

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter December 2002

SPRING FIXTURES (Much more complete list of 2003 fixtures inside)

26th December	Club Boxing day 4 11am	All members	Newnham Green
29th Dec	Buntingford 10K	All over 15's	Buntingford
31st Dec	New years Eve 10k	All over 15's	Lt Downham
5th Jan	Cambs AA XC Champs	All members	March
12th Jan	SEAA Pentathlon Champs	All members	Bedford
12th Jan	Frostbite League	All members	March
18th Jan	County Schools XCChamps	Schools	
19th Jan	County Sportshall match	All under 15	St Ives
18/19th Jan	SEAA Indoor Champs	All members	Bedford
19th FJan	Folksworth 15m	All over 15	Folksworth
19th Jan	St Albans 10k	All over 15's	St Albans
25th Jan	SEAA Cross country champs	All members	Exmouth
25/26th Jan	AAA Indoor U20 Champs	All over 13/U20	Birmingham
2nd Feb	West Norfolk Indoor meeting	All members	Kings Lynn
2nd Feb	Frostbite league	All members	Bourne
2nd Feb	Watford Half Marathon	Seniors	Watford
2nd Feb	EVAC XC Champs	Veterans	Milton Keynes
8th Feb	CAU Intercounties XC	Cambs select	Nottingham
15th Feb	Regional Sports-hall final	County select	Norwich
15th/16th	BVAF Indoor Champs	Veterans	Glasgow
16th Feb	Icknield League	All members	TBC
22nd Feb	National XC Championships	All members	Parliament Hill
23rd Feb	ECAA Indoor Champs	All members	Kings Lynn
2nd March	Frostbite league	All members	Huntingdon
2nd March	C&C vs CUAC	All over 15	Cambridge
9th March	Hemel Hempstead 10k	All over 15's	Hemel H
9th March	River Cam 10k	All over 15's	Fenditton
16th March	Icknield League	All members	TBC

***SUMMER TRACK TRAINING - STARTS 31ST MARCH**

***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 6TH JANUARY, AND AT THE TRACK ON SAT. 4TH**

Chairman's chatter December 2002

I'm writing this having just come back from the Frostbite League race in Ramsey. There were lots of us there from C&C and that, for me, is the delight of being in the club. At road races and over the country there are always plenty of C&C vests and members supporting each other – and determined to beat each other. The recent Fenland relay (from Peterborough to Ely) was also excellent. 2 teams, who both ran pretty well, particularly the women's team, and support from each other for the whole of the day. Thanks to Glyn Smith for getting this moving and long may it continue.

I think the club is getting stronger but it needs support from members (and sometimes members' parents and friends) if it is going to continue on the up. We need people to turn out and support each other, by taking part in a range of events, or by raking the sand pit or helping with a team..... If we are able to do that we'll all have a great time. In this regard I'm very pleased that Bryn Percival and James Brennand have agreed to take responsibility for club coaching. With Emma Hostler and Stuart Dunlop helping out at the committee too, we are moving away from the club being run by a bunch of ancient old codgers.

For those who were unable to get to the AGM, I would like to report on a couple of important developments. Firstly, good news, we have been awarded lottery money from 'Awards for All' to buy some Sportshall equipment. This should make indoor training more enjoyable and directly relevant to athletics. We have also made a bid to the UK Athletics clubs' future programme for funding for a club development and administrative officer. This bid has not yet been reviewed by the national body but we have received support from the region. Secondly, we have been trying to find ways to give our top athletes a better opportunity for high levels of competition. We have discussed running joint teams with Huntingdonshire AC but unfortunately (we have discovered since the AGM), at present, the league rules do not permit it. There are other options to follow and we'll try to keep everyone up to date when there are items to report. National rules about first claim membership and various other arcane practices are changing and should enable us to move forward in this area.

Finally, I wish everyone a very merry Christmas and hope your season's objectives and aspirations are fulfilled in the New Year. Maybe start with the Boxing Day Run?
Neil

Report on Annual general meeting - held on November 25th 2002

A relatively uneventful affair. The committee were again elected uncontested. About 75 members/parents attended - very slightly more than last year.

The committee has been looking seriously at the running of the club in future years. Neil Costello pointed out that Cambridge is relatively unusual, being an academic city with no major heavy industry and the club has also a large rural catchment area. We have a large membership - the largest in Cambridgeshire, but the majority are young athletes and it is proving quite difficult to get people to help in administration or coaching. This results in overloading of the willing few, and in order to help with this aspect the club has embraced the UKA clubs futures program. Analysis of the club has shown that we score quite well but do struggle to keep our young members and provide all the support they need.

Consequently the club has bid for an award under the scheme to help fund paid administrative assistance for a two year period, and the club will match the funding from the "Headquarters fund" which was boosted by the W Kingdon bequest in 2000. This will help develop the club and free up some of the committee to spend more time on coaching etc.

The club has also applied for and been awarded money from another fund for purchase of sportshall athletics equipment for use in the Netherhall winter training sessions.

Neil also reported on informal discussions with Hunts AC on inter-club cooperation, with special emphasis on senior T&F teams. Both clubs are looking at what may be the best options for providing competitive teams for the future in the light of changes to the UKA rules, and looking forwards to potential structural changes of league competition.

Year 2003 committee

President	B Wallman	Chairman	N Costello
Gen. Secretary	Vacant	Committee secretary	M Holmes
Treasurer	N Poulter	Mens Team Manager	N Moss
Women's team manager	C Woolf	EYAL team manager	A Bird
Coaching Secretary	J Brennand & B Percival (shared appointment)		
Veterans team manager	I Girling	XC/Road secretary	G Smith
Additional Members	S Dunlop	E Hostler	P Bramford
Non-committee appointments			
Schools liaison	M Hoad	Trophies	D Braverman
Anglian Lge Juniors	C Woolf	Anglian lge U17/Sen ladies	Rachel Kiff

Who won the trophies?

The seasons best performance	Charlotte Spelzini		
B P Veteran	Joan Lasenby	Most Improved athlete	Kevin White
Simpson Challenge Trophy	Ed Aston	B P 13-16 Hurdles male	James Markley
Senior Throw - Female	Charlotte Spelzini	B P 13-16 Hurdles female	Clare Rogers
Senior Throw male	Gary Parsons	B P Hurdles BU13	Jordan Kennard
Junior Throw	Luke Shortman	B P Hurdles GU13	Lauren Rogers
Senior HJ	No award	B P Junior HJ	Rachel Johnson
Peter Howard Marathon Trophy	Sue Barnett	B P Longjump	Colin Hazel

Track & Field champions

Senior Men	Alan Brennan	Senior Female	Julie Herron
Junior (U20) male	Chris Mycroft	Junior (U20) Female	No award
Veteran Men	Noel Moss	Veteran Female	Mary Holmes
Under 17 men	Laurie Johnson	Under 17 Ladies	Gyongi Asztalos
Under 15 Boys	Russell Seeley	Under 15 Girls	Imola Asztalos
Under 13 Boys	Nathan Tsang	Under 13 Girls	Lucy Dowsett
Under 11 Boys	No award	Under 11 Girls	Csepi Asztalos

League Trophies

BP Vets league Male	Frank Martin	BP Vet League Female	Mary Holmes
Young Athlete W&C	Male - Scott Billington	Female - Carly Hobday	
SWL Most helpful	Christine Musowe	BP Male league	Tom Hames
BP League Female	Dominique Smith	SML Team	John Morley

Anglian League Phillippa Markley

Road race trophies

Open 10 mile RR Male	Bas Van Aken	Open 10 mile RR Female	Joanna Ball
Open 10 mile RR Male vet	Phil Lee	Open 10 Mile RR Female Vet	Sue Barnett

Handicap trophies

110 yds Handicap	Mary Holmes	440 yds handicap	Gerald Meah
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Cambridgeshire AA AGM held on November 29th

The main issues at the AGM were retirements of some members of the executive committee. Mr Geoff Davis retired as Chairman due to poor health but remains as Officials Secretary and was elected as a life Vice-president. Adrian Martin was elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary. Bill Spratt retired as Road-race permit secretary, the post being filled by a volunteer from March Braza. Gwynn Potts resigned as coaching secretary and James Copeland resigned as Mens team manager. Noel Moss has switched from Sportshall coordinator, to team management of the younger male age-groups, a job which he did for many years in the past. John Edwards (HAC) will take over the Sportshall events. Margaret Watson remains as Females team manager, Nigel Faben as treasurer, and Ray Church as Road race league organiser. Further volunteers are desperately needed, especially as Mens team manager.

Club Anniversary Dinner at St Catherines College

The club 40th Anniversary dinner at St Catherines College was very successful. Our thanks go to organiser Mary Holmes together with Gerald Meah for his "catering assistance". Gerald is Head Chef at St Catherines and so a good meal was assured.

Jon Ridgeon came with his partner as the guest speaker. Jon was perhaps our most famous athlete of recent years, competing in Olympics and world championships at 110m and 400m hurdles. He left the club at the end of 1984 when he finished University, and moved to London. He was a local lad who joined C&C as a young athlete, but also managed to get to Cambridge University and you will see him in their honours and records as well as ours. He has of course made it rather daunting for anyone wanting to break the C&C 100m hurdles record because he set it at a level which would challenge Colin Jackson, let alone the average club athlete.

Jon reminisced about the club in the early 1980's as well as talking a little about UK athletics policies. Jon now commentates on TV athletics events.

There was a good turn-out although not a sell-out - about 36 members and partners attended varying from current athletes in their 20's, to veterans who still compete, some vice-presidents and some coaches (including Jon's old coach - Bob Smith).

Whilst it probably will not be an annual event, we should try to do this at regular intervals - it was a good evening out - good company, good food and a good venue, and of course a little wine.

Cross Country races

C&C Men just managed to take the Eastern Counties AA Championships team event despite having many members away at a road relays event. Congratulations to the team, who scored 93 points to Newmarket Joggers 98 points

Pounding the Road - Glyn Smith

It has been a good winter so far for our road runners and we have a rapidly growing and successful squad. We have given as many results as we can get, in the results section at the back of the newsletter but make sure you give your results to Glyn or phone them to Noel (Numbers in the phone list in the middle of this newsletter).

Saffron Walden 10k

If you want a nice and easy 10k (no such thing) then dont bother to do the Saffron Walden 10k. If you want a lovely scenic run then do it, but dont think you will have the energy to desire or admire it. At 4k you are at the bottom of Windmill hill - dont look far ahead or you may be tempted to turn round.

We had nine members turn up, one who hadn't run a 10k before. He did admit walking a little way up the hill but surely that wasn't anything to be ashamed of and at the finish he was chuffed to bits and certainly wasn't last. Well done Ian.

We had some good results as well, with young Peter Howard 1st 60+ Veteran and Sue Barnett 1st 50+ Lady, and talking about young, Dave Blyth finished the course at the sprightly age of 82

Thanks to all those who turned up to run for the club. And whats this, did I see in the results someone by the name of Costello - I had always thought that he ran distance races but its a long way from Cambridge. Well done Neil.

1st Frostbite league - St Neots

Juniors - although we had only 3 juniors turn up, they all put in excellent performances, not least Imola who was 9th overall and 1st girl, giving our club 6th place out of 17 teams.

Well done, a great result and i'm sure the feedback about this league will ensure a bigger turn out in future races

Seniors - As with the juniors, our first foray into this league was a success, and as with Imola, it was a young female who really impressed finishing 3rd lady, in her first race for C&C. Talking to her afterwards, I found out that it was her first race ever. Well done Julia Hutt. *(a name that appears regularly now in the results)*

Cambridge Wildlife 10k

Not a formal report - the results are at the back. Its a pity the first Icknield league clashed with this but the turnout was good for both.

Thanks must really go to Neil and the other club members who gave up their time to organise and help in various ways. After some last minute panics this was an extremely successful and over subscribed race which contributes a great deal to club funds.

Hereward Relay Nov 24th

This was the clubs first entry to this event, but we put out both Senior Ladies and Male Veterans teams. The race was run over a total of forty miles, from Peterborough to Ely Cathedral across the Fens, run as a relay with 4 legs of 6.6 miles, 12 miles, 11 miles and 10.6 miles respectively.

Julia and myself ran the last leg, which turned out to be a bit gruelling with much slipping and sliding in some sections and a hill!?!... Yes we did find one! This last leg was particularly rewarding as most of the teams runners (who had run the earlier legs) were at the finish to cheer us on. We both managed to jump over a small wall situated just before the finish line, which provided a cheer for all runners who still had the energy to jump.

I really felt as though I had run the whole distance and indeed looked like I had, as I fell twice and was a bit mud splattered. But that Julia again! She managed to finish looking as clean and fresh as a daisy. I had obviously missed the car wash on the way round! Overall an excellent event with great team spirit and a bonus for the girls, of second team place. Thank you all and well done.

3rd Frostbite, Ramsey, December 8th

We had our best result here with 3rd place in both Junior and Senior races, which has put us up to 3rd overall in the series.

Marathons

Two newer club runners have achieved good marathon results this year.

Joanna Ball completed the Amsterdam Marathon in 3 hrs 32 mins. She was disappointed not to get under 3.30 but whats 2 minutes after 26 miles.

In the Paris Marathon Tim Long finished in 3 hrs 55 mins. Well done Joanna and Tim.

Glyns Running tips

Don't compete in three 10 mile races and an Icknield league in 4 weeks - you might just get tired.

Don't enter a race and try kidding yourself and your team mates that it is just a training run, it doesn't work.

My philosophy here - Learn through experience and ignore what you have learnt.

Getting lost

There is a rumour going around that certain club members became lost on a training run round Grafham Water and ended up doing 13 miles. I can confirm the truth, that two members did get lost on Tuesday 10th December, as I personally found them and gave them a lift back

The club is very pleased with the increase in Road-running activity and much of this is down to the enthusiasm of Glyn, who chases and encourages everyone, and Neil who helps coach the squad. It is excellent to get the balance between Road, Crosscountry and T&F back into the club, and it shows that trends can be reversed if someone gives them some focus - Our thanks to Glyn.

Note to all roadrunners

If you are not a regular at Tuesday night training, we meet on the 1st Tuesday of every month in the Red Bull at Newnham for a tippie after the training session.

I hope that you all have a very happy Christmas and see you at LammasLand for the Boxing day 4 mile. Regards, Glyn

It looks like they do other things as well during races - very versatile - my spell-checker changed roadrunners to roadmenders. Is that why Glyn was so dirty when he got to Ely?

Provisional Fixtures Spring/Summer 2002 (some details are not yet available)

26th December	Club Boxing day 4 (11am)	All members	Newnham Green
29th Dec	Buntingford 10K (10.20am)	All over 15's	Buntingford
31st Dec	Little Downham 10k (11am)	All over 15's	Little Downham
5th Jan	Cams AA XC Champs	All members	March
12th Jan	SEAA Pentathlon Champs	All members	Bedford
12th Jan	Frostbite League	All members	March
12th Jan	Icknield League	All members	TBC
18th Jan	County Schools XC Champs	Schools	

18/19th Jan	SEAA Indoor Champs	All members	Bedford	14/15th June	AAA Combined events	Seniors	
19th Jan	Folksworth 15miles (11am)	All over 15's	Folksworth	21st/22nd June	SEAA Senior Championships	Seniors	Portsmouth
19th Jan	St Albans 10 mile (9.30am)	All over 15's	St Albans	22nd June	Eastern Young Athletes Lge	All under 17	
25th Jan	SEAA Cross country champs	All members	Exmouth	28th June	Southern Mens League	Males 15+	
25/26th Jan	AAA Indoor U20 Champs	All over 13/U20	Birmingham	28/29th June	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
25th/26th Jan	UKA Combined events	All members	Cardiff	2nd July	Eastern veterans league	Veterans	
1st Feb	UKA Domestic competition		Birmingham	5th July	Southern Womens League	All Females	
2nd Feb	West Norfolk Indoor meeting	All members	Kings Lynn	11/12th July	National Schools Champs	Schools select	
2nd Feb	Frostbite league	All members	Bourne	12th July	Southern Mens League	Males 15+	
2nd Feb	EVAC Cross country Champs	Veterans	Milton Keynes	20th July ????	ECAA Championships	All	Provisional
2nd Feb	Watford Half Marathon	Seniors	Watford	26/27th July	AAA Senior Championships	Seniors	
8th Feb	CAU Intercounties XC	Cambs select	Nottingham	27th July	Eastern Young Athletes Lge	All under 17	
15th Feb	Regional Sports-hall final	County select	Norwich	2nd August	Southern Mens League	Males 15+	
15/16th Feb	BVAF National Indoor Championships	Veterans	Glasgow	6th August	Eastern Veterans league	Veterans	
16th Feb	Icknield League	All members	TBC	8th August	British Grand prix	Spectators	Crystal Palace
16th Feb	Bungay 20k/10k	Seniors	Bungay	9th August	Southern Womens League	All Females	
22nd Feb	English National XC Champs	All members	Parliament Hill	9/10th August	AAA U15/U17 Championships	U15's/U17's	Birmingham
23rd Feb	ECAA Indoor Champs	All members	Kings Lynn	24th August	SEAA Intercounties	County select	Abingdon
2nd March	Frostbite league	All members	Huntingdon	30/31st August	SEAA Inter Area U20's	Area select	Watford
2nd March	C&C vs CUAC Field and relays	All over 15	Cambridge	6th Sept	Southern Womens League	All Females	
8th March	English Schools XC Champs	Schools	Brighton	7th Sept ???	Hibberd Trophy	County Select	Provisional
8th March	UKA domestic indoor		Manchester	7th Sept	BMAF Marathon	Veterans	Wolverhampton
9th March	Hemel Hempstead 10k (10am)	All over 15's	Hemel H	14th Sept	Eastern Young Athletes Final	All under 17	
9th March	River Cam 10k	All over 15's	Fenditton	14th Sept	BMAF Weight Pentathlon/10,000m	Veterans	Burton
14/16th March	World Indoor Championships	Spectators	Birmingham	21st Sept	East Anglian league Final	All	Bury St Edmunda
16th March	Icknield League	All members	TBC	28th Sept	BMAF 10 weights throws	Veterans	Milton Keynes
22/23rd March	AAA combined events	All members	Cardiff				
6th April	Castle Camps 6 mile	Seniors	Castle Camps				
12th April	BMAF XC	Veterans	Irvine (Scotland)				
13th April	London Marathon	Seniors/veterans	London				
26th April	Southern Womens League	All Females					
27th April	Eastern Young Athletes Lge	All under 17					
27th April	EVAC Road Relays	Veterans	Hemingford Grey				
3rd May	Southern Mens League	Males 15+					
4th May	Birmingham Vets and inter-club 10k	Seniors	Birmingham				
7th May	Eastern Vets League	Veterans					
10th May	Cambs AA Championships	All members					
17th May	Southern Mens League	All Males 15+					
17th May	Southern Womens League	All Females					
17th May	BMAF Road relays	Veterans	Birmingham				
24/25th May	SCAA U20 Championships	All under 20	Watford				
25th May	Eastern Young Athletes Lge	All under 17					
25/26th May	CAU Championships	County select	Bedford				
31st May	Southern Mens League	Males 15+					
1st June	Beford International Games 2003	Spectators	Bedford				
4th June	Eastern Veterans league	Veterans					
7th June	Southern Womens League	All Females					
7/8 June	BMAF T&F championships	All Females	Derby				
8th June	BMAF Half Marathon	Veterans	Norwich				
14th June	Cambridgeshire schools Champs	Schools select					

We wont know the East Anglian league dates until Mid-January this year but possible dates are April 13th, June 8th, July 13th, August 3rd (or 17th).

Our athletes in the United Kingdom Age-group top 20 Ranking lists for 2002 T&F

Charlotte Spelzini	U20 ladies Shot	13.72m
Luke Shortman	U15 Boys Hammer	50.01m
Lauren Rogers	U13 Girls Hurdles	11.8s

Only just missed the top 20 - Lucy Dowsett U13 800m (0.5 sec) and 1500m (1 sec) - Phillippa Markley U13 shot (10cm)

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

Sports-hall athletics

The Cambridgeshire Sports-Hall athletics competition will be held on 19th January (only one date this year because the Regional final is earlier on 15th Feb) at St Ivo sports centre at St Ives 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. (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)

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/Trish Ellis Evans	Young Athletes managers	01223 352541/263477
Carl Woolf	SWL and East Anglian league U13/U15's	01223 881075
James Brennand	Joint Coaching Secretary	01353 610510
Bryn Percival	Joint Coaching Secretary	01223 860933
Glynn Smith	Road running	01223 571685
John Kazer	Cross Country	01223 308357
Iain Girling	Veterans T&F team manager	01223 870683

Results, results and more results

Track/Indoor

East Anglian league Final - Bury - 22nd September

Under 13 Girls	2nd team - 89 pts				
100m	4A	N Cowan	14.6	4B	O Taylor 14.7
200m	4A	L Rogers	30.6	4B	O Taylor 30.9
400m	5A	V Asztalos	2.47.1	3B	C Dawson 2.46.0
1500m	2A	L Dowsett	5.24.0	2B	C Hobday 5.50.0
Hurdles	1A	L Rogers	12.2	2B	V Asztalos 13.0
Highjump	3A	L Rogers	1.30	6B	C Dawson 1.15
Longjump	5A	L Dowsett	4.05	4B	N Cowan 3.52
Shot	1A	P Markley	8.85	1B	C Hobday 7.09
4 x 100	4A		60.8		
Under 15 Girls	1st team - 121 pts				
100m	4A	C Rogers	13.9	3B	C Lacey 13.7
200m	2A	D Smith	26.3	2B	C Lacey 28.2
400m	3A	I Asztalos	2.31.4	2B	N Fisher 2.43.6
1500m	3A	E Schofield	5.10.7	3B	S Iwanko 5.39.3
Hurdles	2A	C Rogers	12.6	1B	I Asztalos 13.1
Highjump	2A	R Johnson	1.45	2B	H Tonner 1.35
Longjump	5A	C Rogers	4.34	3B	D Smith 4.33
Shot	3A	L Mason	7.40	2B	C Musowe 6.95
Discus	6A	L Mason	20.10	4B	D Smith 15.85
Javelin	3A	C Alvey	24.96		
4 x 100	3A		53.7		
Senior Ladies	5th team - 89 points				
100m	2A	H Cone	13.0	5B	C Greenwood 15.2
200m	8A	C greenwood	31.3		
400m	7A	M Holmes	81.4		
1500m	5A	M Holmes	6.38.1		
Hurdles	4A	K Greenwood	20.2		
Longjump	2A	H-J Cone	4.99	5B	L Cowan 3.42
Triplejump	5A	C Greenwood	8.16	4B	M Holmes 6.10
Shot	1A	S Moss	10.36	1B	R Martin 8.02
Discus	3A	S Moss	28.63	1B	R Martin 25.25

Javelin	3A	S Moss	25.74	1B	L Cowan	22.97
4 x 100	7A		64.4			
Under 15 Boys	2nd Team	160½pts				
100m	4A	J Markley	12.6	4B	D Player	13.3
200m	5A	D Player	25.4	5B	J Godden	27.8
400m	1A	E Aston	56.3	1B	D Potts	57.0
800m	1A	E Aston	2.08.9	1B	A Yeomans	2.19.4
1500	6B	L Cocks	5.16.7	7A	R Kreetzer	5.03.4
Hurdles	2A	J Marley	12.4	3B	M Hathaway	13.9
Highjump	5A	M Hathaway	1.40	4B	M Vickery	1.40
Longjump	5A	J Gilbert	4.78	4B	J Huddlestone	4.72
Triplejump	5A	M Vickery	9.88	3B	J Huddlestone	9.54
Shot	1A	L Shortman	11.19	1B	S Fisher	8.82
Discus	2A	L Shortman	29.17	1B	S Fisher	25.50
Javelin	3A	M Thompson	33.06	1B	M Hathaway	32.93
Hammer	1A	L Shortman	44.42	1B	J Huddlestone	23.52
4 x 100	5A		52.6			
Senior Men	4th Team	123 pts				
100m	7A	S Wilkie	12.7	5B	C Mycroft	12.6
200m	2A	T Hames	23.4	4B	S Wilkie	25.0
400m	1A	T Hames	50.3	2B	J Lee	54.3
800m	3A	J Morley	2.05.6	3B	M Smith	2.07.4
Hurdles	5A	J Brennand	21.8			
Highjump	7A	J Brennand	1.20	5B	C Mycroft	1.20
Longjump	8A	C Mycroft	5.14	6B	J Brennand	5.03
Triplejump	7A	C Mycroft	9.78	6B	J Brennand	9.51
Shot	1A	G Parsons	11.95	1B	R Smith	10.34
Discus	1A	G Parsons	38.35	2B	R Smith	29.84
Javelin	5A	R Smith	33.04	4B	P Bramford	31.18
Hammer	1A	G Parsons	38.89	1B	F Martin	22.80
4 x 100	5A		52.6			

Cambridgeshire and Eastern AA multievents - 29th September

U13 Girls minithon	2nd ECAA, 1st Cambs AA, 1st C&C	C Hobday - 60 pts
(20)	3rd ECAA, 2nd Cambs AA, 2nd C&C	L Rogers - 57 pts
	6th ECAA, 4th Cambs AA, 3rd C&C	N Cowan - 47 pts
Under 15 Girls Pentathlon	4th ECAA, 1st Cambs AA, 1st C&C	C Rogers - 2124 pts
Under 15 Boys	4th ECAA, 3rd Cambs AA, 1st C&C	E Aston - 1885 pts
	7th ECCA, 2nd C&C	J Huddlestone - 1598 pts
Under 17 men	5th ECAA, 3rd Cambs AA, 1st C&C	L Johnson - 1617 pts
Under 20 Men	5th ECAA, 1st Cambs AA, 1st C&C	C Mycroft - 2022 pts

Club Championships - 20th October

Under 11 Girls	C Asztalos 100m 17.5,	LJ 2.76,	Shot 2.77
Under 13 girls	L Dowsett 100m 14.7,	LJ 3.90, Jav 9.56,	
	E Bicknell 100m 16.4,	LJ 2.43,	Shot 4.80
	V Asztalos 800m 2.57.4,	LJ 3.74,	Shot 5.00
Under 15 Girls	I Asztalos 100m 14.0,	800m 2.30.7,	LJ 3.92, Jav 13.14,
	E Schofield 100m 14.6,	800m 2.33.7,	LJ 3.59, Jav 13.12,
Under 17 ladies	G Asztalos 100m 14.1,	800m 2.44.7,	LJ 3.95,
Under 20 ladies	S Voegeli 100m 15.0,		LJ 3.52, Jav 17.43, Shot 7.95
Veteran ladies	M Holmes 800m 3.18.2,	LJ 2.41,	Jav 16.74, Shot 5.61

Under 13 Boys	N Tsang	100m 14.1		LJ 3.45, Jav 12.81, Shot 9.07
Under 15 Boys	J Godden	100m 13.9		LJ 4.34, Jav 16.12, Shot 8.18
	R Seeley	100m 13.6, 800m 3.06.5		LJ 3.69, Jav 19.31, Shot 6.47
Under 17 Men	L Johnson			LJ 4.64, Shot 9.56
Sen Men	A Brennan	100m 12.9		LJ 5.07, Jav 28.67, Shot 8.45
	M Smith	100m 13.1		LJ 4.21, Jav 18.65, Shot 5.53
	F McMorrow	100m 14.1		LJ 3.51,
Veteran Men	N Moss	100m 14.7 800m 3.17.3		LJ 3.62, Jav 23.89,
	I Girling	100m 14.5		LJ 3.37, Jav 11.81, Shot 5.68
	G Meah	100m 15.5 800m 2.44.7		LJ 3.33, Jav 11.87, Shot 5.08
	L Lawrence	100m 16.2 800m 3.30.9		LJ 4.01, Jav 18.56

Road

Grundy Fen half marathon Sept 8th

97th	G Griffiths	1.29.36	109th	G Meah	1.30.43
119th	G Smith	1.31.37	158th	P Howard	1.36.08
207th	S Barnett	1.42.34			

Nuneaton 10k - 15th September

79th	P Lee	1.06.15	96th	G Meah	1.07.51
97th	G Smith	1.07.53	103rd	A Downie	1.08.18
124th	P Howard	1.12.15	152nd	S Barnett	1.17.00

Saffron Walden 10k - 29th Sept

32nd	4th M50	G Smith	41.01	47th	13th M40	G Meah	42.20
72nd	1st M60	P Howard	44.04	105th		M Ennis	46.14
114th	1st W50	S Barnett	46.36	115th		A Ciruela	46.37
137th	19th M50	N Costello	47.26	294th		H McKay	58.15
322	81st M40	I McKay	63.00	357th	1st M80	D Blyth	83.14

Cambridge Wildlife 10k 13th October

ca 750 finishers							
Men							
16th	B Van Aken		36.24	21st	J Morley		37.19
25th	T Hames	U20	37.42	48th	G Hall		39.44
110th	A Ciruela		44.26	111th	R Jackson		44.27
Veteran Men 40+							
17th	A Mangeot		39.39	19th	D Abbott		39.48
30th	G Meah		42.37	74th	T Long		47.57
Veteran men 50+							
4th	A Downie		40.02	5th	G Smith		40.06
10th	P Howard		42.00				
Ladies							
10th	R Cubberley		43.27	50th	M Lioumi		50.56
Veteran ladies 45+							
9th	S Barnett		45.58				

R.E. Waterbeach half Marathon - Oct 17th

53rd	A Downie	1.27.36 (2nd M50)	56th	C Brown	1.27.57
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St Neots Half Marathon - November 17th

Men						
68th	C Brown		88.48	106th	A Downie	92.26
Ladies 3rd team						
94th	2nd W35	A Hill	91.10	158th	R Cubberley	96.42
386th		J Cunningham	1.54.36			

Bishops Stortford 10k - November 17th

107th	6th M55+	G Smith	68.55	227th	T Long	75.40
Ladies 3rd Team						
138th	12th lady	C Howard	70.53	197th	J Ball	73.28
202nd		J Hutt	73.51			

Herward 4 ztage relay - Peterborough to Ely - 24th November

Total of 88 teams finished

Ladies	2nd female team	Overall 48th	Time 5hrs 15.22
Helen McKay	6.6 miles	56.52 mins	70th fastest
Joanna Ball	12 miles	1hr 30.30	52nd fastest
Caroline Howard	11 miles	1hr 26.52	52nd fastest
Julia Hutt	10.4 miles	1hr 21.08	36th fastest
Veteran Men	Overall 32nd team	Time 4hrs 56.06	
Neil Costello	6.6. miles	49.35 mins	39th fastest
Tim Long	12 miles	1hr 29.34	51st fastest
Alex Downie	11 miles	1hr 20.29	32nd fastest
Glynn Smith	10.4 miles	1hr 16.28	25th fastest

Nene Valley 10k - Dec 1st (may not be everyone - just who was in Athletics weekly)

Glyn Smith	M55	4th	68.50
Ladies			
Caroline Howard	4th	67.57	Julia Hutt 6th 69.28
Joanna Ball	15th	72.11	

Cross country

Icknield Cross Country league - Bury - 13th October

Men 1st Vets team, 4th mens team							
4th	2nd Sen	J Kazer	31.57	12th	6th Vet	L Stone	33.59
17th	7th Vet	J Jenkins	35.21	18th	8th Sen	A Parmenter	35.28
21st	10th Vet	D Mail	36.11	22nd	11th vet	M Chaplin	35.28
25th	13th Vet	P Lee	36.57	27th	14th Vet	J Lewy	38.00
28th	15th Vet	M Ennis	38.17	30th	16th Vet	M Kreetzer	38.33
33rd	19th vet	S Kightley	39.12				
Ladies 2nd Vets team, 3rd ladies team							
3rd	1st vet	J Lasenby	17.06	6th	3rd U17	R Clarke	17.35
15th	5th Sen	H Belbin	19.07	19th	6th vet	J Herron	19.35
25th	9th Vet	D Braverman	21.33	27th	11th vet	M Holmes	22.34

Under 13 Boys			
8th	J Kennard		11.46

Under 13 Girls 2nd team			
4th	L Dowsett - 21.21	8th	C Hobday - 13.02
15th	A Lasenby - 15.02		

Under 15 Girls					
9th	I Asztalos	12.54	14th	S Rule	13.18

Under 15 Boys					
8th	R Kreetzer	17.16	12th	R Lasenby	18.14

Icknield Cross Country league - Bury - 3rd November

Men 2nd Vets team, 3rd vets team, 2nd mens team							
2nd	2nd U20	W Clake	26.53	9th	5th Sen	J Kazer	28.17
16th	9th Sen	B Van Aken	29.22	19th	4th Vet	L Stone	29.43
20th	12th Sen	A Parmenter	29.52	24th	14th Sen	C Flood	31.09
27th	16th Sen	F McMorrow	31.42	28th	8th Vet	J Lewy	31.59
30th	10th Vet	G Smith	32.19	33rd	13th vet	M Chaplin	32.40
34th	14th Vet	G Meah	32.53	35th	15th Vet	D Mail	32.56

38th	17th vet	P Howard	33.25	39th	18th vet	S Kightley	33.52
46th	24th Vet	M Ennis	34.59				
Ladies	3rd Vets team, 2nd ladies team						
7th	3rd U17	H Rule	18.31	8th	4th U17	R Clarke	18.39
10th	5th U17	E Kreetzer	18.48	15th	3rd Sen	P Gant	20.07
17th	?	H Belbin	20.15	21st	10th vet	J Herron	20.46
26th	13th vet	S Barnett	21.18	38th	21st vet	M Holmes	24.25

Under 13 Boys

4th	J Kennard	11.52	10th	J Ennis	13.08
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Under 13 Girls

1st	L Dowsett -	11.49	10th	A Lasenby -	14.50
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Under 15 Girls 3rd team

9th	I Asztalos	12.43	10th	E Schofield	12.46	12th	C Hobday	13.18
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Under 15 Boys

10th	R Lasenby	19.03
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Under 17 Men

3rd	A Howard	20.48
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Eastern AA Championships - 24th November at Peterborough

Men 1st team - 93 points

8th	C Pyle	43.26	9th	A Parmenter	44.30
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12th	L Stone (Vet)	45.41	18th	G Meah (Vet)	50.02
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22nd	P Howard (Vet)	50.43	24th	M Ennis (Vet)	51.51
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Senior Ladies

12th	D Braverman	5th Vet	27.19	13th	S Barnett 6th Vet	27.54
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Under 20 ladies

2nd	P Gant	25.59
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Under 15 Girls 4th team - 45 points

11th	I Asztalos	17.31	12th	E Schofield	17.38
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22nd	N Hobday	19.09
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Icknield Cross country league - 1st December - Arrington

Men 1st Vets team, 3rd vets team, 2nd mens team (now 1st and 2nd vets teams and 2nd Mens)

4th	3rd Sen	C Pyle	24.33	5th	4th Sen	M Salt	24.52
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8th	6th Sen	A Parmenter	25.15	9th	7th Sen	J Kazer	25.16
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11th	8th Sen	B Van Aken	25.59	13th	9th Sen	J Morley	26.23
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14th	1st Vet	L Stone	26.46	19th	12th Sen	F McMorrow	28.07
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21st	4th vet	M Chaplin	28.38	22nd	5th Vet	J Lewy	28.54
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24th	6th Vet	D Mail	29.00	28th	9th Vet	G Meah	29.48
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29th	10th vet	P Howard	29.51	33rd	13th Vet	M Ennis	30.36
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We fielded 14 out of 39 runners and 7 out of 19 veterans

Currently John Kazer lies =2nd overall on points and 1st Senior. Leon Stone is currently 1st Vet

Ladies 1st Vets team, 2nd ladies team (currently 1st vets team and 3rd Senior team)

4th	2nd U17	H Rule	16.06	7th	3rd Sen	P Gant	16.32
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11th	5th Sen	H Belbin	17.26	17th	6th vet	J Herron	18.12
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20th	9th Vet	S Barnett	19.02	21st	10th vet	M Holmes	20.53
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Currently Hannah Belbin is 2nd Senior and Julie Herron is 3rd vet. and Mary Holmes 4th vet

Under 13 Boys

2nd	J Kennard	12.05	(currently lies 1st U13 Boy- 3 fixtures)
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Under 15 Girls 3rd team

7th	E Schofield	12.50
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Under 15 Boys

6th	R Kreetzer	15.15
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Note that the individual titles will be decided on each persons best three results so its not decided.

Multi-terrain

Frostbite League - Oct 6th Peterborough

We haven't managed to get all the results of this one unfortunately

Seniors 4th team

4th Lady	J Hutt	33.50	9th lady	J Ball	35.04
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Juniors 6th team	9th 1st Female	I Asztalos	8.13
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Frostbite League - Nov 10th Bushfield

Seniors 4th team (now overall 4th of 17 teams) 289 finished

11th	J Kazer	28.59	17th	L Stone (V40)	29.30
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30th	B Van Aken	30.20	35th	A Parmenter	30.46
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63rd	F McMorrow	32.03	77th	G Smith (V55)	32.41
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78th	G Meah (V45)	32.43	95th	J Lewy (V45)	33.35
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113rd	M Ennis (V50)	34.23	118th	P Gant (U20W)	34.46 (8th lady)
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Juniors =3rd team - now overall 4th of 13 teams) 92 finished

4th	R Kreetzer (U15B)	8.46	11th	E Schofield (U15G)	9.24 (2nd female)
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14th	I Asztalos (U15G)	9.37	16th	A Howard (U17M)	9.42
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22nd	V Asztalos (U13G)	10.12
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Frostbite League - December 8th - Ramsey (times not yet all available)

Seniors 3rd Team (now overall 3rd of 17 teams)

7th	J Kazer	15th	L Stone (V40)
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19th	B Van Aken	21st	A Parmenter
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32nd	F McMorrow	57th	M Kreetzer
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58th	G Meah (V45)	66th	A Downie (V50)
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67th	G Smith (V55)	88th	M Ennis (V50)
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93rd	P Howard (V60)	108th	P Gant (U20W)
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126th	S Hannema (SW)	145th	N Costello (V55)
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161st	S Barnett (W 50)
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Juniors 3rd team (now overall 3rd team)

4th	R Kreetzer	9th	A Howard
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13th	J Ennis
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HELP!!

CALLING ALL PARENTS AND SENIOR MEMBERS

We urgently need people to train as coaches, coaches helpers and team managers or generally help with odd jobs such as Monday evening reception desk. If you could do any of these please fill on and return the slip below.

Also we need people to train as match judges so that we can provide the officials we are supposed to provide at matches.

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 - Grade 4's and 3's work mainly at club level only and are registered by the County AA. You can go as high as you wish or stay at basic Gd 4.

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.

Could I ask that anyone who would take the basic course writes to me ASAP on the reply slip below

Those who have already offered (Mary, Yuko, Ellen) 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.

Lets have more response than we usually get please

Judges/helpers reply slip

- I would be willing to train as an official Yes/No
My preference would be Track Judge/Timekeeper/Field Judge/Starter-marksman (please circle your preferred option(s))
- I would be willing to join the list of coaching helpers Yes/No
- I would be willing to train as a coach Yes/No
My preferred event is Sprints/Middle distance/Endurance/Horizontal Jumps/Vertical jumps/Throws/Hurdles (circle preferences)
- I would be willing to act as a team manager for Young athletes/Eastanglian league
- I would be willing to help with odd jobs and/or reception duties

Name.....Tel.....

Address.....

Please return a.s.a.p. to Noel Moss, 18 Hunts Road, Duxford, Cambs, CB2 4RE and we will contact you to fix things up.

✂.....✂.....

Sportshall athletics reply slip

If you would like to compete in the Cambs AA Sportshall Championship on January 19th (at St Ivo Sports Centre) 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.**