, Rebecca Clarke, and Lian Cowley them field judging course.,

Keith Clarke is added timekeeping as an additional discipline.

The club is very grateful to these people and all the other qualified officials who help to run both T&F and endurance events.

But we still need more.! We should supply a team of six officials at every league match, and we need about 15 people to run a home match.

Anyone who would like to gain experience by helping officiate at league matches would be most welcome. You can come and help the qualified officials, get some mentored experience, and if you enjoy it then maybe you can take the course next year.

You will always be welcomed on field track or timekeeping. If anyone wants to have a go at timekeeping they are welcome to work with me (Noel) at home or away matches, and when you get used to it you would always be welcomed onto the stand at any league match.

E-mail noelmoss@btinternet.com if you would like to have a go alongside our qualified officials, and we will arrange it. State what your preference would be – track judging, Field judging or timekeeping.

**At home matches we also need match scorers, basically people who are able to enter information into a spreadsheet quickly and accurately. Normally we have two or three working as a team – one typing, one reading, one sorting and displaying results.**

**If you think you could help with match scoring, e-mail as above, and we will arrange for you to work with our experienced scorers initially.**

## Track & Field, Road and multi-terrain Fixtures for 2013 Outdoor

### Road

(See also on [www.runcambridge.org.uk](http://www.runcambridge.org.uk))

Apr 7 <sup>th</sup>	Blackpool Marathon & half marathon	(Blackpool – 26.2 miles/13.1 miles)	Seniors
Apr 7 <sup>th</sup>	Sandy 10	Sandy (10 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
Apr 14 <sup>th</sup>	Ickworth 10k	Near Bury St Edmunds	Seniors
April 21 <sup>st</sup>	Virgin London Marathon	(London, 26.2 miles)	Seniors
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 6 <sup>th</sup>	Ashdon 10k and 3k	Ashdon	All
May 6 <sup>th</sup>	Breckland 10k	Near Thetford	Seniors
May 9 <sup>th</sup>	Kevin Henry 5k league	Impington	All over 16
May 12 <sup>th</sup>	Prague Marathon	(Prague)	Seniors
May 12 <sup>th</sup>	Eye 10k	Eye nr Peterborough	Senior/U20/Vet
May 12 <sup>th</sup>	Halstead and Essex Marathon	Halstead	Senior/U20/Vet
May 18 <sup>th</sup>	BMAF Road relays	(Sutton Park)	Veterans
May 18 <sup>th</sup>	White Peak Marathon	Matlock	Senior/U20/Vet
May 19 <sup>th</sup>	East Cambs Half marathon	Soham	Senior/U20/Vet
May 19 <sup>th</sup>	Wimpole 10k	Arrington	Senior/U20/Vet
May 19 <sup>th</sup>	Windermere half marathon	Spokane Valley, windermere	Senior/U20/Vet
May 26 <sup>th</sup>	Edinburgh marathon	(Edinburgh - Ind Rep. of Scotland)	Seniors
May 27 <sup>th</sup>	Hatfield Broad Oak 10k	Hatfield Broad Oak	Senior/U20/Vet
May 24 – 27 <sup>th</sup>	Tour of the Derwent Valley (4 races)	Derbyshire	Senior/U20/Vet
June 1 <sup>st</sup>	Stockholm Marathon	Stockholm	Senior/U20/Vet
June 6 <sup>th</sup>	Kevin Henry 5k league	Saffron walden	All over 16
June 16 <sup>th</sup>	Huntingdon 10k	Alconbury airfield	Senior/U20/Vet
June 30 <sup>th</sup>	Abbey 10k	Ramsey	Senior/U20/Vet
July 7 <sup>th</sup>	March Spud run 5	March	Senior/U20/Vet
July 4 <sup>th</sup>	Kevin Henry 5k league	Haverhill	All over 16
July 14 <sup>th</sup>	Bushfield 10k and 3k	Peterborough	All over 16
July 11 <sup>th</sup>	Girton 10k	Girton	Senior/U20/Vet
July ??	Fairlands valley marathon	Stevenage	Senior/U20/Vet
July 21 <sup>st</sup>	St Ives 10k and 3k	St Ives	All over 16
July 27 <sup>th</sup>	Swiss Alpine Marathon	Davos	Senior/U20/Vet
August 1 <sup>st</sup>	Kevin Henry 5k league	Newmarket	All over 16
August 11 <sup>th</sup>	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
August 11 <sup>th</sup>	Thorney 5 mile	Thorney	All over 16
August 14 <sup>th</sup>	Barney memorial 5k	Peterborough	Senior/U20/Vet
August 17 <sup>th</sup>	Race the train	Tywyn, Wales	Senior/U20/Vet
August 18 <sup>th</sup>	Isle of Wight Half Marathon	Sandown	Senior/U20/Vet
Sept 5 <sup>th</sup>	Kevin Henry 5k league	Cambridge	All over 16
Sept 8 <sup>th</sup>	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 8 <sup>th</sup>	Dunstable marathon	Dunstable	Senior/U20/Vet
Sept 15 <sup>th</sup>	Great North Run	Gateshead	Senior/U20/Vet
Sept 22 <sup>nd</sup>	New Forest marathon	Hampshire	Senior/U20/Vet
Sept 22 <sup>nd</sup>	Guernsey Marathon	Guernsey	Senior/U20/Vet
Sept 29 <sup>th</sup>	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 29 <sup>th</sup>	Berlin marathon	Berlin	Senior/U20/Vet
Oct 5 <sup>th</sup>	SEAA Cross country relays	Wormwood Scrubs	All
Oct 6 <sup>th</sup>	Jersey Marathon	Jersey	Senior/U20/Vet
Oct 6 <sup>th</sup>	Chester Marathon	Chester	Senior/U20/Vet
Oct 6 <sup>th</sup>	Isle of Wight Marathon	Ryde	Senior/U20/Vet
Oct 20 <sup>th</sup>	Abingdon Marathon	Abingdon	Senior/U20/Vet
Oct 13 <sup>th</sup>	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 26 <sup>th</sup>	Beachy head Marathon	Eastbourne	Senior/U20/Vet
Oct 26 <sup>th</sup>	Snowdonia Marathon	Llanberis	Senior/U20/Vet
Dec 1 <sup>st</sup>	Nene valley 10 mile	Bretton	Senior/U20/Vet
Dec 14 <sup>th</sup>	SEAA Masters and I/C XC	Biggleswade	Veterans
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 <sup>st</sup>	Ely New Years Eve 10k	Little Downham	All over 16
Jan 25 <sup>th</sup>	SEAA Cross country 2014	Parliament Hill	All

Plus of course the 5k park-run every Saturday morning at Milton Country Park and at Wimpole Hall

## **Outdoor T&F**

(any bold text provides a link to the event entry forms)

Apr 6th	<b>Bedfordshire Open meeting</b>	Luton	All ages (closing date march 28th)
Apr 13th	<b>Open meeting</b>	Lee Valley	All ages
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 1st	Eastern vets (EVAC) league (1)	probably Kings Lynn	Veterans 35+
May 4/5/6th	British Universities Championships	Bedford	University students
May 8th	<b>Cambs AA Devt meeting (inc 3k champs)</b>	St Ives	All ages inc U11
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)
	<b>Prospectus of events</b>		
	<b>Entry form</b>		
June 1st/2nd	England Senior/u20 Combined Events	Bedford	Sen/U20's
June 5th	EVAC League (2)	Probably Kings Lynn	Veterans 35+
June 8th	County schools Championships	TBC	Schools district teams
June 15th	Southern Athletics League (3)	Uxbridge	All over 15
June 15/16th	Inter-county schools (if run in 2013)	TBC	Schools selection
June 15/16th	UK U20/U23 championships and trials	Bedford	Entry standards
June 19th	<b>Cambs AA Devt meeting (inc S/C champs)</b>	St Ives	All ages inc U11
June 22/23rd	English Schools Regional Combined events	TBC	Schools entry
June 22/23rd	SEAA Senior/U20 Championships	Crystal palace?	(individual entry)
June 23rd	East Anglian League (2)	Chelmsford	All
June 23rd	BMAF Pentathlon Championships	Oxford	Veterans 35+
June 29th	Eastern AA Championships	Cambridge	(individual entry)
June 30th	BMAF Throws pentathlons	Copthall	Veterans 35+
July 3rd	EVAC league (3)	Cambridge	Veterans 35+
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 17th	<b>Cambs AA Devt meeting (inc Mile champs)</b>	St Ives	All inc U11's
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 21st	Veterans inter-area match	Solihull	EVAC selection
July 26/27th	Diamond League Grand Prix	Olympic Stadium	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 7th	EVAC league (4)	Peterborough	Veterans 35+
Aug 10th	Southern Athletics League (5)	Cambridge	All over 15
Aug 11th	SEAA U15/U20 Intercounties	Copthall?	County selection
Aug 17/18th	SEAA U125/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 Edmunds	All
Sept 8th	Eastern Young athletes league (EYAL) finals	TBC	All under 17 (if we qualify)
Sept 8th	EVAC league final	TBC	Veterans 35+ (if we qual)
Sept 15th	East Anglian league final	Bury St Edmunds	Age groups that qualify
Sept 14/15th	UK Schools Games	Sheffield	Schools selection
Sept 14/15th	BMAF T&F championships	Birmingham	Veterans 35+
Sept 21/22nd	English Schools CE Championships	TBC	Schools selections
Sept 29th	Cambs/EAA Multievents	TBC	All

Looking for an open meeting - try [www.openmeetings.co.uk/find-an-open-meet.php](http://www.openmeetings.co.uk/find-an-open-meet.php)

## USEFUL CONTACT INFORMATION

### Telephone numbers for spring 2013

Mary Holmes	President	01223 860189
Neil Costello	Chair and membership sec.	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Matt Witt	Officials coordinator	07763 207511
Sonia Cox	Welfare	01223 264889
Julie Pashley	Coaching coordination/coach education	01954 714496
Lee Shields	Coaching coordination/YA coaching	07785521801
Andrew Shields	Road running committee Chair	07787 523183
Carole Morris	Veterans T&F team manager	01638 742024
Suzanne Marriott	EYAL team coordinator	01223 813188

### Useful E-Mail and website addresses

C&C Club Main Website	<a href="http://www.cambridgeandcoleridge.org.uk">http://www.cambridgeandcoleridge.org.uk</a>
Subscription renewals	<a href="http://www.cambridgeandcoleridge.org.uk/joining/renewing-membership">http://www.cambridgeandcoleridge.org.uk/joining/renewing-membership</a>
C&C Endurance running website	<a href="http://www.runcambridge.org.uk">http://www.runcambridge.org.uk</a>
E-mails about C&C membership	<a href="mailto:membership@cambridgeandcoleridge.org.uk">membership@cambridgeandcoleridge.org.uk</a>
Other admin issues and amendments/items for website	<a href="mailto:info@cambridgeandcoleridge.org.uk">info@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>
British Athletics website	<a href="http://www.britishathletics.org.uk/#">http://www.britishathletics.org.uk/#</a>
Power of 10 database (you will probably be in it)	<a href="http://www.thepowerof10.info">http://www.thepowerof10.info</a>
England athletics website	<a href="http://www.englandathletics.org">http://www.englandathletics.org</a>
South of England AA website	<a href="http://www.seaa.org.uk">http://www.seaa.org.uk</a>
Eastern AA website	<a href="http://www.easternaa.co.uk">http://www.easternaa.co.uk</a>
Living Sport Cambridgeshire	<a href="http://www.livingsport.co.uk">http://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>
Eastern Young athletes league website	<a href="http://www.eyal.org.uk/">http://www.eyal.org.uk/</a>
East Anglian league webpage	<a href="http://www.cambsathletics.org.uk/page13.htm">http://www.cambsathletics.org.uk/page13.htm</a>
Frostbite League website	<a href="http://www.frostbiteleague.org.uk/">http://www.frostbiteleague.org.uk/</a>
Kevin Henry 5k Road league website	<a href="http://www.saffronstriders.org.uk/insite.htm">http://www.saffronstriders.org.uk/insite.htm</a>

## THOUGHTS FOR THE SUMMER

- **IF YOU'RE NOT IN IT, YOU CAN'T POSSIBLY WIN IT**
- **IF YOU DON'T HAVE A GO, YOU WILL NEVER KNOW IF ALL THAT TRAINING IS HAVING EFFECT.**
- **ATHLETICS IS ALL ABOUT COMPETITION – IT'S A COMPETITIVE SPORT**
- **SUCCESSFUL TEAMS ARE MADE UP OF PEOPLE PREPARED TO HAVE A GO - NO ONE MINDS IF YOU ARE NOT THE BEST AT IT, IF YOU HAVE A GO.**
- **AS ONE OF THE BIGGEST CLUBS IN OUR REGION - WE SHOULDN'T ACCEPT NOT ALSO BEING THE BEST BUT TEAMS WONT WIN IF EVENTS ARE LEFT EMPTY**