

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - October 2003

42ND ANNUAL GENERAL MEETING 24TH NOVEMBER 2003 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 THE
COMMITTEE SECRETARY BY 24TH OCTOBER**

FIXTURES

Sept 28 th	Ramsey ½ marathon	Ramsey	Seniors
Oct 5 th	Wildlife 10k	Cambridge	All over 16
Oct 12 th	Frostbite league	St Neots	All
Oct 19 th	Icknield league	TBA	All
Oct 26 th	Fenland 10	?	All over 16
Nov 9 th	Frostbite League	Bushfield (P'bro)	All
Nov 9 th	Icknield League	TBA	All
Nov 16 th	St Neots 1/2 marathon	St Neots	Seniors
Nov 23 rd	Hereward Relays		
Dec 7 th	Nene Valley 10	Peterborough	All over 16
Dec 7 th	Icknield League	TBA	All
Dec 14 th	Frostbite League	Cambridge	All
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 4 th	Cambs AA Crosscountry Champs	March	All

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

Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
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WINTER TRAINING - STARTS ON 6th OCTOBER **SEE DETAILS INSIDE**

Chairman's chatter

Congratulations to the EYAL track and field team on it promotion to Division 1. It's good to see to club achieving some success. It was also good to see the team spirit at the Southern Men's League home match. The team really got behind each other and performed well. The road race group is also taking part in some exciting events. I find this very encouraging and hope that next season we can build on this success. Now for mud and wet fields in the cross-country season.....actually, some of us look forward to it!

I want to take this opportunity to thank team managers and other club members who help to keep the club running.. They're usually unsung and frequently taken for granted but without them we wouldn't have a club. They often dedicate hours to getting teams out, ensuring events run smoothly and that athletes are treated properly. I commend their selflessness and commitment and on behalf of all club members offer a heartfelt BIG THANK YOU.

10k Sunday 5th October 10.30 am

the 10K gets bigger every year. It is good for our reputation and is an enjoyable event. We've received a number of accolades for it on the Runners' World web site. It needs marshals and other helpers. If you have a couple of hours to spare and can help out, please let Neil Costello know (neil.costello@ntlworld.com or 01223524428). It also raises money for the club without which we would have to raise subscriptions, so there's a very obvious benefit for everyone.

Neil Costello

AGM Agenda - November 24th at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 25th November 2002

Matters arising from the minutes

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

Subscriptions 2004, Items nominated for discussion

Election of officers and committee 2004

Presentation of Track and Field awards and record certificates

Minutes of the 41st. Annual General Meeting held at the University Track, Wilberforce Road, Cambridge at 8pm on Monday 25th. November 2002

Present 74 members including parents and Vice Presidents

Apologies

Stuart Dunlop, R. G. Thurley, Wally Mitchell, Marcus Ennis, Mary Hoad, Chris Mycroft, Mrs Mycroft, Ann Negus, David Haylock, Rachael Kiff, Linda Hostler, Mike Vogel, Hilary Vogel

1. Minutes of the 40th AGM November 2001 Item 8. Club constitution revision and documents should read "Club accepts AAA Disciplinary Code"

The Chairman explained that the club disciplinary code is technically in-operable. The Club should adopt AAA of England Disciplinary Code as Item 11 of club constitution. Any alteration of this wording to be published, as an amendment, by the committee.

Item 5. Should read R.P.I.

Approved. Proposed by Mark Chaplin and seconded by Peter Chaplin.

2. Matters arising from the minutes None

3. Chairman's Report

The Chairman's report was circulated in the October 2002 newsletter. In addition he reported the following:

- Awards for All. Club notified that it has been awarded £1309.00 for equipment.
- Bid for ukA for club futures expected January 2003.
- Club membership is expanding. Well represented in local sport and has representation on City Council Sports Forum.
- Club dinner organised by Mary Holmes.

(e). Weak competitive position could be resolved by club joining Hunts A. C. with senior men and senior women.

(f). Roger Summerfield thanked and praised the club members for their effort in club expansion.

(g). Diana Bravaman was thanked for organising trophies for last 6 years.

The report was proposed by Noel Moss and seconded by Peter Chaplin.

4. Secretary's Report No Secretary's report. (The club had no elected general secretary)

5. Treasurers Report

Copies of the Treasurers Report together with notes were distributed to the meeting. Nigel Poulter explained the differences of expenditure year on year.

Subscriptions to remain the same for 2003. He thanked Steve Herod for auditing the accounts.

The report was proposed by Mary Holmes and seconded by Glyn Smith.

6. Election of Officers and Committee for 2003

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

Committee Secretary: Mary Holmes

Committee:

SML team manager: Noel Moss SWL team manager: Carl Woolf

EAL: Vacant (N Moss/C Woolf will cover)

EYAL team manager: Anna Bird (on committee) plus assistants

Veterans T&F team manager: Iain Girling RR and CC: Glynn Smith

Coaching: James Brennan/Bryn Percival Schools Liaison: Mary Hoad

Trophies: Diana Braverman to continue one more year but not sit on committee

The meeting unanimously approved all the above nominations.

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

Proposed by Frank Martin and seconded by Mary Holmes

7. Presentation of Track and Field Awards and record certificates

Barry Wallman presented these to the successful athletes

8. Any other business None

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

Would you like to help on the committee – could you be the club general secretary, a team manger, or do another of the jobs?? All nominations are welcome – the officers positions should come up for formal elections each year. Many have been un-opposed for several years, and while they do an excellent job for the club, it is not constitutionally desirable that they should just continue without a proper election. Could you give anyone a break, or help out alongside them maybe?

Do you hold a trophy from the 2002 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2002, that they should be returned 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 make arrangements to return it to Neil rather than rely on handing it to someone on a club night.*

Interpretation of C&C Disciplinary Code

The committee was asked during the 2002 AGM to set out its procedures in more detail with respect to the disciplinary code. The following is a statement agreed by the committee in February 2003 as the basis upon which it will carry out disciplinary actions. The statement should be seen

as an explanatory note to put alongside the constitution. As established by the constitution, the club disciplinary code will follow the principles embodied in the current AAA of England Disciplinary Code. The underlying principle is to protect the interests of the club and the member(s) against whom allegations have been made. All matters should be dealt with discreetly and confidentially. Specifically the procedure will have four stages:

1. An investigation of any substantial complaint or allegation will be carried out as swiftly as possible by at least two senior members of the club. The investigators should have played no previous part in the events or matters to be investigated. The person(s) against whom allegations are made shall be informed that an investigation has been instigated.
2. The investigators will report their findings to a senior club officer (the senior officer to be nominated by the committee) within a reasonable period stating whether or not there is a case to answer.
3. If there is a case to answer a Hearing will be held by a Disciplinary Panel. The Panel will be appointed by the committee and will have three members, normally drawn from the committee, and who have not been previously involved in the event investigated. If specialist expertise is required, up to two further persons can be co-opted to the panel. The panel and the Hearing will follow the same procedures as those specified for the equivalent AAA of England Disciplinary bodies. The panel secretary will be a club member in attendance and not a member of the panel.
4. There shall be a right of appeal. The committee will appoint an appeal panel at the same time as the disciplinary panel is appointed. The appeal panel will have three members who should make every effort to exclude themselves from any discussion of the allegations so that their judgements are not prejudiced in the event of an appeal. If possible one member of the appeal panel should be an independent third party from outside the club. Appeals can also be made to other relevant athletic bodies where appropriate, and will follow the disciplinary rules of those bodies.

Details of the disciplinary code should be made available to the individual(s) against whom allegations have been made and to any other person on request. The decision whether or not a complaint or alleged misconduct should be dealt with through the disciplinary code rests entirely with the committee, or through a general meeting of the club as set out elsewhere in the club constitution.

Cambridgeshire AA AGM – 28th November - 7.30pm at Hemingford Grey House

It would be nice to see a few of the members in attendance, and not just the trophy winners and athletes who have been awarded colours. You don't need an invitation – just turn up.

******* Winter training starts on October 6th *******

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, 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, James, Stuart.

Note - There will be no throwers sessions between 1st October and 21st October. Throws coaching will begin again on Saturday 25th October, but there will be a fitness track session on Tuesday 21st for throwers, and throwers are encouraged to attend the Thursday evening fitness sessions at Netherhall

Fixtures 2003/2004

Contact Glvn Smith - 01223 571685 - to run road/ John Kazer 01223 308357 to run XC

Oct 5 th	Wildlife 10k	Cambridge	All over 16
Oct 12 th	Frostbite league	St Neots	All
Oct 19 th	Icknield league	TBA	All
Oct 26 th	Fenland 10	?	All over 16
Nov 9 th	Frostbite League	Bushfield (P'bro)	All
Nov 9 th	Icknield League	TBA	All
Nov 16 th	St Neots 1/2 marathon	St Neots	Seniors
Nov 23 rd	Hereward Relays	(Peterborough to Ely)	All over 16
Dec 7 th	Nene Valley 10	Peterborough	All over 16
Dec 7 th	Icknield League	TBA	All
Dec 14 th	Frostbite League (Home fixture)	SwaveseyAll	
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 4 th	Cambs AA Crosscountry Champs	March	All
Jan 11 th	Frostbite league	March	All
Feb 8 th	Frostbite league	Bourne	All
Feb 21 st	Icknield league cup event	TBC	All
March 7 th	Frostbite League	Huntingdon	All

Southern mens League

We finished 16th out of 25 in Division 2 after a season of mixed fortunes. The season started well enough with a second place at St Ives, followed by two fourth places at Hastings and Guildford, so by the middle of the season we were about 16th and looking fairly safe from relegation. The fourth match turned out to be difficult to get a good team out for but thanks to everyone involved we got a good points score despite finishing 5th. That put us down to 20th place so something needed to be done.

The fifth match was at Bracknell and on paper we were likely to get 4th at best, especially without half the middle distance filled, but when we got there it was clear that the other teams had similar problems in getting a team out, and the lads rallied round and we filled everything, and finished 2nd, making the season safe again. The biggest problem turned out to be the logjam on the M25 which nearly made us late for the start.

The last fixture was at home and we faced a hard match on paper. Three "B" teams from British league clubs and the team in 6th place in the division. Newham and Thurrock were both fighting for promotion, Newham won and got promoted, Thurrock were 2nd and didn't, We were 3rd, beating Bedford and Belgrave Harriers. That left us with 16 league points and 16th place. We live to fight again in Division 2 next year,

For those who don't know, the Southern Mens League covers about half of England (south of a line from the Wash, to the Severn estuary including Cornwall!) There are seven divisions in total, 1,2,3, 4 east, 4 west, 5 east and 5 west.

Next year the structure may change to Divisions 1 & 2 plus Divisions 3 north, central and west and Divisions 4 north central and west – to be decided at the AGM to reduce travel for the smaller clubs. That still means we could go to Cornwall for a match next year as we will be in Div 2 (Hopefully not). Hunts AC were promoted from Div 3 so they will be joining us in Div 2.

Southern Women's league

A new team manager again this year. We were in Div 3 North and have finished in the upper part but not high enough for promotion. Performances were excellent by those who turned out and the team began to get much stronger towards the end of the season with more under 15,s turning out. The team ended the season in 7th place, rounding it off with a win at Woodford, but too many gaps in the squad prevented us from challenging for promotion in a league which is based on total scored points.

Eastern Young Athletes league

A good season ending with promotion back to Division 1 in 2nd place. The team started with the legacy of last years track repairs – very few new under 13's during that summer while we trained at the Perse, but grew match by match . We had three very competitive matches against West Suffolk who won the division, but although we got closer and closer during the season we just failed by a few points to finally beat them.

In the Top 7 cup final held at Bury we were again 2nd behind West Suffolk, who had home advantage, but the good news was that we had only 9 event spaces unfilled – a huge improvement on the early season, and one which would allow us to do well if we keep it up next season. The bad news was that we didn't win any of the age-group trophies although we were 2nd in four of them losing out to Enfield in our strongest age-group – the under 15 boys, and to West Suffolk in 3 others..

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. Both men and ladies ended up fourth in their divisions out of seven clubs.

East Anglian League

We reached the finals in all eight age groups this year, were 3rd overall in the league, and our ladies won their age-group trophy. The club won the trophy for the most improved in the overall league table (everyone who competed helped with that one), and in the under 17 Ladies age-group. The under 15 boys were 3rd in their section behind Chelmsford and Norwich. Only two clubs qualified all their 8 teams for the finals – C&C and Norwich.

In the finals at Norwich, we did well, getting 2nd place in U13 Girls, Under 15 Girls, U17 Ladies, and U15 Boys (who were close to winning), and third in the Senior men. We don't yet have the full results but there were some excellent performances and personal bests. It was the first time recently that we have had two highjumpers clearing 1.65m in the under 15 boys (Tom Adams and Michael Vickery) and I'm sure they now aspire to equal the U15 club record holder who coached them a few weeks ago (Tom Costello).

There were many others and the full results will be given in the December newsletter.

Road Running

We are going from strength to strength, mainly thanks to the efforts of Glynn Smith. Success breeds success and all that.

After a good winter in the Frostbite League, we had several runners in the London Marathon. A squad went to train in the Dales, and ended up doing three or four races over a long weekend, and we did well as a team.

C&C have joined a small local 5k league, and hosted a fixture on Thursday 18th September. The team are doing well in that league, and have won the mens section and the overall series.

The club entered a team in the round Norfolk relays and finished 8th in the Club category. Some of our female runners finished in the top three ladies in their leg, and the team finished in under 24 hours.

Ian Williamson won the St Ives Dairy Crest 10k, and was 2nd in the High Wycombe half Marathon, while Sue Barnett and Peter Howard have been competing in the Midlands in a number of races, and Sue was 2nd Vet Lady 50+ in the East Midlands Grand Prix series.

The Frostbite league starts on 12th October and the Icknield XC League on 19th October, so lets have a good turnout for these fixtures.

Congratulations to all our Road and Cross-country runners, the road section in particular has gone from almost zero, to good numbers and considerable success, in only 3 or 4 years.

Well done and of course keep it up next year.

That was from the editor, and now a report from Glynn

Round Norfolk relay

What a great success! With all our runners getting round, the only hiccups were the chain coming off Gerald's bike at the start of the 1st stage and Chris Brown arriving 5 minutes late at his Thetford start. This was due to Ish and Joanne completing their 20 and 17 mile Night stages a bit faster than expected.

I would really like to thank Ian McKay, Gerald Meah, Dave Willis, John Kazer and Andy Irvine, who were the cycling and night driving support team, and Bas who was a great help at planning the logistics side. It was altogether a great experience with some lovely coastal path runs. From my point of view, apart from my running leg, driving round in the mini bus was fun, especially the two Miles through Thetford Forest at 4am in support of Chris Brown.

I am sure we will all be back next year.

5k Evening League Another first time very successful series with good support from our team and also lots of helpers at our Cambridge event.

C&C walked away with most of the team prizes which was possibly to be expected against much smaller clubs but it was quite evident at the prize giving that all the teams enjoyed the series and gave it their best with Saffron Walden and Newmarket winning the individual trophies.

Hereward Relay (Four stage multi terrain from Peterborough to Ely Cathedral- 23rd Nov).

We had two teams last year in what was an excellent event.

Please contact me if you can take part, as I would like teams in all classes.

Frostbite Friendly League (1st race Oct.12th -St Neots).

Lets have a good consistent turn out this year as we were third last year and it would be great to challenge Riverside Runners who seem to have a monopoly at this event.

We will be hosting the Dec.14th round which will be at Swavesey and I would like to hear from any club member who would be prepared to marshal or officiate in any way.

Lock Ness Marathon We have two club members Andy Irvine and Tim Long completing in this event on the 28th September lets wish them all the best.

Yours in running - Glynn

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 on the pavements 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.

Sportshall athletics for Under 15's, Under 13's and under 11's.

Cambs AA intend to run a couple of county matches in Nov/Dec and January, and to send a team to the Regional finals again this year. We don't know full details yet, but hopefully C&C can send teams provided you support us.

Indoor Athletics

In January and February there will be some indoor athletics championship meetings at Bedford and elsewhere. We hope that club members will enter these and try to bring back a few medals. Details will be in the Christmas issue of the newsletter.

Disability Sports Festival 2003

For a third year, Cambridge City Council and South Cambs District Council, along with the Disability Focus Group, have clubbed together to hold a Sports Festival for those with a range of disabilities. 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.

Emma Hostler went along from C&C to coach the athletics session. Anyone who is interested in any aspect of disabled athletics should contact Emma

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).

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 2 active graded timekeepers in the club, and one of those is a senior Field Judge. We have only 2 qualified track judges and we have about 5 or 6 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 despite rumours.

This year there will be courses run during the winter/spring by Cambs AA (already agreed). 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.

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.

Obituary

Cambridge's first MR MARATHON. William Albert Spratt born 6-12-1920, passed away 13-08-2003

William Spratt, known to his friends as Bill, died on 13th August 2003, following a stroke suffered in early June. A service was held for him at the Cambridge Crematorium on Friday 22nd August 2003, attended by his relatives and many friends.

He was associated with athletics in Cambridge and the County from the early fifties when he moved to Soham from Norwich. He first ran Cambridge City A.C.in the Eastern Counties Cross

County Championships in 1955. He changed his County qualification from Norfolk to Cambridgeshire and competed in their Championships in 1961. Bill continued to play and active part for almost fifty years in club and county athletics until he retired as Road Running Secretary for the County at last years Annual Meeting.

Bill was a marathon runner, long before it became the fashionable pastime it is today. In the fifties, he and George Ginn, from Newmarket & Mildenhall A.C. met up at the 1957 Poly Marathon. A first for both of them. It was a very hot day, according to George the temperature was in the 80's. They both dropped out at the twenty mile mark, along with Tom Robinson, who in 1948 finished 2nd in the Olympic Marathon. Who was of the opinion that there should be, "a society to protect us from ourselves". That same year Bill completed the A.A.A. marathon in 2 hr 52 mins in 30th place. Thus being the first club, and probably the first county runner to complete a marathon. The next year they both started and finished in the A.A.A. Championship. Bill beat George by 30 seconds, 2 hours 49 to 2 hours 49 minutes and 30 seconds. By 1960 George fades from the scene and did not run another marathon until the advent of the London.

1960 was their last run together, they went to run in the Road Runners Club Championship at Huyton near Liverpool, travelling by train to Leek in Staffordshire where they stayed overnight with a friend of Bill's, competing in the race on the Saturday afternoon, staying overnight in Derby, and returning home by train on the Sunday. Such were the lengths runners were prepared to go to compete.

In those days marathon running was a lonely sport, the size of the fields were numbered in their dozens, not their thousands as today. There was never any of the so called "lift" from the crowd that you get today, most passers by would not be sure whether you were in a race or training, if they noticed you at all.

His times were good, 2 hours 49 min for the A.A.A. Championship in 1958, 2 hours 50 min the same year in the Isle of Wight Marathon. (This being one of the toughest courses in the country, round the coastal roads), and 2 hours 44 minutes in the "Poly" from Windsor Castle to Chiswick in 1961. This was his best time at the distance, set when he was a veteran of forty. Bill completed thirteen marathons between 1957 and 1965, only once did he take more than three hours. (That was in the Isle of Wight on a hot day). Bill also ran many other road races at varying distances during those early years in Cambridge. Winning the Bedford to St Neots Boxing Day race in 1957, and running well under 2 hours in the Inter Counties Twenty Mile in 1958.

From this basis he was instrumental in encouraging other Members of the City of Cambridge A.C. and later Cambridge News to take up road running and the Marathon. A cutting from the Cambridge News in 1957 infers that this was Cambridge City A.C.'s first season of competitive road running. Each year more and more club members were encouraged to give road races a try, as an alternative to track running in the summer months.

He was an early member of the Road Running Club of Great Britain and was their representative in the area for over forty years. From this stemmed his involvement in the Cambridge Marathon as Chief Course Marshal, and then the first and subsequent Cambridge City Festival Half Marathons for which he was the Race Director and Chief Marshal. A position held until the race was discontinued because of problems brought about by the increase in traffic. Bill was also very keen on Veterans athletics. First joining the Veterans Athletic Club based in London, often travelling by train to participate in their events. In 1979 he was a founder member of the Eastern Veterans A.C. With a membership number of 18, he took part in their first event, the cross country championships in March held in Hinchbrook Park, Huntingdon. 2004 hopefully will see the 'Silver Jubilee' event at the same venue.

On the amalgamation of Cambridge City A.C and Coleridge A.C. he did a considerable amount of work behind the scenes to ensure that the amalgamation was accepted by some who were very much against it. At their first meeting he was appointed Road Running Captain, a post he held for

many years. He also became Chairman during a rather difficult period for the club when a number of officials resigned at the same time.

Bill was able to persuade people to fill all the vacant posts. On his retirement from that post he was elected a Vice-President of the club.

With his considerable experience of road running he took on the newly formed post of Road Running Permits Secretary for the County. For his service to athletics at county and club level the South of England A.A. awarded him a thirty year badge and certificate last year, on retirement from that post.

Bill also did a considerable amount of coaching and advising newcomers, those who wanted to move up to the marathon distance, and those who just wanted to know the best way to run a race. He later graduated to coaching youngsters on the track where he had a number of successes. (He had been a good track runner himself in his twenties.) His method was always quiet and reasonable. Never any bullying or shouting. In all the forty years I knew him I never heard him raise his voice once. A swift kick was not his way. Bill always believed that everyone had a mind of their own once they toed the starting line. It was a method that produced excellent results in young and older members alike. Most of those he advised went on to obtain 'personal bests', which to Bill was what athletics was about, depending on your own ability.

He wasn't greatly taken with some aspects of today's athletics, and he could be quite derogatory, but time moves on and so has Bill. To many of the original members of Cambridge City A.C. he became an institution. He saw the sport he had championed over the years become a mass participation event in the form of the London Marathon. This did not always meet with his approval as it had done, in his view, little to improve the standard in depth of the event though he was well aware of the effort required to run without the experience of racing. To his way of thinking, participating and racing were not the same. Not everyone always agreed with him, but he was always worth listening to, and will be sadly missed.

The under 17 controversy rages on

What is below is a direct quote from part of an article in Athletics Weekly and gives a flavour of what is happening in this continuing saga where UKA propose to stop under 17's competing against Seniors.

The secretary of the Southern Mens League has admitted that he could defy a UK Athletics ruling to bar under-17 athletes from competing in the Senior Leagues, writes Steve Landells. UKA is considering implementing an under 17 ruling which would ban athletes of that age-group competing in the senior leagues.

A forum has been arranged for Saturday 27th Sept to discuss the matter with UKA at Edgbaston House in Birmingham. More than 30 people who have written to UKA on the issue have been invited.

But Don Turner, secretary of the Southern Mens League, believes that the decision could be potentially damaging for dozens of clubs who might not be able to field a team without their under 17's (*same for the Womens leagues of course*). "I wouldn't want to see any restriction says Turner. If they brought in the ruling we may continue to allow use of under 17's. How could it be enforced?"

Starving under 17's of competition seems to be pandering to the needs of the large clubs. They (UKA) seem only interested in the top eight clubs and they just want people to compete in open meetings. That's the general feeling amongst the clubs.

The prospect of clubs defying UKA rules could lead to a potentially damaging schism in the sport which could take years to heal.

Etc, Etc

As part of our discussions with Hunts AC about joint Senior T&F teams, we contacted the SML and SWL about entering composite teams – permitted by UKA rules, but limited by the leagues to

the lowest division with no promotion. Not a help for C&C and HAC who want to get a team into higher competition by cooperating together, so there was nothing we could do last season.

Results, Results, Results

CROSS COUNTRY

BMA Champs Crosscountry – Irvine Scotland – 12th April

2nd M80 Dave Blyth 41.53

ROAD

Weedon 10k – 10th June

2nd V50+ S Barnett 48.30

Banbury 5 mile – 17th June

2nd V50+ S Barnett 36.44

5k road league – 19th June

C&C 3rd team Men 3rd team

3rd J Kazer 17.45 5th I Delaney 18.00

8th L Stone 18.45 18th J Levy 19.53

20th A Mangeot 20.06 23rd A Downie 20.16

24th M Kreetzer 20.07 27th G Smith 20.30

29th M Ennis 21.06 33rd G Meah 21.35

37th M Smith 21.59 40th A Cunningham 23.00

42nd A Irvine 23.11 45th P Schofield 23.40

53rd N Burch 28.20 54th I Mckay 29.13

Ladies 1st team

2nd Lady J Ball 3rd Lady J Cunningham 23.11

10th Lady H Mckay 27.21

Market Harborough 5m – 24th June

2nd V50+ S Barnett 37.03

EVAC 5 mile – Reach – July 6th

2nd L Stone M45 2 29.40 8th A Mangeot M45 5

9th M Chaplin M45 6 31.44 12 A Downie M50 2 32.18

16th G Smith M55 1 32.57 26th S Barnett W50 2 37.00

34th B Jenkins M80 1 69.23

Milton Keynes 10k – July 8th

2nd V50+ S Barnett 46.37 2nd lady 50+ in East Midlands Grand Prix series

High Wycombe Half Marathon- July 13th

2nd Ian Williamson 76.51

Peterborough Police 10km – July 13th

2nd M55 G Smith 41.56

5k League Haverhill – 17th July

2nd team C&C (now placed =2nd overall)

2nd mens team C&C (now placed 2nd overall)

4th L Stone 17.37 5th I Delaney 17.50

6th B Van Aken 17.50 21st M Kreetzer 19.14

22nd A Downie 19.36 23rd G Smith 19.52

25th M Ennis 20.04 27th J Jenkins 20.07

30th T Long 20.36 31st G Meah 20.37

35th M Smith 20.56 38th A Irvine 21.59

39th P Schofield 22.09 44th N Costello 24.05

48th I Mckay 27.13 49th B Jenkins NTR

1st ladies team C&C (now placed 1st overall)

2nd J Ball 4th J Cunningham 22.06

10th L Baines 25.03

St Ives Dairy Crest 10k – 20th July

1st I Williamson 33.37 55th G Smith (V55) 40.37

61st A Downie 40.48 92nd J Ball (4th lady) 43.09

95th C Brown (V40) 43.24

108th G Meah (V45) 44.11

141st S Barnett (VL50) 46.45

251st H McKay (VL35) 54.57

332nd B Jenkins (V80) 80.54

107th R Jackson 44.09

140th P Howard (V60) 46.45

143rd J Jenkins (V55) 46.55

290th I McKay (V40) 59.35

333rd D Blyth (V80) 83.46

BMAC - 10 miles – Stoke on Trent – July 27th

2nd W50 S Barnett 76.59

EVAC 5km – August 3rd

3rd L Stone M45 2 17.47 10th D Mail M45 6 19.12

11th M Chaplin M45 7 19.20 14th A Downie M50 1 19.29

19th G Smith M55 2 20.02 22nd G Meah M45 11 21.08

31st S Barnett W50 2 22.30 32nd P Howard M60 4 22.30

Thorney 5 mile – 17th August

2nd V50+ S Barnett 37.14 County VW45+ champion

1st VM 60+ P Howard 36.13 County VM 60+ champion

5k League – Newmarket – 21st August

1st team C&C (now placed =1st overall)

1st mens team C&C (now placed 1st overall)

3rd C Pyle 17.15 4th L Stone 17.30

5th I Delaney 17.35 6th C Flood 17.36

8th B Van Aken 17.50 24th I Baor 19.24

25th M Kreetzer 19.26 26th A Mangeot

28th A Downie 19.46 29th G Smith 19.56

31st C Brown 20.12 32nd R Jackson 20.15

37th T Long 20.56 40th D Willis 22.02

48th I Mckay 26.39 49th N Burch 27.50

3rd ladies team C&C (now placed 2nd overall)

3rd J Ball 20.50 7th H McKay 24.25

13th Jennie? 26.43

Luton 10k – 31st August

1st VW50+ S Barnett 46.39 1st VM60+ P Howard 44.50

Round Norfolk relays – Sept 13/14th

C&C 8th in the club class competition for mixed teams Total time 23hrs, 46mins and 32 secs.

Stage 1 (15.8 miles) B Van Aken 1.47.28 15th

Stage 2 (12.25miles) M Smith 1.32.38 21st

Stage 3 (6.12 miles) C Howard (W) 42.09 10th

Stage 4 (12.06 miles) A Downie 1.36.25 21st

Stage 5 (10.9 miles) J Levy 1.15.0 14th

Stage 6 (5.89 miles) E Kreetzer (U20 W) 41.56 7th (3rd woman)

Stage 7 (9.95 miles) G Smith 1.11.19 10th

Stage 8 (10.52 miles) A Cunningham 1.25.31 24th

Stage 9 (8.30 miles) J Cunningham (W) 1.06.11 19th

Stage 10 (15.08 miles) M Kreetzer 1.59.17 29th

Stage 11 (20.20 miles) I Badr 2.27.10 20th

Stage 12 (17.77 miles) J Ball (W) 2.19.04 27th

Stage 13 (13.98 miles) C Brown 1.49.04 26th

Stage 14 (7.70 miles) I Delaney 56.32 16th

Stage 15 (6.76 miles) R Brown (W) 40.07 18th

Stage 16 (5.49 miles) HMckay 35.00 21st (1st woman)

Stage 17 (11.73 miles) T Long 1.23.4 14th

5k League- Cambridge Sept 18th

Men

3rd C Pyle 16.48 4th A Parmenter 17.21

5th C Flood 17.21 8th B Van Aken 17.47

9th L Stone 17.48 10th J Capeth 17.49

24th A Mangeot 19.10 25th J Lewes 19.21

26th A Downie 19.22 28th R Jackson 19.24

29 th	G Smith	19.30	32 nd	C Brown	19.51	
34 th	B ???	19.56	36 th	M Smith	20.12	
45 th	T Long	21.30	50 th	P Schofield		22.16
Ladies						
2 nd	J Ball	20.28	3 rd	Emma?	20.35	
6 th	J Chamberlain	22.17	9 th	Ghost runner	24.45	
13 th	R Kiff	26.50	15 th	D Braverman	27.48	
Overall league results						
Men	1 st C&C	167 pts	2 nd Newmarket Joggers	176pts	3 rd Saffron Striders	253
Ladies	1 st Newmarket J	63pts	2 nd C&C	65pts	3 rd Saffron Striders	103
Overall	1 st C&C	232pts	2 nd Newmarket Joggers	239	3 rd Saffron Striders	355
	4 th Haverhill RC	422pts				

TRACK

Eastern veterans league – Cambridge – 2nd July

Men	4 th 60 pts, Ladies	4 th 39pts				
100m hdls			4 th M50+	N Moss	24.7	
100m	4 th M40	L Lawrence	15.4	4 th M50+	N Moss	14.8
	2 nd W55+	M Holmes	17.9			
400m	4 th M40	G Meah	66.6	4 th M50+	N Moss	70.3
	2 nd W45+	M Holmes	83.6			
1500m	4 th M40+	M Kretzer		5.06.0	4 th M50+	M Ennis
2km walk				4 th M50+	B Wallman	13.58.4
Medley relay M50+	3 rd		4.51.1			
Highjump				=3 rd M50+	N Moss	1.10m
Longjump				3 rd M50+	N Moss	4.00m
	3 rd W45+	M Holmes	2.83m			
Shot	5 th M40	F Martin	7.67	1 st M50+	P Bramford	9.30m
	3 rd W35+	C Morris	6.87m	1 st W45+	R Martin	7.91m
Hammer	3 rd M40+	F Martin	23.83	2 nd M50+	P Bramford	20.60m
	4 th W35+	C Morris	14.52m	1 st W45+	R Martin	22.98m

Southern Womens League - 5th July at Mile End

1st C&C	152, 2 nd VP&TH	132, 3 rd Eton Manor	111, 4 th St Albans	0		
Seniors						
100m	1A	D Smith	12.8	1B	A Cone	13.7
200m	1A	D Smith	26.2	1B	A Cone	28.7
400m	2A	E Hostler	69.1			
800m	2A	S Iwanko	2.42.1			
1500m	2A	M Margot	5.29.9			
3000m	2A	M Margot	11.39.2			
80m Hdl (U17s)	1A	A Cone	13.7			
Highjump	1A	D Smith	1.35	1B	S Iwanko	1.25
Longjump	2A	R Kiff	4.23	1B	L Cowan	3.82
Triplejump	2A	R Kiff	9.08			
Shot	1A	S McGrath	10.01	2B	R Kiff	5.74
Discus	2A	S McGrath	28.96	1B	R Kiff	13.93
Javelin	1A	S McGrath	27.59	1B	L Cowan	25.49
Hammer	2A	S McGrath	23.55	2B	R Kiff	17.71
4 x 100	1A		55.8			
4 x 400	1A		4.55.1			
Under 15 girls						
100m	2A	C Musowe	13.4	1B	K Motley	13.7
	N/S	H Tonner	13.9	N/S	A Forster	15.1
200m	2A	H Tonner	29.2			
800m	1A	E Schofield	2.36.3	1B	A Lasenby	2.56.8
1500m	1A	C Hobday	5.30.9			
75m Hdls	1A	K Motley	13.1			
Highjump	1A	H Tonner	1.35	1B	N Cowan	1.15
Longjump	3A	K Motley	4.31	1B	N Cowan	4.15

Shot	2A	A Forster	7.95	1B	C Musowe	7.56
Discus	2A	A Forster	15.52	1B	E Schofield	13.27
Javelin	1A	N Cowan	14.17	1B	C Hobday	13.66
4 x 100	1A		57.1			

BMK meeting – Watford July 5th

GU15	800m	6 th race D	L Dowsett	2.19.0 (CR)
WU17	800m	5 th race C	H Rule	2.16.98

National Schools at Exeter - 11th/12th July - sorry if I've missed anyone

U15 Girls	800m	L Dowsett	2.22.33	3 rd in heat
U17 Ladies	800m	H Rule	2.21.89	5 th in heat
U17 Ladies	200m	D Smith	25.79	6 th in heat

Southern Mens League at Bracknell on 12th July

1st	Enfield & Haringey	120½, 2 nd C&C	110, 3 rd Portsmouth	108½, 4 th Ealing S&M	103½, 5 th Bracknell	89½
100m	1A	P Steiner	11.2	5B	S Dunlop	12.1
	N/S	M Akaikati	12.4			
200m	1A	P Steiner	22.3	3B	S Dunlop	24.2
400m	1A	T Hames	50.4	4B	E Aston (jogged)	77.1
800m	5A	E Aston	2.07.4	5B	J Brennan	(jogged)
			3.02.0			
1500m	5A	B Van Aken	5.11.4	5B	J Brennan (jogged)	6.58.5
5000m	4A	J Kazer	17.12.6	4B	B Van Aken	17.34.1
3000S/C	3A	J Kazer	11.17.9	3B	T Brennan	13.48.1
110 hdls	1A	T Brennan	20.2	2B	J Brennan	
			21.3			
400hdls	3A	T Brennan	66.6	2B	J Huddleston	70.7
Highjump	5A	E Aston	1.50	3B	J Huddleston	1.40
Longjump	3A	P Steiner	5.64	2B	T Brennan	5.47
Triplejp	4A	T Brennan	10.95	3B	J Huddleston	9.91
Polevault	2A	N Moss	2.40	2B	J Brennan	
			2.20			
Shot	2A	G Parsons	11.87	3B	D Vickery	9.40
Discus	2A	G Parsons	38.40	3B	P Bramford	27.16
Javelin	3A	P Bramford	38.74	3B	G Parsons	34.14
Hammer	2A	G Parsons	39.98	2B	D Vickery	34.67
4 x 100	2A	Steiner, Dunlop, Hames, Akaikati				
			45.4			
4 x 400	3A	Hames, Steiner, Dunlop, Aston				3.37.1

East Anglian League - Cambridge - July 13th

Overall match result - C&C - 1st						
Senior Men – 3 rd 162 pts						
100m	3A	J Milton	12.0	1B	R Wheater	12.0
	N/S	T Brennan	12.9			
200m	4A	T Brennan	26.7	1B	T Hames	24.3
400m	2A	R Wheater	53.0	4B	B Van Aken	65.4
800m	5A	B Van Aken	2.23.0			
3000m	3A	I Delaney	10.19.0	2B	M Kretzer	
			11.09.0			
110m Hdls	2A	T Brennan	19.8			
Highjump	3A	R Wheater	1.50	3B	T Hames	1.30
Longjump	5A	T Brennan	4.83	2B	N Moss	3.49
Triplejump	4A	T Brennan	10.91	2B	L Lawrence	
			9.33			
Shot	1A	G Parsons	11.95	3B	F Martin	7.61
	N/S	P Bramford	8.77			
Discus	1A	G Parsons	37.01	3B	R Wheater	24.57
	N/S	P Bramford	25.92			
Javelin	4A	G Parsons	36.07	1B	P Bramford	35.60
Hammer	1A	G Parsons	34.12	1B	F Martin	22.44

4 x 100	N/S	P Bramford	18.94			
	2A		49.6			
Under 17 Men 3rd in match - 129 points						
100m	4A	L Johnson	13.0	2B	R Seeley	13.5
200m	4A	R Seeley	27.0	4B	A Howard	31.8
400m	4A	A Yeomans	60.7	2B	A Bird	55.1
	N/S	R Seeley	63.0			
800m	3A	A Yeomans	2.14.6	4B	A Howard	2.33.2
1500m	5A	A Howard	5.16.4			
100hdlg	2A	J Markley	15.8			
Highjump	2A	E Aston	1.50			
Longjump	2A	L Johnson	4.84			
Triplejump	4A	J Huddleston	10.24			
Shot	2A	J Markley	9.96	2B	M Thomson	8.54
Discus	3A	M Thomson	22.68	2B	J Huddleston	20.85
Javelin	2A	M Hathaway	35.08	2B	M Thomson	33.62
Hammer	2A	J Huddleston	22.31			
4 x 100	3A		49.4			
Under 15 Boys - 1st in match - 197 points						
100m	1A	J Godden	12.8	1B	J Abbott-Gribben	13.0
	N/S	N Tsang	13.5	N/S	M Rogers	14.0
200m	1A	O Francis	26.0	1B	J Godden	25.3
400m	2A	W Atkinson	56.9	2B	T Kelk	60.0
800m	2A	T Kelk	2.19.2	2B	R Kreetzer	2.21.7
1500m	2A	R Lasenby	4.39.9	2B	J Kennard	4.57.5
80m Hdlg	2A	M Rogers	13.1	1B	T Kelk	13.6
Longjump	1A	J Godden	5.25	1B	M Vickery	4.63
Triplejump	1A	J Abbott-Gribben	12.13	1B	M Riches	
	11.54					
Highjump	2A	M Vickery	1.60	1B	M Rogers	1.40
	N/S	N Tsang	1.40			
Shot	1A	N Tsang	10.06	1B	J Cowan	9.23
	N/S	R Suttton-Zian	7.16			
Discus	1A	O Francis	23.39	1B	J Sutton-Ziaian	17.87
Javelin	1A	J Cowan	36.36	2B	O Francis	24.00
Hammer	2A	J Abbott-Gribben	16.40			
4 x 100	1A		49.8			
Boys under 13 - 1st in match - 117 points						
100m	1A	S Goldfinch	14.1	2B	C Taylor	16.4
	N/S	B Abbott-Gribben	16.9			
200m	1A	S Goldfinch	29.4	4B	C Taylor	33.4
	N/S	V Vindedal	35.1	N/S	T Lovelock	38.3
800m	2A	T Lovelock	2.45.1	2B	V Vindedal	2.50.1
	N/S	A Carmen	3.00.5			
1500m	2A	J George	6.10.0	2B	N Birch	6.17.4
75m Hurdles	3A	V Vindedal	17.0			
Highjump	1A	O Tonner	1.40	2B	T Lovelock	1.10
Longjump	1A	S Goldfinch	4.38	1B	O Tonner	4.15
	N/S	N Birch	3.10			
Shot	1A	M Mustapha	7.00	1B	J Warner	6.60
	N/S	B Abbott-Gribben	6.97			
4 x 100	1A		60.5			
Boys Under 11						
80m	1 st	B Kelk	12.1	5 th	A Hunt	14.2
	6 th	B Kennard	14.4			
600m	3 rd	B Kelk	2.01.8			
Longjump	3 rd	B Kelk	3.16	4 th	A Hunt	2.86#
	5 th	B Kennard	2.82			

Ladies	1st in match	114 pts				
200m	2A	M White	29.4	2B	S Hannema	33.6
400m	6A	M Holmes	84.3			
800m	2A	S Hannema	2.30.9	1B	H Belbin	2.36.4
1500m	2A	S Hannema	5.15.6	2B	M White	5.35.7
Longjump	4A	R Kiff	4.08	3B	L Cowan	3.60
Triplejump	4A	R Kiff	9.51	3B	M Holmes	
	6.32					
Shot	2A	S McGrath	10.45	1B	R Martin	7.78
Discus	2A	S McGrath	27.06	1B	R Martin	23.85
Javelin	1A	S McGrath	28.54	1B	L Cowan	25.75
Under 17 Ladies – 2nd in match - 106 points						
100m	1A	M Lewis	13.4	2B	A Cone	14.3
200m	2A	M Lewis	27.7	2B	A Cone	29.7
300m	2A	N Fisher	46.0	2B	R Kennard	49.4
800m	2A	S Iwanko	2.41.1	1B	R Kennard	2.52.1
80m Hdlg	1A	A Cone	14.1	1B	R Kennard	17.3
Highjump	2A	S Iwanko	1.30			
Longjump	3A	S Iwanko	3.84			
Shot	4A	H Cone	5.75	3B	N Fisher	4.72
4 x 100 relay	1A		53.6			
Under 15 girls						
100m	1st in match	143 pts				
	1A	C Lacey	13.7	1B	K Motley	13.7
	N/S	H Tonner	13.9	N/S	L Rogers	14.1
200m	1A	C Lacey	29.7	1B	H Tonner	29.5
	N/S	G Dickerson	29.9			
800m	3A	V Asztalos	2.38.1			
1500	2A	C Hobday	5.38.9	2B	J Robinson	
	6.16.1					
Hurdles	1A	L Rogers	12.9	1B	K Motley	12.6
	N/S	C Hodgekinson	13.4	N/S	V Asztalos	14.1
Longjump	2A	K Motley	3.98	2B	V Asztalos	3.78
Highjump	2A	L Rogers	1.45	1B	H Tonner	1.35
	N/S	J Dickerson	1.40			
Shot	1A	P Markley	8.53	1B	R Northfield	7.51
	N/S	J Robinson	6.46	N/S	C Hobday	
	6.38					
Discus	3A	R Northfield	17.17	1B	P Markley	16.13
	N/S	L Beazor	15.39			
Javelin	2A	L Beazor	23.70			
4 x 100	1A		55.4			
Under 13 Girls						
100m	2nd in match	110 pts				
	1A	N Cowan	14.2	1B	L West	14.6
	N/S	H Pritchard	14.8	N/S	R Cormack	15.5
	N/S	S Thomson	16.0			
200m	3A	H Pritchard	31.2	2B	L Traynier	32.7
800m	4A	A Lasenby	2.55.6	2B	K Parker	2.56.2
1500m	4A	G Coe	6.20.0			
70m hurdles	2A	N Cowan	13.1	1B	L West	13.7
Highjump	3A	R Cormack	1.00	2B	L Traynier	1.00
Longjump	3A	L West	3.56	1B	L Traynier	3.53
	N/S	S Thomson	3.49			
Shot	2A	N Cowan	6.43	2B	G Coe	5.08
4 x 100	1A		58.7			
Under 11 Girls						
80m	5 th	T Savino	13.6	8 th	G Abbott-Gribben	17.0
Longjump	7 th	G Abbott-Gribben	2.15			

Eastern veterans Championships – July 20th at Luton

M50	P Bramford	Hammer	2 nd	21.61	Shot	1 st	9.91
		Discus	1 st	31.74	Javelin	1 st	35.21
M55	F Martin	Hammer	4 th	24.38	Shot	4 th	8.20
W50	R Martin	Hammer	2 nd	28.97	Shot	1 st	8.91
Under 13 Intercounties – July 27th - Kingston							
Girls 100m	9A	N Cowan		14.4	5B	G Howling	14.2
Girls 200m	12A	G Howling		30.3			
Girls 800m	8B	Z Kier		2.46.7			
Girls Hurdles	12A	N Cowan		13.5			
Girls Longjump	9A	G Howling		4.27	8B	N Cowan	3.97
Boys Shot	6B	M Mustapha		7.65			
Boys Discus	5B	M Mustapha		19.56			
Boys Javelin	14B	M Mustapha		15.58			

Eastern Young Atletes league at Thurrock on 27th July

Match result – 1st West Suffolk 389, 2nd C&C 386.5, 3rd Thurrock 305.5, 4th Harlow 262, 5th Biggleswade 115

Under 17 men							
Hurdles	1A	J Markley		15.3			
100m	2A	A Ellis-Evans		12.0	1B	J Markley	12.2
	N/S	M Kaikati		12.3			
200m	1A	A Ellis-Evans		24.3	1B	M Kaikati	26.1
	N/S	R Seeley		27.1			
400m	1A	A Bird		53.9	1B	J Spence	55.5
	N/S	R Seeley		65.5			
Longjump	3A	SPhillips		5.06	3B	M Kaikati	4.63
Highjump	3A	J Huddlestone		1.55	2B	M Hathaway	1.50
Triplejump	4A	J Markley		9.70			
Shot	2A	S Phillips		11.07	2B	R Seeley	6.30
Discus	1A	S Phillips		32.63	2B	J Huddlestone	22.87
Javelin	1A	M Hathaway		40.47	2B	A Bird	12.2
4 x 100	1A			47.7			
Under 15 Boys							
Hurdles	2A	T Adams		13.5	1B	C Noakes	13.7
100m	1A	J Godden		12.2	2B	J Ennis	15.3
200m	1A	J Godden		25.2	1B	O Francis	25.5
400m	1A	O Francis		57.0	1B	C Noakes	59.8
800m	4A	T Fitzmaurice		2.54.4			
1500m	2A	J Kennard		5.01.6	2B	J Selvey	5.14.1
Longjump	1A	J Godden		5.19	1B	C Noakes	4.66
	N/S	J Ennis		4.00			
Highjump	3A	T Adams		1.50	1B	O Francis	1.45
Shot	1A	T Adams		9.09	1B	S Gardner	7.29
Discus	2A	S Gardner		19.70	1B	J Selvey	12.92
Javelin	5A	T Fitzmaurice		12.43	2B	J Selvey	11.63
4 x 100	1A			51.0			
Under 13 Boys							
Hurdles	3A	A Hall		15.6	2B	T Lovelock	19.0
100m	3A	S Goldfinch		14.4	4B	E Carter	15.6
	N/S	J Warner		14.2			
200m	4A	S Goldfinch		32.5	4B	R Millner	31.0
400m	4A	E Carter		74.4	1B	J Warner	69.9
800m	4A	T Lovelock		2.44.3	3B	K Milner	2.50.4
	N/S	J George		3.03.9			
1500m	3A	A Hall		5.33.6	3B	N Birch	6.06.9
Longjump	3A	S Goldfinch		4.24	4B	N Birch	3.30
	N/S	J George		3.19			
Shot	1A	J Sutton-zian		7.92	2B	N Birch	3.91
Discus	3A	J Sutton-zian		19.10	2B	A Hall	14.68

Under 17 Ladies							
100m	1A	D Smith		12.9			
200m	1A	D Smith		27.0			
1500m	1A	H Rule		4.56.5	1B	H Gardner	5.52.8
Longjump	2A	D Smith		4.23			
Shot	3A	H Gardner		6.07			
Discus	2A	H Gardner		18.37			
Under 15 Girls							
Hurdles	1A	K Motley		12.6			
100m	3A	C Lacey		13.8	1B	C Musowe	13.6
	N/S	K Motley		13.8	N/S	H Tonner	13.8
	N/S	J Gent		15.0	N/S	E Bicknell	15.3
	N/S	C Hallett		16.1			
200m	2A	C Lacey		28.2	1B	H Tonner	29.8
	N/S	J Gent		31.5	N/S	E Bicknell	31.9
800m	2A	S Rule		2.50.2			
1500m	1A	L Dowsett		5.06.6	1B	H Chilvers	5.40.0
Longjump	1A	K Motley		4.42	3B	C Lacey	3.38
Highjump	2A	H Tonner		1.35	4B	E Bicknell	1.10
Shot	1A	P Markley		8.93	1B	C Musowe	7.82
Discus	2A	P Markley		21.70	2B	C Musowe	15.01
Javelin	5A	J Gent		9.41	4B	H Chilvers	7.36
4 x 100	1A			54.4	N/S		59.9
Under 13 Girls							
Hurdles	2A	L West		12.5			
100m	1A	L West		14.2	1B	H Pritchard	14.7
	N/S	L Powell		15.4			
200m	2A	H Pritchard		30.6	2B	L Traynier	32.5
	N/S	L Powell		33.2			
1500m	2A	G Coe		6.24.2			
Longjump	2A	L West		3.81	1B	L Traynier	3.69
	N/S	L Powell		3.16			
Shot	5A	G Coe		4.82			
Discus	4A	J Cole		11.36			
4 x 100	2A			60.8			

Southern Mens League at Cambridge on 2nd August

1 st Newham & EB 139½, 2 nd Thurrock 113½, 3 rd C&C 110, 4 th Bedford 94, Belgrave 63							
100m	2A	P Steiner		10.9	5B	M Kaikati	12.4
200m	1A	P Steiner		22.3	1B	A Ellis-Evans	23.4
400m	1A	T Hames		50.6	3B	A Bird	54.0
800m	4A	J Morley		2.03.2	4B	A Parmenter	2.07.2
1500m	1A	I Williamson		4.08.1	5B	B Van Aken	4.56.9
5000m	1A	I Williamson		15.33.9	3B	B Van Aken	17.46.5
3000S/C	5A	T Brennan		12.54.2	3B	J Lewy	13.39.8
110 hdls	3A	T Brennan		19.2	2B	J Brennan	
	30.0						
400hdls	4A	T Brennan		66.6	3B	J Huddlestone	71.0
Highjump	4A	T Brennan		1.50	=2B	J Huddlestone	1.50
Longjump	4A	P Steiner		6.09	3B	J Brennan	
	5.55						
Triplejp	5A	J Brennan			10.54	3B	T Brennan
	10.17						
Polevault	=3A	N Moss		2.40	2B	J Brennan	
	2.40						
Shot	4A	G Parsons		11.66	1B	R Smith	10.64
Discus	3A	G Parsons		36.81	1B	R Smith	31.85
Javelin	4A	R Smith		35.45	3B	G Parsons	34.85
Hammer	2A	G Parsons		38.32	5B	R Smith	17.47

80m	1st	L Sammout	12.3				
600m	7 th	L Sammout	2.21.2				

Watford Open meeting – 6th August

U15 Girls	1500m	L Dowsett	4.54.30				
U17 ladies	1500m	H Rule	4.47.8				
U20 Ladies	1500m	H belbin	5.11.32				

Eastern veterans League – Bedford – 6th August

Men – C&C 5th team of 8

200m	M40	4 th	L Lawrence	32.4	M50	3 rd	N Moss	29.9
3000m	M40	3 rd	G Meah	11.12.5				
400m Hdls	M40	3 rd	L Lawrence	94.3				
Polevault					M50	1 st	N Moss	2.30
Triplejump	M40	4 th	L Lawrence	8.96	M50	5 th	F Martin	21.43
Javelin					M50	N/S	N Moss	24.93
					M50	4 th	F Martin	22.76
Discus	M40	5 th	G Meah	14.50				
Ladies – C&C 4 th team								
200m	W45	3 rd	M Holmes	37.1	W55	2 nd	I Hornsey	37.9
800m	W45	2 nd	M Holmes	3.19.7	W55	2 nd	I Hornsey	3.13.7
Triplejump	W45	4 th	M Holmes	6.22				
Discus	W45	1 st	C Morris	19.99				
Javelin	W45	1 st	C Morris	25.01	W35	3 rd	R Martin	15.21

Southern Womens League – 9th August at Cambridge

1st Southend 131, 2nd C&C 114, 3rd Highgate 105, 4th Watford 87

Seniors

100m	1A	D Smith	13.1	2B	A Cone	14.1
200m	1A	D Smith	26.5	2B	A Cone	30.0
400m	3A	E Hostler	68.2			
800m	1A	H Rule	2.19.1	2B	H Belbin	2.32.6
1500m	3A	J Herron	5.33.5			
80m Hdl (U17s)	1A	A Cone	13.8			
Highjump	4A	D Smith	1.20			
Longjump	4A	R Kiff	4.07			
Triplejump	3A	R Kiff	9.26			
Shot	2A	R Martin	8.00	2B	S Hannema	7.20
Discus	1A	R Martin	25.34	1B	S Hannema	20.95
Javelin	1A	C Morris	27.92	2B	S Hannema	11.74
Hammer	1A	R Martin	23.02	3B	C Morris	14.96
4 x 100	2A		55.4			

Under 15 girls

100m	1A	C Lacey	13.8	1B	K Motley	13.7
	N/S	L Rogers	13.9	N/S	L West	14.0
	N/S	E Bicknell	14.7	N/S	L Sammut	15.2
200m	1A	C Lacey	28.8	1B	L Rogers	30.2
800m	1A	L Dowsett	2.24.1	1B	E Schofield	2.31.4
	N/S	E Bicknell	2.50.5	N/S	S Rule	2.51.9
75m Hdls	1A	K Motley	12.5	1B	C Hodgekinson	13.9
Highjump	1A	L Rogers	1.30			
Longjump	1A	K Motley	4.76			
Shot	2A	A Forster	8.21			
Discus	1A	A Forster	18.04			
4 x 100	1A		55.2			

Eastern Counties Championships at Norwich on 10th August

Senior men		P Steiner	100m	3 rd	11.2	200m	3 rd	22.9
Under 20 Men	T Hames	400m	2 nd	50.5				
Under 17 Men	L Johnson	100m	5 th	12.5	Longjump	2 nd	4.92	
	E Aston	800m	2 nd	2.05.9				
Under 15 Boys	J Godden	100m	1 st	12.2	200m	3 rd	24.8	

Under 17 Ladies	J Abbott-Gribben (in U17's)	100m	1 st	13.7	Triplejump	2 nd	11.29
	A Cone	100m	1 st	13.7	80m Hdls	1 st	13.6

Bury St Edmunds open – 14th August

U15 Girls Longjump	K Motley	1 st	4.81
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Watford BMC meeting – 20th August

U17 ladies 800m	H Rule	9 th	2.20.65
U15 girls 800m	LDowsett	4 th	2.16.95 (Club record)

SEAA Intercounties U15/U20 Championships – August 23rd at Abingdon

Boys U15	100m	James Godden	5 th Heat	12.56
	800m	Robert Lasenby	6 th Heat	2.14.10
	Highjump	Tom Adams	8 th	1.60m
	Triplejump	Joe Abbott-Gribben	7 th	11.31
Girls U15	100m	Charlotte Lacey	7 th Heat	13.82
	200m	Charlotte lacey	5 th Heat	28.22
	800m	Lucy Dowsett	2 nd Heat	2.23.78
	75m Hurdles	Kim Motley	4 th	12.70
	Longjump	Kim Motley	14 th	4.37m
	Javelin	Louise Beazor	9 th	23.87m
Under 20 ladies	1500m	Hayley Rule	7 th	5.05.93

Marshall Peugeot Games – Peterborough – August 25th

Senior Men

100m	3 rd	P Steiner	11.2
200m	2 nd	P Steiner	22.6
1 mile	1 st	I Williamson	4.19.9

Watford Open meeting – 3rd Sept

1500m	L Dowsett	4.50.37
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Southern Womens League – Woodford – Sept 6th

1st C&C 124pts, 2nd Richmond, 3rd Braintree, 4th Hillingdon

Seniors

100m	No one!				
200m	4A	E Hostler	30.8		
400m	2A	E Hostler	70.0	1B	J Lasenby 70.9
800m	4A	S Rogers	2.43.3	2B	S Iwanko 2.46.9
1500m	No one!				
3000m	2A	J Lasenby	10.57.2	2B	J Herron 12.12.7
100m hdls	No one!				
400m Hdls	No one!				
80m Hdl (U17s)	No one!				
Highjump	2A	S Rogers	1.40	2B	S Iwanko 1.30
Longjump	2A	S Iwanko	3.80	2B	L Cowan 3.73
Triplejump	2A	S Rogers	8.98		
Polevault	No one!				
Shot	1A	S Rogers	8.91	3B	L Cowan 5.86
Discus	4A	L Cowan	18.47	3B	E Hostler 13.47
Javelin	1A	L Cowan	23.80	3B	J Herron 13.76
Hammer	No one!				
4 x 100	2A		59.9		
4 x 400	No team!				

Under 15 girls

100m	1A	K Motley	13.3	1B	C Musowe	13.7
	N/S	E Bicknell	14.8	N/S	H Tonner	13.5
200m	1A	H Tonner	28.9	1B	L Rogers	29.8
800m	3A	E Bicknell	2.51.3	2B	L Rogers	3.06.5
1500m	No one!					
75m Hdls	1A	K Motley	12.1	1B	L West	14.0
Highjump	1A	H Tonner	1.30	1B	L Rogers	1.30
	N/S	L West	1.10			
Longjump	1A	K Motley	4.68	1B	L West	4.11

Shot	N/S	N Cowan	4.08	N/S	E Bicknell	3.59
Discus	1A	P Markley	8.80	1B	C Musowe	7.67
Javelin	1A	P Markley	22.35	1B	C Musowe	15.06
4 x 100	1A	P Markley	16.28	1B	N Cowan	14.38
	1A		55.8			

ECAA Intercounties trophy meeting at Bury – Sept 7th

Senior Men						
100m	2A	P Steiner	11.0	2B	R Wheater	11.5
200m	2A	P Steiner	23.0			
1500m	2A	I Williamson	4.05.0			
5000m	4A	C Pyle	16.40.0			
Shot	1B	G Parsons	11.18			
Discus	1A	G Parsons	37.21			
Hammer	2A	G Parsons	38.97			
Javelin	4B	G Parsons	33.73			
Senior ladies						
100m	4A	D Smith	13.4			
200m	3B	D Smith	27.3			
400m	3B	D Smith	67.7			
800m	3A	H Rule	2.19.4			
Longjump	3B	N Fisher	4.41			
Under 17 men						
100m	4B	J Godden	12.4			
200m	2A	A Ellis-Evans	24.1			
400m	5B	E Aston	57.3			
800m	1B	E Aston	2.00.7(fastest C&C time in 2003)			
100m hdls	1B	J Markley	15.1			
400m hdls	4A	J Huddleston	68.2			
Longjump	5B	J Godden	5.31			
Triplejump	4B	J Abbot-Gribben	11.45			
Shot	5A	S Phillips	10.68			
Discus	3A	S Phillips	32.38	5B	M Thompson	23.36
Javelin	5A	M Thompson	30.84			

Eastern Young Athletes league cup final at Bury St Edmunds on September 15th

Match result – 1st West Suffolk 634½, 2nd C&C 583, 3rd Enfield 574, 4th Colchester & Tend. 441½, 5th

Thurrock 409, 6th Kettering 337, 7th Harlow 312

Under 17 men 1st West Suffolk 127, 2nd C&C 115

Hurdles	4A	J Markley	15.3			
100m	4A	A Ellis-Evans	12.0	3B	L Johnson	12.4
200m	3A	A Ellis-Evans	24.2	3B	D Player	25.0
400m	2A	D Potts	54.7	2B	D Player	56.9
800m	1A	E Aston	2.01.3	4B	A Howard	2.31.9
1500m	3A	A Garrod	4.44.7	2B	A Howard	5.17.5
Longjump	6A	L Johnson	5.10	5B	J Huddleston	4.86
Highjump	5A	E Aston	1.55	3B	J Huddleston	1.55
Triplejump	6A	J Huddleston	9.95	2B	E Aston	

9.37

Shot	2A	S Phillips	10.92	1B	J Markley	10.51
Discus	4A	S Phillips	26.24	2B	L Johnson	21.45
Javelin	3A	S Phillips	29.66	4B	R Seeley	21.08
4 x 100	3A		48.0			
Under 15 Boys						
1 st Enfield 130, 2 nd C&C 125½						
Hurdles	3A	C Noakes	13.6	3B	J Kennard	15.9
100m	1A	J Godden	12.2	1B	J Abbot-Gribben	12.4
200m	3A	J Godden	24.9	2B	M Riches	26.2
400m	1A	O Francis	57.1	1B	C Noakes	59.5
800m	2A	T Kelk	2.19.0	5B	A Hayes	2.53.7
1500m	3A	R Lasnby	4.40.3	2B	J Kennard	4.57.3

Longjump	3A	M Riches	5.37	2B	J Godden	5.34
Highjump	=4A	O Francis	1.45	4B	J Kennard	1.30
Shot	3A	S Fisher	11.01	1B	J Cowan	8.88
Discus	2A	S Fisher	30.11	2B	T Kelk	18.76
Javelin	3A	J Cowan	32.96	6B	A Hayes	11.54
4 x 100	1A		49.5			
Under 13 Boys						
6 th C&C 64						
Hurdles	3A	A Hall	15.8			
100m	5A	J Warner	14.0	5B	E Carter	15.6
200m	5A	C Mortar	28.6	6B	A Hall	31.6
400m	4A	J Warner	69.6	4B	P Shields	78.8
800m	5A	A Hall	2.39.6	5B	P Shields	2.47.6
1500m	4A	W Mycroft	5.01.1	5B	N Burch	6.02.2
Longjump	5A	E Carter	4.17	6B	N Burch	3.12
Highjump	7A	P Shields	1.15			
Shot	3A	J Sutton-zian	8.61	5B	W Mycroft	5.53
Discus	3A	J Sutton-zian	19.79	2B	J Warner	15.20
4 x 100 relay	6A		60.3			
Under 17 Ladies						
1 st West Suffolk 120, 2 nd C&C 97						
Hurdles	4A	A Cone	14.6	1B	R Kennard	17.1
100m	2A	D Smith	13.1	3B	A Cone	14.3
200m	1A	D Smith	26.8	2B	C Rogers	28.3
300m	3A	N Fisher	44.5	2B	R Kennard	48.4
800m	2A	S Iwanko	2.41.5			
1500m						
Highjump	5A	D Smith	1.35	2B	S Iwanko	1.30
Longjump	6A	N Fisher	3.90	4B	S Iwanko	3.72
Shot	4A	C Rogers	7.16	4B	N Hobday	5.08
Discus	5A	N Hobday	14.70	5B	C Rogers	14.21
Javelin	3A	N Hobday	20.39	4B	R Kennard	9.43
4 x 100 relay	1A		53.5			
Under 15 Girls						
1 st West Suffolk 110½, 2 nd C&C 107½						
Hurdles	1A	K Motley	12.1	1B	L Rogers	12.8
100m	4A	K Motley	13.4	3B	H Tonner	13.7
200m	4A	H Tonner	28.6	2B	L Rogers	29.3
800m	2A	E Schofield	2.34.2	2B	C Hobday	2.43.6
1500m	2A	H Chilvers	5.33.2			
Longjump	3A	K Motley	4.68	4B	Y Talbot	4.09
Highjump	5A	H Tonner	1.30	=3B	L Rogers	1.20
Shot	1A	P Markley	9.06	1B	A Forster	8.20
Discus	2A	A Forster	23.87	1B	P Markley	17.98
Javelin	4A	C Hobday	17.48	5B	P Markley	11.94
4 x 100	2A		54.4			
Under 13 Girls						
4 th C&C 74						
Hurdles	2A	L West	12.6			
100m	1A	L West	13.8	2B	N Cowan	14.5
200m	7A	H Pritchard	41.8	4B	L Traynier	32.7
800m	2A	Z Kier	2.42.1	5B	A Lasenby	3.14.6
1500m	5A	K Parker	6.19.3			
Highjump	4A	Z Kier	1.25	4B	L Traynier	1.10
Longjump	4A	N Cowan	3.99	3B	L West	3.74
Shot	3A	N Cowan	7.44	2B	L Traynier	5.84
Discus	7A	A Lasenby	11.86	6B	K Parker	9.29
4 x 100	1A		57.3			

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