

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Newsletter Spring 2014

Continuing the success into 2014

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 Camb's AA Cross-country Championships. 11 of 14 possible team wins, 3 second team places and 2 3rd team places.**
- **Individual winners in U11 girls, U13 girls, U13 Boys, U15 Girls, U15 Boys, U17 Women, U17 Men, U20 Women and Vet Women**
- **Individual wins for Rob Huckle, Thomas Keen, Claire Wilson and Eleanor MacIntosh in the Essex league XC on Jan 11th.**
- **1,3 4,5 finish for 1st team in the U15 Boys Essex league XC on Jan 11th. 2nd team in U13 Girls, U13 Boys, Senior Women and Senior Men.**
- **Sullivan Smith wins the January Frostbite league race**
- **Gold for Ben Snaith in the SEAA U20M Indoor 200m championships**
- **Bronze for Louis Rawlings in the SEAA U20M indoor championships**
- **1st places for Claire Wilson and Rob Huckle in the Cardiff leg of the British Cross Challenge.**
- **3rd place for Kieran Wood running for the South of England in the British Cross Challenge - the South of England won the team title.**
- **1st or 2nd places in all age-groups Cambridgeshire Schools XC despite several athletes competing elsewhere.**
- **Bronze for Alice Galloway in SEAA U20W shot Indoor championships**
- **Rob Huckle 6th in SEAA U15 Boys cross country**
- **Under 15 Boys finish 4th team in SEAA Cross-country out of 37 teams**
- **Wins for Kieran Wood, Claire Wilson and Oliver Sewell in the Anglian Schools cross country event. Rob Huckle and Eleanor MacIntosh 2nd in their age-groups**
- **Sullivan Smith wins the February Frostbite race with Jack Bowden 3rd.**

- A 2nd place for Harvey Simpkins and a 3rd for Jessica Kennard (SLJ) in the Regional sportshall finals
- 2 Gold medals for Jessica Fox, and one each for Chris Morter, Katie Reynolds, Maisie Snaith and Annabel Quantrill in the ECAA Indoor championships
- Silver medals for Chris Morter, Dylan Doggett, Dominic Clatworthy, Finlay Marriott, Jessica Kennard and Alice Galloway, and a bronze for Joanne Peak, in ECAA Indoor.
- C&C teams win U13 Boys and U15 Boys Essex Cross country league
- Eleanor MacIntosh (U13G), Thomas Keen (U13B), Rob Huckle (U15B) and Tim Cobden (U17M) all win their Essex XC league age-groups. Claire Somerton was 2nd Sen Woman, and Alice Newcombe (U15G) and Jordan Wood (U15B) took 3rd places
- Under 15 boys 4th team in English XC championships.
- Sullivan Smith clear winner of 6th Frostbite League. C&C finish 3rd overall in both Seniors and Juniors
- Holly Parker takes silver in U20W 1500m at the National indoor championships
- Jack Bowden wins the Swavesey Village College Half Marathon with Ellen Leggate first Female.
- Claire Wilson wins Bronze medal at the CAU Intercounty XC. Also top 20 finishes for Kieran Wood, Rob Huckle and Thomas Keen.
- Sullivan Smith 3rd in Cambridge Half marathon after running the CAU cross country the day before. Victoria Knight first female home in 21st place overall
- Claire Wilson 9th in Senior Girls English Schools cross-country championships.
- Oliver Sewell 12th Junior Boy in English schools Cross-country championships.
- C&C men finish 27th in the SEAA 12 stage relays
- Jenny Richards breaks the 40m barrier in the Women's hammer at the Varsity Field events and Relays match at Lee Valley
- Jon Baxter and Chris Morter both ran ca.7.1 secs for Indoor 60m, pushing each other at every meeting. They rank 6th and 9th resp. in the Eastern Region.
- Kye Liddle 1st home in the Hurden 9 mile
- Ben Baldelli wins the Stathern Duathlon
- Kieran Wood set a new Cambridge Park-run fastest men's time of 15.29 on 23rd March. 62 C&C members did a Park-run on 23rd March

- **Ryston Cross country Grand Prix – series results - David Pettitt won silver in the very competitive M45 category, and Charlie Ritchie won a M55 bronze**
- **Katie Reynolds gets National Schools Shot entry standard with her first Put of the season at the Cambridgeshire Spring throws meeting.**
- **U15 girls Florence Brimblecombe and Charlotte Davies and U15B Peter Cooke start the season well with wins in the Cambridgeshire Spring Throws meeting.**
- **Jenny Richards wins Hammer in Oxford Spring Open throws with a big PB of 42.97m – just 4cm off the women’s club record.**
- **Margaret Phillips 4th W60 in the World masters Indoor 3000m championship in Budapest**
- **C&C athletes contest 7 different Park runs around the country on the last weekend of March**

IMPORTANT CHANGES TO MEMBERSHIP SUBSCRIPTIONS

Subs are due on the anniversary of your last payment. Please pay on-line via the club website. If you cannot pay on-line for any reason contact us at 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.

We suggest that you update your log-in name and password when renewing, so that it is something you will easily remember.

The club has now re-combined the England Athletics athlete registration fee with the club membership fee. Club membership fees are therefore now increased to £56 for wage earners and £46 for non-earners. The EA fee will therefore be collected automatically by the club when you renew your membership, and then paid to England Athletics on your behalf for all club members. All members will be registered with EA from 1st April 2014 onwards regardless of when your membership is due for renewal.

We have changed the system again because England Athletics held the fee at a lower level than they had originally proposed in 2012, and the Chairman was able to make an arrangement with EA to spread the payments over the year so as to be more in line with income from our rolling membership system. This was agreed by the 2013 AGM.

Chair’s chatter Spring 2014

Monday 24th March was almost a disaster evening for C&C. Five coaches were unable to turn up for training for good personal reasons, and we had over 100 young athletes, and an induction group of nearly 50 newcomers, to cope with. Fortunately we have a new band of parents who have agreed to help with the induction groups and they helped to ensure that the disaster was averted.

So was this evidence that our systems are robust and working or is it time to panic? The five coaches were unable to attend for good and honourable reasons – they didn’t let us down. The pressure it put upon the remaining coaches was very heavy, however, and the coaches aren’t going to be happy if they’re faced with that every week. The parent helpers were a godsend. They were dropped in at the deep end and I’m not sure they’re all good swimmers yet, but it worked. It’s also worth saying that it’s about three or four years since we’ve had a similar stressful evening, when the club was a good bit smaller.

But it gets worse, possibly! We still have a waiting list of 70 young athletes, and youngsters are asking to join the list almost every day now. The population of greater Cambridge is expected to grow by upwards of 30,000 people over the next 10 to 15 years and if we get our current share of that growth, the club will

have several hundred more members....

As chair of the club I have a responsibility to try to resolve these kinds of problems. The club trustees and other committee members all work incredibly hard to make the club a success (we have trustees because we are a charity and we're required by the Charity Commission to work to promote the aims of the charity). Is it time to panic, then, or should we be patting ourselves on the back because we've got systems in place that have survived a major stressful event?

The answer of course is neither of those things. We do have fall-back systems in place, and they did work, but they are unsustainable as more than an occasional one-off.

What can be done about it? Well, I'm not sure. We've a number of ideas and we're going to be examining options in more detail over the next weeks and months. It isn't an immediate problem but if we don't sort it out pretty soon it could be fatal – as in not able to survive in our current form! We all enjoy being members of the club and we want to maintain its inclusive spirit and values. Some of the potential 'solutions' could damage the values or the way we work together, so they're not really solutions at all. Whatever we come up with, and recommend to members, it will need the club to operate as a club – as a group of people sharing the same interests and prepared to work together to make things happen.

As part of trying to come up with a way forward, the club committee asked itself, 'Why do we volunteer?' Most of the answers were surprisingly positive and we thought it would be helpful to share some of those thoughts with everyone.

Here goes with my reflections on some of the reasons I volunteer my time to the club. They're pretty simple reasons really. I find it hard to say, 'No', but I wouldn't put myself in a position to be asked if I didn't get pleasure and satisfaction from it. I started by coaching young endurance runners and it was a delight. I was showing enthusiastic, young people how to improve at something they enjoyed. I enjoyed the same things and got a buzz out of seeing them improve and watching the joy in their faces when they knew they'd run well. I probably got more pleasure from watching them mature as young people, taking with them values of collaboration, self-discipline and acquiring more self-confidence. Some of them became outstanding athletes; others simply enjoyed doing their best. I'm still in touch with some of them. I've gone to their weddings and one or two now have children of their own who are starting at the club. The coaching was part of my own training – effectively an active recovery session – so I benefited too.

I moved on to coach, and train, large numbers of adult runners. That is different but it is also rewarding in similar ways. I see them improving (or minimising decline) and I know they value the help I, and the other coaches, give them. I still see the delight when they perform well – and since I rarely perform well these days that's an extra bonus. Moving on to take responsibility for other things simply grew out of that and it has similar benefits though more at arm's length. It's rewarding to see the club thrive and to feel I've been a part of making it happen. I enjoy the company of all the friends I've made. Yes, there are downsides. It's easy to feel taken-for-granted and to get grumpy. It's tiring to keep answering the same question and irritating if the answer is on the web site, for example, and a bit more effort from the questioner could have saved five minutes of my time composing an email reply. But generally I'm rewarded by feelings of some satisfaction and even occasionally exhilaration rather than grumpiness. The club gives me part of my identity and, without being too profound, something of a sense of self worth. All those things are worth having. It's important that we all enjoy it (most of the time) and that the volumes never get burdensome – or at least only very occasionally burdensome. I need to shed some of the jobs I do and share them round more but certainly for the next few years I want to retain the benefits I get from this kind of volunteering.

If you want to share in those kinds of benefits (and some of the frustrations) there will be plenty of opportunities over the next few months. We're hoping to improve the way we support and retain volunteers, so that the enjoyment side massively outweighs the guilt trip, but we need more volunteers in order to do that – please watch this space.

Neil Chair C&C AC

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

Please contact info@cambridgeandcoleridge.org.uk to find out.

Summer training – Important information



Picture – Robbie's group at the final Thursday indoor session

- Saturday training sessions ended on March 29th, and Thursday fitness sessions at Chesterton ended on March 27th.
- Tuesday and Thursday sessions at the track are now 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, on a few occasions a very small number of young athletes have unintentionally caused concern by not 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.

Important reminders!

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

Camb's AA Cross-country championships

Held at Priory Park St Neots, again this year. No snow – but quite wet underfoot.

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 3rd year running. 9 individual gold medals and 11 team gold's which is outstanding and the best C&C team performance for many years.

Under 11s – Flora Timney was a clear winner this year, and also took the 3rd team award with Maya Buddle and Iona Butler.

U11 Boys – 2nd place for Seb Clatworthy and first team awards with Sam Myers and William Newcombe.

U13 Girls – Won by Eleanor Macintosh and first team award with Frances Haines and Beth Wilson.

U13 Boys – A win by Thomas Keen, with David Dow 2nd and Jamie Sales 3rd for a clean sweep for 1st team. Oliver Newman (7th), George Whisken (12th) and George Leech (15th) secured 3rd team place, while also “lending” Dominic Clatworthy (8th) to St Faiths.

U15 Girls - Another clean sweep for C&C. 1st, 3rd, 4th, 6th, 8th and 10th gave C&C 1st and 2nd teams. Alice Newcombe led home followed by Belinda Dow and Lucy Parker. Annabel Quantrill was 6th, Kathryn Bell 8th and Emma Schaertlin-Coffey 10th and there were more.

U15 Boys – Could the boys equal that? Well they bettered it! with a 1,2,3,4,5,6 finish. Jordan Wood won with Ashley Brown 2nd, Luke Crisp 3rd, Oliver Sewell 4th, Rob Huckle 5th and Daniel Arbide 6th. Peter Cooke wasn't far behind in 10th.

U17 Women – A comfortable win for Claire Wilson in a small field, more than a minute ahead, with Diana Chalmers 3rd and Melissa Dix 7th form another team win.

U17 Men – Another team win for C&C with Tim Cobden 1st, Harry Topham 2nd and Curtis Wood in 7th, just ahead of Jake Davies.

Senior and under 20 Men – 2nd place for Sullivan Smith, unfortunately having to run for his first claim club, Swansea. Will Mycroft was 4th, Mike Salt 6th, James Chettle 7th and Kieran Wood 10th and 2nd under 20. First team and C&C also took first veterans team.

Senior and under 20 Women – C&C won the team gold in the Senior Women and the veterans thanks to Georgina Schweining 2nd and 1st Under 20, Ellen Leggate 3rd, Claire Somerton 5th, Natalie Griffiths 6th etc etc, 10 of the first 20 finishers!

British Cross Challenge

A great day for C&C at the Cardiff leg of the British challenge. Both Rob Huckle and Claire Wilson won their races in fine style both beating top class fields. They were then backed up by Kieran Wood who while running for the South of England finished a fine third in a field made up of athletes competing for Wales, the North of England and the Midlands. Kieran helped the South to the team title.

Cambridgeshire schools cross country

Just a few of the higher placed athletes from C&C – there were many more.

Minor boys – 1st David Dow, Junior Boys – 2nd Thomas Keen, 4th Daniel Arbide, 6th Jamie Sales

Inter Boys – 1st Jordan Wood, 2nd Ashley Brown, 3rd Harry Topham, 4th Luke Crisp

Senior Boys – 1st Tim Cobden, 4th Max Schweining, 5th Dan Cade, 6th Curtis Wood

Minor Girls – 1st Eleanor Macintosh, 3rd Beth Wilson. Junior Girls – 2nd Annabel Quantrill

Inter Girls – 2nd Alice Newcombe, 3rd Belinda Dow, 4th Amy Chalmers, 5th Diana Chalmers

Senior Girls – 2nd Zoe McDonald, 6th Lucy Weber

SEAA Championships

A great day for C&C at Parliament Hill, N. London despite having some of our top scoring athletes side-lined with illness, injury and work commitments. For the first time in recent history we had finishers in all 10 age group categories and scoring teams in six.

Our star team was the U15 boys who finished 4th of 37 teams with Rob Huckle finishing a fine 6th - our top scorer of the day. He was followed home by Jordan Wood, Oliver Sewell, Luke Crisp, David Arbide, Leon Bozianu & Robert Brunton.

George Schwiening continued to place a fine 10th in the U20 women. Kieran Wood finished a creditable 11th and Dan Cade 79th in their first season in the U20 age group. For these guys it's a big jump from 6K to 8K when faced with hills & heavy mud. They were our only representatives in these age groups. We hope as our youngsters grow up and move on they will continue to turn out for C&C in the major championships.

A below par Alice Newcombe lead the U15 girls team home in 18th of 38 teams with Amy Chalmers having one of her best performances of the season. Amy was backed up by Belinda Dow and Alice Kindell, both in their first season and at their first major championship.

The U17 age group is often one of the most difficult to field teams. Those that were able to turn out did a great job on the hills and in the mud when you consider many of them prefer track & field. Tim Cobden did well to finish 35th, backed up by Harry Topham & Curtis Wood. Diana Chalmers proved a reliable supporter of the club finishing a solid 49th - the only U17 women fit to run. All being well her team mates will be back in action for the Nationals in 4 weeks time.

Very good news is C&C being able to field scoring teams in the U13 girls and boys age groups. Thomas Keen (17th) lead a squad of 6 (Jamie Sales, David Dow, Oliver Newman, George Whisken & Dominic Bozianu) home to finish 10th of 45 teams. Eleanor Macintosh (12th) a scoring team of 4 (Helena Dyce, Frances Haines, Sophie Ealey) home to finish 14th of 45 teams. Watch this space as most of these athletes are still in their first season in these age groups.

Other very promising news is that this season some of top female road runners have ventured off road and proved themselves equally successful on cross country. Claire Somerton finished a fine 41st of 466 finishers bringing a team of 4 (Carla Brown, Carrie Bedingfield & Natalie Griffiths) home in 10th of 72 teams. A year ago Natalie was a 400m runner! Two years ago we only had two finishers Helen Grant & Diana Braverman. Both were happy to still be able to run but not have the pressure of scoring.

Cross country is on the up and there were just short of one thousand senior men running (986 finishers). Mike Salt, our most experienced cross country runner, continued to be our top scorer finishing 88th overall and third V40. He was backed up by Alex Eggeman, Oliver Park, Richard Park, Iain Wood, Ben Chamberlain & Christof Schewiening. Despite missing a couple of our stronger athletes C&C still managed to finish 30th team of 110. And next year we hope to do even better.

A big thank you to all those who supported the event - athletes, coaches, parents and partners. Special thanks go to Mark Vile, Jo Newcombe & Richard Park for managing & coaching the teams.

Helen Grant.

Essex Cross country league

The final round of the Essex League took place in Chingford, a beautiful if slightly wet setting for the final race of the League Season. The day was led off by the Juniors who this season have dominated the league and become very good friends in doing so.

The U13 girls had another successful day led by Eleanor Macintosh who again took to the front early to win her 3rd race in a row in the league and win the overall title a great achievement in her first season of Cross Country. (We had a little glimpse of the future from Eleanor's sister Elizabeth running in her first race in an extended U11 race). Helena Dyce had her highest placing of the season to finish 4th and finished 4th in the overall standings.

Frances Haines had another great run in the tough conditions, with Sophie Ealey having her best run of the season not far behind in 15th. I am still baffled how they got through the standing water on the course.

A great first season for all 4 and they will all return next year in the same age group to dominate once more im sure.

The U13 Boys as a team have dominated the league from start to finish led by the ever present Thomas Keen who had already wrapped up individual honours but came down to take a victory lap and make sure they won the team. They duly did. Thomas took the victory with Jamie Sales finishing 6th, Oliver Newman 10th, David Dow 11th and George Whisken 21st.

A great victory for the team with all boys improving throughout the season.

U15 girls were led by Alice Newcombe who pushed Khi all the way to the finish to finish 2nd in the race and 3rd overall in the league. Great preparation for the Nationals in a couple of weeks. Esme Stewart had a great run to finish 9th with friends Vicky

In terms of strength in depth the clubs strongest age group is the U15 Boys and this has shone through throughout the Cross country season.

Rob Huckle showed his dominance running away from the field from the start and winning by some distance taking the 1st overall in the league. He has won all 4 of the races he entered. Ashley Brown followed in 3rd with Jordan Wood 5th which was just enough for Jordan to take 3rd overall ahead of Ashley. Luke Crisp 6th and Alex Liono ?. It hasn't mattered which 4 have ran during the season they have always done well and took the team title comfortably.

Unfortunately we had no U17 women on the day, with Diana Chalmers ill and Claire Wilson preparing for the Nationals. Diana has been ever present in the top 10 this season and Claire was won one and finished 2nd twice in the 3 races she has ran.

U17 boys were led round by Tim Cobden who took his second win of the season and with it the overall title for the league. Not bad for an 800m runner. Harry Topham continued his good form taking 3rd.



Sullivan Smith was looking for his first win in the Essex League, unfortunately Adam Hickey GB International turned up and blew the race apart from the beginning. Sullivan finishing 3rd on the day beating a number of previous winners. He was followed by the ever present Oliver Park in 21st cementing his top 20 finish overall. Alex Eggeman 25th, Richard Park 32nd Craig Dyce 34th, Iain Wood 35th. Lee Whitehead ?? Ben Chamberlin 80th, Charlie Ritchie ? Alan Huckle 97th, Glynn Smith ??

A special mention goes to Craig Dyce who finished 3rd overall in the V40 category rewarding a very consistent season.

Also special thanks to Jo Newcombe for sorting out the scoring and Frances Haines for her support at all the races staying till the end to watch the seniors.

The biggest thank you needs to go to Richard Park from the whole club. He turns up well before the first race of the day and then runs in the last race if the day!! The club's biggest improvement this year is in the U13 girls & boys age group. Most of this is down to Ric, Oli and Fergie (plus the other great volunteers) who take the Monday night sessions. Without this our younger age groups would not have improved so much

English National Cross-Country Championships

The best recent team results to date on a glorious day at Wollaton Park, Nottingham. The team of the day was the U15 boys team of Rob Huckle, Jordan Wood, Ashley Brown and Oli Sewell who finished 4th team with Luke Crisp backing them up a few places further down, just 4 points behind bronze medalists Team Bath (194:198pts). There were very promising results from the U13 girls & boys, both finishing 22nd team of 42 and 53 teams respectively. Eleanor MacIntosh was first C&C finisher in the U13G and Thomas Keen in the U13 Boys.

It was great to see enough senior women to close a scoring team of four, finishing 17th of 83 teams.

For the first time in many years sufficient Senior men ran to close a scoring team in both the 6 and 9 to score competitions (30th of 127 teams & 23rd of 56 teams respectively). There were many fine individual performances with the following continuing to place extremely well in their age groups: Rob Huckle 10th U15B, Claire Wilson 11th U17W & George Schwiening 14th U20W.

Many thanks go to Mark Vile, Jo Newcombe & Richard Park for acting as team managers & coaches on the day. Full individual results on the website – Cross country results

A renaissance in Senior Cross Country running has taken place this season with the senior women featuring full teams in the last 4 races. Claire Somerton's consistent improvements over the winter saw her finish 3rd on the day and take 2nd place overall, Carla Brown continued her good form finishing 6th with Natalie Griffiths just behind in 7th.



CAU Cross country – March 8th at Birmingham (County team report – not just C&C athletes)

The first day of summer greeted the last race (apart from English Schools) of the Cross Country Season.

It was great to see so many young athletes out running for their county and in there a few very good performances. The highlight of the day came in the U17W right in the middle of proceedings. Claire Wilson was relentless from the start. The leading duo quickly broke away leaving Claire pushing the pace in the chasing pack this continued throughout the race until they finally broke on the final climb to leave Claire clear in third place as she came down to the finish to collect her Bronze medal. The first individual medal collected by the county in a number of years. Behind her there were brilliant performances from girls who have another year in the age group. Charlotte Murphy had a great run to finish 22nd, Diana Chalmers in 67th, Polly Smith 118th, Ella Blake 159th and Melissa Dix 212. A very strong team performance.

For many in the U13 teams this was their first taste of the Inter Counties which brings together the top 8 from each county.

This was particularly true of the girls who all ran well, Eleanor Macintosh leading the way in 75, another great run from Frances Haines in 143rd, Beth Wilson 241, Katie Ellis 242, Amber Park 251, Cecilia Hime 268, Sorcha Barnes 283, Kayla Helmkamp finishing 301 despite a bad fall. Hopefully all will be back next year.

U13 Boys had a wise head on young shoulders leading the way as Thomas Keen produced his best performance to date to finish 18th he was 152nd here last year.

Jamie Sales followed in 80th, Ben Roberts 88, David Dow 118, Andrew Worrall 163 just pipping Oliver Newman 164, Will Gore 231, Cameron Ackroyd 244. A great spirit exists between each of the boys in this age group and they frequently beat each other and I look forward to seeing them progress as a group through the next few years.

Lauren Murphy paced herself brilliantly, to move through the field on the second lap and lead the U15 Girls team home finishing an impressive 35th. Alice Newcombe 72, Belinda Dow 91, Masie Pritchard 111, Kathryn Bell 217 completed a young U15 Girls team.

A fall at the start disrupted the U15 Boys hope of a team medal. Rob Huckle led the team home in 20th after being in a large lead bunch on the first lap. Finn Barnes followed in 43, Ashley Brown 66, Oliver Sewell 82, Jordan Wood 100, Niall Ackroyd 141, Luke Crisp after falling 145, Austin Herbert 148. All 8 boys finishing inside the top 150 of a field of 280 is a very impressive feat.

First in for the U17 Boys was Timothy Cobden 122 closely followed by Harry Topham 147, Jake Davies 219, Jevan Robertson 221, Arten Usatenko 227, Liam Ward 244, Curtis Wood 245.

Another Highlight was to have scoring teams for both the U20 Women and U20 men.

The U 20 Women were led by a strong performance from Jess Varley 95th, ably backed up by Emma Evans 111, Eleanor Smith 139 and Kirsty Middleton 147. Good performances from all 4 girls.

The U20 Men started the day and were led by a superb performance by Kieran Wood who had one of his best every days on the country to finish 10th. A great run from Chris Wright brought him in inside the top 50, 47th, closely followed by Chris Allison 62 and Dan Cade 153.

The Senior Women were led home by a strong run from Tracey McCartney in 87th. Claire Somerton 116, Carla Brown 132, Ellen Leggate 133, Sarah Caskey 211 and Carrie Bedingfield 216 completing a strong senior Womens team.

A raft of Senior Men pulling out in the final week meant that only 4 ran in the Senior Mens race. Sullivan Smith just missed out on a top 50 placing coming home 55th. William Mycroft followed in 108, Michael Moore 212 and Oliver Park 244.

A very good day for the county across the age groups coming home with an individual medal along with some great individual performances and strong team results. I will see you all again next year.

Richard Park – County team manager

English Schools cross country championships

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

Claire Wilson was the 9th finisher of 321 finishers in the Senior Girls – a really excellent performance – with Zoe MacDonald 94th and 2nd Camb's athlete.

Kieron Wood was 65th in the Senior boys and 2nd Camb's athlete home.

Alice Newcombe was 33rd in the Inter girls and 2nd Camb's athlete to finish

Robert Huckle was 77th finisher in the Inter Boys, and 1st Camb's athlete home

Annabel Quantrill was 145th in the Junior girls and 3rd Camb's athlete

Oliver Sewell was 12th in the Junior boys in a field of 333 and 1st Camb's athlete home



Senior Girls race



Junior Boys race

The Boxing day 4 mile 2013

60 finishers this year – marginally less than last year. This year’s course was somewhat modified to eliminate the need to run alongside Fen Causeway, but the distance remained the same.

The race was won by Guest ex C&C runner and international Tri-athlete Will Clarke in 20.08 with Will Mycroft 1st C&C member as last year. First female home was Diana Chalmers in 25.20 followed closely by Alice Newcombe in 25.35. Full results are on the [runcambridge](http://runcambridge.com) website

Frostbite league

Not quite so good this year. C&C finished 3rd in both Senior and Junior leagues. Congratulations to Sullivan Smith who was unbeaten in the 5 races he attended.

Ely New years Eve 10k

Even more C&C have turned out at Ely for the traditional end-of-year burn-up, (45 to be exact) . Thomas Stevens finished in 3rd place and Carrie Bedingfield was 8th Female.

In the veteran categories Giulio Cinque was 1st M50, Mary Twitchett 1st W50, and Margaret Phillips was 1st W60.

Barcelona such a beautiful horizon – report by Chris Hurcomb

Now it's not every day you get to run a half marathon on such a beautiful spring-like morning in February

and it's not every day you run a race where a world record is set. But 8 of us C&C'ers were on tour in Barcelona, where Florence Kiplagat broke the Ladies Half Marathon world record in 1:05:12. Yet only 11 places behind her was our very own Claire Somerton smashing her PB in 1:22:55. Graeme Kennedy had a metronomically speedy run in 143rd with a new best of 1:17:48. Well deserved PB's and a welcome return to form for Coach Rich and the ever improving Silvia Chiappa. It was great to see Chris Poole back running the 21k after such a long layoff, whilst David, Ben and I all did our best on a day of near perfect conditions, albeit early, and a flat fast course. A fun day had by all and maybe one or two small Mojitos to celebrate. A definite for anyone's race calendar.

Track and field taster for endurance athletes

We hope to be able to run a Track and Field taster evening for the Road and Cross-country runners on Thursday 1st May with timed/measured events such as 100m, 400, 1500m, Longjump and a throwing event. Watch for more information. Exactly what, will depend on how many offers of help we get.

Indoor Track &Field Season

Silver for Hollie, at the National Indoor championships

Hollie was 2nd in the Under 20 Women's 1500m in 4.39.75 at the England Athletics Age-group championships. Hollie also finished 5th in the 800m.

Medals galore at the Eastern AA Indoor championships.

2 Gold medals for Jessica Fox, and one each for Chris Morter, Katie Reynolds, Maisie Snaith and Annabel Quantrill in the ECAA Indoor championships

Silver medals for Chris Morter, Dylan Doggett, Dominic Clatworthy, Finlay Marriott, Jessica Kennard and Alice Galloway, and a bronze for Joanne Peak, in ECAA Indoor.

Sports Hall athletics

There were two matches this winter, one in November at Cambridge run by the GCAN and one in early January at St Ives as a county selection meeting. Results are on the website under T&F results. Several of our athletes then went on to compete for Cambridgeshire in the Regional U13/U15's final at Hatfield.

Not many medallists this year against some very strong opposition but a 2nd place for Harvey Simpkins and a 3rd for Jessica Kennard.

Spring Open throws meetings

Good success for C&C throwers over the last weekend of March. Jenny Richards threw a new PB in Hammer at the Oxford City Open throws of 42.97, and at Cambridge there were several PB's for C&C throwers and an ESAA entry standard for Katie Reynolds in U17W shot. All the results are on the C&C website under Track and Field results (Jan- March 2014).

Young athletes trials evening

On Monday 31st 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 wasn't as cold as last year luckily, and thanks to an excellent turn-out of officials and volunteers we were able to stage four field events as well as the 100m and 800m on the track.

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.

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/ .

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 2014 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.

Rule changes for 2014

For 2014 the UKA rules have been changed slightly to bring them into line with IAAF rules.

- Under 15 Girls will now throw a 3kg shot (formerly 3.25kg), and a 500g javelin (formerly 600g)
- Under 17 women will now throw a 3kg shot and hammer (formerly 4kg) and a 500g javelin (formerly 600g)
- Under 17's and under 20's now have the same false start rule as Seniors (DQ after one false start)
- Under 13's and under 15's will continue to have one false start warning before disqualification.

The English Schools have adopted the same rule changes:

- Junior Girls Hammer will now be included in the ESAA Championships, and therefore in County Championships, 3kg.

- The changes to Junior and Intermediate Girls implement weights introduced by IAAF, trickling down to UK rules, will be adopted by the ESAA from January 2014 to avoid confusion between club and schools' competitions. This means that JG & IG shot weight will be 3kg, and JG & IG Javelin weight will be 500g. The IG Hammer will be 3kg. This rule change will apply to all ESAA events, including the Track & Field Cup competition. New standards for these events have been published.

Cambridgeshire AA County Track and field championships – Peterborough on May 24th

This year the date for county championships is 24th May. 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.

Entry forms can also be found via a link on the club website under Track and field fixtures, and details 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 C&C teams 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 14th at St Ives.

Also the Steeplechases and 1 mile Championships will be held at the Evening Dev't meetings on Wed 11th June and 9th July at St Ives.

This year Camb's AA are also offering a Senior 3km walks championship (Under 17's and under 20's can compete as seniors). The event will be held jointly with Suffolk on May 25th at Ipswich, but enter via Camb's AA using the County championships entry form.

You must enter in advance for all the championship events (but you 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 14th May on the Camb's AA entry form at: 18 Hunts Road, Duxford, Camb's, 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 Camb's 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 Camb's AA website <http://www.Camb'sathletics.org.uk/page3.htm>. **or can be found below at the end of the newsletter.**

You can enter the 3000m, steeplechase, mile or 3k walk 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 24th)

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

Eastern AA Championships – 26th July 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

1/17th August for U15's & U17's

14/15th June for U20's and seniors

These championships cover most counties of Southern England. This is stronger competition than the Eastern Championships. Both events are scheduled to be held at Crystal Palace (the old home stadium of British athletics).

Closing dates will be about 3 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

Camb's 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 14th at St Ives - 100m, 200m, 323/400m, 800m, 3000m (**inc. County championships**), Hammer, Shot, Long jump. (plus U11's Long jump, 80m, 600m)

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 anyone including Senior/Vet men can enter that (but not under 13's)

Wed June 11th 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 shot, 80m and 600m)

Wed July 9th 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 600m)

You must enter the steeplechases and the Mile 7 days in advance to be eligible for the Championship, but there will also be "Open" entries on the night (not eligible for County medals).

Ambulant athletes with disability are welcome

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 long throws)

All field event entries get 6 attempts (except HJ where normal rules apply)

The events on May 14th and June 11th give 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.Camb'sathletics.org.uk.

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

The Track and Field leagues for 2014 – 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 3 NE– 16 clubs, – and three of the five matches are at Cambridge (plus one at Kings Lynn and one at Battersea).

This is our third year in this league which was established in 2011 and we were relegated in 2013, so it is important that we do well (which needs full teams), in order that we return to Div 2 again next year.

Veterans League

For athletes aged 35+. The league will take place on the first Wednesdays of May, June, July and August this year. Team Manager Carole Morris. carole.morris2@ntlworld.com

At this time it looks as if it will not be the usual EVAC league but instead a stop-gap series, because the new organisers who took on the EVAC league last year currently have done nothing.

The fall-back position is a 4 match series between C&C, Hunts, PAC, Bedford, Biggleswade and Milton Keynes - details below

Four matches with league table. Separate men's and women's leagues.

Age groups - M35 - 49, M50, M60, W35 - 49, W50 Points per event and per match- 6, 5, 4, 3, 2,1

First Wednesday in May, June, July, August (7 pm to 9 pm)

Teams - Bedford, Cambridge, Peterborough, Hunts, Milton Keynes, Biggleswade

An athlete can come down in age group at a meet but must remain in that age group for the duration of the meet with the exception of the relay where an athlete can come down in age group for just that race even though competing in the higher age group during the meet.

Numbers obtained by each club. Example, Bedford - BM35, BM50, BM60, BW35, BW50

Numbers on the front and back for 800m, 1500m, and 3000m.

Match 1 (Milton Keynes) - 7 May

7:00 100 (M35 - 49, M50, M60, W35 - 49, W50)

7:00 PV (W35 - 49) - Up to seven attempts

7:00 LJ (M35 - 49, M50, M60) - Four jumps each

7:00 SP (M35 - 49, M50, M60) - Four throws each

7:00 HT (W35 - 49, W50) - Four throws each

7:30 1500 (M35 - 49, M50, M60, W35 - 49, W50)

7:45 LJ (W35 - 49, W50) - Four jumps each

7:45 PV (M35 - 49, M50, M60) - seven attempts

7:45 HT (M35 - 49, M50, M60) - Four throws each

7:45 SP (W35 - 49, W50) - Four throws each

8:00 400 (M35 - 49, M50, M60, W35 - 49, W50)

8:40 4x100 (M35 - 49, M50, W35 - 49, W50)

Match 3 (Bedford) - 2 July

7:00 100 (M35 - 49, M50, M60, W35 - 49, W50)

7:00 PV (W35 - 49) - Up to seven attempts

7:00 LJ (M35 - 49, M50, M60) - Four jumps each

7:00 SP (M35 - 49, M50, M60) - Four throws each

7:00 HT (W35 - 49, W50) - Four throws each

7:30 1500 (M35 - 49, M50, M60, W35 - 49, W50)

7:45 LJ (W35 - 49, W50) - Four jumps each

7:45 PV (M35 - 49, M50, M60) - seven attempts

7:45 HT (M35 - 49, M50, M60) - Four throws each

7:45 SP (W35 - 49, W50) - Four throws each

8:00 400 (M35 - 49, M50, M60, W35 - 49, W50)

8:40 Medley Relay – 200, 200, 400, 800 (M35 - 49, M50, W35 - 49, W50)

Match 2 (Cambridge) - 4 June

7:00 800 (M35 - 49, M50, M60, W35 - 49, W50)

7:00 HJ (W35 - 49, W50) - Up to seven attempts

7:00 TJ (M35 - 49, M50, M60) - Four jumps each

7:00 DT (M35 - 49, M50, M60) - Four throws each

7:00 JT (W35 - 49, W50) - Four throws each

7:30 200 (M35 - 49, M50, M60, W35 - 49, W50)

7:45 HJ (M35 - 49, M50, M60) - seven attempts

7:45 JT (M35 - 49, M50, M60) - Four throws each

7:45 TJ (W35 - 49, W50) - Four jumps each

8:00 DT (W35 - 49, W50) - Four throws each

8:00 3000 (M35 - 49, M50, M60, W35 - 49, W50)

8:40 4x400 (M35 - 49, M50, W35 - 49, W50)

Match 4 (St Ives) - 6 August

7:00 800 (M35 - 49, M50, M60, W35 - 49, W50)

7:00 HJ (W35 - 49, W50) - Up to seven attempts

7:00 TJ (M35 - 49, M50, M60) - Four jumps each

7:00 DT (M35 - 49, M50, M60) - Four throws each

7:00 JT (W35 - 49, W50) - Four throws each

7:30 200 (M35 - 49, M50, M60, W35 - 49, W50)

7:45 HJ (M35 - 49, M50, M60) - seven attempts

7:45 JT (M35 - 49, M50, M60) - Four throws each

7:45 TJ (W35 - 49, W50) - Four jumps each

8:00 DT (W35 - 49, W50) - Four throws each

8:00 3000 (M35 - 49, M50, M60, W35 - 49, W50)

8:40 Medley Relay – 400, 200, 200, 400 (M35 - 49, M50, W35 - 49, W50)

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, 3/400m (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 (Seniors, Under 17 Women, 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 2014 T&F competition handbook which is on the website.)

The 2014 EAL fixtures are:

- 1) Sunday May 4th at Norwich (bus will run)
 - 2) Sunday June 8th at Ipswich (bus will run)
 - 3) Sunday July 6th at Peterborough
 - 4) Sunday August 17th at Cambridge (at St Ives track because of planned track resurfacing at cambridge)
- FINAL Sunday 14th September at Bury St Edmunds

TEAM MANAGERS:

Co-ordinator, Under11's, and Sen.Men Noel Moss 01223 833470 noelmoss@btinternet.com _

U17 men - Alex Holdsworth 07824962739 - alexholdsworth32@gmail.com

U15 Boys - Sarah Clarke 01223 873158 - kspclarke@btopenworld.com

U13 Boys - Simon Standing 07982 333780 - simon.standing@hotmail.co.uk _

Senior Women(inc U20 & U17's) - Wendy Fox 07725812394 - wendvjfox@hotmail.com

U15 Girls - Marian Rehak - 01223 241973 - rehak@btinternet.com

U13 Girls - Susan Killoughery - 01223 830160 - skilloughery@gklgroup.co.uk

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 2014 T&F competition handbook which is on the website.)

The 2014 EYAL fixtures are:

- 1) Sunday 13th April at Norwich (a bus will run)
 - 2) Sunday 11th May at Peterborough
 - 3) Sunday 15 June at Cambridge
 - 4) Sunday 13th July at Cambridge
 - 5) Sunday 3rd August at Watford (a bus will run)
- FINAL Sunday 7th September Cup finals (if we've qualified).

League website www.eyal.org.uk

TEAM MANAGERS:

Co-ordinator Suzanne Marriott 07952559132 - suzmarriott@btinternet.com
U/13 Girls Sharon Cassidy - 07531428306 - thurstoncassidy@hotmail.com
U/13 Boys Jenny Clatworthy 07813214878 - jennyclatworthy@btinternet.com
U/15 Girls Suzanne Marriott 07952559132 - suzmarriott@btinternet.com
U/15 Boys Sarah Clarke 01223 873158 - kspclarke@btopenworld.com
U/17 Women Jane Packman 07473173584 - packman.parker@hotmail.co.uk
U/17 Men Suzanne Marriott 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 2014

Under 13's must be aged 11 or over and aged under 13 on 31st August 2014.
Under 15's must be aged 13 or over and aged under 15 on 31st August 2014.
Under 17's must be aged 15 or over and aged under 17 on 31st August 2014.
Under 20's must be aged 17 or over and aged under 20 on 31st December 2014.
For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2014.
For Championships, Senior's must be aged 17 or over on 31st August 2014
(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.

Advice for the Veterans – "Tips" by Alex Downie

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

1. Hurtle along in the straightest lines possible to minimise distance – pretty obvious and not really very cunning – but it may not always be easy to discern which IS the shortest distance (the organisers of the Florence Marathon went to the trouble of painting a green line to indicate where it was), and you may decide to deviate from it for various reasons.
2. For instance, you might want to maximise centripetal force by taking bends from a wide position and cutting in.
3. When facing a headwind – and don't we always? – find someone big and bulky of about your speed to use as a human windshield. He, if is a 'he', won't like it.....
4.and he'll like it even less when you accelerate in front of him at the end with a devastating finishing sprint.

NB. This will need a bit of training, unless you are naturally gifted, in which case you don't need to be reading any of this.

5. Any course that 'undulates' will be slower than a mainly flat course. (Just WHY we can't make up time on the down sides what we lose on the ups is something of a mystery, but there it is.) We can't do much about the terrain – except avoid hilly races; it's amazing how much WAVA's improve on the flat – but we can try to select the most level route in microcosm that's available. Even tiny adjustments can add up if carried out often enough.
6. Generally ignore puddles, at least the more shallow ones in road races. Cross-country puddles may be more problematic – you may feel there's an element of doubt about how deep they are, and/or what may be lurking in their depths.
7. Attacking from the back can be a good plan. Overtaking tends to improve morale, and improved morale may result in increased speed, and vice versa. (The only time I feel fabulously fast in a race is when doing one of the later legs in Chariots of Fire; I tried to count my net overtaking one year, and it came to about 80.....whereas in most races, I go off too fast, end up being largely overtaken and thinking "oh what's the use? I'll slow down now; this is too painful. I think I want to stop.")
8. I've saved this one till last because it's nasty, selfish and even evil. It contradicts no. 7, and applies when you know there are likely to be constrictions early on in the course. It is this:-....be the BLOCKER, not the BLOCKED. Try to accelerate away at the start a bit ahead of your 'rightful' place in the race. OK, it's a terrible thing to do, and I'll come clean and admit I did something like it in a recent 5k, by slimily slipping ahead of a couple of runners who were faster than me just before some narrow bits. Awful etiquette! I could almost hear the gnashing of teeth behind me, but I had a clear run.....I know, I'm a very bad person.
9. Er....
10. That's it.

Keep Focused, Alex Downie

Athletics Officials

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

Jen Richardson, Jessica Sturge, Lisa Butler, and Ann, Andrew and Alec McIntyre took then track judging course, Roy Palmer, Finlay Marriott, Robin Butler, Christine Brimblecombe, Sophie and Stephen Wallis all took the field judging course.

Elizabeth Jones took the timekeeping course.

They now need to judge at four meetings to complete their level two qualification – it's that easy.

A real success story is that of Sophia Brumann who was recently awarded the Southern Officials Association, Young official of the year award.



The citation for Sophia's award was as follows: "Sophia has worked diligently, efficiently and enthusiastically this year. She has regularly supported her Club (Cambridge & Coleridge AC), the County (Cambridgeshire) and the Region (East). She has impressed all colleagues who have worked with her. Currently a Level 2B Track Judge and Level 2A Photo-finish Judge she has spent the summer consolidating her knowledge and experience on the track and is well on her way to being accredited with her Level 2B Photo-finish award. She is always willing to accept any role given to her and was this year selected to be Track Referee at the Cambridgeshire Schools Championships a task she acquitted well showing both confidence and knowledge. Overall, she has performed well in two disciplines and is a worthy

contender for this award".

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 always 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 noelmoos@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, contact Noel by 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 2014 Outdoor

Road

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

April 6 th	Cambridge Cambourne 10K	Cambourne, Camb's, 10 km + fun run	All
Apr 6 th	Brighton Marathon	Brighton	Senior/U20/Vet
Apr 6 th	Bungay Black Dog Marathon	Bungay, Suffolk	Senior/U20/Vet
April 6 th	Paris marathon	Paris	Senior/U20/Vet
April 13 th	Virgin London Marathon	London, 26.2 miles	
April 27 th	Ickworth House 10k	Ickworth	All over 16
April 27 th	Shakespeare Marathon	Stratford upon Avon	Senior/U20/Vet
May 4 th	Worcester Marathon	Worcester	Senior/U20/Vet
May 4 th	Fen Drayton 10k	Fen Drayton	All over 16
May 4 th	BMAF 10k road race championships	Kings Lynn	Veterans
May 4 th	Hamburg Marathon	Hamburg	Senior/U20/Vet
May 4 th	GEAR 10k	Kings Lynn	All over 16
May 5 th	Milton keynes marathon	Milton Keynes 26.2 miles	Senior/U20/Vet
May 5 th	Ashdon 10k and fun run	Ashdon	All
May 7 th	Silverstone 10k	Silverstone	All over 16
May 8 th	Kevin henry 5k league	Impington	All over 16
May 11 th	Eye 10k	Eye nr Peterborough	Senior/U20/Vet
May 11 th	Halstead and Essex Marathon	Halstead	Senior/U20/Vet
May 17 th	White Peak Marathon	Matlock	Senior/U20/Vet
May 17 th	BMAF Road relays	Sutton Park	Veterans
May 18 th	East Camb's Half marathon	Soham	Senior/U20/Vet
May 18 th	Wimpole 10k	Arrington	Senior/U20/Vet
May 25 th	Edinburgh marathon	Edinburgh - Ind Rep. of Scotland	Senior/U20/Vet
May 25 th	Liverpool marathon	Liverpool	Seniors/U20/vet
May 26 th	Hatfield Broad Oak 10k	Hatfield Broad Oak	Senior/U20/Vet
May 23 – 26th	Tour of the Derwent Valley (4 races)	Derbyshire	Senior/U20/Vet
June 1 st	Flaming June Half marathon	Histon	Senior/U20/Vet
June 5th	Kevin Henry 5k league	Newmarket	All over 16
June 8 th	St Albans half marathon	St Albans	Senior/u20/Vet
June 15 th	Huntingdon 10k	Alconbury airfield	Senior/U20/Vet
June 21 st	Pathfinder (46 miles)	RAF Wyton	Senior/U20/Vet
June 22 nd	City of London Mile	London	All
June 22 nd	Sutton Beast 10k	Sutton Nr Ely	All over 16
June 22 nd	Hatfield Forest 10k	Hatfield Forest	All over 16
June 29 th	Abbey 10k	Ramsey	Senior/U20/Vet
July 3 rd	Kevin Henry 5k league	Saffron Walden	All over 16
July 6 th	March Spud run 5	March	Senior/U20/Vet
July 13 th	Bushfield 10k and 3k	Peterborough	All over 16
July 20 th	Fairlands valley Challenge	Stevenage	Senior/U20/Vet
July 20 th	St Ives 10k and 3k	St Ives	All over 16
July 26 th	Swiss Alpine Marathon	Davos	Senior/U20/Vet

August 7 th	Kevin Henry 5k league	Haverhill	All over 16
August 10 th	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
August (TBC)	Thorney 5 mile	Thorney	All over 16
August 13 th	Barney memorial 5k	Peterborough	Senior/U20/Vet
August 16 th	Race the train	Tywyn, Wales	Senior/U20/Vet
August 17 th	Isle of Wight Half Marathon	Sandown	Senior/U20/Vet
Aug 23/24 th	Guernsey Marathon	Guernsey	Senior/U20/Vet
Sept 4 th	Kevin Henry 5k league	Cambridge	All over 16
Sept 14 th	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 7 th	Great North Run	Gateshead	Senior/U20/Vet
Sept 28 th	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 27/28 th	Berlin marathon	Berlin	Senior/U20/Vet
Oct 5 th	Jersey Marathon	Jersey	Senior/U20/Vet
Oct 5 th	Chester Marathon	Chester	Senior/U20/Vet
Oct 12 th	Isle of Wight Marathon	Ryde	Senior/U20/Vet
Oct 19 th	Abingdon Marathon	Abingdon	Senior/U20/Vet
Oct 12 th	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 25 th	Beachy head Marathon	Eastbourne	Senior/U20/Vet
Oct 25 th	Snowdonia Marathon	Llanberis	Senior/U20/Vet
Nov 2 nd	Bonfire Burn 10k	Histon	All over 16
Nov 2 nd	Stevenage Marathon	Stevenage	Senior/U20/Vet
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16

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)

April 5th	<u>Bedfordshire Open meeting</u>	Sandy	All ages
April 13th	Eastern Young athletes league 1	Norwich	All aged under 17
April 18th	<u>Herts phoenix Open meeting</u>	Welwyn	All
April 19th	Southern athletics league 1	Kings Lynn	Seniors inc U17's
May 4th	East Anglian T&F league 1	Norwich	All ages
May 7th	Veterans league	Milton keynes	Age 35 plus
May 11th	Eastern Young athletes league 2	Peterborough	All aged under 17
May 14th	<u>Camb's AA Open Devt meeting 1</u>	St Ives (evening)	All ages
May 17th	Southern athletics league 2	Cambridge	Seniors inc U17's
May 24th	<u>Cambridgeshire AA Championships Prospectus and entry form</u>	Peterborough	All ages
May 31st/1st	Bedford Games	Bedford	Invitation
June 4th	Veterans league	Cambridge	Age 35 plus
June 8th	East Anglian T&F league 2	Ipswich	All ages
June 11th	<u>Camb's AA Open Devt meeting 2</u>	St Ives	All ages
June 14th	County Schools championships	TBC	Schools districts
June 14/15th	SEAA Sen/U20 championships	Crystal palace	All Sen/U20's
June 15th	Eastern Young athletes league 3	Cambridge	All aged under 17
June 21st	Southern athletics league 3	Cambridge	Seniors inc U17's
June 21/22nd	England athletics U20/U23 championships	Bedford	Entry standards
June 27/28/29th	UK trials and national Championships	Birmingham	Seniors (standards)
July 2nd	Veterans League	Bedford	Age 35 plus
July 6th	East Anglian T&F league 3	Peterborough	All ages
July 9th	<u>Camb's AA Open Devt meeting 3</u>	St Ives	All ages
July 12th	Southern athletics league 4	Battersea	Seniors inc U17's
July 13th	Eastern Young athletes league 4	Cambridge	All aged under 17
July 19/20th	SEAA combined events	Bedford	All aged 13 plus
July 26th	Eastern AA T&F championships	Cambridge	All ages
Aug 2nd	Southern athletics league 5	Cambridge	Seniors inc U17's
Aug 3rd	Eastern Young athletes league 5	Watford	All aged under 17
Aug 3rd	SEAA U15/U20 intercounties	Copthall	County selection
Aug 6th	Veterans League	St Ives	Age 35 plus
Aug 16/17th	SEAA U15/U17 championships	Crystal Palace	U15/U17's

Aug 17th	East Anglian T&F league 4	St Ives (C&C are host club)	All ages
Aug 24th	British Grand Prix	Birmingham	Spectators
Aug 30/31st	England athletics U15/U17 championships	Bedford	U15/U17's
Sept 7th	Eastern Young athletes league finals	TBC	Selected team
Sept 14th	East Anglian T&F league final	Bury St Edmunds	Selected teams
Sept 28th	Camb's/ECAA multievents	Peterborough	All ages

Looking for an open meeting - try www.openmeetings.co.uk/find-an-open-meet.php

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.Camb'sathletics.org.uk
Cambridgeshire schools athletics information	http://www.Camb'sathletics.org.uk
EYAL website	http://www.eyal.org.uk
Southern Athletics league	http://www.southernathletics.org.uk
East Anglian league website	http://www.Camb'sathletics.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 T&F equipment (Athletics direct website)	www.athleticsdirect.co.uk/
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

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**

CAMBRIDGESHIRE AAA TRACK AND FIELD CHAMPIONSHIPS
SATURDAY 24TH MAY 2014 – STARTING AT 10AM
AT THE EMBANKMENT TRACK, PETERBOROUGH, PE1 5BW

FAMILY NAME

FIRST NAME(S)

HOME ADDRESS

TELEPHONE

E-MAIL (please distinguish clearly between hyphen and underscore).....

DOB & AGE GROUP

CLUB and/or SCHOOL

COUNTY QUALIFICATION Birth..... Residence..... Forces..... Camb. University.....

(If stating residence, give date of first residence – residence means more than 9 months continuous – not university term-time)

Note - you may compete in/for only one County in any competition year.

EVENTS ENTERED 2013/14 Best performance

.....

.....

The performance indicator is for use in grading heats in the track events only

FEE PAID (£3.00 for your first event and £2.50 for each additional event)

Payment of this fee should be by Cheque or Postal order payable to Cambridgeshire AA. PLEASE DON'T POST COINS!

Alternatively payment may be made by BACS transfer to Cambridgeshire AA – Lloyds account No 01074048 – Sort code 30:97:24 quoting “Camb’s AA championships” and athletes surname as reference, and the entry form can then be sent by e-mail, but entries **must** be accompanied by a copy of the bank transfer confirmation.

This form, when completed, should be sent to : N S Moss, 18 Hunts Road, Duxford, Camb’s. CB22 4RE

Tel 01223 833470 e-mail Camb'saatandfevents@Camb'sathletics.org.uk

Important Information

Closing date for all entries is Friday May 16th Entries received after this date **will not be accepted. Entries must be accompanied by the correct fee. Therefore telephone entries will not be accepted under any circumstances, nor will entries on the day of competition. Please copy this form for your own requirements.**

If entry confirmation or timetable is required, a reliable e-mail address must be given (please make sure we can read it clearly!) or a self-addressed stamped envelope must be enclosed. Information will not be sent until early in the week before the event takes place. It will also appear on the Camb’s AA website www.Camb'sathletics.org.uk

- Under 13's, Under 15's and Under 17's may compete in a maximum of 3 events on one day (but may enter more and select on the day subject to payment of the fee for all events entered).
- Under 13 and under 15 girls and boys may only run in one event of 800m or over on the same day, but can enter more than one and select which one they prefer to run on the day (fee must be paid for each event in such cases).
- Age groups are based on age at midnight on 31st August 2014 with the exception of the upper limit of the Under 20's where the athlete must be under 20 at Midnight on 31st December 2014.
- UKA rules of competition 2014 apply to all age-groups and events. (Using 500g javelins and 3kg shot for u15G and U17W).
- You may also enter the Camb’s AA championships for 3k Walk (May 25th combined with Suffolk - closing date May 9th), 3000m (May 14th), the Mile (July 9th) and/or steeplechase events (June 11th/July 9th) at the same time using this form (subject to the specified age-groups). These events are not part of your events limit on May 24th but must also be entered at least one week in advance to qualify for the championships event (they are also open events). (ie for 3000m championship enter by May 7th).

Entries for the 3k walk must be received by May 9th in order to allow time for coordination with Suffolk AA.

CAMBRIDGESHIRE A.A. 2014 COUNTY CHAMPIONSHIPS TIME TABLE (Provisional)

TRACK EVENTS		FIELD EVENTS	
10.00	3/400mHurdles	10.00	Hammer All Male age-groups
10.25	100m heats		Long Jump U15B
11.30	800m heats/finals		Triple Jump All Female age-groups
12.30	100m finals		Highjump U20M, SM, U17M
	<i>LUNCH</i>	10.45	Hammer All Female age-groups
13.10	300m heats 400m heats		Long Jump U13G
13.55	70mH 75mH 80mH	11.15	Pole Vault All eligible age groups
14.20	200m heats		Triplejump All Male age-groups
15.30	1500m U13G, U13B U15G U15B	12.00	Highjump U17W , U20W, SW
16.00	800m finals		Shot U13G U15G
16.10	1500mU17/U20W U17/U20M SW SM		Longjump U13B
16.25	100mH, 110mH	12.45	Javelin SM, U20M , U17M
16.40	200m finals		Discus U13G, U15G
16.55	5000m (SM+Vets)		High Jump U13B U15B
17.15	3/400m finals		Long Jump SW, U20W, U17W
		13.45	Javelin U13B U15B
			Discus U17W, U20W, SW
			Shot SM U20M U17M
			Long Jump U15G
		14.45	Javelin SW, U20W, U17W
			Discus U17M U20M SM
			Shot U13 B U15B
			High Jump U13G U15G
		16.00	Long Jump U17M, U20M, SM
			Discus U13B U15B
			Shot U17W U20W SW
			Javelin U13G, U15G

**This will change slightly when the entries are known, depending on numbers entered in each event.
Finals will be run at heat times where entry numbers do not justify heats**

Summary of T&F Championship events available

Events	BU13	BU15	MU17	U20M	SM	GU13	GU15	WU17	WU20	SW
100m	+	+	+	+	+	+	+	+	+	+
200m	+	+	+	+	+	+	+	+	+	+
3/400m		+(300)	+	+	+		+(300)	+(300)	+	+
800	+	+	+	+	+	+	+	+	+	+
1500m	+	+	+	+	+	+	+	+	+	+
1 Mile (On July 9 th)			+	+	+			+	+	+
5000m					+					+
3000m (on May 14 th)		+	+	+			+	+	+	+
3km Walk (see below)*					+					+
Spr.Hdls	+	+	+	+	+	+	+	+	+	+
3/400 hdds			+	+	+			+(300)	+	+
Steeplechases (June 11 th /July 9 th)			+(11/6)	+(11/6)	+(9/7)				+(9/7)	+(9/7)
High jump	+	+	+	+	+	+	+	+	+	+
Long jump	+	+	+	+	+	+	+	+	+	+
Triple jump		+	+	+	+		+	+	+	+
Pole vault		+	+	+	+		+	+	+	+
Shot	+	+	+	+	+	+	+	+	+	+
Discus	+	+	+	+	+	+	+	+	+	+
Javelin	+	+	+	+	+	+	+	+	+	+
Hammer		+	+	+	+		+	+	+	+

Note that the 3000m, Steeplechases and Mile events will take place during Wednesday evening Development meetings. Entry may still be made together with your other championship entries if you so wish, but they do not count as part of your maximum number of allowed events on May 24th. U13's, U15's and U17's are limited to 3 events on any day, and under 20's to 5 events.

* A 3k walk will be held in the Suffolk championships on Sunday May 25th at Ipswich, and this year there will be a Senior category only, but U17's, U20's and veterans may enter as Seniors. Entries should be sent to Cambridgeshire AA as for other events.