

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

## Newsletter

March 2003

### Early summer team fixtures (full summer list inside)

23rd March	Hitchin Half marathon 10.30	Seniors	Hitchin
30th March	Linton Half marathon 10.30	Seniors	Linton
6th April	Castle Camps 6 mile	Seniors	Castle Camps
6th April	Royston Trail run (5 miles) 10.45	All over 15	Royston
12th April	BMAF XC	Veterans	Irvine (Scotland)
13th April	London Marathon	Seniors/veterans	London
13th April	East Anglian League	All members	Chelmsford
21st April	Whittlesey 10k (Road lge) 11.00	Seniors	Whittlesey
26th April	Southern Womens League	All Females	Welwyn
27th April	Eastern Young Athletes Lge	All under 17	Bedford
27th April	EVAC Road Relays	Veterans	Hemingford Grey
3rd May	Southern Mens League	Males 15+	St Ives (Home)
6th May	Silverstone GP 10k (7.30pm)	Seniors	Silverstone
7th May	Eastern Vets League	Veterans	
10th May	Cambs AA Championships	All members	Cambridge
17th May	Southern Mens League	All Males 15+	Guildford
18th May	Eye 10k (Road lge) 11.00	Seniors	Eye
18th May	Soham Half Marathon	Seniors	Soham
24/25th May	SCAA U20 Championships	All under 20	Watford
25th May	Eastern Young Athletes Lge	All under 17	St Ives (Home)
31st May	Southern Mens League	Males 15+	Hastings
4th June	Eastern Veterans league	Veterans	
7th June	Southern Womens League	All Females	Watford (Co-hosts)

### Parents & members Coffee Evening and Cross-Country Trophy Awards - April 28th (see inside for details)

### Summer training starts Monday March 31st at track

Year 2003 subs are now due. Please pay on Monday evenings or post it to  
Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND.  
£38 for wage earners and £28 for non-earners.

### IMPORTANT - READ THESE NEXT TWO ITEMS YOUNG ATHLETES PLEASE SHOW YOUR PARENTS

#### Parents Coffee Evening and Cross-Country Trophy Awards - April 28th

On Monday April 28th at the track we shall be holding an "open evening" with coffee from 6.45pm, to which all parents of members are invited. The evening will offer an opportunity to talk to club officials and team managers, and to find out more about the club activities, in readiness for the competition season which starts on the following weekend. Please try to come along and find out what we offer for your child however old he may be, and also to see how you may be able to help us. The club cannot run without willing helpers, and most of us started as parents - we have no professional staff employed by the club, so come and see what its all about. If you don't there may not be a club in a few years.

Also, at about 7.45pm we shall be holding the presentation of the cross-country awards for this winter season. Please stay or join us after training, and help congratulate some of our outstanding distance runners, young and old.

#### Monday training evenings - new system for registration and communication

This year starting on the first Monday training night we shall be having registration for all athletes - members and non-members. We shall be renting the upstairs room for this and all athletes will be required to go there first to register and then assemble until a coach is able to take them out for training. During the first 15 minutes of the session you will be informed of any important information about the next few weeks such as matches etc. Athletes will not be allowed to train if they have not registered and they will not be permitted to go out without a coach.

This has several important advantages for you - the members.

- The first is safety. The latest safety guidelines from UKA are much more strict and we need to know who is there and who is responsible for them during the session.
- The second is communication. You will be able to hear what is going on in the next few weeks. Parents are encouraged to come inside as well so that they hear all the information, and they will be able to use the room and talk to team managers during the evening while waiting for their children. That will help involvement and team support
- The third is ensuring that everyone who attends regularly is a member. At present it is difficult to check who has joined and who has not. That means that some people attend for weeks but never join or compete. By getting everyone to join, the fees can be kept lower for everyone and it will make administration much easier. In particular this year the SEAA may introduce a registration scheme, and so we must ensure that everyone who competes is a member and therefore is registered with SEAA.

#### News of the Chairman

You will all be pleased to know that Neil has been given the all clear to start running again after his recent tests at Papworth. No-one wants a scare like that and we all wish him well and look forward to seeing him racing again

#### Cross Country with a difference

January 5th was a cold frosty day but sunny - the start of the cold spell in early January. The venue was a sportsfield on the edge of the small Fenland town of March. Several hundred runners gathered for the Cambs AA Cross Country Championships. It was a nice flat course in the country and long enough so that the men only had two laps. So what was the difference?

Whitemoor High Security Prison. The prison was beside the course and as the runners ran alongside the fence they had to watch out that Mad Max - the Axeman couldn't reach them. Seriously though, the high security fences, police patrols and the shift change of probably a hundred warders made it a different experience for the runners an officials. We were outside the fence of course, and they didn't provide "Get out of jail free" cards, so no-one tried to get inside.

The course was actually very good and there was some good results for C&C. Its all in the results section at the back, but we had winners in U13 Girls, Under 15 Girls, Under 17 women, Senior Women and U20 Men. We also took the ladies team competition, the veteran ladies team and were 2nd men's team.

At least 14 C&C athletes were selected to run for Cambs in the CAU championships. The results of the CAU are given at the back in the results section. Our athletes did very well - many were the first Cambs AA finishers home. Rosie Clarke got the best placing for a Cambs athlete finishing 31st, and Jordan Kennard was first Cambs finisher in U13 boys, improving on his Cambs championship 3rd placing by beating his county colleagues. Everyone ran well - it was a culture shock for a Cambs athlete to run up a hill at the start of a race, but Nottingham is a nice venue.

### **Road running report by Glyn Smith**

#### **Frostbite league.**

This was our first year in this league and it turned out to be very popular amongst the Senior club members, and with the added bonus that C&C got 3rd placed Senior team out of 17 clubs. The best Senior Male C&C performance was by John Kazer, with Leon Stone the best male veteran and Sabine Hannema and Polly Gant being our best females.

In the Juniors section, there were 94 runners in the last event but only three from C&C., but we still managed 5th placed club overall. This was mainly due to the consistency of Robert Kreetzer, Andrew Howard and James Ennis. The best overall C&C athlete award went to Andrew Howard, who completed all the rounds with a best of 7th place out of 87. Robert Kreetzer was exceptional consistently finishing 4th behind older runners.

Results of the last two races are given in the results section at the back.

#### **London Marathon**

Andrew Mangeot, Joanna Ball, Mark Chaplin and Caroline Howard have all obtained entries. I know that Joanne is aiming for under 3½ hours and Andrew wants about 3.10, but poor Caroline is having a recurring injury problem and looks likely to miss out, but lets wish them all the best.

#### **Cambs AA Road League**

There is a list of local races in the fixture lists in this issue, some of which are part of this league. There are 9 races altogether, ranging from 5k to Half Marathon. For individuals, your best 6 races count, while for teams the best 8 count, with at least one athlete registered in order to score. Please do try to support the club by running in some of these.

#### **Veterans Relay - Hemingford Grey**

Please contact me (Glynn) ASAP if you would like to support your club in this, as I would like to get entries in all age-groups male and female. 01223 503512

#### **Derbyshire Drinking - sorry - Training Trip 23rd - 26th May**

As some of you know, Ian M<cKay has organised a training/drinking weekend in Derbyshire. We should be taking in one or two races, including possibly a Fell race. There were 19 of us going at the last count but could possibly take more. If interested phone Ian on 01223 245622.

#### **One man and his Dog. Mystery solved??**

Those of you who know Alex, are aware that he has a habit of sprinting off in races, even in half marathons, and seems completely unable to pace himself, therefore flagging badly at the end.

In conversation with him recently it seems that he does a lot of training runs with his dog. When asked "Does the aforementioned Canine friend manage to keep up?" he replied "Well, he goes off a bit quick, but usually tires badly at the end of the run. Mystery solved!

The conversation in the pub on Tuesday evening got on to Alex and his dog and I overheard various comments about getting the dog a C&C vest or having him as club mascot. Any suggestions.

Whilst on the subject of Alex, we must say well done for the PB in the last Frostbite and for helping me to a PB also.

#### **Club Cross-country championship - a new venture.**

Tuesday April 29th at 6.30pm for all club Seniors and juniors. Meet at GogMagog Downs car-park at 6pm promptly. Open to any club member, possibly on a handicap basis.

We need to know you PB times at either 10k or in the case of track runners at 1500/3000/5000 metres. You must contact either John Kazer or myself by the first week in April to confirm your entry and time (Parents please encourage the youngsters to take part, as this is a new venture for myself and John and we would like to see a good turn out.

### **Some Important notes**

The committee have noted that there have been some members who have entered races during the winter in which C&C were contesting the team events, naming C&C correctly as their club, but they have then run in a vest which was not the C&C vest. This can lead to disqualification from the team scoring and from your individual placing if you meet an event referee who enforces the rule, and there are many that will even in our region. If you enter a race as a club member you must wear club colours, and in team races all team members must wear the same club colours. This is a standard UKA rule for all events. Your other option is to enter as an unattached runner and then you can wear what you like, but entry will cost more of course.

The same rules apply to track and field and championship events. In a track and field team event you must wear your club vest. In championship events you must wear either your club vest, your county vest or your national vest (assuming you have the latter ones).

When you enter a race, you must normally enter as a member of your first claim club, and especially if your first claim club are contesting the event. This means that if C&C have an entry in an event where there is a team competition, or if the organisers specify first claim membership rules, then you must enter as C&C if you are first claim to C&C (and most of you are). We have noted some of our members, who are first claim to us for a particular discipline, being listed in road race results as members of various local jogging clubs, who in this case are your second claim club. Check the entry rules please.

**We like our members to represent us.** But of course provided we are not represented there and your second claim club has a team, that's fine if the organisers permit second claim members to score for teams. For example the EVAC T&F league do, but most other T&F leagues don't - and some XC leagues do if your first claim club is not entered.

### **Southern Men's League**

**Our primary league for the men.** It has the one "Senior" age-group but any male aged 16 and over can compete in the team. The team is in Division two of the Southern League, which covers everywhere south of a line from the Wash to the Bristol Channel. This year we go to Hastings, Guildford, Battersea, Bracknell and have two home fixtures. We hope to have a minibus for most fixtures but some cars will be needed as well.

The team is short of jumpers (especially Polevaulters) and hurdlers so if you know any, grab them and sign them up. This year is going to be a difficult one so maximum support is required.

### **Southern Womens League**

**Our primary league for the women.** It has the "Senior" age-group and also an under 15 girls age-group. We are in Division 3 East of the Southern league and so dont have to travel as far as the men. Most of the matches are north of the Thames. To succeed it is important that both age-groups are filled, and so the under 15's must support the team. We will have a minibus for some of the matches, and for some we will go in cars. Fixtures are at Welwyn, Watford, Mile End, Woodford and Cambridge.

#### Eastern Young athletes League

**Our primary league for the young athletes.** It has six age-groups, Under 13, Under 15 and under 17 male and female. To win we need to fill all the events in all the age-groups. Support is critical - its no good to win in the under 13's if we have no under 17's. There are five matches, all in the East Anglia and Essex area, so travelling is not too bad. There is always a coach, which we would like to fill please. Team managers will gove details of times etc about two weeks before each match, but book the dates in your diaries now please. All athletes must bring club vests, some food and drink and if they use the coach, their coach fare. Parents are encouraged on the coach as well and even other relatives if there is space.

#### East Anglian league

**The league where anyone in the club can come along** and compete, and even do events which they dont normally do in the main leagues. There are eight age-groups. Under 13, Under 15, Under 7 and Seniors, male and female. All age groups compete for their own trophy, and the top 8 clubs in each age-group qualify for a final which also has trophies. So lots for the club to win, but we are not into over competing the athletes. The younger female athletes should not try to do all matches at all three of the leagues above - support the main leagues and then see whether you feel you want to compete in this one now and again.

#### Eastern Veterans League

The old Codgers League. But we dont see ourselves like that. We are only XX years young and just as competitive as you are - maybe more. Just because we cant keep up with you doesnt mean we cant be competitive in our own age-group. The age-groups are 40+, 5-+ and 60+ for the men, and 35+, 45+ and 55+ for the ladies. Why ladies should be veterans at 35 I will never know. Four matches on wednesday evenings - normally the first wednesday of the month and we cover a "half" program at each match. Shot and hammer at one match, discus and Javelin at the next for example. We have all the normal events except steeplechase. Parents who want to have a go are welcome but you will have to join C&C and the Eastern veterans Athletic Assoc.

**Dont forget to pay your EVAC membership if you want to compete in the league this year**

#### Fixtures for 2003 Outdoor

23rd March	Hitchin Half marathon	10.30	Seniors	Hitchin
30th March	Linton Half marathon	10.30	Seniors	Linton
6th April	Castle Camps 6 mile		Seniors	Castle Camps
6th April	Royston Trail run (5 miles)	10.45	All over 15	Royston
12th April	BMAF XC		Veterans	Irvine (Scotland)
13th April	London Marathon		Seniors/veterans	London
13th April	East Anglian League		All members	Chelmsford
21st April	Whittlesey 10k (Road lge)	11.00	Seniors	Whittlesey
26th April	Southern Womens League		All Females	Welwyn
27th April	Eastern Young Athletes Lge		All under 17	Bedford
27th April	EVAC Road Relays	11.00	Veterans	Hemingford Grey
3rd May	Southern Mens League		Males 15+	St Ives (Home)
4th May	Bimingham Vets and inter-club 10k		Seniors	Birmingham
6th May	Silverstone GP 10k	7.30pm	Seniors	Silverstone

7th May	Eastern Vets League		Veterans	
10th May	Cambs AA Championships		All members	Cambridge
17th May	Southern Mens League		All Males 15+	Guildford
17th May	BMAF Road relays		Veterans	Birmingham
18th May	Eye 10k (Road lge)	11.00	Seniors	Eye
18th may	Soham half marathon	11.15	Seniors	Soham
24/25th May	SCAA U20 Championships		All under 20	Watford
25th May	Eastern Young Athletes Lge		All under 17	St Ives
25/26th May	CAU Championships		County select	Bedford
31st May	Southern Mens League		Males 15+	Hastings
1st June	Beford International Games 2003		Spectators	Bedford
4th June	Eastern Veterans league		Veterans	
7th June	Southern Womens League		All Females	Watford (co-hosts)
7/8 June	BMAF T&F championships		Veterans	Derby
8th June	East Anglian League		All members	Yarmouth
8th June	BMAF Half Marathon		Veterans	Norwich
14th June	Cambridgeshire schools Champs		Schools select	St Ives
14/15th June	AAA Combined events		Seniors	
21st/22nd June	SEAA Senior Championships		Seniors	Portsmouth
22nd June	Eastern Young Athletes Lge		All under 17	Bury St Edmunds
28th June	Southern Mens League		Males 15+	Battersea
28/29th June	AAA Under 20/Under 23 Champs		U20/U23's	Bedford
2nd July	Eastern veterans league		Veterans	
5th July	Southern Womens League		All Females	Mile End
11/12th July	National Schools Champs		Schools select	Sheffield
12th July	Southern Mens League		Males 15+	Bracknell
13th July	East Anglian League		All members	Cambridge
26/27th July	AAA Senior Championships		Seniors	Birmingham
27th July	Eastern Young Athletes Lge		All under 17	Thurrock
2nd August	Southern Mens League		Males 15+	Cambridge
3rd August	East Anglian League		All members	Norwich
6th August	Eastern Veterans league		Veterans	
8th August	British Grand prix		Spectators	Crystal Palace
9th August	Southern Womens League		All Females	Cambridge
10th August	ECAA Championships		All	Norwich
9/10th August	AAA U15/U17 Championships		U15's/U17's	Birmingham
24th August	SEAA Intercounties		County select	Abingdon
30/31st August	SEAA Inter Area U20's		Area select	Watford
6th Sept	Southern Womens League		All Females	Woodford
7th Sept	Hibberd Trophy		County Select	Bury St Edmunds
7th Sept	BMAF Marathon		Veterans	Wolverhampton
14th Sept	Eastern Young Athletes Final		All under 17	
14th Sept	BMAF Weight Pentathalon/10,000m		Veterans	Burton
21st Sept	East Anglian league Final		All	Bury St Edmunda
28th Sept	BMAF 10 weights throws		Veterans	Milton Keynes
5th October	Wildlife 10k		All over 15	Cambridge

#### Pole vault

We need urgently some more pole vaulters for the mens and the ladies teams. Anyone interested in learning the basics contact Noel (01223 833470) and we will arrange a session or two. To vault in these teams you must be aged 15 or more by 31st August 2003.

### Early season matches

Because of Easter, it will be quite difficult for the team managers to recruit the teams for the early league matches, therefore we ask that you get in contact with the team managers below and tell them if you want to compete or not.

(There are some reply slips enclosed - go on, amaze us all and send them to the team managers before you forget).

*For all the matches - don't assume that the team managers are clairvoyant, if you want to compete tell us, don't wait to be asked, otherwise we may think you are not interested - especially if you are not there at training when we are recruiting.*

### Age groups for competition in 2003

Under 13's must be aged 11 or over and aged under 13 on 31st August 2003.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2003.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2003.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2003.

For leagues, "Seniors" must be aged 15 or over on 31st August 2003.

For Championships, Seniors must be aged 17 or over on 31st August 2003

(note in a senior league or championship, equipment will be senior specification only).

Veterans must be alive, and aged at least 35 (ladies) or 40 (Men) on the day of the match

### Cambridgeshire AA County Track and field championships - Cambridge - May 10th

This year they are at Cambridge. An entry form is enclosed with the newsletter. The County Champs are not for elite athletes, they are for all club members to have a go. Who knows you might win a medal or certificate, and you might get a personal best. There are a full range of events. Under 13's - under 17's can enter three events and under 20's five. Ladies can enter 5 events and men as many as they are daft enough to do.

Why not have a crack this year. All entries will be included in the team competition (last year C&C won two groups). The six best competitors in each event score for the team and in many field events and distance races there sometimes are less than six competitors, so you will certainly help the team if you enter.

**Entries to be sent to Noel Moss before the closing date on the form (April 30th) at: 18 Hunts Road, Duxford, Cambs, CB2 4RE. Cost is £2.00 for your first event and £1.00 for each additional one. Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more. Cheques are payable to Cambs AA (not to Noel). Read the entry form and send it in now before you forget.**

### Useful telephone numbers for the 2003 summer season

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
Nigel Poulter	Treasurer	01954 231507

### Summer training 2003 starts on Monday March 31st

Monday evenings 6.30 - 8.30	All club members - especially younger athletes and beginners/new members
Tuesday evenings 6.30 - 8.30	Over 16's and others by agreement with your coach.
Thursday evenings 6.30 - 8.30	By agreement with your coach.

### Safety must come first -

- **Throwers must never take equipment out, without a coaches permission.**
- **That coach giving permission is accepting responsibility to supervise!**
- **All other athletes must train with a coach on club track nights.**

### What are our expectations of the members

- Coaches give their time on a voluntary unpaid basis. Therefore they do what they can within the constraints of their family life and their job! We can't ask or expect more.
- Athletes expect to enjoy their sport, but equally it shouldn't become all-consuming; there must a balance between sport, their school or working life and their social life.
- The club has an expectation that membership is a commitment to the club and its teams, and expects that all active members will be willing to turn out for one of the teams on several occasions during the season.
- The team managers give their time unpaid as well. They have the very reasonable expectation that members will turn out for matches, and do their best to help the team manager, achieve targets - e.g. promotion, a final, or avoiding relegation.
- The committee, again voluntary and unpaid, expect to be helping run a successful club, and able to focus on the future of the club, rather than just chasing unpaid subs!

### Sports Hall athletics

This year, the county match was held at St Ives, and there was a good entry from C&C, Melborne VC, Hunts AC and Riverside Runners. C&C and Hunts AC tied for the under 13 and under 15 trophy trophy with 16 match points each and Melborne VC were not far behind, thanks to some of our C&C athletes who on this occasion competed for their school (Schools have first claim on athletes). It was a pity we didnt have more U13 boys to help Jordan Kennard. In the Regional final at Norwich, the teams from Cambridgeshire did well but Essex swept the board. Nevertheless there were seven medals for the Cambs team and six of those were won by C&C athletes.

James Markley - Under 15 boys - 3rd in 2 lap race, 3rd in shot and 3rd overall individual

Phillippa Markley - Under 13 girls - 1st in shot - 8.99m

Alice Forster - Under 13 girls - 1st in Standing Longjump

Jack Huddleston - Under 15 boys - 2nd in standing longjump - 2.49m

### Results, Results, Results

#### Road races

**Boxing day 4 mile (actually maybe a tinge over 4 miles this year)**

27 ran.	Very marginally down on 2000 and 2001 where we had 28 and 29 running					
1st	Ben Baldelli (Camb Triath)	22.09	15th	Mel White	29.39	
2nd	Graham Williams (Riverside)	23.04	16th	Jordan Kennard (U13)		
	29.46					
3rd	Alan Williams (Riverside)	23.18	17th	Ellie Schofield (U15)	29.56	
4th	Leon Stone (V40)	23.36	18th	Pamela Benson (Vet)	30.33	
5th	Alistair Grant	25.27	19th	Clive Jones (Vet)	30.53	
6th	Glyn Smith (V55)	25.57	20th	Susie Boast (Bedford U15)	31.51	
7th	Alex Downie (V50)	26.14	21st	Joe Boast (Riverside)	34.02	
8th	Phil Lee (V50)	26.24	22nd	Mary Holmes (Vet 65)		
	35.12					
9th	Poly Gant	27.23	23rd	Helen McKay	43.42 (Inj)	
10th	Emma Kreetzer	27.36	24th	Peter Howard (U17)	51.09 (Inj)	
11th	Martin Kreetzer (V45)		25th	Thomas McKay	not full	
distance						
12th	Peter Howard (V60)	28.16	26th	Ian McKay	not full	
distance						
13th	Sue Barnett *(V50)	29.12	27th	Andy Boast	dnf	
14th	Andrew Howard	29.22				

Quite a damp windy day this year. Club trophy winner (first C&C finisher) - Leon Stone retains his title.

#### Ely New Year 10k - 31-12-2002

2nd	William Clarke (not running for C&C)	32.56	130th	Polly Gant	43.32
32nd	Leon Stone	37.02	267th	Andrew Irvine	
	50.39				
59th	Andrew Mangeot	39.38	301st	Helen McKay	52.21
76th	Gerald Meah	40.27			
86th	Alex Downie	41.08	427	finishers	

#### Great East Run 20km - 16th February - Wortwell

51st	G Smith	M50	86.19	55th	A Downie	M50	87.01
70th	C Brown	Sen	88.52	103rd	T Long	M40	93.41
180th	A Irvine	Sen	103.52	263	finished		

#### Muscular Dystrophy 20 - Bury St Edmunds - March 2nd

Ladies	5th	A Hill	2.25.30
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#### Cross Country

##### Cambs AA Cross country Championships - 5-01-2003

Senior/vet	Ladies race - 6k - 43 finished (33% up on last year)		1st team, 1st vets Team				
1st	Ellen Leggate	21.18	18th	Sue Barnett	28.04	4th V45	
8th	Sabine Hannema	25.28	25th	Mary Holmes	31.02	1st V55	
10th	Julie Herron	26.26	4th V35				
Under 20 ladies	3rd	Polly Gant	25.48				
Under 17 Ladies	1st	Rosie Clarke	21.14				
Under 15 Girls	1st	Ellie Schofield	19.44	6th	Stacey Rule	22.42	
Under 13 girls	1st	Lucy Dowsett	12.25				
Senior/Vet Men - 12k -107 finished (15% up on last year))			2nd team				
10th	Chris Pyle	36.35	44th	Mark Chaplin	41.33	17th V40	
11th	Andy Parmenter	36.46	47th	Glyn Smith	41.42	4th V50	
20th	Leon Stone	37.59	6th V40	52nd	Gerald Meah	42.13	
	18th V40						
21st	Bas Van Aken	38.05	64th	Peter Howard	43.49	1st V60	
43rd	John Lewy	41.29	16th V40	78th	Marcus Ennis	46.11	8th V50
Under 20 Men	1st	William Clarke	35.25				
Under 17 men	10th	Andrew Howard	26.06				
Under 15 Boys	3rd	Ed Aston	17.28	5th	Robert Kreetzer	17.51	
Under 13 Boys	3rd	Jordan Kennard	12.39	8th	James Ennis	13.33	

Under 11 Boys	12th	William Braam	9.59				
<b>EVAC Cross Country Championships - 2nd February 2003</b>							
9.2km	14th (8th M40)	M Chaplin	39.36	32nd	P Howard	2nd M60	43.56
5.4km	1st (1st M70)	P Chaplin	33.02	3rd	D Blyth	1st M80	47.16
Ladies	5th (4th W35)	J Herron	26.37	10th	S Barnett	1st W50	27.48

#### CAU Intercounty cross country championships Cambs team (Fields of 300+) 8th Feb

##### Those marked \*\* were first Cambs AA runner home

Senior Men	269th	C Pyle	46.01	271st	A Parmenter	46.06
Under 20 Men	45th	W Clarke **	28.31			
Under 17 men	272nd	A Howard	28.12			
Under 15 Boys	173rd	E Aston	17.43	233rd	R Kreetzer	18.17
Under 13 Boys	221st	J Kennard **	12.53	270th	J Ennis	13.18
Senior Ladies	48th	E Leggate **	31.29	245th	S Hannema	36.19
	275th	J Herron	38.53			
Under 20 Ladies	74th	P Gant **	28.31			
Under 17 Ladies	31st	R Clarke **	20.14	84th	H Rule	21.10
	238th	C Woolf	25.17			
Under 15 Girls	231st	E Schofield **	18.37	287th	S Rule	20.16
Under 13 girls	45th	L Dowsett **	12.52			

#### Icknield League -Stevenage - February 16th

Senior men -	3rd team - 44 pts		Veterans	2nd team - 48 points			
6th	A Parmenter	35.03	7th	J Kazer	35.34		
15th	J Lewy	39.41	16th	M Chaplin	5th vet	40.08	
17th	G Meah	6th vet	40.49	18th	P Howard	7th vet	41.18
22nd	M Kreetzer	11th V	42.25	23rd	M Ennis	12th vet	43.18
Under 15 Boys				6th	R Kreetzer	19.41	
Under 13 Boys				4th	J Kennard	16.52	
Senior Ladies - 2nd team - 15 pts							
4th	H Rule (2nd U17)	20.55	5th	M Masgot	21.42		
6th	H Belbin	22.28	10th	S Barnett	24.21		
13th	M Holmes	27.53					
Under 15 Girls			5th	S Rule	18.47		
Under 13 Girls			7th	A Lasenby	21.09		

#### National XC championships - Parliament Hill - 22nd February

Senior Men	1257 finishers				
302nd	A Parmenter	50.50	353rd	J Kazer	51.39
636th	M Chaplin	56.37	755th	J Lewy	58.42

#### National Schools cross country

Junior Boys -	164th	R Kreetzer	15.10	263rd	R Lasenby	15.34
Senior Boys -	36th	W Clarke	23.05			
Junior Girls -	255th	E Schofield	13.40			
Inter Girls -	29th	R Clarke	13.39	56th	H Rule	13.58
Senior Girls -	123rd	H Belbin	17.11	154th	P Gant	17.31

#### Multi-terrain

##### 4th Frostbite league 12th Jan at March

17th	L Stone	29.59	21st	J Kazer	30.32
22nd	B vanAken	30.37	46th	M kreetzer	32.29
55th	G Meah	32.56	71st	G Smith	33.42
89th	M Ennis	34.37	115th	S Hannema	35.28
116th	J Ball	35.30	177th	A Irvine	39.21
187th	K Dean	39.58			

240 finished Team now 2nd overall but its close for 2nd-6th

4th	R Kreetzer	8.59	7th	A Howard	9.10
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14h J Ennis 9.43  
87 finished Team now 4th overall

**5th Frostbite league at Bourne - 2nd February**

3rd	A Parmenter	28.50	13th	B Van Aken	30.06
21st	J Kazer	30.37	22nd	L Stone	31.03
48th	F McMorrow	33.10	58th	G Smith	33.38
69th	A Downey	34.11	88th	G Meah	34.56
123rd	P Gant	37.08	129th	M Ennis	37.41
149th	J Cunningham	40.01	150th	A Irvine	40.01

231 finished - Team now 3rd overall

**Juniors**

8th A Howard 7.50 19th J Ennis 8.34

77 finished Team now 5th overall

**6th Frostbite league at Huntingdon - 2nd March**

15th	J Kazer	29.13	25th	B Van Aken	29.44
32nd	L Stone	30.39	52nd	M Kreetzer	31.38
54th	A Downey	31.43	56th	G Smith	31.47
71st	J Lewy	32.13	96th	G Meah	33.23
101st	S Hannema	33.48	105th	M Ennis	34.00
142nd	P Gant	35.53	149th	Alison ?	36.23
165th	Jenny ?	37.32	196th	Andy ?	39.33
219	H McKay	41.56	243rd	I McKay	45.23

263 finished Team finally 3rd overall

**Juniors**

5th R Kreetzer 9.09 8th A Howard 9.37

13th J Ennis 10.00

94 finished Team finally finished 5th

**Sportshall athletics**

**County Match January 19th**

**Boys under 13 - 3rd**

4 Lap race J Kennard 2nd 54.3  
6 Lap race J Kennard 1st 1.24.1  
Vertical Jump J Kennard 2nd 52

**Girls under 13 2nd**

2 Lap Race N Cowan 2A 25.5 V Aszталos 1B 24.4  
4 Lap race N Cowan 1A 55.9 C Aszталos 1B 62.7  
6 Lap race V Aszталos 1A 1.25.1  
4x2 Relay Cowan, Aszталos, Aszталos, Forster 1st 1.40.9  
Standing Long Jump A Forster 1A 2.12 V Aszталos 1B 1.95  
Standing Triple Jump A Forster 2A 6.16 C Aszталos 3B 4.36  
Speed Bounce C Aszталos 3A 58  
Vertical Jump P Markley 1A 10.20 N Cowan 1B 6.94

**Boys Under 15**

2 Lap Race J Markley 1st 21.2 J Huddleston (MVC) 3rd 23.0  
M Vickery 4th 23.9  
4 Lap Race E Aston 1st 46.4  
Paarlauf Relay Aston/Markley 1st 1.34.9  
4x2 lap Relay Godden, Markley, Aston, Vickery 1.31.8  
Shot 3.25kg J Markley 2nd 11.30 J Huddleston 3rd 10.30  
Speed Bounce E Aston 1st 75 M Vickery 3rd 46  
Standing Triplejump J Markley 1st 7.90 E Aston 3rd 6.88  
J Huddleston 5th 6.72 J Godden 6th 6.70  
M Vickery 7th 6.46

**Girls under 15 1st**

2 Lap Race H Tonner 1st 23.9 A Cone 2nd 24.9  
C Hodgekinson (MVC) 4th 25.1 E Mann (MVC) 5th 25.3  
J Negus 8th 26.8  
4 Lap Race E Schofield 1st 50.0 I Aszталos 2nd 50.3  
Paarlauf Relay Schofield/Aszталos 1st 1.40.9 4x2 lap Relay 1st 1.36.7  
Shot H Tonner 3rd 5.75  
Speed Bounce C Hodgekinson 2nd 76 E Mann 4th 73  
I Aszталos 6th 72 E Schofield 7th 67  
A Cone 8th 66 J Negus 11th 54  
Vertical Jump A Cone 1st 65 H Tonner 6th 49  
J Negus 7th 49  
Standing Longjump C Hodgekinson 1st 2.00 E Schofield 3rd 1.96  
I Aszталos 4th 1.95 E Mann 5th 1.91

**Regional finals at Norwich (Cambs AA) - Feb 15th**

Under 13 girls - 5th - 408 pts Under 13 Boys - 6th - 265 pts  
Under 15 Girls - 4th - 431 pts Under 15 Boys - 4th - 525 pts  
James Markley - Under 15 boys - 3rd in 2 lap race, 3rd in shot and 3rd overall individual  
Phillippa Markley - Under 13 girls - 1st in shot - 8.99m  
Alice Forster - Under 13 girls - 1st in Standing Longjump  
Jack Huddleston - Under 15 boys - 2nd in standing longjump - 2.49m  
Also competed - Jordan Kennard, Stuart Goldfinch, Viola Aszталos, James Godden, Ed Aston, Hannah Tonner, Abi Cone, Imola Aszталos

**Indoor Athletics**

**BUSA championships**

400m Tom Hames 1st in heat 5th in semifinal 51.2

**Outdoor Track and Field**

**C&C vs CUAC Field events and Relays - March 2nd**

Men CUAC won with 52 points to 34  
100m 4th N Akpanya 12.5 8th J Godden (U15) 12.9  
4 x 100 2nd 49.7 4 x 200 2nd 1.42.3  
4 x 400 2nd 4.05.0 3 x 1 mile 1st No time taken  
Medley (2,2,4,8) 3rd 4.14.8  
Longjump 3rd J Godden 4.68  
Discus 1st G Parsons 35.60 2nd R Smith 28.35  
3rd P Bramford 26.49 6th F Martin 19.15  
Shot 1st G Parsons 11.52 2nd R Smith 10.78  
5th P Bramford 8.14 6th F Martin 7.64  
Javelin 2nd G Parsons 36.48 4th P Bramford 28.10  
U17 (700g) M Thompson 29.16  
Ladies C&C won with 41 points to 37  
100m 2nd D Smith 13.2 4th S Voegli 14.5  
4 x 100 1st 55.1 4 x 200m 1st 1.54.5  
4 x 400 2nd 4.31.7 Medley 2nd 5.06.7  
Longjump  
Discus 1st S Moss 26.34 2nd R Martin 21.33  
Shot 1st S Moss 9.63 2nd R Martin 8.14  
N/S S Voegli 7.58  
Javelin 1st C Alvey 25.84 2nd S Moss 25.66

**Club vests**

Available on Monday nights from the desk - cost £12.00, or on other training nights from Noel or Neil - sizes 30/32, 34/36, 38/40, 42/44 - plenty in stock.

**PARENTS - THIS CONTAINS IMPORTANT INFORMATION  
ABOUT THE CLUB AND COMPETITIONS - PLEASE READ IT.**