

MERRY CHRISTMAS

Celebrating C&C Success

The Cambridge and Coleridge Newsletter Winter 2013

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk



Picture – young athletes warming up for Monday training in the new University Sports-hall

A super year for the club comes to a close with yet more successes

- **Mary Holmes 1st veteran 75+ in the British and Irish masters International.**
- **Tim Cobden, Rob Huckle and Kieran Wood all have age group wins in one of the first two Essex cross country league races**
- **Mike Salt 1st Vet40+ man in the Ampthill Trophy Cross country race.**
- **Gemma Coe 1st Senior woman in the first Ryston Grand Prix race. and David Pettit 1st M45 veteran**
- **National team bronze medals for the W45 cross country relay team of Joan Lasenby, Mary Twitchett and Helen Grant in the BMAF cross country relays.**
- **C&C win Men's and Women's Hereward relays (Peterborough to Ely).**

- Hereward relay stage wins for Claire Somerton, Carrie Bedingfield, Thomas Stevens and Alan Pritchard
- Katie Samuelson wins the Women's Hereward Ultra-distance race (39 miles)
- Thomas Stevens 1st home in the Wimpole Half Marathon with Mel Staley 1st Female
- Charlie Wartnaby wins Town and Gown 10k
- John Oakes wins Thurlow 10mile (and was also first M55)
- C&C win the Cambs Road League women's team prize and the men take 3rd.
- Sarah Wightman wins the individual female Cambs Road League title and finishes 1st W35 in the NVH 10 mile.
- Nicola McBride 1st W45 in the NVH 10 mile.
- C&C are Athletics Weekly Club of the Month for November.
- Mike Salt 1st M40 in EVAC Cross-country championships
- Ben Snaith holds the Southern athletics league 400m record (set May 2013)
- Charlotte Cox awarded the Cambridgeshire AA trophy for best Over 17 female performance for her European AAADS championship success.
- Ben Snaith awarded the Cambridgeshire AA trophy for best Over 17 male performance for his England U20 championship success and representing GB in the European Junior Championships.
- Tim Cobden awarded the Cambridgeshire AA trophy for best Under 17 male performance for his 800m performances
- C&C U17 girls Road relay team awarded the Cambridgeshire AA overall best Road and cross-country performance of 2013.
- Bronze for Claire Wilson in a very close finish at the SEAA intercounty cross country championships – just 6 seconds between first three.
- C&C win the third Frostbite league match Senior event. Sullivan Smith and Jack Bowden finish first and second.
- Clubmark accreditation renewed for a further 3 year period

The club has grown significantly yet again in 2013, and is now running close to the limit of our volunteer resources. Additional help is urgently needed in all areas (see later in the newsletter).

Christmas wishes from the club President Mary Holmes

Hello to all members, volunteers and parents,

As President of this wonderful Club I would like to wish you all a very very happy and enjoyable Christmas. You have all worked hard, parents included, to make this year such a success. I am proud of you all and look forward to seeing you have a successful 2014.

With love to everybody, Mary

Chair's chatter Winter 2013

It's the time of year to offer a heartfelt thank you to everyone who has contributed to the club's success this year. The awards at the AGM and Awards evening were for some very impressive performances and it was good to see the progress the club and its members have made. None of this would have been possible without the dozens of people working behind the scenes in coaching, officiating, team managing and generally administering the club. So thanks to all who have competed and represented the club and thanks to all who have worked to make that possible – can I hear a round of applause as everyone reads this paragraph in the newsletter! Thank you all.

The winter's competitions are producing their crop of good results. We had outstanding results in the Hereward Relay, the Essex League and Frostbite League performances are positive and we were very successful in the first Sports hall Competition. We can probably do even better – we're already doing well – let's see if we can really turn it on in the New Year. These are the kinds of things which won us the accolade of 'Club of the Month' in *Athletics Weekly* for November and which makes me feel proud (and increasingly a bit humble) to pull on my club vest when I take part in competitions. The awards element of the AGM should also make us proud. We've had some very warm comments about the new format of the AGM over the last two years. We've been blessed with two superstar athletes who have given fascinating accounts of their careers to date. I've been the lucky one talking to them but feedback I've received indicates that this pattern for the evening is thoroughly enjoyed by members. Don't miss it next year – I don't know who we'll be able to get to speak to us but the date is provisionally 26th November 2014 – put it in your diary now!

It's a short distance from a positive club with lots of success to one which feels downbeat and depressing. We've been on an upbeat for some time and I hope very much that we can maintain that. It's inspiring to see the coaches working with their athletes on training nights. It brings a warm glow, to me, when I see forty or more young athletes in their hi-viz tops taking off into the West Site on Monday evenings for endurance training (many moons ago, I took the young athlete endurance runners and still have friends – some of whom are club members – from that time). To keep our momentum we need everyone to give what they can to the success of the club. This goes from congratulating fellow athletes for their good performances, thanking coaches, helping with small tasks in matches or on training evenings to being a coach, official or team manager or heading up a section of the club. We are hoping to become more systematic over the next twelve to eighteen months in the way we specify volunteer opportunities and in the support we give to volunteers. Please be prepared to put up your hand when offers of help are requested. Little things can make a difference.

Some of the support we give is via the club web site. We are hoping to make a separate page for volunteers too so watch out for that. The web site is in many ways the club intranet. Anything you need to know should be on there. Please try the web site first for any information and email info@cambridgeandcoleridge.org.uk only if you can't find what you need. There are FAQs and links to many different organisations, on the web site, which provide different kinds of services to athletes and athletics. All the organisations have been checked by the club – if you need to know about England Athletics or the contact details for a good physio, for example, you'll find it on the site. The home page is the club's main interface with non-members, plus the FAQs and other pages which are linked from there. If anyone asks you for advice about the club, it's best to suggest they have a look at the home page first. And for those last minute Christmas presents, the kit shop is also on the web site.

I'd like to wish everyone a happy Christmas and a successful New Year and finally, to encourage you to turn out in the club 4 mile Boxing Day run from Lammas Land. It's a great way to run off the excesses of the previous days. You can run hard or easily depending on what suits. Everyone is welcome including guests.
Neil

England athletics registration

It was agreed at the AGM that in 2014 all members will automatically be registered with England Athletics and that the fee will be incorporated into the subscriptions from January 2014

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 run starts on Newnham Green in Fen Causeway, assemble on the green, near the traffic lights where the little road goes down to the car park (change to the start point and first part of the route this year – Fen Causeway gets a bit too busy now). All are welcome old and young, and it can be a fast run or just a jog to shift the hangover or the Christmas Pud. The course is across the greens to Trumpington Road, then on the pavements to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. 11am - no entry fees - just turn up, register/collect a number (so that we can give you a time), 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.

C&C online kit shop

If you click on Club Kit at the top of the C&C website pages, you are taken to a page which gives you 2 options.

Under Club Kit, you can pay for a club vest and collect it on a training night, or if its urgent arrange to get it by another means, and you can also arrange to buy a C&C crop top. The club stock the vests in large quantities but only a small stock of crop tops so you may need to order the latter in advance.

Under Kit Shop you will find a link to a webpage with various options for clothing with club logo's such as track bottoms, Technical Tee shirts, headwear, sweatshirts, shoe bags, back packs etc. These are supplied by a third party company via online ordering and delivered by post/carrier to your address

***** 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 2014

Dec 26 th 2013	Club Boxing day 4 mile	Newnham Road/Lammas land	All
Dec 31 st 2013	Ely New Year's Eve 10k	(Little Downham)	All over 16
Jan 1 st	Wymondham New Year's Day 10K	(Wymondham, Norfolk, 10 km*)	All over 16
Jan 5 th	Cambridgeshire XC Championships	(Priory Park, St Neots)	All
Jan 7 th	Siberian Ice marathon	Omsk (Russia)	Seniors
Jan 11 th	Essex cross country league	Southend	All
Jan 12 th	Frostbite League - March AC	Whitemoor Prison, March	All
Jan 19 th	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Jan 19 th	Folksworth 15	(Folksworth, Peterborough - 15 miles)	Seniors
Jan 25 th	South of England AA XC Championships	(Parliament Hill)	All
Feb 2 nd	Frostbite League - Bourne	(Bourne, Lincs)	All
Feb 8 th	Essex Cross-country league	Chingford	All
Feb 16 th	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Feb 16 th	Stamford 30k	(Stamford, Lincolnshire, 30 km)	Seniors
Feb 22 nd	English National XC Championships	Nottingham	All
Feb 23 rd	Sleaford half marathon	(RAF Cranwell)	Seniors
Feb 23 rd	BMAF 10 mile championships	(Netherhall – Cumbria)	Veterans
Mar 2 nd	Frostbite League	(Hinchingsbrooke)	All
Mar 2 nd	Cambridge Boundary Run	(Cambridge – 26.2 miles)	Seniors
Mar 2 nd	Swavesey half marathon	(Swavesey Village College)	Seniors
Mar 2 nd	Silverstone half Marathon	(Silverstone – 13.1 miles)	Seniors
Mar 8 th	CAU Intercounties	(Cofton park, Birmingham)	County team
Mar 9 th	Cambridge Half Marathon	(Cambridge, 13.1 miles)	Seniors
Mar 9 th	Ashby 20	(Ashby – 20 miles)	Seniors
Mar 15 th	English Schools XC	Donnington	Schools team

Mar 15 th	British Masters XC Championships	(Glasgow)	Vets
Mar 22 nd	Sussex Coastal marathon	(Birling gap, Sussex)	Seniors
Mar 23 rd	Ryston Runners XC	(Shouldham Warren, Downham Market)	All
Mar 23 rd	Stowmarket half marathon	(Stowmarket)	Seniors
Mar 23 rd	Oakley 20	(Oakley, Bedfordshire, 20 miles)	Seniors
April 6 th	Cambridge Cambourne 10K	(Cambourne, Cambs, 10 km + fun run)	All
Apr 6 th	Brighton Marathon	(Brighton)	Seniors
Apr 6 th	Bungay Black Dog Marathon	(Bungay, Suffolk)	Seniors
April 13 th	Virgin London Marathon	(London, 26.2 miles)	
April 27 th	Shakespeare Marathon	(Stratford upon Avon)	Seniors
May 4 th	Worcester Marathon	(Worcester)	Seniors
May 4 th	Fen Drayton 10k	(Fen Drayton)	All over 16
May 4 th	BMAF 10k road race championships	(Kings Lynn)	Veterans
May 5 th	Milton keynes marathon	(Milton Keynes 26.2 miles)	Seniors
May 5 th	Ashdon 10k and fun run	(Ashdon)	All
May 17 th	White Peak Marathon	Matlock	Seniors
May 17 th	BMAF Road relays	(Sutton Park)	Veterans
May 25 th	Edinburgh marathon	(Edinburgh - Ind Rep. of Scotland)	Seniors

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

Jan 1st	<u>Lee Valley Indoor Sprints/800m</u>	Lee Valley	All ages
Jan 4th	Cambs AA Sportshall championships	St Ives Indoor	U11 - U15
Jan 4/5th	<u>England/SEAA Combined events</u>	Sheffield	Senior/Under 20's
Jan 5 th	<u>Metaswitch Games</u>	Lee Valley	U20/Sen
Jan 11 th	<u>U13/U15 Open meeting</u>	Lee Valley	U13/U15's
Jan 12 th	<u>SEAA U15/U17 Indoor Pentathlons</u>	Lee Valley	U15/U17's
Jan 11/12 th	<u>Birmingham Indoor Open meeting</u>	HPC Birmingham	Various
Jan 18/19 th	<u>SEAA Indoor Championships</u>	Lee Valley	U15's and above
Jan 25/26 th	<u>London Indoor Games</u>	Lee Valley	U20 & Senior
Jan 26 th	<u>West Norfolk Indoor Open meeting</u>	Kings Lynn	All ages Hdls, 60m, LJ, TJ, Shot HJ
Feb 2 nd	<u>London Indoor Games</u>	Lee Valley	U15/U17's
Feb 2 nd	U13/U13 Regional sportshall final	Hatfield	County selected
Feb 8/9 th	<u>Eastern AA Indoor championships</u>	Lee Valley	All ages U13 upwards
Feb 8/9 th	UK Championships	Sheffield	Seniors
Feb 16 th	<u>Birmingham Indoor Games</u>	NIA Birmingham	Various
Feb 16 th	BMAF Indoor Pentathlon Champs	Lee Valley	Veterans
Feb 16 th	EVAC Indoor Championships	Lee Valley	Veterans
Feb 19 th	<u>Middle Distance Open</u>	Lee Valley	All
Mar 1 st /2 nd	<u>England athletics Championships</u>	EIS Sheffield	U15's,U17's/U20's
Mar 8/9 th	<u>England U15/U17 Combined events</u>	EIS Sheffield	U15/U17's
Mar 8/9 th	BMAF Indoor Championships	Lee Valley	Veterans
Mar 22/23 rd	<u>Midland Open meeting</u>	HPC Birmingham	Various
Mar 30 th	<u>Open meeting and Pentathlons</u>	Lee Valley	U13/U15's

Summer 2014 track and field (provisional)

Mar 29th	Cambs AA Open throws meeting	Cambridge	All ages (entry in advance)
Apr 13th	Eastern Young athletes league (EYAL) (1)	Norwich	All under 17
Apr 18 th (tbc)	Herts Phoenix Good Friday Open meeting	Welwyn	All ages (entry in advance)
Apr 18 th (tbc)	Chelmsford Open Throws	Chelmsford	All ages
TBC	Chelmsford Open Track and jumps	Chelmsford	All ages
Apr 19 th	Southern Athletics league (1)	Kings Lynn	All over 15
May 7 th	EVAC league (1)	TBC	Vets
May 3/4/5th	British Universities Championships	Bedford	University students
May 4th	East Anglian League (1)	TBC	All
May 11th	Eastern Young athletes league (EYAL) (2)	Peterborough	All under 17
May 14th	Cambs AA Devt meeting (inc 3k champs)	St Ives	All
May 17th	Southern Athletics league (2)	Cambridge	All over 15
May 24th	Cambs AA County Championships	Peterborough	All (enter in advance)
June 4 th	EVAC league (2)	TBC	Vets

June 8 th	East Anglian League (2)	TBC	All
June 8 th (tbc)	BMAF Pentathlon Championships	TBC	Veterans
June 11 th	Cambs AA Devt meeting (inc S/C champs)	St Ives	All
June 14 th	County schools Championships	TBC	Schools district teams
June 14/15 th	SEAA Senior/U20 Championships	TBC	Sen/U20 (individual entry)
June 15 th	Eastern Young athletes league (EYAL) (3)	Cambridge	All under 17
June 21 st	Southern Athletics League (3)	Cambridge	All over 15
June 21 st	Intercounty schools (if run in 2014)	TBC	County schools selection
June 21/22 nd	UK U20/U23 championships and trials	Bedford	Entry standards
June 27-29 th	UK and England Senior Championships	Birmingham	Entry standards
July 2 nd	EVAC league (3)	TBC	Veterans
July 6 th	East Anglian League (3)	TBC	All
July 9 th	Cambs AA Devt meeting (inc Mile Champs)	St Ives	All
July 11/12 th	English Schools Championships	TBC	Schools select
July 12 th	Southern Athletics League (4)	Battersea	All over 15
July 13 th	Eastern Young athletes league (EYAL) (4)	Cambridge	All under 17
July 19/20 th	UKA Jumps and Throws Fest	Birmingham	Sen/U20 Individual entry
July 19/20 th	SEAA Combined events Championships	TBC	All
July 20 th	Vets inter-area match	Solihull	EVAC selection
July (tbc)	Eastern AA T&F championships	TBC	All
July 27-2 nd Aug	Commonwealth Games athletics	Glasgow	Spectators
Aug 2 nd	Southern Athletics League (5)	Cambridge	All over 15
Aug 3 rd	Eastern Young athletes league (EYAL) (5)	Watford	All under 17
Aug 6 th	EVAC league (4)	TBC	Vets
Aug 9/10 th	England Combined Events Championship	Stoke	U15/U17's
Aug 10 th	SEAA U15/U20 Intercounties	TBC	County selection
Aug 16/17 th	SEAA U15/U17 Championships	TBC	Individual entry
Aug 17 th	East Anglian League (4)	TBC	All
Aug 18 – 23 rd	European IPC championships	Swansea	Spectators/National selection
Aug 24 th	Diamond League Grand Prix	Birmingham	Spectators
Aug 25 th	Paralympic Grand Prix event	Birmingham	Spectators
Aug 23/24 th	CAU Intercounties Championships	Bedford	County Selection
Aug 30/31 st	England U15/U17 Championships	Bedford	Individual entry
Aug 9/10 th	BMAF T&F Championships	Birmingham	Veterans
Sept 7 th	Eastern Young athletes league (EYAL) finals	TBC	All under 17 (if we qualify)
Sept 14 th	East Anglian league final	Bury St Eds	Age groups that qualify
TBC	UK Schools Games	Manchester	Schools area selection
TBC	ECAA Intercounty trophy match	TBC	County selection U17-Sen
Sept 28 th (TBC)	Cambs/ECAA 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' restarts on Monday 6th January (6pm) at the University Sports hall.
The Young Athletes training will move back to the track in late February/early March
Other training on Monday evenings at the track resumes on Monday 6th January at 6.30pm
- Tuesday evening training at the track resumes on 7th January.
- Thursday evening training at the University Sports hall and at the track resumes on 9th January. Last indoor session March 20th.
- Saturday training at the track from 10.00-12.00 resumes on 11th January and continuing until 22nd March – by agreement from coaches only. (Throws, jumps, sprints and middle distance)

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

Lee Shields, the coordinator for junior training writes:

Induction group intake this year for U13s and U15s has continued to grow throughout the year, resulting in a very large number of U13s and U15s athletes for C&C.

U13 Athletes continue to be exposed to the different athletic disciplines of Run, Jump and Throw, which is done on a rota basis, with a choice week interspersed in between the non-choice week.

This allows them to experience the different disciplines and try out something which they may not have considered trying out before....you never know they may be good at something they'd never thought of previously.

U15 athletes also have the option of being able to rotate between the different disciplines of Run, Jump and Throw, but many specialise in a specific event or events.

The Junior Endurance Group has continued to grow and go off site training for 3 weeks and trackside for a week on a rota basis, this has become increasingly popular and even the cold weather hasn't put them off

Great new facilities on a Monday night for the U13s and U15s for the indoor training sessions, the number of athletes attending these sessions continues to be high, which is good news.

Would like to add a Big Thank you to all of the Coaches, Young Helpers, people who man the desk, club officials, Team Managers, C&C committee, and of course the people who make the cakes during the summer...

And all other people, parents, helpers that help out, apologies if I have missed anybody out...It is a club to be proud of...

2014 committee

The 2014 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 and community clubs – Lee Shields

Coach Development and GCAN - Julie Pashley

Cross-country – Helen Grant

Additional members will be co-opted as required

Club Trophy winners 2013

The seasons Best Perf. overall club

The under 17 women's road relay team – Claire Wilson, Hollie Parker, Diana Chalmers.

Veterans Best Perf. overall club

Mary Holmes – 800m in 3.42.0 (WAVA 95.6%)

Endurance awards

Marathon Male

Charlie Wartnaby – 146th in London Marathon

Marathon Female

Melanie Staley - 1st female in Reykjavik Marathon

Veteran Marathon

John Ferguson WAVA 80.42% at the London marathon

Half marathon Male

Sullivan Smith 1:11.06 at Grunty Fen (2nd)

Half marathon Female

Katie Sherwood 1st female in the St Neots Half marathon

Veteran Half Marathon

Michael Salt WAVA 86.82% at the St Neots Half Marathon (1st)

10k Male

Jack Bowden 33.35 at the Great East Anglia Run

10k Female

Sarah Wightman 2nd female at the Leeds Abbey Dash

Veteran 10 Km

Nicola McBride WAVA 79.16 % at Hatfield Broad Oak 10k (1st F Vet)

5k Male

Kieran Wood 15.57 at Cambridge Parkrun (1st)

5k Female

Gemma Coe 1st female at Cambridge Kevin Henry League

Veteran 5 Km

Margaret Phillips WAVA 85.59% at Cambridge Kevin Henry League

T&F awards

Most Improved T&F

Jonathan Escalante-Phillips for 1500m and 5000m

BP male T&F

Ben Snaith 400m U20M 47.14 EA U20 champion Gd1 UK rank 2nd

BP Female T&F

Claire Wilson (U17) 3000m 10.06.90 (CR) Gd 1 SEAA champion

BP Male Veteran T&F

Keith Clarke 200m 27.1 79.79%

BP Female Veteran T&F	Mary Holmes – 800m in 3.42.0 (WAVA 95.6%)
BP sprints male	Ben Snaith 400m U20M 47.14 EA U20 champion Gd1 UK rank 2 nd
BP sprints female	Maisey Snaith U13 100m 13.4, Gd 1 200m 28.5 (CR)
BP Middle distance Male	Tim Cobden 800m U17M 1.53.38 EA U17 Silver medallist Gd 1 UK rank 5 th
BP middle distance female	Claire Wilson (U17) 3000m 10.06.90 (CR) Gd 1 SEAA Gold medallist
BP Highjump	Simon Kumar U17M 1.85m Gd 2
BP Long/Triplejump	Jessica Kennard U15G TJ 10.72 Gd 1 equiv (UK rank 3 rd)
BP hurdles male	Ben Kelk 14.19 BUCS 2 nd , UK trials 7 th . Gd 1
BP hurdles female	Finlay Marriott U15G 11.54 Gd 1
U13 Girls hurdles	Cassie Thompson 13.3 Gd 4
U13 Boys hurdles	No award
BP Throw – senior equipment	Oli Holway (U20) with Sen mens shot 12.62 Gd 3, U20 mens shot 14.40 gd 1
BP Throw U13/U15/U17	Albert Pavelin – Silver in SEAA champs, 4 th in Nationals 55.85 Gd 1 rank 11 th
BP multievents male	James Ritcher U13B minithon 77 pts =CR
BP multievents female	Jessica Fox (U20W) 2811 pts 1 st ECAA champs, C&C and Cambs AA record

Team managers league awards

Vets league males	Joe Tucker
Vets league females	Helen Grant
EYAL males	Liam Hunt
EYAL females	Neve Palmer
Anglian league males	Adam Cross
Anglian league females	Rebecca Clarke for Field judging and competing
SAL males	Dylan Doggett
SAL females	Lucy Gillies-Visser

Special Award

For outstanding achievements Charlotte Cox (4 gold medals in 2013 European IAADS championships)

Cambs AA Trophy Winners

Best Performances at the Cambs AA County Championships:

U20 Men	Oliver Holway – shot
U17 Men	Joseph Ebanks – 200m
U13 Boys	Dominic Clatworthy – 800m
U17 Women	Isobella Coutts - Javelin
U15 Girls	Finlay Marriott - Hurdles

Best Overall Track & Field Performances

Men over 17 - Ben Snaith 400m U20M 47.14 EA U20 champion Gd1 UK rank 2nd Competed in European Junior Championships

Women over 17 - Charlotte Cox (4 gold medals in European IAADS championships)

Men under 17 – Tim Cobden 3rd in 800m at SEAA championships

County Colours awarded to:

Thomas Blatch, Sophia Brumann, Tim Cobden, Gemma Coe, Alice Galloway, Finlay Marriott, Alice Newcombe, Hollie Parker, Robert Sewell, Aedan Slack,

(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

Several C&C members were shortlisted for this years awards.

Shortlisted were:

Sports Performer with a Disability of the Year - Charlotte Cox

Young Sports Performer of the Year - Georgie Schwiening and Ben Snaith

Coach of the year – Mark Vile

Team of the year – U17 womens road relay team

Georgie Schweining won Young sports performer of the year for her world Junior duathlon win.

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 will still need additional help in 2014 with the East Anglian League, and the Eastern Young Athletes League.

Please offer your services. E-mail Noel at noelmoss@btinternet.com

We also desperately need more officials for track and field meetings – we have to provide officials at all league matches. We can train you, and there is a formal training course run in the county each year in late March (probably 16th March in 2014) 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.

ENDURANCE RUNNING BITS

British Masters Athletics Federation XC Relay Championships -

For the first time in many years, if ever, C&C fielded a team at this event at Moorways Stadium, Derby. All the ladies ran a two lap 3.1K leg along with the men competing in the M65+ event. The event provides an excellent opportunity for those who have been competing for many years, even decades, to met up again and run alongside those who have come late to the sport. Like the junior and senior relays it's good to race with your teammates before you have to race against them.

Helen, in her first race for two months, was slow to start but made her way through the field to finish 4th on the first leg. A far from fit Joan did well to maintain this position on the second leg. Mary pulled the FV45 team into third position soon into the final leg. However, there was a fast finisher behind so she had to settle for 4th fastest on the third leg.

Next year it would be great to see other C&C teams out there. The club could do well in the many age group categories.

Female Veterans 45-54 C&C 3rd

Helen Grant 13:33 4th L1, Joan Lasenby 14:21 4th L2, Mary Twitchett 13:27 4th L3

ECCA (National) Cross Country Relays - Senior Men's report by Richard Park

For possibly the final time the National Cross Country Relays took place at Berry Hill Park Mansfield. Following on from some great performances in the Junior races the senior men were out to tackle 2x2.5 km laps of the best cross country terrain.

Ric Park ran the first leg along with 180 others on the line coming in 113 after a fast first km with everyone jostling position on the tight course and trying to avoid the back markers in the senior women's race.

Istvan Jacso took up the second leg flying through the field bringing the team up to 94th Place and finishing the day with the fastest time of the team.

Dan Hurst took up the third leg and continued the form of recent weeks keeping the team close to the top 100.

John Ferguson had the glory leg bringing the team home in 103 out of 157 completed teams. Fergie had already completed a lap before the mass start which takes place for teams which have been lapped by the top 10 teams.

A great day out and brilliant to see a senior men's team competing on the National Stage alongside the likes of Andy Vernon who captains the GB men's cross country team. Would be great to take a couple of teams next year where ever it may be held.

C&C's young endurance runners at the English Cross country relays

This year C&C were able to field complete teams in all the junior age groups apart from the U13G. It was also good to see a full squad taking part in the Junior Men's (U20) event. Two teams, U15B and U17W, finished within the top 10 teams in the country. Pity our U15G lacked a final leg runner. The best performances of the day go to Claire Wilson 6th fastest overall in the U17W and Rob Huckle 8th fastest overall in the U15B. Also to be commended were Alice Newcombe (U15G) and Tom Keen (U13B) who were only 5 seconds off making the top 10 in their respective age groups. This is a team event and it was great to see some of our youngsters who would not really consider themselves endurance athletes taking part. Well done to you all.

Junior Men 37th of 56 complete teams in 30:08.20 (1st 27:05.70)

U17W 8th of 52 complete teams in 28:37.70 (1st 27:27.30)

U17B 39th of 69 complete teams in 31:09.55 (1st 27:54.75)

U15G incomplete of 86 complete teams (1st 21:56.95)

U15B 6th of 82 complete teams in 20:34.25 (1st 19:46.40)

U13B 29th of 79 complete teams in 23:07.40 (1st 21:24.75)

Marathon running

52 club members have run marathons in 2013 with 9 men running sub 3 hours and 4 females sub 3:15. 70 results have been listed in total



Thomas Stevens put in the fastest time of 2:34.30 at Frankfurt in October with Charlie Wartnaby not far behind with 2:38.46 at London in April.

Melanie Staley clocked 2:58.36 to finish first female in Reykjavik, faster than her London time.

By comparison 149 athletes contested Half marathons, many on multiple occasions with 307 results listed

Half marathon times were led by Sullivan Smith with Thomas Stevens not far behind, and Melanie duly headed the women's list.

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.

Thomas and Melanie at Wimpole

Frostbite League races

The club has started the winter season with good results in the Frostbite league, standing in second place in both Senior and Junior categories after three races – the halfway point.

The seniors won the third event at Hinchingsbrooke Park but still trail NVH by 2 league points so need to do well in the remaining three races. In the Juniors, Hunts AC now look fairly invincible, but who knows, they may have a bad day.

Remaining races are:

4th Race 12th January 2014 near Whitemoor Prison, March

5th Race 2nd February 2014 Bourne Woods

6th Race 2nd March 2014 Hinchingsbrooke School

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 – 6th April 2014

The Cambridge Cambourne 10k – now in its seventh year – appeals to runners of all levels: from new runners to the more experienced. The distance is long enough to be challenging, but short enough to be accessible to anyone with the determination to put in a bit of training.

Its sister event, the **Cambridge Cambourne Fun Run**, is ideal for younger runners or those not ready for the longer distance.

The course passes through wooded areas and alongside lakes. It is almost entirely off road and traffic-free, on proper footpaths – better for your legs than tarmac. The finish must be one of the most inspiring in the country.

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/>

Hereward Relays

Great results from the Fens, with both the C&C 'Busway Bandits' and 'Women Ain't Tri-ing' taking the men's and



Busway bandits



Ultra Katie



Women Ain't Tri-ing

women's first prize respectively. But that's not all: Carrie Bedingfield was first senior woman for stage 2; Tom Stevens and Claire Somerton were first senior man and first senior woman respectively for stage 3; and last but by no means least Al Pritchard was first Vet man for stage 4. Trailing behind in the mud were C&C's 4 other teams: 'Men like to Fart' in 10th, 'Never mind the Busway' in 12th, 'Oh Ma Gog' in 73rd and 'Wild Women of Wilberforce' in 85th. Well done all.

Some of you will know what it's like to slog across ten or eleven miles of muddy fen in the Hereward Relay, but only our crack team of super-runners would do the whole thirty-nine themselves. Huge respect to Ultra Katie Samuelson (5:40), Ultra Christof Schwiening (5:47) and Ultra Darren Gillman (6:03) for accomplishing it, particularly Katie, who won the women's race. Congratulations all three.

Pictures - Congratulations to the C&C Busway Bandits (Iain Wood, Alex Eggeman, Tom Stevens, Al Pritchard) who were 1st men's team at Hereward Relay.

Cross Country round-up

Ryston Grand Prix

A few regulars contest this series and athletes must contest each of the three distances once to qualify for the medals. There are three more races after Christmas, but notably David Pettit has finished in the first three Vet 45's in all races so far.

The Essex Cross-country league after 3 of 5 races (8 Dec. 2013)– Some excellent individual and team results (but more runners needed to fill some of the teams)

This is the second year C&C have taken part in this league. It provides an excellent opportunity for athletes of all ages to participate in traditional age group races. Ideal preparation for the major xc championships later in the season. They also serve as great endurance training session for those wishing to run well in long road races. Why go to Essex? Because Cambridgeshire no longer has a traditional xc league.

This year we've seen a much better turn out by the senior and veteran men who are currently standing 5th team of 22. Well done guys. We are still struggling to regularly field a senior women's team despite some excellent individual performances by those new to cross country. Come on ladies, every km you run off road will make each mile on the road feel easier.

C&C are currently standing 1st in the U13B but Thurrock Harriers are only one point behind. Our U15B are currently 2nd to Basildon. With a good turnout at the last two meets we could win both age groups. Our U13G are standing 7th in the league but if we continue to field teams like we did at the last meet, when we came 2nd, we could place much higher by the end of the season. In the other junior age groups we have some outstanding individual performances but we still need more of those many teenagers who come to training to get out there and give it a go. The more the merrier. Cross country is cool.

There are two races left, Sat 11th January at Southend and Sat 8th February at Epping Plain, Chingford. For more details check out the xc webpages:

<http://cambridgeandcoleridge.org.uk/index.php/cross-country/xc-leagues>

SEAA Intercounty cross country – County team report by Richard Park

Cambridgeshire took a team to the SEAA Inter Counties at Biggleswade on Saturday 14th December. It was the first time in a number of years the county has been represented at these Championships.

There were a number of athletes missing from the results, in this report they are all added in but positions are all my best guess from the day and information available.

The course proved to be equally challenging with an downhill fast start followed by an 800m climb which gradually got steeper leading to a fast finish.

The day was lead off by the U13 girls for many it was the first time competing. The girls were led by Eleanor Macintosh a brilliant run after an enthusiastic start leading the race in the early stages to eventually finish 13th. Next was Frances Haines in 58th remember she is only in year 6, followed by Amber Park 68th another a year young, Kelsi Ellis 70th, Josie Fortune 75th, Kaite Porter 77th, Sophie Ealey 81st and Ellie Piccaver 82nd. Having spoke to the girls they all found it tough but enjoyed the day and fit and ready for the counties in January.

Again for the U13 boys this was first chance to compete at this level. The exception being Thomas Keen and he showed his experience to have a strong finish for 12th. Behind him were a number of strong performances from younger athletes, David Dow 31st, Ben Roberst 43rd, Andrew Worrall 45th, Will Gore 52nd. Dominic Clatworthy 61st, Oliver Newman 77th and Oliver Oakley 82nd.

The U15 Girls were led by a brilliant run from Lauren Murphy who despite being a year young finished 9th in a

strong U15 field to continue her form from the National XC relays earlier in the winter. Belinda Dow carried on her good form in 25th, with Masie Pritchard 63rd, Kathryn Bell 66th, Amy Chalmers 79th.

In the U15 Boys, a problem at the finish means that results only show very few Cambridgeshire finishers a number of noteworthy performances were missed off. The team was led by Finn Barnes who was prominent throughout the race finishing a very good 11th and will now look forward to competing over the XC in the New Year. He was followed in 12th by a fast finishing Ashley Brown who after a slow start came through the field to finish 12th. Jordan Wood followed in 21st and not far behind and ever improving Ollie Sewell in 28th completing a strong 4 who just missed out on a medal in 4th in the team competition. Niall Ackroyd 34th, Austen Herbet 46th and Oliver Bowling 53rd completing a strong 7 athletes.

An inexperienced U17 mens team many of which normally spend most of their time on the track suffered from the early fast pace which didnt let up much throughout. Tim Cobden was first in 47th, Harry Topham 62nd, Joel Reed 65th, Damian Rutterford 79th, James Tapley 80th, Curtis Wood 81st,.

The performance of the day came from the counties most experienced cross country athlete Claire Wilson. A group of 3 broke away each swapping places to the finish, the hills favouring Claire but it was the fast finish which saw Georgia Fear surge from 3rd to take the win. Claire finished a great 3rd place and securing the counties only medal of the day. Charlotte Tara Murphy was next in another great run to finish 13th like her sister she has another year at this age group. Diana Chalmers 23rd continuing her good winter form. Polly smith 61st and Melissa Dix 65th.

The Senior women rounded off the day and for all it was a chance like the rest of the athletes for the women to test themselves against the best in the South.

Claire Somerton led the women finishing a quite superb 26th, her best run to date as she tackles her first cross country season. Great performances followed with Carla Brown 39th, Natalie Griffiths 49th and Carrie Bedingfield 52nd. All 4 women have entered the southern in January and will be going into that race with great confidence after Saturdays performances.

Cambs XC championships

5th 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 made a request via the website for 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

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 & FIELD EVENTS

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/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Two rounds of 60m

- 800m start time 15.45
- 60m start time 13:00
- 200m start time 16:30
- 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 11th Lee Valley U13/U15 Open meeting

<http://www.visitleevalley.org.uk/en/content/cms/outdoors/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 8th Jan

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

Jan 12th/18th/19th 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)

12th is U15/U17 pentathlons plus some individual championship events (entries close 31st Dec)

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, U15 Boys & Under 17 Women

400m - Senior Men, Under 20 Men, Under 17 Men, 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)

18th/19th are the main SEAA championship event days for U15's up to Seniors. Closing date 7th January – good standard of competition with medals.

All jumps excepting those taking place on 12th Jan., Shot, 60m, 60m Hurdles, 200m, 800m, 1500m

Jan 26th 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 13th January - Modest competition with medals – 60m, 60m Hurdles, shot, longjump, Triplejump, Highjump, Pole-vault. All ages including under 11's and veterans

Jan 25/26th London Indoor Games Senior/Under 20's Lee Valley

<http://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Closing date 19th 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 1st/2nd London Indoor Games U15/U17 Lee Valley

<http://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Closing date 26th 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 16th BMAF Indoor Pentathlons Lee valley Veterans

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

Feb 8/9th East of England AA Championships Lee Valley All

<http://www.easternaa.co.uk/entries/indoor/Indoor2014.pdf>

Closing date 10th 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. NOTE EARLY CLOSING DATE FOR ENTRIES!

Feb 16th EVAC Indoor championships (with BMAF pentathlons) Lee Valley

<http://www.bmaf.org.uk/fix/fix.asp> or <http://evac.org.uk/> Entry details to be confirmed

Feb 19th Indoor middle distance races Lee Valley

<http://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

800m (7pm) and 1500m (8.15pm)

Mar 8/9th BMAF Indoor Championships
<http://www.bmaf.org.uk/fix/fix.asp>

Lee Valley

Mar 30th 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 19th March for pentathlons and 23rd March for open track events - Track events up to 800m – each athlete gets 2 races for 60m and 60m hurdles.

Note - Age groups for Indoor championships are based on your age on 31st August 2014, (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 2014

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. The league now consists of a 16 club first Division, two regionalised division 2's of 16 clubs each, and two regionalised Div 3's.

C&C were unfortunate to be relegated last year and are in Div 3NE for 2014 with a target to return to Div 2 N for 2015. This is not going to be a push-over because two new strong clubs have joined the league and start in Div 3NE – Shaftsbury Barnet, and Woodford Green and Essex ladies, and the overall standard is quite reasonable.

1. Barnet & District/Shaftsbury Barnet
2. Biggleswade AC
3. Braintree & District AC
4. Cambridge & Coleridge AC
5. Colchester & Tendring AC
6. Hillingdon AC
7. Huntingdonshire AC
8. London Heathside
9. Loughton AC
10. Orion Harriers
11. Serpentine RC
12. Thurrock Harriers
13. Vale of Aylesbury AC
14. Watford AC
15. West Norfolk AC
16. West Suffolk AC/Diss
17. Woodford Green with Essex Ladies AC

We will need to fill our teams if we are to return to Div 2 for the following year. Four teams get promoted. The good news is that we have three home matches in 2014.

The fixtures are on 19th April (Kings Lynn), 17th May (Cambridge), June 21st (Cambridge), July 12th (Battersea park), August 2nd (Cambridge) – not too bad at all.

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.

East Anglian league



Dates are now set for May 4th, June 8th, July 6th and Aug 17th with the final at Bury St Edmunds on Sept 14th.

Venues not yet confirmed.

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)

(picture – the Senior women's final winners 2013)

Eastern Young Athletes league

Dates for 2014 are Sundays 13th April (Norwich), 11th May (Peterborough), 15th June (Cambridge), 13th July (Cambridge), 3rd August (Watford). Finals on 7th September.

Team management this year is overseen by Suzanne Marriott (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 County Sports hall Athletics competition is on 4th 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 and I will pass your details on to the team managers

The events will start at 13.35 so you should arrive by 13.10. We can provide travel directions.

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

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

Its very important to set the antispaam settings on your e-mail so that e-mails from Neil Costello (neilzcostello@gmail.com), Noel Moss (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 antispaam 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 2014

Mary Holmes	President	01223 860189
Neil Costello	Chairman	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Claire Willis	Welfare	01223 366996
Lee Shields	Young athletes training Co-ordinator	01223 249410
Julie Pashley	Coaches coordinator	01954 269093
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	www.cambridgeandcoleridge.org.uk
C&C Endurance running website	www.runcambridge.org.uk
C&C kit shop	http://www.yourclothingshop.com/cac
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
Cambridgeshire AA website	http://www.cambsathletics.org.uk
Cambridgeshire schools athletics information	http://www.cambsathletics.org.uk
EYAL website	http://www.eyal.org.uk
Southern Athletics league	http://www.southernathletics.org.uk
East Anglian league website	http://www.cambsathletics.org.uk (on page 13)
British Athletics website (UKA)	http://www.britishathletics.org.uk/
Power of 10 database (you will probably be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
South of England AA website	www.seaa.org.uk
Eastern AA website	www.easternaa.co.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	http://www.bournesports.com
Athletics equipment (Stadia Sports online)	http://www.stadia-sports.co.uk
Southern Athletics League website	http://www.southernathletics.co.uk
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league	www.cambridgeandcoleridge.org.uk/road-running/kevin-henry-league

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

GCAN has developed partnerships with high quality service providers in the area who can offer services to our members at a reduced rate. 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 2013.

The committee wish all club members a very happy Christmas and success in whatever you attempt in 2014.

Some memories of 2013



