

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - October 2002

41ST ANNUAL GENERAL MEETING 25TH NOVEMBER 2002 8PM AT WILBERFORCE ROAD CLUBHOUSE

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN.

**NOMINATIONS FOR PRESIDENT, CHAIRMAN, SECRETARY AND TREASURER
AND ANY RESOLUTIONS MUST BE RECEIVED BY THE CHAIRMAN OR
COMMITTEE SECRETARY BY 25TH OCTOBER**

FIXTURES

(Much more complete list of Winter/Spring fixtures inside)

Sept 29th	Saffron Walden 10k	Saffron Walden	All over 15
Oct 6th	Frostbite league	St Neots	All
Oct 13th	Wildlife 10k	Cambridge	All over 15
Oct 13th	Icknield XC League	TBA	All
Oct 20th	C&C track and field championships	The track	Everyone (1pm)
Oct 27th	Fenland 10k	Wisbeach	All over 17
Nov 3rd	Icknield XC League	TBA	All
Nov 10th	Frostbite League	TBA	All
Nov 10th	BVAC XC relay	Croydon	Veterans
Nov 24th	Hereward 4 stage relay	TBA	Seniors
Dec 1st	Icknield XC League	TBA	All
Dec 1st	Nene Valley 10 mile?	Peterborough	Seniors
Dec 8th	Frostbite League	Ramsey	All
Dec 26th	C&C Boxing day 4 mile race	Lamas land	All

WINTER TRAINING - STARTS ON 7th OCTOBER SEE DETAILS INSIDE

Celebration dinner - C&C 40 years - Details inside

Chairmans chatter

The track and field season is now over and I'd like to thank all those who have helped to run teams, officiate and compete for the club. We have had some success but some disappointment. The young athletes have competed well but we haven't been able to field full teams and will be in Division 2 next year. This is disappointing given all the efforts which those who compete and manage the teams have put in. We're thinking hard about how to improve for next year and a number of changes are likely. Watch this space.

The track is now resurfaced and available again. The disruption the resurfacing caused has not helped. We have been lucky to find alternative facilities of the standard provided by the Perse. The Perse has been very generous to us and we owe them our thanks.

You will find a slip with the newsletter referring to the club's 40th anniversary dinner on 9th November. It was in 1962 that the Cambridge City Athletic Club merged with Coleridge Athletic Club to form C&C. (The city club had formerly been Cambridge Town Athletic Club, and I believe, even earlier part of, or connected to, the Brunswick Athletic Club – does anyone know the full story?). The dinner will celebrate the establishment of the club and, if it is popular, may turn into a more regular event. Jon Ridgeon, ex-member of C&C and now well known as a TV presenter for athletics, will deliver an after-dinner speech. Anyone with a connection with the club is invited to attend, including parents of athletes or ex-members, but please respond promptly. The venue has a limit on numbers and we will reserve tickets on a first-come, first-served basis.

Winter training starts at Netherhall School at the beginning of October. We have made a bid to 'Awards for All' to buy some Sportshall equipment to make the winter work more enjoyable and more effective. We're optimistic we'll be granted the money needed in which case Mondays at Netherhall should become the place to be. Ideally we need a bigger sports hall but I've been in touch with just about every sports hall in Cambridge and they're all booked up. If you know of options we might try, please let me know.

We have a full cross-country season ahead of us, road running – watch out for the new Frostbite League – which is suitable for all age groups and should be an enjoyable, friendly run rather than a highly competitive league, and Sportshall competition in the New Year. The track will be available for technical skills development on Saturday mornings. Lots to look forward to. And finally, good luck with your winter training, or other winter sports if you do things other than athletics – and if that's you, remember track and field starts again in the middle of March.

Neil Costello September 2002

AGM Agenda - November 25th at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 26th November 2001

Matters arising from the minutes

Reports from the Secretary and Treasurer (Team reports in this Newsletter)

Subscriptions 2003, Items nominated for discussion

Election of officers and committee 2003

Presentation of Track and Field awards and record certificates

Minutes of the Annual General meeting held on November 26th 2001

Present 71 members including parents and Vice Presidents

Apologies Pat Motherwell, Stella Andrew, Lewis Andrew, Anna Costello, Derek Hulyer, Mike Vogel, Hilary Vogel, Bob Thurley (V.P.), Ann Negus (V.P.), Charlotte Spelzini, Mary Hoad, Lindsay Payne

1. Acceptance of minutes of the 39th AGM held on 20th. November 2000

Approved. Proposed by Judith Hazell and seconded by Noel Moss.

2. Matters arising from the minutes None

3. Chairman's Report

The Chairman's report was circulated in the October 2001 newsletter. In addition the chairman stated that the University at present couldn't afford the lights, as the lights must be demountable. University planning suggested de-mountable lights, which was accepted by city council. The University will resist reapplying for static lights. The track has been refused a certificate of safety. Insurance bond of builders ran out 1 year before guarantee of surface, which will be relayed in 2002. Club has resurrected idea of clubroom which approval of University.

The report was proposed by Noel Moss and seconded by Joan Lazenby.

4. Secretary's Report No Secretary's report.

5. Treasurers Report

Copies of the Treasures Report together with notes were distributed to the meeting.

There was a surplus of £1200.00 Wildlife 10k was responsible for restoring balance. In 2002 there will be an increase in track costs. In future the costs of track hire each year, will be linked to R. P. M. He also thanked Steve Herod for auditing the accounts. The report was proposed by Phil Bramford and seconded by Mary Holmes.

Subscriptions - As there is likely to be a shortfall of income over expenditure during 2001/2002, the Treasurer had recommended that the subscriptions are increased to:

Waged £38.00, Unwaged £28.00, Associate £6.00. The motion was carried.

7. Election of Officers and Committee for 2001

President: Barry Wallman, Chairman: Neil Costello, Treasurer: Nigel Poulter

Secretary: Vacant

Committee: SML: Noel Moss, SWL: Shelley Walsh, EAL: Vacant, EYAL: Anna Bird

Veterans: Iain Girling, RR and CC: Glynn Smith, Coaching: Stuart Dunlop,

Schools Liason: Mary Hoad, Trophies: Diana Bravaman

The meeting unanimously approved all the above nominations.

Co-opted committee members: Phil Bramford, Emma Hostler, Linda Hostler.

8. Club Constitution

There will a revision of the club constitution. A document circulated with the notice of AGM that the club accepts the AAA Club Constitution. Unanimously accepted.

Child Protection. - The club is looking to adopt the AAA of England child protection policy and will circulate recommended disciplinary procedures.

8. Presentation of Track and Field Awards and record certificates

Barry Wallman presented these to the successful athletes

9. Any other business

The President closed the meeting by thanking everyone for attending, congratulating the trophy winners and those athletes who had set new club records.

Do you hold a trophy from the 2001 AGM (not cross country)???

The trophies Secretary, (Diana Braverman), - I would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2001, that they should be returned to me by 25th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned.

If you have a trophy to return, we suggest you ring Diana and make arrangements to return it to her rather than rely on handing it to someone on a club night. (01223 881644)

Club disciplinary procedure

The club is proposing to adopt the AAA of England disciplinary code in principle - ie to adopt the same methodology for dealing with disciplinary issues. This means that:

The officers of the club shall have responsibility for the management of disciplinary investigations and hearings in accordance with the procedures set down in the code. If a complaint of irregularity or matter of concern or other decision which is contrary to the interests of the club and its constituent members, the chairman or his nominee shall initially appoint two

investigators and concurrently notify the person concerned in writing. The investigators shall submit a report within 30 days of the initial complaint, concluding simply if there is a case to answer, or not. If there is, then a disciplinary panel of three persons will be appointed by the committee. The person concerned will be formally informed, and the panel will hold a hearing, which could lead to disciplinary measures, depending on severity ranging from a reprimand, written warning, suspension of membership, or expulsion of the individual(s) from the club. There is right of appeal, in which case a new panel or an arbiter is appointed and there is no right of appeal to the subsequent decision

This is a few key sentences taken from a 9 page document, but gives the essence of the process, which is in effect a standard process used also in most work environments. A copy of the AAA document is available to see on request, and will be appended to the club constitution.

Club 40 years celebration dinner - Nov 9th

It is hoped to hold a Celebration Dinner to mark 40 years of C&C on 9th November at St Catherines college. The tickets will be priced at £25 and will include dinner and wine.

We hope to get Jon Ridgeon - ex international 400m hurdler and ex member of C&C - as a guest. The Dinner is open to all members and anyone interested can contact Mary Holmes on 01223 860189. Reserve your tickets now - numbers are limited to 55 people. A reply slip is enclosed for ordering tickets - act now or you may be disappointed

******* Winter training starts on October 7th *******

We continue training all winter, even the track and field athletes! In January and February there will be some Indoor competitions for those who are fit.

Mondays 6.30 - 8.00pm Netherhall Lower School - Young athletes fitness session

Tuesdays - 6.30 - 8.30pm Wilberforce Rd - Sprinters and Throwers fitness (13+)
Middle and long Distance groups

Thursdays - 7.30 - 9.00pm Netherhall School - Circuit training (14+), Distance running

Saturdays - 10.30 - 12.00am Wilberforce Rd - Sprints, Throws, Jumps, Pole-vault and Middle Distance - all ages by arrangement with your coach.

If you want to train on any of these sessions either go along and talk to the coach who is running it, or, for Saturdays ring your coach or go along and see if there is a group for you. Not every coach can make it every Saturday but there is always someone there, usually including some of the following: Mike, Noel, Iain, Pat, Stuart.

(**Note** - There will be no throwers sessions between 28th September and 14th October. Throws coaching will begin again on Saturday 19th October, but there will be a fitness track session on Tuesday 16th for throwers, and throwers are encouraged to attend the Thursday evening fitness sessions at Nether hall

We can no longer use the store room at the track for fitness training and warm-ups so we are trying to make other arrangements for these sessions

Fixtures 2002/2003 - Contact Glyn Smith - 01223 571685 - to run road/XC

Sept 29th	Saffron Walden 10k	Saffron Walden	All over 15
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Club records 2002

This has been another good season for breaking records.

Jordan Kennard	75m hurdles	U13 Boys	15.5	(new distance 2002)
Luke Shortman	Hammer	U15 Boys	50.01m	
Lucy Dowsett	800m	U13 Girls	2.29.10	
Lucy Dowsett	1500m	U13 Girls	5.10.14	
Joan Lasenby	3000m	Veteran ladies	10.29.9	

In addition there are a few veterans age-group bests which Phil will identify when he gets the final statistics for the season

Southern mens League

Having been promoted back to our rightful place in Division 2 last year, the objective for this year was to stay in Div 2 and avoid relegation. As it turned out, due to some very odd match results, we just made it, despite scoring 14 match points which is normally a safe score.

The season started with a match against three British League clubs B teams. Because of that we only got one point from that match despite some super performances.

We were 2nd in the 2nd match, and 3rd in the third one, and 4th in the 4th match at Portsmouth. It was unfortunate that this was a "home" match for both Portsmouth and Royal Navy, who in normal circumstances we would have expected to beat, but with them at Home and the Anglian Schools effect, we had to settle for beating 2nd placed Hastings who had a "bad hair day".

In the 5th match at St Ives we were 3rd but we were again short of the key 400m and 800m runners and could have easily been 2nd. The winners Chelmsford were miles in front and went on to get promoted in 3rd place.

In the last match at Battersea was a tough one and with a depleted team again we knew it would be a 5th place but needed to target enough scored points to keep Portsmouth well behind us in the league table. We scored the required 80 and finished in 20th place overall with a match points total of 14 - normally a safe total, and with more scored points than the team two places above us. We had to cross our fingers until the British League relegations were known, because they can result in an additional club going down in the Southern League as well, but luckily it was the northern clubs who faltered.

We are fragile, in that when we have the full team we can score well, but we lack depth in many events. This year surprisingly, the 5000m and the steeplechase proved to be the easier events to fill, with most depth of talent. In past years it has been the opposite.

We desperately need some good 400m hurdlers, good polevaulters and more sprint hurdlers, and also a fully fit sprints squad for the whole season.

My personal thanks to the lads who turned out so willingly and sometimes did events they were not expecting, and congratulations on some super performances.

Southern Women's league

A new team manager and a modified league structure this year. Division 4 was abolished and Division 3 was split into East and West divisions. We were in Div 3 East and have finished in the middle. Performances were excellent by those who turned out and the team began to get stronger towards the end of the season with more under 15s turning out. The season started well but attendances dropped off in the 2nd 3rd and 4th matches. In the fifth match at St Albans, the team did well, taking 2nd place in the match although the score was modest as all clubs were hit by their members attending the Commonwealth Games. The last and home match at St Ives was our best attended match but we were also playing four of the top 5 clubs so it was really tough. The team finished 3rd in that match and 12th overall in the division.

The clubs thanks go to Shelly Walsh for her efforts to manage the team this season. Shelley is leaving C&C to join Bedford AC this winter, and so we will have yet another team manager next year. We wish Shelly all the best in her new club and her new life as a married lady.

Eastern Young Athletes league

Not a good season unfortunately. The team were relegated to Division 2, but this gives the opportunity next season to go up again and maybe win the Div 2 trophy - who knows?

The season was always the same story. The athletes that competed did very well and when we work out points scored per event contested, C&C were among the best - the problem was that we didn't contest anything like all of the events. In the last match the Under 17 ladies didn't have a single competitor.

The team was unfortunate at Basildon, because they were doing very well, when torrential rain caused the match to be abandoned with only 15% of the events completed, so the match is scored based on average seasons performances, which of course was not good for C&C.

Eastern Veterans League

C&C didn't make the finals in either men or women this year. If we are to do better we need to get a larger turn out of members. However at least everyone enjoyed themselves which is the main objective.

East Anglian League

This year the league had added an under 17 ladies age-group. C&C is not flush with Under 17 ladies and so it depleted our Senior squad rather than allowing more members to compete.

The good news is that we reached the cup finals in five age-groups - Senior men, Senior Ladies, Under 15 Girls, Under 15 Boys and Under 13 Girls. The latter was a very nice surprise, but the under 13 Boys and Under 17 Men were just edged out of the top eight, both finishing 9th. Our under 17 men would have made the final had they not left poor Andrew Howard on his own at one match - a lot to expect of him, but Andrew was one of our most reliable athletes. The best league position was 2nd for the under 15 boys.

Charlotte strikes gold again, at the AAA Under 20 Championships

This year at Bedford Charlotte was AAA Champion again with her winning putt of 13.72m. She was also selected for the U20 International against Italy and Spain and putt 13.58 in that match

Come and shift the Christmas Turkey and make room for more!

Why not have a gentle run out on Boxing day morning. The annual club event starts on Newnham Green in Fen Causeway, near the roundabout. All are welcome old and young and it can be a race (there is a trophy) or just a jog to shift the hangover or the Christmas Pud. The course is to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. The start is at 11am - no entry fees - just turn up and run. Parents and non-members are most welcome as well. Last year the ages varied from 12 up to 65 but we have had members up to 80 running. It gives you a better appetite for lunch so lets see you there this year.

Disability Sports Festival 2002 - report by Emma Hostler

Since joining the committee at the beginning of the year, I have taken my interest in sport for the disabled further by becoming the clubs representative on the Cambridge Disability Focus Group for Sport. This is a group made up of people from many different sports clubs within the Cambridge region, people with disabilities and members from the Sports Development teams of Cambridge City Council and South Cambs District Council. The group meets every two months to discuss and take forward sports development and activities within the Cambridge region for those with disabilities.

For a second year, both councils, along with the Disability Focus Group, have clubbed together to hold a Sports Festival for those with a range of disabilities. The event was held on Sunday 19th May at Impington Village College Sports Centre, and there was a chance for both adults and children with disabilities to try a variety of sports for free. At the end of the day, those who

attended were given information on all the local clubs which took part in the event, so they were able to take up any sport which they enjoyed at a local club. Myself and Stacy McGivern went along from C&C to coach the athletics session. We undertook a variety of events including the turbojavelin, shot and short running races. Athletics wasn't as popular as many of the other sports on offer, but those who tried athletics did enjoy it and had fun. Other sports on offer included Kitebuggying, Trampolining, New Age Curling, Cycling, Sitting Volleyball, Martial Arts and many more. The event was also an enjoyable and interesting experience for me and Stacy too, as after we had finished our session, we wandered around to see children and adults who are blind or have visual impairments playing cricket, having a go at archery, children with artificial limbs running around playing football, and wheelchair users playing tennis and basketball. I also had a go at archery and found it very difficult. The whole day was successful and fun, and will lead to this event and others taking place in the future, allowing disabled athletics to be promoted and encouraged more. This event was part of the City Sport programme 2002, and there are some other events and sports taking place throughout the year. Details of these can be found in the latest Citysport booklets. There is also a Disability Sports Newsletter produced by the Councils and the Disability Focus Group for Sport, which updates on local sports activities and developments taking place for the disabled. I have pinned a copy of this on the club notice boards for you all to look at if you wish. *We must thank Emma and Stacy for their efforts. Both City Sport and Coaching the disabled are activities in which the club encourages. It is a great pity that this summer's City Sport activities were affected by the track resurfacing.*

European Athletics Championships (Munich) diary - Mark Chaplin

Getting there The three of us started out on Saturday morning, travelling by train and taking 3 days to get to Munich. The first night was spent in Cologne, sampling Kolsch beer poured from large wooden barrels into small 0.2 litre glasses. On Sunday we moved on to Frankfurt, with breathtaking views of castles, vineyards and the river itself in the Rhine Gorge. We went for a run along the River Main, just as I used to do on my visits to the European Central Bank, but I don't remember having to run through a riverside funfair. That evening we met up with an ex colleague now working in the ECB. The journey on to Munich was equally interesting, with a slow climb over the Schwabian Alb to the Munster at Ulm. On arrival at Munich I had time for a run around the Theresenweis, where they were already setting up for the Oktoberfest, before heading to the Augustiner beerkellar for an evening's refreshment.

Day 1 It started with weather for shorts, tee shirt and panama hat. We were in the open side of the Olympiastadion, but it was good for watching qualifying in the men's triple jump and hammer. We had planned to head into town during the afternoon, but had a beer in the tent outside the stadium instead: our block had unreserved seats so we had decided to sit through the opening ceremony to get some good seats for the evening's action. As the opening ceremony started so did the rain. We were totally unprepared for this and soon we were both wet and cold. Fortunately the stadium wasn't full, so we splashed out, literally and metaphorically, to get another set of tickets for seats under the roof. We then sat back to watch the women's 10k. As the athletes line up we make our predictions: my friends show their usual pessimism about Paula Radcliffe's chances, but my view is that "she will run 30 minutes and leave the field behind". Paula took the lead on the first lap and quickly settled into the 72 second laps needed to meet my prediction. After 2k Sonia O'Sullivan is the only competitor still with Paula, and by 3k she is drifting off the pace too. The rest of the race is an exhibition, with the pace only dropping slightly, and this was mainly due to passing lapped runners. Although Paula just missed out on 30 minutes, her time was the second fastest ever, and a fantastic run. I could have done with a pair of Paula's socks though: My calf muscles got very wet and cold and have been suffering ever since.

Day 2 We had to miss the 100m in the decathlon and the men's javelin qualifying to go shopping for umbrellas and coats, but again the weather was good for the daytime session, which included a good look at women's pole vault and hammer qualifying. On cue, the rain started with the

evening's athletics, but our spirits were lifted by Paula Radcliffe's medal ceremony, Dwain Chambers' impressive 100m win, and a surprise silver medal for Jade Johnson in the long jump. Tonight's programme finished with the men's 10k, which we watched standing at the top of the stadium (you don't get so wet standing up as you do sitting down – something I learnt a long time ago at football matches). We enjoyed shouting the Spaniard Martinez to victory over Germany's Dieter Baumann, but then rushed off, missing the 100m medal ceremony, and instead almost got crushed in the U-Bahn station, where there was a complete absence of crowd control.

Day 3 In the morning we watched Ashia Hansen qualify for the women's triple jump final, then attempted to get photographs of men's pole vault qualifying. A late lunch gave us our first opportunity to listen to the beer garden band, who had a limited repertoire of English pop covers, including an excellent rendition of Tom Jones's Delilah: the brass accompaniment had to be heard to be believed. The evening had less rain, but no GB golds. Worse still, we were stuck amidst loads of Germans going bananas about Schultz's 400m victory. Strangely, they weren't that much more excited than they had been when scraping various minor medals. Later, it transpired that we were in the middle of the Steffi Nerius fan club, cheering their heroine to a silver medal in the women's javelin. Both athlete and fan club seemed satisfied with that, perhaps explaining why Germany only got 2 golds all week. We then had a splendid view of the triple jump, where Edwards and Oduwu disappointed, and Olsson was a deserved winner. From the British point of view, tonight's highlight was Lee McConnell's bronze medal in the women's 400m, but best performer was Jolanda Ceplak, who left the field for dead in the 800m, then appeared in the beer tent afterwards for a drink with the Slovenian supporters.

Day 4 The only day it didn't rain, and the best athletics too. Kenteris was so fast in the 200m final that I concentrated on him and missed what was happening to the British boys fighting for the minor medals. Diagona in the men's 400m hurdles was nearly as impressive. In the field we had women's hammer and pole vault, both at the far end of the stadium, but the winners, Kuzenkova and Feofanova, are both great athletes and well worth watching. Late evening we had the javelin right in front of us, with a big throw from Makarov at the start, Steve Backley looking solid, but Zelezny really out of sorts. My friend Jeremy is keeping a throw by throw record of the competition so we know exactly what's happening. Then in the fifth round we're hollering as soon as the javelin leaves Backley's hand and going loopy when it lands. Makarov can't respond and it's gold for Backley again. Afterwards Backley also puts in an appearance at the beer tent, sipping on a deserved mass (litre stein). I'm not too old to ask for an autograph on my stadium ticket, and Jeremy gets the winner's signature on his competition record. That calls for "drei mass bitte"!

Day 5 No morning session today, but up early for a pre breakfast run, which I need to clear my head following last night's celebrations. We get to the women's marathon near the 5k point, where I pronounce that "I like the look of the Italian" who is near the front of the chasing group. We watch the race go by a few times from a pavement bar before heading to the stadium. Here the myth about German organisation is exposed as just a myth, when we take nearly 30 minutes to get through the security check and nearly miss the marathon finish, which of course was won by the Italian. In the stadium we get a magic 5 minutes when Ashia Hansen wins the triple jump with a 15 metre jump in the last round, followed by Colin Jackson taking the 110 metres hurdles title for the fourth time. There are also two more exciting close finishes in the steeplechase and the women's 5k. The day finishes with qualifying for the relays: this time it's the British women who cock it up in the sprint relay, while the men look ominously good. Then, as the day's medal ceremonies are being completed, the rain sets in and we get the bizarre sight of the Dutch women's sprint relay team racing on their own, and then being disqualified for passing the baton outside the changeover box. On our way out we loiter by the flagpoles to find out if there are any more medal ceremonies to come. The flagpoles are unattended and then a fanfare sounds, followed by the flagpole operatives barging panic stricken through the crowds to get the flags to the flagpoles before the winning anthem starts.

Day 6 When we wake up it's still raining, but we still do the pre breakfast run. The rain almost stops when we walk into the City Centre, but after a beer in the Hofbrauhaus it's tipping down

again. We watch a little bit of the men's marathon, but then head off to the stadium to beat the security checks, and to shelter under the roof until the action starts. The last day field events are not particularly exciting, though Kasja Bergqvist puts on a superb display of high jumping in atrocious conditions. On the track three middle distance races are interspersed between the relay finals: the best of these is the women's 1500m where an unknown Turk leads from the gun and runs off Gabriella Szabo's famous finishing kick to win by a narrow margin. But the highlights of the day have to be the two British relay victories. In the sprint relay, it was four class sprinters getting the baton changes right, and in the long relay, as usual the final event, it was one of those gutsy GB team performances that seem to finish off most major championships. When watching on TV at home, I'm shouting and cheering for 3 minutes, so I really enjoyed shouting and cheering for 3 minutes in the stadium, especially as the home support went deathly quiet after the German 2nd leg runner was pushed over by the Pole. We were too wet to celebrate in the stadium beer garden, so we dried out in the chocolate shop on Munich Hauptbahnhof, and then retired to the Augustiner beerkellar to celebrate there.

Coming Home

Its still raining in Munich, the fields are flooded in the neighbouring countryside, and at Ulm the Danube is in spate. The long homeward journey speeds by, finishing the postcards before the last German postbox in Cologne, and checking the scores in the predictions contest. It turns out that we come home just in time: by the following day the British media is giving the impression that most of Southern Germany is under water. Back home, it takes a week before I see any rain: in only Munich had been like that.

There is life after injury - by Peter Howard (one of C&C's active Masters group (veterans))

The Italian sunshine, miles of beautiful beach, a warm sea, delicious pizzas pastas and chilled white wine. All the vital ingredients for a holiday to look forward to, on the Italian Riviera Adriatica at the end of May in conjunction with the 6th World master Non-Stadia Championships. However before all this could be enjoyed to the full, I and other members of the GB Vets team had some serious running to do.

I ran the London Marathon on April 14th with a "Good for age" target (55-60 age group) of 3 hours 15 minutes. The conditions were perfect, a light breeze and a temperature in the low 50's (12 - 14°C) throughout the race. I was on target for 15 miles running at 3hrs 10/12 mins pace until disaster struck and a gradual tightening of the quads slowed my pace. I struggled to finish in 3hrs 26 mins and then had to be embarrassingly picked off the ground by St Johns and not allowed to leave their treatment centre until I had turned from ashen grey to a healthy pink. My preparation for a marathon is always meticulous. I am still unsure of the cause of my disappointing performance. Just not right on the day.

Of the other C&C athletes, Sue Barnett's improvement over all distances continues, with a run 14 minutes faster than last year in a time of 3hrs 51 secs to achieve her "good for age" performance and automatic entry next year. (Never again I hear her plead). Her achievement is remarkable when considering she suffers from a circulation disorder, and also had to make two unscheduled stops totalling 5 minutes for other reasons. In an attempt to control these problems, a wide range of medication, experimenting with diet and regular checks by her doctor, have to be sustained to allow her to run and gradually improve her times at all distance.

Andrew Mangeot also achieved the "good for age" standard with a time of 3 hrs 12 mins. Again a fine performance, having returned from injury only a short time before the Marathon and like all of us finding the final miles a painful experience. Sub 3 hrs is certainly possible.

With the World Masters, in Italy, only 5 weeks after "the London", I planned a post race recovery schedule, the body had just been through 26.2 miles of mental and physical endurance. It had to be allowed to recover. This was my advice to others who had competed in London. The first week of recovery went well, all aches and pains disappeared. During the second week mistakes were made. Two hard interval sessions were thought to be successful with no apparent problem, but by the end of the week I was hobbling. My right leg ceased to function. I should have

continued light training for another week. Having advised other Marathon runners to be careful during the recovery phase, I was feeling very embarrassed at not having taken my own advice. Even for hardener vet athletes, the prospect of having to withdraw immediately from the daily routine of training and frequent racing was a situation difficult to accept. Although the pain was severe, a long layoff was not in my plans. Immediate physio treatment was sought with the intention of recovering in time for Italy. The diagnosis was worrying: a facet joint disfunction leading to a pelvic muscle imbalance. After seven sessions including acupuncture treatment, the physio was confident I could compete in Italy, but I did not share his confidence. It was restored by other team members whose encouragement and support had me lining up with 450 other competitors for the start of the 10k on a humid and cloudy morning. The physio had suggested I run my usual 4 mins per kilometre for one or two kilometres to warm up the muscles and then ease off. I did this and dropped back to run with the other C&C competitor Sue Barnett. Prior to the race, we had decided to run together for as long as my injury would allow and for me to help her along to a good time. The conditions were not favourable to a fast time. Sue was suffering, her breathing difficult, due to the humidity. I was not suffering as much and managed to tow her to a time of 46 mins 40 secs, and into the bronze medal position for the GB over 50's team, close behind Italy and Germany, with Switzerland a distant fourth. Although I was some 6 minutes down on my normal racing time, I was lucky to be running and the satisfaction of helping Sue win a medal and achieve a world class performance completely overturned my frustration of being injured and not able to compete at my usual level. A very fulfilling experience.

On the second day of the Championships, under blue skies and in temperatures reaching the mid 20's, 1300 competitors lined up to run the half marathon. To run two events back to back is a challenge and a tradition in these events. There is a feeling of inferiority if the challenge is not met. On the previous day after the 10k, my leg was very sore and in no condition to run the following day, however with several stretching sessions and swimming in a very cold pool, I loosened up and was again on the starting line. The temperature was higher than on the previous morning. The course was two loops along the promenade and parts of the town and residential areas, with some shady stretches along tree lined roads. The marshalling was of a high standard particularly when running through the busiest part of the town full of shoppers and tourists, where barriers guided us through the enthusiastic crowds. The heat was intense and water had to be taken at every opportunity. The most welcoming site at the finish was the sea just yards away. Hundreds of hot competitors plunged into the sea to cool off.

So the message in this article is about never giving up the sport you enjoy most. A sport where pain and pleasure have equal significance, and a sport where despite a serious injury, a great deal of satisfaction to help temper the disappointment and frustration can be discovered. To suddenly have to stop the routine of training on a daily basis, and racing regularly, is a shock to the system. But there is life during the recovery stages. To encourage, to instruct, to use the experience gained over 50 years of competitive running and to pass the experience to others and see them succeed, is a magical moment.

Thanks Peter for those words of encouragement.

Special free offer for all Parents and members aged 16 and over

With the help of Cambs AA, the club is able to offer training and the short written test, which are necessary to become a grade 4 Judge, free of charge to anyone who is prepared to have a go. Actually it's always free, but the club is in the situation where we do not have enough qualified judges to comfortably meet our obligations at league matches.

At away matches we are supposed to provide a time keeper, a track judge, and a team of four field judges. At home matches we have to provide all the chief officials, plus some additional timekeepers, track judges, and a team of field officials (sometimes enough to cover two events simultaneously).

This year we were forced into using some of our higher graded field officials as chief timekeeper and track judge at two of our home matches because people were away on holiday. Its not fair to expect a few people to do most of the judging. Some of our judges have covered as many as 15 matches for the club this year and many have covered at least 10. We need more volunteers so that we can let these people have some life of their own.

At present we have 3 graded timekeepers in the club, but one is away at University, and one is a senior Field Judge. We have only 2 qualified track judges and we have about 7 or 8 active Field Judges. To ensure that they have enough to do we take part in five leagues - about 25 matches, and some of the more senior field judges also work at area and national level as well. We also have only one starter.

Going back to the special offer - we can arrange to train you as officials at the basic club level, and you sit a very short test, which is quite easy to pass, to get your grade 4 qualification. The process is first a group training session with a Senior Cambs AA Official lasting about 3 hours, which tells you most of what you need to know, and provides written notes to revise from, and then a written test a few weeks later lasting about one hour with questions needing mainly one/two word answers. The Field events trainer is actually from C&C, the Timekeeper is from Hunts AC and the Track Judge from Peterborough AC and they don't bite.

There will be courses run in the early spring, or earlier if we have enough volunteers. In 2001 everyone from C&C who did a course passed the exam

PLEASE OFFER TO TRAIN IN ONE OF THE DISCIPLINES AND SO EASE THE LOAD ON THE OTHER JUDGES. Noel is putting a list together and the club target is to train at least 5 field judges, 2 timekeepers, 2 track judges, and hopefully a starter.

PLEASE OFFER NOW - DON'T WAIT. Just ring Noel (Moss) on 01223 833470 in the first instance and we will put you on the list. If you get the answerphone - leave your number and he will call you back. The bottom line if we don't get the offers is that we will not be able to stay in the Leagues so you or your children will be the losers.

Results, Results, Results

Ramsey Multi Terrain 10 mile - 23rd July

26th Glynn Smith 1st vet 55+ 68min 15 secs

Eastern veterans league - Kings Lynn - 3rd July

Ladies 55+

1500m	1st	M Holmes	6.30.1	100m	2nd	M Holmes	18.6
Shot	2nd	M Holmes	5.73	Longjump	4th	M Holmes	2.70
Men							
Spr hdls				4th M55	N Moss		21.7
100m		3rd M40	L Lawrence	15.7	5th M50	N Moss	15.0
400m		5th M40	G Meah	80.2	3rd M50	N Moss	70.2
1500		4th M40	G Meah	5.21.1			
Longjump		4th M40	L Lawrence	3.98	4th M50	N Moss	3.83
Highjump		3rd M40	L Lawrence	1.20	4th M50	N Moss	1.10
Hammer				2nd M50	F Martin		26.39
Shot				3rd	F Martin		8.61

Southern Womens League - 6th July at Mile End

1st THAC	174,	2nd Braintree	145,	3rd C&C	115,	4th Phoenix	99,	5th Lewes	2
100m		4A	E Hostler	13.7	4B	S Walsh			16.5
200m		3A	E Hostler	28.7					
400m		3A	E Hostler	62.7	4B	S Walsh			83.0
800m		4A	C Woolf	2.42.2	4B	S Walsh			3.18.8
1500m		2A	H Gardener	5.45.8	1B	J Heron			5.55.7
3000m		2A	J Heron	12.27.1	1B	S Walsh			13.08.7
400m Hdls		3A	S Walsh	119.5					

Highjump	2A	H Gardener	1.25	2B	C Woolf	1.20
Triplejump		3A	C Woolf	7.90		
Shot	1A	S Moss	10.06	2B	J Herron	
Discus	3A	S Moss	27.33	3B	H gardener	16.50
Javelin	2A	S Moss	28.80	2B	J Herron	17.05
Hammer	3A	S Moss	22.84	3B	J Herron	9.95
Under 15 girls						
100m	1A	C Rogers	13.3	1B	C Musowe	13.9
200m	4A	J Negus	37.5			
1500m	1A	J Negus	6.39.5			
75m Hdls	1A	C Rogers	12.2			
Longjump	3A	J Negus	2.99			
Shot	1A	C Rogers	7.71	1B	C Musowe	6.64
Discus	2A	C Musowe	13.00			

ECAA Championships at St Ives - 7th July

U15 Girls	800m	I Asztalos	2nd	2.28.5	(1.26.2 in heat)
U17 Ladies	300m	G Asztalos	4th	45.7	
U15 Boys	100m	A Ellis-Evans	4th	12.3	(3m/s head wind)
U17 men	1500m	A Sim	2nd	4.31.7	
Sen Men	800m	J Morley	1st	2.02.6	

National Schools at Exeter - 6th/7th july - sorry if I've missed anyone

U20 Men	400m	T Hames	5th in heat	50.19
	800m	N Flynn	6th in heat	1.57.76
Under 17 men	100m	T Wedderburn	7th in heat	11.91
Under 15 Boys	800m	E Aston	1st in heat	2.05.58
	Hammer	L Shortman	3rd	50.01m
Under 15 Girls	hurdles	C Rogers	6th in heat	12.4

Southern Mens League at St Ives on 13th July

1st	Chelmsford	154,	2nd	Dartford	110,	3rd	C&C	104.5,	4th	Bracknell	94,	5th	Ealing	65.5
100m		3A	J Milton	11.7	4B	S Wilkie								12.2
200m		4A	J Milton	23.4	3B	A Ellis-Evans								23.9
400m		5A	S Billington	55.2	3B	C Mycroft								58.7
800m		5A	K White	2.04.7	4B	J Jenkins								2.25.2
1500m		3A	K White	4.21.6	3B	A Sim								4.31.6
5000m		5A	J Kazer	17.13.9	3B	B Van Aken								17.26.7
3000S/C		3A	J Kazer	11.34.5	2B	B Van Aken								12.13.5
110 hdls		3A	J Brennand											21.2
400hdls		4A	S Billington	70.8	4B	C Mycroft								69.1
Highjump		5A	C Hazel	1.60	=3B	S Billington								1.10
Longjump		3A	C Hazel	6.31	3B	J Brennand								
				5.48										
Triplejp		2A	C Hazel	12.09	2B	J Brennand								
				10.71										
Shot		1A	J Van de Berg	14.53	1B	G Parsons								11.65
Discus		1A	J Van de Berg	40.59	1B	G Parsons								38.78
Javelin		3A	J Van de Berg	36.44	3B	P Bramford								36.19
Hammer		1A	G Parsons	38.73	1B	D Vickery								32.48
4 x 100		4A		47.5										3.49.1

East Anglian League - St Ives - July 14th

Overall match result - C&C =1st - 56 points

Senior Men - 2nd in match - 174 pts

100m		2A	C Mycroft	12.8	2B	B Van Aken				15.1
400m		2A	C Mycroft	58.7	2B	B Van Aken				68.1
800m		2A	M Smith	2.08.7	1B	S Evans				2.13.4
3000m		1A	B Van Aken	10.26.3	1B	S Evans				10.48.8
110m Hdls		1A	J Brennand							19.9
Highjump		3A	N Moss	1.10						

Longjump	1A	J Brennand	5.47	1B	C Mycroft	200m	3A	E Hostler	28.6	2B	R Kiff	31.2		
5.06						400m	1A	E Hostler	61.5	1B	H Rule	61.6		
Triplejump	1A	J Brennand		10.83	2B	C	N/S	E Kreetzer	65.0					
Mycroft	9.85					800m	1A	P Gant	2.36.1	1B	H Belbin	2.40.1		
Shot	1A	G Parsons	11.22	1B	R Smith	11.15	1500m	1A	J Herron	5.35.9	1B	S Walsh	5.40.0	
	N/S	F Martin	7.98	N/S	P Bramford	7.39	Hurdles	2A	C Greenwood	18.8				
Discus	1A	G Parsons	37.05	1B	R Smith	29.58	Highjump	2A	C Greenwood	1.30				
	N/S	P Bramford	25.09				Longjump	2A	R Kiff	4.22				
Javelin	2A	R Smith	37.76	1B	G Parsons	36.75	Triplejump	1A	R Kiff		9.30	1B	C Greenwood	
	N/S	P Bramford	33.70				8.18							
Hammer	1A	G Parsons	27.51	1B	F Martin	23.25	Shot	1A	S Moss	9.85	3B	M Holmes	5.25	
4 x 100	2A		50.1				Discus	1A	S Moss	28.11	2B	M Holmes	12.58	
Under 17 Men 2nd in match - 112 points							Javelin	1A	S Moss	28.28	1B	M Holmes	14.97	
100m	4A	R Fondo	13.1	2B	S Phillips	12.4	4 x 100	2nd		60.3				
200m	4A	S Billington	24.9				Under 17 Ladies - 2nd in match - 112 points							
400m	3A	S Billington	55.0	1B	R Fondo	63.1	100m	3A	C Lacey	13.6	2B	L Cuffy	14.2	
800m	1A	A Howard	2.43.4				200m	2A	C Lacey	28.2	1B	L Cuffy	30.0	
1500m	1A	A Howard	5.40.3				300m	2A	G Asztalos	44.7				
Highjump	3A	S Billington	1.55	1B	R Fondo	1.50	800m	2A	C Woolf	2.38.5				
Shot	3A	N Rivers	9.96				1500m	2A	H Gardner	5.40.8				
Discus	2A	S Phillips	27.91	2B	N Rivers	19.14	80m Hdls	2A	K Carr	14.3				
Javelin	1A	S Phillips	30.70				Highjump	2A	K Carr	1.25				
Hammer	2A	N Rivers	18.10				Triplejump	2A	K Carr		8.65			
Under 15 Boys - 1st in match - 188 points							Shot	3A	L Cuffy	6.03	3B	G Asztalos	5.73	
100m	1A	J Markley	12.5	1B	D Player	24.8	Discus	3A	H Gardiner		18.07			
200m	1A	D Player	24.8	3B	M Riches	27.1	Javelin	3A	H Gardner	15.17	2B	C Lacey	10.13	
400m	3A	O Jones	59.1	2B	R Porcheron	61.9	4 x 100 relay	2A		55.2				
800m	2A	P Porcheron	2.23.3	2B	R Kreetzer	2.29.6	Under 15 girls 3rd in match 129 pts							
1500m	3A	R Lasenby	5.36.6				100m	2A	M Lewis	13.5	2B	H Tonner	13.8	
80m Hdls	2A	T Adams	14.6	2B	O Jones	16.0	200m	2A	M Lewis	27.4	1B	I Asztalos	28.1	
Longjump	4A	J Huddlestone	4.68	1B	M Vickery	4.37		N/S	H Tonner	28.4	N/S	C Hodgekinson	30.7	
Triplejump	1A	M Riches	10.22	1B	T Adams			N/S	N Hobday	30.9				
9.19							800m	1A	I Asztalos	2.29.3	1B	N Fisher	2.40.9	
	N/S	M Vickery	9.20					N/S	S Iwanko	2.42.0	N/S	N Hobday	2.47.0	
Highjump	3A	T Adams	1.50	1B	M Vickery	1.50		N/S	S Kaye	2.54.2				
Shot	1A	L Shortman	10.88	1B	S Fisher	9.44	1500 hurdles	2A	E Schofield	5.37.7	2B	S Rule	5.57.3	
	N/S	J Cowan	7.67				Longjump	3A	C Hodgekinson	13.6	3B	E Mann	14.7	
Discus	1A	L Shortman	27.48	1B	S Fisher	23.12		4A	I Asztalos	3.69	4B	E Mann	3.50	
	N/S	J Huddlestone	23.69					N/S	K Richardson	3.05				
Javelin	4A	M Thompson	28.24	1B	J Cowan	26.11	Highjump	3A	S Kay	1.30	3B	S Iwanko	1.20	
Hammer	1A	L Shortman	46.55	1B	J Huddlestone	24.85	Shot	4A	N Fisher	5.77	2B	H Tonner	5.65	
4 x 100	2a		50.2				Discus	4A	C Hodgekinson	10.64				
Boys under 13 - 1st in match - 116 points							Javelin	4A	E Mann	13.45	2B	S Iwanko	8.04	
100m	3A	S Goldfinch	14.6	2B	O Tonner	14.9		N/S	E Schofield	8.54				
	N/S	J Bunday	14.1	N/S	D Fisher	15.2	4 x 100	2A		56.0				
200m	3A	S Goldfinch	30.6	2B	D Fisher	30.9	Under 13 Girls 3rd in match 83 pts							
	N/S	D Spence	33.4				100m	2A	N Cowan	14.6				
800m	3A	W Mycroft	2.44.1	2B	C Kitchen	3.04.0	200m	1A	L Dowsett	28.7	1B	V Asztalos	31.0	
1500m	4A	J Kennard	5.28.8	1B	C Avery	5.49.5	800m	1A	L Dowsett	2.38.1	1B	V Asztalos	2.52.3	
75m Hurdles	2A	J Kennard	15.5	1B	O Tonner	15.8	1500m	4A	A Lasenby	6.09.9				
Highjump	2A	O Tonner	1.25	1B	J Kennard	1.20	Longjump	2A	L Dowsett	3.63	1B	N Cowan	3.43	
Longjump	2A	S Goldfinch	4.01	1B	C Kitchen	3.71	Shot	1A	P Markley	8.03	1B	N Cowan	5.38	
	N/S	J Bunday	3.94				4 x 100	1A		61.7				
Shot	4A	D Spence	5.85	3B	C Kitchen	5.45	Under 11 Girls							
	N/S	D Fisher	5.17				80m 7th	C Asztalos	13.6	Longjump 7th	C Asztalos	2.71		
4 x 100	1a		58.8				St Ives 10k - July 21st							
Ladies	1st in match	164 pts					25th	J Jenkins	1st M55+ 38.41	40th	G Smith	2nd M55 40.08		
100m	2A	H-J Cone	13.2	2B	C Greenwood	14.8	54th	A Downie	3rd M50 41.15	59th	G Meah	11th M40 41.30		

Watford open meeting - 24th July

800m L Dowsett 2.29.10 (New club Record)

Southern Womens League - St Albans - 27th July

1st - St Albans 179, 2nd C&C 149, 3rd East Grinstead 148½

Senior ladies

200m	4A	R Kiff	35.9	4B	C Greenwood	32.1
800m	1A	C Woolf	2.40.8			
100m Hdls	2A	C Greenwood	19.7			
400m Hdls	3A	C Greenwood	82.9			
Highjump	2A	C Greenwood	1.35	2B	C Woolf	1.20
Triplejump	2A	R Kiff	9.61	2B	C Woolf	

9.18

Shot	1A	S Moss	10.42	3B	R Kiff	6.08
Discus	1A	S Moss	26.12	2B	R Kiff	16.53
Javelin	1A	S Moss	27.19	1B	L Cowan	24.78
Hammer	1A	S Moss	24.64	1B	R Kiff	19.44
4 x 100	3A		59.5			

Under 15 girls

100m	2A	C Rogers	13.8	2B	N Cowan	14.4
200m	2A	E Schofield	29.1	2B	C Musowe	29.2
800m	1A	E Schofield	2.33.3		S Kaye	2.52.2
1500m	2A	J Negus	7.02.2			
75m Hdls	1A	C Rogers	12.4	2B	N Cowan	16.8
Highjump	4A	S Kaye	1.20			
Longjump	3A	N Cowan	3.85	3B	S Kaye	2.98
Shot	2A	C Rogers	7.43	2B	C Musowe	6.40
Discus	2A	C Musowe	11.83	1B	J Negus	11.38
Javelin	3A	E Schofield	9.60	2B	J Negus	5.34
4 x 100	1A		55.5			

Under 13's Intercounty match at Kingston - 28th July (14 teams)

Boys (Cambridgeshire 13th)

100m	12B	St Goldfinch	14.8	200m	13B	St Goldfinch	30.53
1500m	13A	J Kennard	5.33.0	80mH	9A	J Kennard	16.12
Highjump	8B	J Kennard	1.25	Longjump	12B	St Goldfinch	3.93

Girls Cambridgeshire 14th)

100m	14B	N Cowan	15.41	800m	2A	L Dowsett	2.29.4
70m Hdls	13A	N Cowan	14.14	Longjump	12A	L Rogers	3.88
Shot	13B	N Cowan	5.77	Highjump	13A	O Taylor	1.20
100m N/S	12th	O Taylor	15.2				

British veterans Championships - Copthall July 28th

W45	Carole Morris	Javelin	1st	26.91			
W65	Mary Holmes	800m	1st	3.12.84	400m	2nd	83.7
		Javelin	2nd	18.93	Triplejump	4th	6.50

Southern Mens League - 3rd August at Battersea

1st London heathside 117, 2nd Enfield 116, 3rd Serpentine 114, 4th Bexley 105, 5th C&C 80

100m	4A	J Nowak	11.7	5b	N Moss	14.9
200m	4A	J Nowak	24.8	5B	J Brennand	
400m	3A	J Morley	54.8	1B	T Hames	51.5
800m	3A	J Morley	2.02.8	1B	T Hames	2.00.9
1500m	2A	A Sim	4.19.9	3B	K White	4.31.2
5000m	3A	K White	16.34.4	2B	B Van Aken	16.59.2
3000S/C	3A	J Kazer	11.11.9	4B	J Lewy	14.10.6
110 hdls	5A	J Brennand	22.6			
400 hdls	5A	B Van Aken	77.1	4B	J Brennand	
Highjump	5A	J Brennand	1.00	=3B	N Moss	

67.1

1.00

Pole Vault	5A	N Moss	2.20	=2B	J Brennand	
Longjump	5A	J Brennand	5.78	3B	J Nowak	
Triplejump	4A	J Brennand	11.30	5B	N Moss	
Shot	4A	G Parsons	11.32	5B	P Bramford	7.90
Discus	3A	G Parsons	37.92	3B	P Bramford	27.12
Javelin	5A	G Parsons	36.14	3B	P Bramford	29.99
Hammer	2A	G Parsons	38.64	5B	N Moss	13.95
4 x 100	5A		51.1	4 x 400	5A	3.52.7

Eastern Young Athletes league - 4th August at Basildon

Match abandoned due to flooding (no result - 50% of events not completed) C&C lying 3rd

Ladies under 17

Discus	4A	C Peters	13.79			
Shot	2A	S Rogers	8.19	1B	L Cuffy	6.08
Highjump	3A	S Rogers	1.45	3B	R Kennard	1.30

Girls under 15

Hurdles	1A	C Rogers	12.6	1B	A Cone	12.7
Shot	3A	C Rogers	7.50	4B	H Cone	6.00

Girls Under 13

Hurdles	2A	L Rogers	11.9	1B	N Cowan	13.7
Highjump	3A	L Rogers	1.25			
Shot	2A	N Cowan	6.09	1B	C Hobday	6.09

Men under 17

Discus	3A	S Phillips	31.15	1B	N Rivers	23.87
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Boys under 15

Hurdles	3A	M Hathaway	14.3	3B	T Adams	14.9
Discus	1a	J Huddlestone	23.62	1B	S Fisher	22.37

Boys Under 13

Hurdles	2A	J Kennard	15.8	1B	O Tonner	16.2
Discus	1A	D Spence	14.51			

Eastern veterans League - Kings Lynn - 7th August

Ladies

200m			W55+	3rd	M Holmes	37.7		
800m			W55	1st	M Holmes	3.18.1		
Triplejump				W55	M Holmes			
Discus	W35	1st	R Martin	23.17	W45	3rd	C Morris	16.88
					W55	2nd	M Holmes	12.97
Javelin					W45	1st	C Morris	24.43

Men

400m Hdl	M40	4th		L Lawrence	95.7	M50	4th	N Moss	
200m						M50	3rd	N Moss	30.1
Triple	M40	3rd		L Lawrence	??	M50	4th	N Moss	7.17
Polevault						M50	2nd	N Moss	2.40
Discus	M40	1st		L Lawrence	22.75	M50	4th	F Martin	22.72
Javelin	M40	4th		L Lawrence	19.05	M50	2nd	F Martin	22.30

East Anglian League - Kings Lynn - August 11th

Overall match result - 3rd with 47 match points

Senior Men - C&C =4th in match - 125 pts

100m	4A	S Wilkie	12.5	4B	L Lawrence	15.5
200m	6A	S Wilkie	25.5	4B	L Lawrence	32.8
400m	5A	M Smith	56.4	3B	B Van Aken	65.4
800m	2A	J Morley	2.02.6			
3000m	3A	S Evans	9.50.0	2B	B Van Aken	10.33.9
Longjump	2A	C Hazel	6.05	3B	S Wilkie	5.04

Triplejump		4A	L Lawrence	8.97				Javelin	1A	S Moss	29.37	2B	M Holmes	17.33	
Shot	1A	G Parsons	11.32	2B	F Martin	8.08		4 x 100	4A		60.3				
Discus	1A	G Parsons	39.97	1B	P Bramford	24.34		Under 17 Ladies -	None competed						
Javelin	5A	G Parsons	35.84	1B	P Bramford	32.69		Under 15 girls	2nd - 128 points						
Hammer	1A	G Parsons	40.27	1B	F Martin	23.91		100m	2A	C Rogers	13.5	2B	A Cone	14.5	
Under 17 Men	3rd in match - 87 points														
100m	1A	J Milton	11.8	1B	A Ellis Evans	12.3			N/S	D Smith	13.4	N/S	H Cone	14.1	
200m	6A	A Howard	31.4					200m	N/S	C Lacey	14.0	N/S	H Tonner	14.6	
400m	2A	J Milton	54.4	1B	A Ellis-Evans	55.4			4A	H Cone	29.5	1B	C Lacey	28.0	
800m	4A	A Howard	2.36.0						N/S	A Cone	29.5	N/S	H Tonner	29.3	
1500m	1A	A Sim	4.23.1	3B	A Howard	5.30.7		800m	4A	S Iwanko	2.44.2	3B	S Kaye	2.53.3	
Triplejump		2A	S Goldfinch	10.72				1500	3A	N Hobay	5.59.9				
Shot	4A	N Rivers	10.55	Javelin	4A	S Goldfinch	30.22	hurdles	1A	C Rogers	12.7	1B	A Cone	12.8	
Discus	5A	N Rivers	23.65	Hammer	3A	N Rivers	19.68	Longjump	3A	D Smith	4.40	2B	S Kaye	4.01	
Under 15 Boys - 1st with 183 points															
100m	1A	J Markley	12.3	1B	D Player	12.7		Highjump	3A	S Kaye	1.25	1B	S Iwanko	1.25	
	N/S	S Milton	13.2	N/S	J Godden	13.8		Shot	3A	H Cone	6.16	2B	C Musowe	5.83	
200m	2A	D Player	25.7	3B	J Godden	27.9		Discus	1A	D Smith	16.90	2B	C Musowe	11.74	
	N/S	S Milton	27.0					Javelin	4A	N Hobday	10.30				
400m	2A	A Yeomans	61.9	4B	D Mcpherson	66.7		4 x 100	1A		54.1				
800m	1A	E Aston	2.07.6	2B	A Yeomans	2.18.2		Under 13 Girls	1st in match with 97 points						
80m Hdls	1A	J Markley	12.3	2B	E Aston	16.8		100m	4A	H lendstrum	16.9	4B	F lendstrum	19.4	
Longjump	3A	J Gilbert	5.13	1B	J Godden	4.56		200m	1A	L Dowsett	30.0	1B	H lenstrum		
	N/S	M Vickery	4.71												
Triplejump		2A	M Vickery	9.87	2B	D Mcpherson		800m	3A	A Phillips	3.23.5				
9.11								1500m	1A	L Dowsett	5.18.8	1B	C Hobday	5.47.5	
	N/S	J Huddleston	9.57					Longjump	5A	F Lendstrum	2.84				
Highjump	1A	E Aston	1.50	1B	M Vickery	1.30		Shot	1A	P Markley	7.71	1B	C Hobday	6.42	
Shot	2A	W Phillips	10.01	1B	S Fisher	9.56		4 x 100	2A		62.2				
	N/S	M Thompson	8.16					Under 11 Girls							
Discus	3A	J Huddleston	26.54	2B	S Fisher	23.44		80m	4th	L Conway	13.5	600m	3rd	L Conway	2.13.9
Javelin	3A	M Thompson	28.42	2B	W Phillips	28.24		Longjump	3rd	L Conway	3.05	Longjump	7th	H Godden	2.53
Hammer	3A	W Phillips	26.40	2B	J Huddleston	23.75		BMC Grand Prix meeting - 14-08-02							
	N/S	S Fisher	26.20					Under 17 ladies	H Rule - 800m 2.16.6						
4 x 100	1A		49.9					Eastern Young Athletes league - 18th August at Southend							
Boys under 13 - 3rd with 101 points	1st Milton keynes 337, 2nd Dacorum 293, 3rd Southend 292, 4th C&C 192														
100m	3A	J Bunday	14.5	1B	S Goldfinch	14.4		Ladies under 17	None attended !!!!!						
	N/S	B Conway	15.9					Girls under 15							
200m	4A	J Bunday	29.9	4B	C Kitchen	33.7		100m	4A	C Musowe	15.0	3B	H Tonner	145.2	
	N/S	D Spence	34.2					200m	1A	D Smith	26.9	3B	H Tonner	30.2	
800m	5A	W Mycroft	2.47.6	1B	B Creese	2.42.3		800m	4A	S Iwanko	2.43.3	3B	N Hobday	2.48.1	
1500m	4A	S Goldfinch	6.11.0	4B	J Ennis	6.44.4		Highjump	2A	D Smith	1.35	2B	H Tonner	1.35	
75m Hurdles	5A	B Creese	18.1	1B	B Conway	15.6		Longjump	3A	D Creese	3.86	4B	N Hobday	3.39	
Highjump	2A	B Conway	1.30	3B	B Creese	0.95		Shot	1A	C Musowe	7.25	2B	D Creese	5.71	
Longjump	4A	J Bunday	4.13	3B	S Goldfinch	4.11		Discus	3A	D Smith	15.70	3B	C Musowe	11.21	
Shot	5A	D Spence	6.13	2B	C Kitchen	5.56		Javelin	3A	N Hobday	12.60	2B	D Creese	11.81	
	N/S	W Mycroft	4.83					4 x 100	2A		55.4				
4 x 100	4A		62.2					Girls Under 13							
Ladies	2nd with 125 points														
100m	2A	H-J Cone	13.4					100m	4A	N Cowan	15.0	3B	L Rogers	14.9	
200m	2A	A Costello	27.6	4B	M Holmes	38.3		200m	3A	C Hobday	31.4				
400m	2A	A Costello	61.5	1B	H Rule	63.0		800m	3A	C Hobday	2.44.0				
800m	5A	M Holmes	3.12.9					1500m	1A	L Dowsett	5.17.7				
1500m	3A	J Herron	5.50.1	3B	M Nolan	6.44.0		Hurdles	1A	L Rogers	12.1	2B	N Cowan	13.5	
Longjump	1A	H-J Cone	4.71	1B	A Costello	4.02		Longjump	2A	N Cowan	3.87				
Triplejump		1A	H-J Cone	9.63				Shot	2A	P Markley	7.75	1B	C Hobday	6.60	
Shot	1A	S Moss	10.31	1B	R Martin	7.83			N/S	I Godden	5.50				
Discus	1A	S Moss	29.00	2B	R Martin	23.36		Discus	3A	P Markley	15.62	3B	I Godden	11.02	
								4 x 100	3A		60.4				
								Men under 17							
								100m	1A	J Milton	11.8	1B	A Ellis Evans	12.1	

200m	N/S	R Seeley	13.2				
400m	3A	S Billington	25.2	4b	R Seeley	28.1	
Highjump	2A	J Milton	56.4	2B	A Ellis-Evans	57.3	
Longjump	2A	S Billington	1.60	3B	R Seeley	1.25	
Triplejump	3A	J Milton	5.74				
Shot	4A	S Goldfinch	10.60				
Discus	1A	S Billington	11.56	2B	N Rivers	10.77	
Javelin	2A	N Rivers	27.90	2B	S Goldfinch	19.75	
4 x 100	3A	S Goldfinch	28.68	3B	N Rivers	22.72	
Boys under 15	2A		49.4				
100m	2A	J Markley	12.2	1B	S Milton	13.1	
200m	N/S	J Gilbert	12.9	N/S	J Godden	13.6	
400m	3A	S Milton	27.5	2B	J Godden	28.7	
800m	1A	D Potts	56.7	1B	J Huddlestone	65.8	
Hurdles	4A	R Kreetzer	2.30.5				
Highjump	1A	J Markley	12.5				
Longjump	2A	M Vickery	1.55	1B	J Huddlestone	1.50	
Shot	2A	J Gilbert	5.37	1B	J Huddlestone	5.01	
Discus	N/S	J Godden	4.66	N/S	M Vickery	4.52	
Javelin	2A	L Shortman	11.37	3B	M Thompson	8.38	
4 x 100	N/S	J Cowan	7.95				
Boys Under 13	2A	L Shortman	30.53	3B	M Thompson	22.50	
100m	2A	J Cowan	29.33	1B	M Thompson	27.21	
200m	N/S	L Shortman	29.44				
400m	1A		52.0				
800m	3A	S Goldfinch	15.0	4B	O Tonner	15.2	
Hurdles	4A	S Goldfinch	31.1				
Highjump	3A	J Ennis	3.10.1				
Longjump	3A	O Tonner	15.7				
	3A	O Tonner	1.20				
	3A	S Goldfinch	3.92				

Hibberd, Peterhouse and Bemax trophies - 24th August at Norwich (Cambs AA)

Under 17 Men							
200m	4A	J Milton	23.7				
400m	3B	A Ellis Evans	55.5				
1500m	1B	A Sim	4.25.6				
Shot	2A	N Rivers	10.75	1B	S Phillips	10.48	
Discus	3A	S Phillips	30.87	2B	N Rivers	27.47	
Javelin	2A	L Shortman	32.80	1B	S Phillips	32.05	
Hammer	2A	L Shortman	40.32				
Senior Men							
400m	2A	T Hames	50.5				
Shot	2A	G Parsons	11.71	Discus	1A	G Parsons	40.05
Javelin	4A	G Parsons	34.96	Hammer	1A	G Parsons	39.64
Ladies							
800m	2A	H Rule	2.20.4				
1500m	3A	J Herron	5.29.2	3B	S Walsh	6.10.1	
3000m	1A	J Lasenby	10.29.9	2B	S Walsh	13.08.1	
Longjump	1B	H-J Cone	5.11				
Triplejump		2B	R Kiff		9.16		
Javelin	2A	S Moss	29.49				

Southern Counties intercounty match - 25th August representing Cambs AA

Clare Rogers	Under 15 Girls Hurdles	12.27					
Megan Lewis	Under 15 girls 100m	heat 13.46		200m	heat	28.58	
Ed Aston	Under 15 boys 800m	4th in heat 2.8.66		7th in final			

Tom Hames	Under 20 Men 800m	2nd in heat	2.00.1	withdrawn from			
final							
Mark Thompson	Under 15 boys Javelin		14th with 32.88m (PB)				
Luke Shortman	Under 15 Boys Hammer		no distance recorded				
James Gilbert	Under 15 bots Longjump		5.22m				
Mike Riches	Under 15 boys triplejump						
Marshall Peugeot games - Peterborough - 26th August							
Under 17 men	1 Mile	Alistair Sim	5th	4.43.2			
Under 15 Girls	80m Hdls	Clare Rogers	1st	12.6			
Under 13 Girls	70m Hdls	Lauren Rogers	1st	12.0			
Southern Womens league at Cambridge - Sept 7th							
1st Ipswich	197, 2nd London Heathside	188, 3rd C&C	156, 4th Bexley	148, 5th Tonbridge	136		
Senior ladies							
100m	5A	C Greenwood	15.8	4B	L Cowan	17.8	
200m	5A	C Greenwood	35.0	4B	S Hannema	34.5	
400m	4A	S Hannema	74.5	4B	J Swinburn		
	71.9						
800m	2A	C Woolf	2.42.2	3B	S Walsh	2.54.2	
1500m	2A	J Lasenby	4.58.0	4B	S Walsh	6.13.7	
3000m	3A	S Hannema	11.46.2	3B	S Walsh	12.55.8	
100 hurdles	4A	C Greenwood	21.4	4B	S Walsh	40.7	
400 hurdles	4A	C Greenwood	87.9	4B	S Walsh	110.5	
Highjump	5A	C Greenwood	1.30				
Longjump	4A	R Kiff	3.93	3B	C Woolf	3.67	
Triplejump		3A	K Carr		9.09		
Shot	2A	S Moss	10.40	1B	R Martin	8.42	
Discus	2A	S Moss	27.41	2B	R Martin	22.98	
Javelin	3A	S Moss	27.24	1B	L Cowan	23.85	
Hammer	1A	R Martin	25.03	1B	S Moss	22.46	
4 x 100	5A		59.0	4 x 400	4A	5.17.9	
Under 17 ladies							
80m hurdles	3A	K Carr	17.3	300m hurdles	3A	K Carr	58.3
Under 15 Girls							
100m	4A	M Lewis	14.2	4B	A Cone	14.5	
	N/S	C Musowe	14.1	N/S	C Lacey	14.2	
	N/S	H Cone	14.3	N/S	N Cowan	14.6	
200m	2A	D Smith	27.4	2B	C Lacey	28.8	
800m	2A	N Hobday	2.53.1	4B	S Kaye	2.54.6	
	N/S	A Lasenby	3.04.6	N/S	F Bussell	3.04.8	
1500m	1A	E Schofield	5.40.1	1B	C Hobday	5.57.2	
75m hurdles	2A	A Cone	12.6	4B	N Cowan	18.0	
Highjump	5A	H Lendrum	1.15	4B	S Kaye	1.10	
Longjump	1A	D Smith	4.29	2B	N Cowan	3.31	
	N/S	F Bussell	2.49				
Shot	4A	C Musowe	7.20	2B	C Hobday	5.70	
Discus	2A	D Smith	17.08	3B	H Cone	12.58	
Javelin	4A	N Hobday	14.97	4B	D Creese	8.94	
4 x 100	3A		55.4	N/S		64.1	

Dont forget the AGM, or our special offer to train you as a judge or a coach