

Cambridge & Coleridge Athletics Club

President - B J Wallman
Chairman - N Costello

Newsletter December 2001

FORTHCOMING FIXTURES

(Much more complete list of fixtures inside)

26th December	Club Boxing day 4	11am	All members	Newnham Green
6th Jan	Cambs AA XC Champs		All members	Peterborough
13th Jan	SEAA Pentathlon Champs		All members	Bedford
19/20th Jan	SEAA Indoor Champs		All members	Bedford
26th Jan	SEAA Cross country champs		All members	Parliament Hill
27th Jan	West Norfolk Indoor meeting		All members	Kings Lynn
2/3rd Feb	AAA Indoor Champs		All senior	Cardiff
9th Feb	CAU Intercounties XC		Cambs select	Nottingham
16th Feb	Regional Sports-hall final		County select	Norwich
16th Feb	ECAA Indoor Champs		All members	Kings Lynn
23/24 Feb	AAA Junior Champs		All over 13	Birmingham
23rd March	BVAC XC Chamiopships		Veterans	Mansfield
7th April	EVAC Road Relays		Veterans	Hemingford Grey
21st April	Eastern Young Athletes Lge		All under 17	
27th April	Southern Womens League		All Females	
28th April	East Anglian league		All	
1st May	Eastern veterans league		Veterans	Unknown
4th May	Southern Mens League		Males 15+	
11th May	Cambs AA Championships		All members	Peterborough
18th May	Southern mens League		Males 15+	
18th May	Southern Womens League		All Females	

***SUMMER TRACK TRAINING - STARTS 2ND APRIL
8th April for Young athletes - SEE DETAILS INSIDE***

***BOXING DAY 4 - COME AND RUN - ALL WELCOME*
STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS**

**TRAINING IN JANUARY AT NETHERHALL STARTS AGAIN ON
MONDAY 7TH JANUARY, AND AT THE TRACK ON SAT. 5TH**

Message from the President, Chairman and Committee

The year 2001 has been a good year for the club, both in T&F and Cross country, with some very notable successes in all age-groups, and one of our members representing Great Britain.

We thank you all for your support and wish everyone in the club a very good Christmas and a successful new year.

Why not take the opportunity to meet up with other club members and run off the Christmas pud, on Boxing day at 11.00. Its open to all members, not just the distance runners. The committee look forward to seeing you there.

Report on Annual general meeting - held on November 26th 2001

A relatively uneventful affair. The committee were elected uncontested. We still lack a person willing to act as club secretary, so the job is shared between several of the committee - not an ideal situation - we risk overloading the few.

The club faces increased charges from the University next season for hire of the track and so the committee proposed an increase in subs to £28/£38 to help bridge the gap.

Membership is quite high - ca. 350 - but interestingly only about 60 of these are waged members paying the full sub. Because we don't charge a training fee this is still good value compared to other local clubs and we offer more sessions per week as well.

The Floodlights have been approved but the university now has insufficient funds because they talked themselves into demountable lights which have since proved prohibitively expensive. Therefore we are unlikely to see these in the foreseeable future.

The Track has to be totally resurfaced during summer 2002 which will cause some disruption. This is because of an inherent fault at the time it was laid, which has resulted in delaminating of the surface layer. There is more comment later in the newsletter but it will mean that our home matches my have to be at St Ives or Bury.

The club investigated the possibility to use the Track and Headquarters fund (Investment account) to provide an indoor training facility, but after investigation this has proved beyond our means even with lottery funding. Therefore the proposal is to go ahead with the original proposal of a clubroom in the end of the storeroom, a proposal for which we already have University agreement. If permitted we would go for a two level structure with store and weights room below and club room on top.

Presentations were made of the track and road race trophies but due to the hard disc of Neil Costello's computer crashing, he was unable to print the record certificates, but the names were read out and certificates will be sent out later.

Mr Charles Simpson, who was the starter for C&C for many years, has donated a new trophy to the club which will be presented annually for the best 400m performance. Mr Simpson was able to attend and to present the new trophy to the first recipient - Tom Hames.

About 70 members/parents attended - very slightly less than last year

Year 2002 committee

President	B Wallman	Chairman	N Costello
Gen. Secretary	Vacant	Minutes secretary	
Treasurer	N Poulter	Mens Team Manager	N Moss
Womens team manager	S Walsh	EYAL team manager	A Bird
Coaching Secretary	S Dunlop	Veterans team manager	I Girling

XC/Road secretary	G Smith		
Additional Members	L Hostler	E Hostler	P Bramford (co-opted)
Non-committee appointments			
Schools liason	M Hoad	Trophies	D Braverman
Anglian Lge Juniors	C Woolf	Anglian lge U17/Sen ladies	Rachel Kiff

East Anglian League

This year the Anglian league has added a separate age-group for Under 17 ladies as an experiment for 2002. This means that there are now 8 age-groups in the league and the timetable has been extended slightly to compensate. The reason for this is two-fold. Firstly, there is a strong possibility that UK Athletics will change the rule book over the next two years so that Under 17,s cannot compete as Seniors. Secondly the need for equal opportunities means that the ladies should ideally have the same structure as the men in the league.

Cambridgeshire AA AGM held on November 23rd

Not too much to report - the county had a reasonable season in competition, but was again unable to field an Under 13 T&F team for the Intercounties match at Kingston because of lack of a volunteers to run it. The County still has no elected manager for the U17/U15/U13 boys groups for either T&F or XC and relies on the goodwill of other committee members to try to cover it. If anyone fancies what is actually quite an easy job, contact Barry Wallman or Noel Moss.

Charlotte Spelzini won the trophy for best performance by a Cambs athlete this year for her win in the National schools, and for her International appearances.

Theo Wedderburn was awarded the trophy for best performance by a Junior male for his 100 performance at the Southern Intercounties match. County colours were awarded to James Milton. It was good to see most of the C&C recipients attended the meeting - athletes from other clubs let their clubs down badly by poor attendance.

Our athletes in the United Kingdom top 20 Ranking lists for 2001 T&F

Charlotte Spelzini	U20 ladies Shot	3rd	13.99m
Theo Wedderburn	U15 Boys 100m	6th	11.29/11.18w
Luke Shortman	U15 Boys Hammer	11th	44.53m
Clare Rogers	U15 Girls 75m Hurdles	17th	11.8/11.78w
Victoria Royce	U15 Girls Javelin	19th	30.70

I'm sure there will be some others when their age group lists are published

Cross Country races

Peter Chaplin our XC Secretary sends his thanks to those who have competed.

The club fared quite well in the Icknield league with a good turnout in the senior teams and a good scattering in the younger age-groups.

In the Metropolitan league there were some good performances in the Girls age groups, but not enough to close teams unfortunately.

We did well in the Eastern Championships, three winners and three winning teams, but the future of these championships may be in doubt after the very small overall entry levels this year.

A special congratulation to Hayley Rule who has won all her league races and the Eastern Championships this year, and also to Rosie Clarke who was second in all the events she entered. All the results are given in the Results section.

Peter will retire as our Cross Country secretary at the end of the 2001/2002 season and the club offers their wholehearted thanks to him for all that he has done for the club in his many roles - hopefully we will be able to persuade him to still help out sometimes.

Sports-hall athletics

The Cambridgeshire Sports-Hall athletics competition will be held on 27th January (only one date this year because the Regional final is earlier on 16th Feb) at Bushfield sports centre near Peterborough from 12.30 to 3.30. C&C will have teams for under 11's, under 13's and under 15's, and the Cambridgeshire teams for the U13/U15 Anglia final in February will be selected from this match.

We want as many people as possible to compete so that C&C retain the County trophy this year. Mrs Bird is running the team with Mrs Andrews. (Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it. **If you want to compete and haven't been asked, ring Cambridge 352541.** Don't be shy - we need everyone we can get to make sure we retain the trophy again this year. (see also the back page for a reply slip)

Our road runners!

We didn't hear very many results from our road runners in the club for several years but this year we have been able to put more results in the Newsletter. Roadrunning is growing again in the club, which is good to see. There are also several people regularly running Marathons, and two of them have kindly shared their experiences with us later in the newsletter.

Anyone who runs on the road should send their results to Noel please for the newsletter.

At this years AGM Glynn Smith was elected as the club road running and Cross country captain so anyone who is interested should contact Glynn

Judging Track and field events - An appeal for Parent involvement! - Yes! again.

The club has to provide a certain number of judges at each fixture we are involved in. In order to avoid this burden being shouldered by just a few individuals, and also to ensure that we are able to competently run our home matches, we actively encourage parents and older athletes to get involved with judging.

Without more Judges we cannot continue in all the leagues we are in. Without volunteers the athletes will be the losers!

Athletics judges with a basic grade 4 level qualification are insured by the national body, both for their own mishaps and for liability whilst officiating at any athletic event - worthwhile in itself if you are helping out at matches anyway.

There are five levels of official - grades 4,3,2,1 and Gd 1/referee. Grade 4's and 3's work mainly at club level only and are registered by the County AA, Grade 2's judge up to regional level, and Grade 1's up to International level. You can go as high as you wish or stay at basic Gd 4 - nothing is compulsory.

You can qualify as: Field Judge, Track Judge, Timekeeper, Marksperson
Starter (requires that you also obtain a firearms permit)

To become a grade 4, the normal way is to take a very simple training course (half to one day), and then take a very simple exam on the rules. (Timekeepers also have a practical

test). Not at all difficult and held locally. We will run such courses in Cambridgeshire during Jan - march. There is no cost except for a "coffee" fee as far as I remember.

Could I ask that anyone who would take the basic course writes to me ASAP (Noel Moss, 18 Hunts Road, Duxford, Cambs, CB2 4RE. or ring 01223 833470) indicating your interest, and which discipline would interest you. When I pass the names on to the county officials secretary who organises the training, I will need your address and phone number. Those who have already written and offered need not write again.

Within C&C we can arrange an experienced mentor for you to help with any questions you may have when you are learning the necessary information.

Provisional Fixtures Spring/Summer 2001 (some details are not yet available)

26th December	Club Boxing day 4 11am	All members	Newnham Green
6th Jan	Cambs AA XC Champs	All members	Peterborough
13th Jan	SEAA Pentathlon Champs	All members	Bedford
19/20th Jan	SEAA IndoorChamps	All members	Bedford
26th Jan	SEAA Cross Country Champs	All members	Parliament Hill
27th Jan	Cambs Sports-hall Champs	All under 13/15s	Peterborough
27th Jan	West Norfolk Indoor open meet	All members	Kings Lynn
2/3rd Feb	AAA Indoor Champs	All senior	Cardiff
3rd Feb	EVAC XC Champs	All veterans	Arrington Park
9th Feb	CAU Intercounties XC	Cambs select	Nottingham
16th Feb	Regional Sports-hall final	County select	Norwich
16th Feb	ECAA Indoor Champs	All members	Kings Lynn
?	BVAC Indoor T&F	Veterans	
23/24 Feb	AAA Junior Champs	All over 13	Birmingham
1-3rd March	European Indoor Champs	Spectators	Vienna
23rd March	BVAC XC Champs	Veterans	Mansfield
7th April	Linton Half Marathon & fun run		Linton
7th April	EVAC Road relays	Veterans	Hemingford Grey
21st April	Eastern Young Athletes Lge	All under 17	
27th April	Southern Womens League	All Females	
28th April	East Anglian League	All	Cambridge
1st May	Eastern Vets League	Veterans	Unknown
4th May	Southern Mens League	Males 15+	
5th May	EVAC 10 mile	Veterans	Unknown
11th May	Cambs AA Championships	All members	
18th May	Southern Womens League	All Females	
18th May	Southern mens League	All Males 15+	
19th May	Eye 10k	Seniors	Eye
?	SCAA Championships	All	
25/26th May	CAU Championships	County select	Bedford
26th May	Eastern Young Athletes Lge	All under 17	
2nd June	EVAC 5 mile	Veterans	Unknown
4th June	Bedford International Games	Spectators	Bedford
5th June	Eastern Veterans league	Veterans	Unknown
8th June	Southern Mens League	Males 15+	
8th June	Southern Womens League	All Females	
15th June	Cambridgeshire schools Champs	Schools select	
16th June	East Anglian League	All	

?	ECAA Championships	All	
?	Ipswich AC Young athletes meeting	All under 17	Ipswich
22nd June	Southern Mens League	Males 15+	
22/23rd June	European Cup	Spectators	Annecy
23rd June	Eastern Young Athletes Lge	All under 17	
3rd July	Eastern veterans league	Veterans	Unknown
6th July	Southern Womens League	All Females	
10th July	EVAC 10k	Veterans	Unknown
13/14th July	BVAC championships	Veterans	Copthall
13th July	Southern Mens League	Males 15+	
14th July	East Anglian league	All	
14th July	Peterborough Police 10k	Seniors	Peterborough
20/21st July	Veterans Decathlon/Heptathlon	Veterans	Sheffield
25th July - 4th Aug	Commonwealth Games	Spectators	Manchester
27th July	Southern Womens League	All Females	
28th July/4th Aug	Eastern Young Athletes Lge	All under 17	
3rd August	Southern Mens League	Males 15+	
4th August	EVAC 5k	Veterans	Unknown
6-11th Aug	European Championships	Spectators	Munich
7th August	Eastern Veterans league	Veterans	Unknown
11th August	East Anglian League	All	
15-25th Aug	European veterans Champs	Veterans	Potsdam Germany
18th Aug	Eastern Young Athletes Lge	All under 17	
7th Sept	Southern Womens League	All Females	
?	Hibberd Trophy	County Select	
15th Sept	Eastern Young Athletes Final	All under 17	Bedford
22nd Sept	East Anglian league final	All if we qualify	Bury St Eds
?	ECAA/Cambs AA Multievents	All	

Useful phone numbers

B J Wallman	President	01223 893013
Neil Costello	Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials	01223 833470
Anna Bird/Stella Andrew	Young Athletes managers	01223 352541/233392
Carl Woolf	East Anglian league U13/U15's	01223 881075
Stuart Dunlop	Coaching Secretary	01223 575217
Peter Chaplin	XC (Till April)	01223 517120
Glynn Smith	Road running and XC captain	01223 571685

Bad news

Because of the extensive delaminating problems it must be resurfaced or extensively repaired. This was not unexpected, due to problems when the track was originally laid, and the effects can be seen most clearly on the longjump runways but also affect the track and javelin runways. Normally a track would last at least 10 years before needing resurfacing work but due to a long delay between the laying of the undersurface and putting on the upper layer, the two have not bonded properly. This was known and is the subject of an insurance bond.

The bad news is that it was supposed to be done last year and wasn't. Now the track is not adequate to use for matches and will be resurfaced in Summer 2002. This will undoubtedly

affect our summer program of training and matches at some point, probably for four weeks or more. We will move our home matches to St Ives or Bury St Edmunds if we have to, and at least afterwards we will have the track in a good safe condition again.

As a result of the restrictions, and because C&C will not be insured for competition purposes on the track as it is at present (only for training), the February match against CUAC will be unlikely to take place. The reason is that the track certificate is for training and educational purposes only. The University can hold "internal" competition but not against any external body. Since the certificate covers training, we are covered by UKA insurance for that, provided we adhere to the conditions imposed, which include not using the coned off areas.

World Veterans Championships - Brisbane - A Marathon effort down under **by Peter Howard**

As a winter warmer, I take you back to July, mid-winter in Australia, where the blue skies and warm temperatures provided ideal conditions for the track and field events but less so for the cross country and marathon. This was Brisbane where 6000 athletes from 80 countries were given a hearty welcome to this subtropical haven and 'city of the sun days'. Brisbane is dominated by sky-scrapers. They rise majestically from the banks of the Brisbane river as it snakes its way from Moreton Bay to the Great Divide. This was the backdrop for my two events.

The St Lucia Golf course, up river from the city, was the perfect location for the 8k crosscountry, a challenging course with a lake, steep hill, and undulating terrain beneath eucalyptus trees providing welcome cover from the sun. The going varied from soft and muddy to bond dry and hard. This was the only cross country race I had ever competed in where the runner was given the choice of route - through a muddy stream or over a bridge. The dawn sun was rising through the trees and reflecting off a heavy dew as the chatter of hundreds of athletes broke the tranquillity of the quiet valley. The exotic birds dozing in the trees were soon to be disturbed, screeching loudly as the gun exploded to start each race. The races were organised in 5 year age groups commencing at 07.00. When I lined up at 11.30 with 51 others in the 55-60 age group the temperature had risen to 25 degrees.

At the start I had placed myself about halfway back from the front of the pack with the target to finish in the first half in a time of 32 mins, a minute better than my best road time and hoping that the sense of the occasion would push me faster. The pack surged forward from the off at a blistering pace and I rapidly lost a few places. I felt heavy legged, hot and lacking in energy, even the persistent hamstring injury couldn't be blamed for my lack lustre performance - it didn't trouble me at all. I tried to relax and took a drink on each of the three laps, but the steep hill found me out every time. I was not running my usual race, something was wrong. On the downhill and level stretches I did make up a few places and I can say I ran my hardest on the day to finish in 30th position in a time of 34 mins. 46 seconds.

'You've got the Brissie throat, mate!'. The pharmacist was adamant that the *unusually cold* spell had struck me down and prescribed an Irish medicine to cure the throat, and strong pain-killers for the throbbing headache. As the temperature had averaged 20°C since arrival I thought his diagnosis was improbable and blamed my problem on poor air conditioning on the long flight from UK.

After many months of preparation and training for these championships, I was devastated at the prospect of having to withdraw from the 10k track event and planned sightseeing trips. But as my condition worsened I had no alternative. The daily early morning training sessions alongside the Brisbane river tailed off. I thought my championships were over. Without the comradeship and encouragement of the other British athletes they would have been.

At the beginning of this year when entries for these championships had to be submitted I had included the Marathon on my entry form in the expectation that a back problem, cartilage, foot and hamstring injuries would mend and allow me to add a Marathon training schedule to my existing 10k training routine. Although the recovery from a cartilage operation was progressing well, the other injuries persisted and I concentrated on training and racing 5 miles and 10k races in preparation for Brisbane. Anything beyond 10k seemed out of the question. My average weekly mileage for the 26 weeks prior to Brisbane was 26 miles. Not a sound basis upon which to contemplate a world Vets. marathon. I see from my training diary for July 13th, the day before the marathon, the entry reads "7am run (5.5 miles - 42 mins) sore throat persists. Feeling very weak".

On Friday evening my physical state was well below the strength levels needed for a marathon scheduled to start at 6.30am the following morning. Even the 'carbo' loading meal at the 'fasta pasta' restaurant failed to boost strength or morale. As dawn broke and urged by team mates I decided to have a go. I hadn't come 26,000 miles to be beaten by an Aussie bug.

A coach took a group of us through the darkened and deserted streets of central Brisbane to the start. As I stretched and warmed up beneath the palm trees I began to feel better and the hamstring, although tight and painful, gradually eased. I lined up with some 500 others on the start line. Conditions were perfect, a slight breeze and a temperature of 10°C. We were off, winding our way through the park and along the bank of the Brisbane river. What a magnificent setting for a marathon course! Although I was concentrating on my running and keeping a very steady pace, I was able to look around and take in the scene as the sun rose over the city, casting long shadows across the deep orange colour of the sunrise reflected in the river. This was an inspirational scene for the tough task that lay ahead.

For the first few miles I kept to a very steady pace bearing in mind my lack of training for the distance. I reached 5 miles in 39 minutes and in good shape before tackling a short sharp incline, which we repeated several times to cross a bridge from one riverside footpath to another, these were strength sapping stages during the relatively flat course. 10 miles in 77 minutes, my pace was increasing. By now I was feeling relaxed, confident and capable of going faster, but experience took control and I held back.

At halfway I vividly recall the colourful trees and plants in the Botanical gardens, the damp smell of the mangrove swamp and the pelicans bobbing about at the edge of the water, and telling myself to concentrate and maintain the pace, there was still a long way to go. By 15 miles I was feeling comfortable and gradually picked up the pace to 7.25 minute miles (3 hours 10 min. pace). The critical distance for Marathon runners of 22 miles came and went without any slackening in pace. I constantly thought about my lack of preparation for this race and the surprise I felt at reaching this distance without any serious problem.

But everything was about to change. I began to feel a slight pain in my lower right calf which gradually worsened. I was so close yet so far from the finish and slowed drastically to nurse the leg along by transferring as much weight as possible to the other leg.

At last the finish was in sight on the other side of the river. To reach it I had to survive a sharp incline to cross the Victoria Bridge and drop down the final kilometre to the finish. This was gruelling, the whole body was hurting. In the final straight the cheering crowds lifted me and I managed a final painful burst to cross the line in 3 hrs. 23 mins. 24 secs. I was greeted by fellow GB team mates and supporters who had given me tremendous support on the course and before the event.

I have re-run the race many times in my mind to seek the reasons for the success on the back of limited mileage and a period of illness prior to the event. The key was pace. By not believing I would reach 1 mile let alone 5 miles or 26 miles, my starting pace was very cautious, averaging just under 8 minutes per mile for the first 5 and 7.7 minutes for 10. From 5 miles, to when my leg forced me to slow, I passed scores of other runners, this was an encouraging psychological boost, so too was my luck in latching on to another British runner for 18 miles whose pace matched mine.

From what appeared at one stage to be a disaster, I returned from the games with a great sense of achievement and felt it a privilege to have been able to take part and to have met the friendly and helpful people of Brisbane. I have lasting memories of being in a beautiful and spotlessly clean city with a fascinating history and a culture to be proud of. Thank you Brisbane.

It was a fitting finale to the championships to be informed that Veterans were in the future to be known as Masters. Rightful recognition at last. No doubt this applies to both male and female athletes. The female equivalent would be most inappropriate!!

"Flat and fast". (There are other ways to describe a course) by Tony Bell

Last year I had the misfortune to work at the nation's number two university in Oxford. Whilst I was there I heard about the local marathon, which was described by the magic words "flat and fast", so I made a return to Oxfordshire to get another marathon under my belt.

We started on the track before heading out onto the roads, a slow first mile as it was a bit crowded before picking up the pace and gradually working my way through. At 5 miles (38.14) I caught Paul (Oxford running pal) and ran on with him. The pace slowed a little and runners started coming past, but by 10 miles (77.29) they were coming back to us, we kept passing runners to 20 miles. Halfway in 1,42.09 and by 15 miles (1.56.16) we were passing walkers as well as runners.

We reached 20 miles in 2.35.37, I was very tired at this point and just before 21 miles Paul zoomed off and I started to slow. It was raining steadily by now and I slowed a lot over the next 3 miles. I managed to get going again by 24 miles, back on the main road into Abingdon, 25 miles in 3.18.13. Ran in a bit harder in the last mile, I even passed a couple more runners. The sight of runners ahead of me turning off the main road and into the grounds of the sports centre was very welcome. Onto the track again, jogged the last lap and over the line for my 19th Marathon finish in 3hr 28.19, 139th out of 392 finishers. Very tired at the end but I have felt worse finishing other Marathons. Not a bad race considering the conditions and the lack of really long training runs. I finished nearly 20

minutes down on my personal best, but this was my best marathon in three and a half years. I recommend this marathon to anyone who doesn't fancy a big race like London.

******* UK Athletics competition review *******

For about 18 months UK athletics have been putting together proposals for a competition review which will change the league structure and also the eligibility rules.

At the UK Athletics Congress in November these changes were presented in a way which gave the impression that they had a large majority of support, which of course is what they would like to believe.

This may be the case, but the SML and SWL to name but two are against the proposals, mainly because they will spell the virtual end of those leagues in anything like their present form. The proposals relate mainly to the senior leagues.

The proposals are:

- That all league competition will consist of combined teams of men and women.
- That the present national leagues are scrapped and replaced by one premier national league and a combination of second tier leagues made of club, regional or combined teams.
- That the SML and SWL will be reduced to 2 divisions and combined (men and women). The remainder of teams would contest a new style competition based on open meetings (called Golden league) and individuals scoring points which will lead to a league table at the end of the season.
- That athletes will be able to join a higher league club as a second claim member and be able to score for that club in league competition.
- That under 17's would be barred from competing with/as seniors (ie in senior Men's or Ladies competitions).
- That a series of Gran Prix events would be held at National and second tier league events to allow talented athletes (including those not in that league) to compete for prizes.
- That an umbrella organisation be formed to oversee league competition and to promote uniformity of rules, dates etc.

The Southern men's league have voted to have no part of this, but they are now reassessing the situation by survey of the league teams involved. It will be challenged - but you need to give your opinions.

You can write to Adam Walker at UK Athletics House, 10 Harborne Road, Edgbaston, Birmingham, B15 3AA, and give your opinions. If you don't, something may be imposed on us. Some of the suggestions may be acceptable, for instance you may think that there is nothing wrong with mixed Men's/Women's league teams - but some single sex clubs may fight that one. The under 17's rule will protect them from over competition, but how else does a 4.50m under 17 pole vaulter, or a 52 sec male 400m runner get some opposition.

etc, etc. Please write and give your opinions on each of the items above. Don't forget that the silent majority is always taken as being in favour of what is being proposed.

Did you know?

Geoff Capes, British Shot Putt record holder, former Cambridgeshire policeman, and "worlds strongest man" winner, is one of Britains top budgerigar breeders. His shot record stands at 21.68 metres, not other Britain has thrown over 21 metres. He recently auctioned one of his Commonwealth gold medals for charity (NSPCC) and raised £5500.

I remember Geoff when he coached his daughter Emma at shot and discus, and she competed against C&C's Sarah McGrath who I coached. Geoff was very very competitive and when we all turned up at a championship event there were very few words passed, although Emma and Sarah always liked to chat.

He is one of the legendary British field athletes, and appeared in Strongest man and also did highland games - and he was from Cambridgeshire.

Jon Ridgdon who we see on television as an athletics commentator, was an International sprint hurdler until injuries brought his athletics to an end. But did you know that he was from C&C, coached by George Hibberd and Bob Smith and holds some of our club Hurdles records. Our 110m hurdles record stands at 13.92. Not many clubs can say that.

Joan Lasenby appeared on television a few weeks ago on a program about the Millenium Bridge. Joan helped show how the walking movements of the people on the bridge helped accentuate the swinging of the bridge. Joan and her two children all compete for C&C.

Joan's times as a veteran are still fast enough to be competitive at Senior Womens level **Mark Roberson** who throws javelin at International level with Backley and Hill, is a local lad who started his career in Cambridgeshire before moving to a British League club.

Cambridgeshire has always produced top Javelin throwers, and **Stuart Faben** also throws at International level, although he also left his local club (Hunts AC) and joined a London club. This year Mark threw 80.80m, a little less than two years ago but still enough to rank him UK number 4, and Stuart threw 73.15 for 6th ranking.

Goldie Sayers, originally from between Newmarket and Ely, competes for PAC, and is National number 2 lady and will soon be number 1. This year she was just 45cm behind Karen Martin. This year she set a new UK under 20 record of 55.40m to take 2nd in the European Junior Championships, but the winner threw the same distance. Goldie lost on countback to the second longest throw. This is not the first time she has been a national Champion - she was a national table tennis champion at age 11.

Charlotte Spelzini joined C&C as an under 15 and didn't stand out at first. She was a gymnast and good at all sports. She started to show her throwing talent and became good at shot and hammer, but she is also no mean triple jumper at close to 10 metres. This year as an under 20 she has thrown 13.99 metres, and has competed in two Internationals and won her second National schools title, but still turned out for the club. She has now just started a degree course at Birmingham University. It is surprising how many of our young athletes go on to further education - we must be a very intelligent club. We look forward to Charlotte winning the British Universities title.

Neil Speight who used to be with Hunts AC, now also with a London club, was this years AAA 800m champion and also represented Great Britain. Many of our members remember running against Neil in EYAL and county championships.

Results, results and more results

East Midlands Road Grand prix

Peter Howard M55 4th of 23 Based on 5 races 5m - 34.12, 33.34, 33.09. 6m - 40.35. 10k - 43.03

World Veterans Championships - Brisbane July 2001

8k Cross country	Sue Barnett (W50+)	40.14	15th overall	1st British Team	Bronze
	Peter Howard (M55)	34.46	6th British finisher	of 12	
10k track	Sue Barnett (W50+)	47.36	14th overall		
Marathon	Peter Howard (M55)	3.23.24	146th out of 500		

East Anglian league Final - Bury - 16th September

Under 13 Girls	2nd team - 97 pts					
100m	3A	C Musowe	14.4	2B	H Tonner	14.6
200m	5A	C Musowe	30.3	1B	C Lacey	29.4
800m	4A	P Burnett	2.38.4			
1500m	3A	L Dowsett	5.32.3	1B	C Hobday	5.45.6
Hurdles	1A	L Rogers	12.2	8B	C Musowe	16.7
Highjump	7A	H Tonner	1.20	4B	C Lacey	1.15
Longjump	1A	L Rogers	4.02	3B	V Asztalos	3.48
Shot	6A	P Markley	6.22	5B	H Tonner	5.88
4 x 100	2A		56.9			
Under 15 Girls	3rd team - 111 pts					
100m	4A	C Rogers	13.3	1B	M Lewis	13.4
200m	6A	M Lewis	29.4	3B	G Asztalos	28.1
800m	2A	S Iwanko	2.42.2	2B	C Woolf	2.45.9
1500m	2A	R Clarke	5.12.3	1B	I Asztalos	5.25.1
Hurdles	2A	C Rogers	11.8	1B	C Woolf	13.1
Highjump	6A	A Payne	1.35	5B	R Kennard	1.25
Longjump	6A	C Rogers	4.38	1B	C Woolf	4.34
Shot	4A	R Clarke	7.16	4B	H Gardner	6.70
Discus	6A	H Gardner	18.61	5B	L Mason	15.34
Javelin	6A	J Spaul	16.82	7B	L mason	9.12
4 x 100	4A		54.5			
Under 13 Boys	2nd Team 110 (lost by just 3 points)					
100m	4A	J Godden	14.2	1B	C Johnson	14.2
200m	4A	J Godden	30.0	4B	M Vickery	31.0
800m	1A	R Kreetzer	2.26.7	1B	R Lazenby	2.37.9
1500m	2A	R Lazenby	5.00.0	3B	T Adams	5.48.4
Hurdles	3A	T Adams	15.1	2B	J Ison	16.5
Highjump	1A	M Vickery	1.38	1B	T Adams	1.25
Longjump	4A	M Vickery	3.92	4B	R McPherson	3.42
Shot	4A	C Johnson	6.57	2B	K Davis	6.05
4 x 100	2nd		59.4			
Under 15 Boys	3rd Team 140pts					
100m	4A	L Johnson	12.2	4B	J Bellm	12.7
200m	4A	A Ellis-Evans	25.0	2B	J Markley	26.1
400m	5A	D Potts	63.6	1B	E Aston	60.7
800m	3A	A Bird	2.13.9	2B	K Davis	2.18.6
1500m	2A	ASim	4.37.9	4B	J Cornell	5.07.3
Hurdles	5A	J Marley	13.1	5B	G Crozier	23.7
Highjump	5A	L Johnson	1.40			
Longjump	2A	L Johnson	4.95	3b	J Gilbert	4.19
Triplejump	4A	P Taylor	9.67	3B	E Aston	9.27

Shot	3A	S Phillips	11.32			
Discus	4A	S Phillips	24.48			
Javelin	3A	S Phillips	31.11	3B	J Cornell	25.89
Hammer	1A	L Shortman	44.53 (CR)	2B	J Cornell	15.02
4 x 100	1A		48.7			
Senior Men	2nd Team	162½ pts				
100m	2A	J Nowak	11.5	2B	C Hazel	11.9
200m	4A	A Brennan	25.3			
400m	3A	T Hames	52.2	1B	N Flynn	52.0
800m	1A	N Flynn	1.59.0	2B	J Morley	2.06.7
3000m	2A	M Smith	9.41.3	2B	S Evans	10.05.9
Hurdles	4A	T Brennand	20.2	5B	J Brennand	22.4
Highjump	5A	C Hazel	1.60	4B	T Brennand	1.50
Longjump	3A	C Hazel	6.16	1B	J Nowak	6.15
Triplejump	2A	C Hazel	12.71	3B	T Brennand	10.80
Shot	3A	G Parsons	11.05	3B	R Smith	10.22
Discus	1A	G Parsons	39.18	1B	R Smith	32.90
Javelin	4A	P Bramford	37.80	3B	G Parsons	36.77
Hammer	3A	D Vickery	34.33	4B	F Martin	22.97
4 x 100	3A		46.9			

Cambridgeshire and Eastern AA multievents - 24th September

U13 Girls minithon	13th ECAA/1st Cambs AA	L Rogers	57 pts			
(30 entries)	14th ECAA/2nd Cambs AA	C Musowe	53 pts			
Under 15 Girls Pentathalon	3rd ECAA/1st Cambs AA	C Rogers	2239 pts			
(27 entries)	6th ECAA/3rd Cambs AA	C Woolf	2037 pts			
Under 15 Boys (16)	5th ECAA/2nd Cambs AA	S Phillips	1952 pts			
Under 17 Men	3rd ECAA/2nd Cambs AA	J Milton	2177			
	6th ECAA/4th Cambs AA	R Statham	1963			
Under 20 Men	2nd ECAA, 1st Cambs AA	C Mycroft	2044 pts			

Inter-area Veterans T&F

W45	Romana Martin	Shot	2nd	7.99		
M50	Phil Bramford	Javelin	4th	35.53		

BVAF throws pentathalons

Romana Martin	W50	1st	2643pts	(Hammer 28.18, Shot 8.64, Discus 22.20)		
Frank Martin	M55	4th	2412 pts	(Hammer 27.86m)		

Road races

Thorney 10k	August 19th	Sue Barnett	38.16	1st Lady 50+		
		Peter Howard	36.18			
Wisbech 10 mile	September 2nd	Sue Barnett	80.08	1st Lady 50+		
		Peter Howard	71.10			
Grunty Fen half Marathon	September 9th	Tony Bell	91.59	67th/375		
Great North Run	September 16th	Sue Barnett	107 min			
		Peter Howard	95.37 min			
S/Walden 10k	September 30th	Sue Barnett	48.23	1st Lady 50+		
		Peter Howard	43.57	6th of 39 veterans		
Wymondham 10miles	30th September	Tony Bell	72.44	48th/113		
		Shelley Walsh	85.15	89th/113		

Cambridge Wildlife 10k 14th October ca 600 finishers

Rachel Cubberley	44.44	11th Lady	Rachel Kiff	54.25	50th Lady	
Natalie Pitt	58.45	79th Lady				

Andrea Hill	40.41	2nd Vet Lady	Sue Barnett	46.58	15th Vet lady	
William Clarke	34.25	7th Man	Chris Pyle	35.27	10th Man	
Neil Flynn	35.53	13th Man	John Morley	36.25	17th man	
Tom Hames	36.39	18th Man	Julian Flavell	43.25	79th Man	
Antonio Ciruella	45.53	113th Man				
Leon Stone	39.09	7th Vet man	Glynn Smith	39.52	10th vet man	
Gerald Meah	41.38	21st Vet man	Peter Howard	41.48	22nd vet man	
Alan Pringle	47.41	88th Vet man				

Abington Marathon - Oct 21st

			Tony Bell	3h 28.19	139th/392	
EVAC 5 mile - Reach	- 18th November					
Leon Stone	4th	29.52	3 M40	Mark Chaplin	10th	31.33
Peter Howard	15th	33.35	2 M55	Sue Barnett	26th	37.24 2W50

Icknield Cross Country league

		Match 1 Bury	Match 2 Stev.	Match 3	Match 4	
Senior Ladies race						
Joan Lasenby (Vet)			4th 20.25 (1V)	3rd 24.35 (1V)		
Melanie White	3rd 20.41 (1st S)		11th 22.05 (7S)	4th 24.49 (3S)		
J Tompkins			12th 22.19 (8S)			
Emma Kreetzer (U17)	7th 21.16 (4U17)		15th 22.36 (4U17)	12th 26.32 (3U17)		
Diana Braverman (Vet)	11th 22.23 (4th V)		18th 22.52 (5V)	17th 28.05 (7V)		
Julie Heron	14th 22.41 (5th S)			26th 30.25 (10S)		
Shelly Walsh (Vet)	17th 23.16 (7th V)		23rd 24.41 (8V)	18th 29.15 (8V)		
S Barnett (Vet)	22nd 24.08 (8th V)		24th 25.04 (9V)	22nd 29.35 (9V)		
Emma Hostler	29th 25.28		22nd 24.24 (10S)	23rd 29.40 (8S)		
Mary Holmes (vet)	30th 26.08 (11 V)		36th 28.50 (15V)	29th 31.55 (12V)		
Teams U17	4th (83)		4th 101	3rd 84		
Senior	1st (35)		2nd 42	2nd 36		
Veteran	2nd (50)		1st 45	1st 38		
Overall placings (4 races)	Senior					
	Under 17's					
	Veterans					

Under 15 girls race

Hayley Rule	1st 16.06	1st 15.19	1st 16.09		
Rosie Clarke	2nd 16.24	2nd 15.49	2nd 16.25		
Imola Asztalos		9th 17.21	10th 18.17		
Gyongi Asztalos		14th 18.35			
Nichole Hobday	15th 19.25		11th 18.20		
Team	1st 18	1st 12	1st 13		

Overall placings

Under 13 girls race					
Lucy Dowsett			7th 13.21		
Carly Hobday	11th 13.30		11th 14.04	9th 13.40	
Stacey Rule			12th 14.30	12th 14.04	
Alison Lasenby			14th 18.34	14th 18.18	
Team			3rd 30	5th 35	
Overall placings					
Senior Mens Race					
Michael Johnson	7th 36.29		8th 37.55		

Chris Pyle		12th 38.45			
David Whittaker	14th 38.54				
Alistair Grant	18th 39.58	30th 41.40			
Stuart Holmes		14th 39.04			
John Moreley		16th 39.31			
John Jenkins (Vet)	21st 40.26 (4V)	44th 44.41 (16V)			
Leon Stone (Vet)	22nd 40.37 (5V)	26th 41.06 (4V)	14th 35.38 (2V)		
Andrew Mangeot (Vet)		27th 41.22 (5V)			
Mark Chaplin (Vet)	25th 40.49 (7V)	28th 41.24 (6V)	16th 37.37 (3V)		
Martin Kreetzer (Vet)	28th 41.14 (9V)	41st 44.08 (14V)	24th 39.25 (10V)		
Glynn Smith (Vet)	29th 41.26 (10V)	32nd 41.54 (7V)			
Peter Howard (Vet)	30th 42.12 (11V)	40th 43.59 (13V)	25th 39.44 (11V)		
David Mail (Vet)	31st 42.29 (12V)	35th 42.46 (9V)			
John Lewy (Vet)	33rd 42.49 (13V)	38th 43.02 (11V)	23rd 39.22 (9V)		
Marcus Ennis (Vet)	37th 43.23 (15V)				
Tony Bell	43rd 47.27				
Peter Chaplin (Vet)	47th 58.19 (20V)	31st 49.11 (14V)			
Teams	Veteran	2nd 68	2nd 81	1st 53	
	Veteran B	3rd 87	3rd 105	4th 80	
	Senior (Six)	1st 107	2nd 103	3rd 133	
	Senior B	5th 188	5th 203	-	
Overall placings	Veteran				
Overall placings	Senior				
Under 17 mens race					
William Clarke	4th 13.59	2nd 13.16			
Team	4th 38	3rd 26			
Overall placings					
Under 13 Boys race					
Robert Kreetzer		2nd 11.09	2nd 12.04		
Robert Lasenby		3rd 11.32	3rd 12.06		
James Ennis	10th No time	13th 13.32			
David Spence	11th No time				
Team	4th 28	2nd 16	1st 16		
Overall placings					
Metropolitan League Cross country		13th Oct.			
Senior Men	M Kreetzer	155th	36.41		
U13 Boys	R Kreetzer	6th	15.29		
Sen Ladies	M White	24th	19.46		
U13/U15 Girls	H Rule	1st	15.02	S Rule	23rd 17.47
Eastern Counties AA Cross country championships - 25th November					
U13 Girls	L Dowsett	5th	12.16	C Hobday	7th 12.35
	S Rule		8th	12.55	1st Team
U15 Girls	H Rule	1st	15.07	R Clarke	2nd 15.28
	I Asztalos		7th	16.33	1st Team
U17 ladies	E Kreetzer		6th	19.12	
U20 Ladies	M White	1st	13.47	E Hostler	3rd 27.33
Sen Ladies	D Braverman	7th	26.00	S Barnett	9th 27.07
	J Heron	10th	27.25	M Holmes	14th 29.38
				3rd Team	
U13 Boys	R Kreetzer	2nd	11.04	J Ennis	5th 11.58

	J Kennard	7th	12.04	1st Team		
U17 Men	W Clarke	1st	19.55			
Sen Men	A Grant	9th	46.06	M Chaplin	11th	47.42
	M Kreetzer	16th	50.15			
Nene Valley 10 miles - 2nd December						
Tony Bell	69.07	84th	247 finishers			

✂.....✂.....

Sportshall athletics reply slip

If you would like to compete in the Cambs AA Sportshall Championship on January 27th (at Bushfield sports Centre Nr Peterborough) and haven't been asked, please send this slip to Mrs Anna Bird, 51 Victoria Park, Cambridge, CB4 3EJ (**As soon as possible**) or ring her on 01223 352451

Name..... Tel No.

Address.....

Date of Birth.....Phone number.....

Under 11's, Under 13's and under 15's as for last years track season. If you haven't competed before for C&C this is a very good way to start - Indoors in the warm and really good noisy fun. Who knows - you are very likely to get picked for the Cambridgeshire team for the regional finals. **Send it now - before you forget.**