

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

## Newsletter December 2003

### SPRING FIXTURES (Much more complete list of 2004 fixtures inside)

26th December	Club Boxing day 4 (11am)	All members	Newnham Green
31st Dec	Ely 10k (11am)	All over 15's	Little Downham
1 <sup>st</sup> January	Wymondham 10k	All over 15's	Wymondham
4th Jan	Cambs AA XC Champs	All members	Hinchingbrook
11th Jan	SEAA Pentathlon Champs	All members	Bedford
11th Jan	Frostbite League	All members	March
11 <sup>th</sup> Jan	Ryston Runners XC league	All members	Details from J Kazer
17th Jan	County Schools XC Champs	Schools	
17/18th Jan	SEAA Indoor Champs	All members	Bedford
24th Jan	SEAA Cross country champs	All members	Parliament Hill
25 <sup>th</sup> Jan	Midlands T&F open meeting	All members	NIA Birmingham*
1st Feb	Norwich Union International	Spectators	Glasgow
1st Feb	CambsAA Sportshall match	U11,U13,U15	St Ives
8 <sup>th</sup> Feb	Midlands T&F open meeting	All members	NIA Birmingham*
8th Feb	Frostbite league	All members	Bourne
8th Feb	EVAC Cross country Champs	Veterans	Arrington
7 <sup>th</sup> Feb	AAA Indoor Senior Championships	Seniors/U20's	Sheffield EIS
14/15 <sup>th</sup> Feb	Birmingham Games	All members	NIA Birmingham*
15 <sup>th</sup> Feb	Ryston Runners c League	All members	Details from J Kazer
20 <sup>th</sup> Feb	Norwich Union Grand Prix	Spectators	Birmingham
21st Feb	English National XC Champs	All members	Leeds
21st Feb	Icknield League cup	All members	TBC
21/22 <sup>nd</sup> Feb	BMAF Indoor T&F	Veterans	Cardiff
22 <sup>nd</sup> Feb	C&C vs CU Colleges Field and relays	All over 15	Cambridge
22nd Feb	ECAA Indoor Champs	All members	Kings Lynn
28th Feb	Regional Sports-hall final	County select	Norwich
28/29 <sup>th</sup> Feb	AAA Indoor U20/U17/U15 Champs	All over 13/U20	Birmingham
3 <sup>rd</sup> March	Midlands Open meeting 100m & hlds	All members	HPC Birmingham*
6 <sup>th</sup> March	CAU Intercounties XC	Cambs select	Nottingham
7th March	Frostbite league	All members	Huntingdon

**\*SUMMER TRACK TRAINING - STARTS 29TH MARCH**

**\*BOXING DAY 4 - COME AND RUN - ALL WELCOME\***

**STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS**

**TRAINING IN JANUARY AT NETHERHALL STARTS AGAIN ON MONDAY 5TH JANUARY, AND AT THE TRACK ON SAT. 3RD**

### Chairman's chatter

The last year has seen the club thrive. We have a buoyant membership and the club's track and field teams have all performed well. But we could do better primarily by making sure we have full teams at events. We have the potential to do very well – everybody enjoys being a member of a winning team – and I urge everyone to turn out for teams whenever they can – if in doubt, turn out! Even a few points can turn an indifferent season into exciting success.

A good example of this is in the road running section which is really on the up. Congratulations to all the road runners on the team spirit they show and the successes they are having in team races and individual performances all over the country and, in some cases, abroad. Everyone is keen to join in and it shows in results and enjoyment. Thanks to Glyn Smith in particular for his hard work in making this section of the club so lively. At this time of the year it is important to think of friends and to thank people who help us out. The club's coaches and team managers are the basis of our successes and thanks too to all the members and friends who have helped us to run matches. I'm often congratulated on the way C&C manages its events – those congratulations rightly go to all the club members who work with athletes and as officials and managers. The trophies awarded at the AGM also demonstrate some of the inspiring performances which members have achieved. It was a pleasure to listen to Noel's account of the reasons for each award and the high level of performances from others who nearly won.

We have a great deal to feel good about and lots of friends at the club who we can rely on – but I'm not being complacent. We should be doing better! A New Year's resolution for all, please: to make a note of the dates of club matches and to turn out as often as possible..... And the reason for this so that you get more out of your athletics and make it possible for fellow members to get more too.

Merry Christmas and a happy New Year

Neil

### Report on Annual general meeting - held on November 24th 2003

A relatively uneventful affair again this year. The committee were again elected uncontested. About 80 members/parents attended – more than in recent years. The committee has been looking seriously at the running of the club in future years. Neil Costello pointed out that we have a large membership - the largest in Cambridgeshire, but the majority are young athletes and it is proving quite difficult to get people to help in administration or coaching.

The UKA clubs futures bid for assistance to pay a part-time administrator, in conjunction with money from our own funds, had been rejected This was mainly because the awards could not be committed for more than one year.

The member ship has increased this year and we have been much more successful at keeping new recruits. This is partly due to the new registration process on Monday nights and partly due to having the track available all summer. (We suffered badly in 2002 due to the resurfacing.)

The meeting ended with an appeal for volunteers to help with any tasks large or small in running of the club.

#### Presenting the Year 2004 committee

President	B Wallman	Chairman	N Costello
Gen. Secretary	Vacant	Committee secretary	M Holmes
Treasurer	N Poulter	Mens Team Manager	N Moss
Women's team manager	C Woolf	EYAL team manager	A Bird + team
Coaching Secretary	J Brennand		
Veterans team manager	G Meah	Road Race secretary	G Smith
XC team manager	J Kazer		
Anglian League	C Woolf	N Moss	
Additional Members	E Hostler	P Bramford	

#### Who won the trophies?

The seasons best performance Petr Steiner			
B P Veteran	Dave Blyth	Most Improved athlete	John Kazer
Simpson Challenge Trophy	Tom Hames	B P 13-16 Hurdles male	James Markley
Senior Throw - Female	Romana Martin	B P 13-16 Hurdles female	Kim Motley
Senior Throw male	Gary Parsons	B P Hurdles BU13	Andrew Hall
Junior Throw	Sean Fisher	B P Hurdles GU13	Laura West
BP Junior HJ	Tom Adams & Michael Vickery		
BP Sprints male	Petr Steiner	BP Longjump	Kim Motley
BP Sprints Female	Dominique Smith		
BP 800m+ male	Ed Aston	BP 800m+ Female	Lucy Dowsett
BP Senior HJ	No award		

#### Track & Field champions

Senior Men	Chris Mycroft	Senior Female	Sabine Hannema
Junior (U20) male	Tom Hames	Junior (U20) Female	No award
Veteran Men	Gerald Meah	Veteran Female	Mary Holmes
Under 17 men	Jack Huddleston	Under 17 Ladies	Dominique Smith
Under 15 Boys	Thomas Kelk	Under 15 Girls	Kim Motley
Under 13 Boys	William Mycroft	Under 13 Girls	Laura West/ Natalie Cowan
Under 11 Boys	Benedict Kelk	Under 11 Girls	Lauren Sammout

#### League Trophies

BP Vets league Male	Noel Moss	BP Vet League Female	Romana Martin
Young Athlete W&C	Male – Andrew Howard	Female – Hannah	Tonner
SWL Most helpful	Christine Musowe	BP Male league	Joe Ab't-Gribben
BP League Female	Phillippa Markley	SML Team	Jack Huddleston
Anglian League	Nikki Fisher		

#### Road race trophies

Open 10 mile RR Male	Ian Williamson	Open 10 mile RR Female	Joanna Ball
Open 10 mile RR Male vet	Glynn Smith	Open 10 Mile RR Female Vet	Sue Barnett
Peter Howard Marathon Trophy	Andrew Mangeot		

#### Handicap trophies

110 yds Handicap Not Contested in 2003 440 yds handicap Not contested

#### Cambridgeshire AA AGM held on November 28th

The main issues at the AGM were retirements of some more members of the executive committee. Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary.

Margaret Watson has resigned as the Ladies team manager after long and reliable service. She will be succeeded by Liz and Chloe Edwards with help from Linda Faben. Nigel Faben remains as treasurer and will organise the Mens Track teams, Noel Moss as U13,s – U17,s team manager, Ray Church as Road race league organiser and Maureen Torr as coaching coordinator. Further volunteers are desperately needed.

#### UK Athletics Vice-President

Mike Winch, a former National event coach for throws, and chief coach to the England team at Manchester Commonwealth Games, has been elected Vice President of UK Athletics.

Winch was a Commonwealth Shot Silver medallist and competed 51 times for England and Great Britain. He succeeds Sir Eddie Kulukundis in the position, who had completed his 3 year term.

Winch says he has no intention for being a figure-head. "I want to try and help the sport." He supports the role of the clubs and the coaches, who he believes need a better deal to help the sport go forward.

Neither of the candidates nominated by UKA themselves were elected.

#### Forty years ago – a high-jump revolution

Imagine an athletics meeting in Oregon in 1963 – a guy called Dick Fosbury changed his style of high jumping because he was fed up with struggling to get higher, and went over the bar shoulder first. He improved his PB straight away. Until then the Straddle jump, and the Western Roll had been the norm.

The current style – the Fosbury Flop – was born.

Why the "flop"? A local newspaper reported that Fosbury had flopped over the bar, and the name stuck – simple as that.

#### Cross Country races

The Icknield League is proving a competitive disappointment this year with C&C dominating the Seniors with relatively little opposition, and Stevenage dominating the younger ages. Lucy Dowsett is doing very well and has won her first two races in the under 15 girls.

The Eastern Counties Cross Country championships had to be cancelled when the local council declared that the car parking at the Bury St Edmunds venue was inadequate for safety. This was despite the event having been held there several times before.

The Cambridgeshire Cross Country Championships on January 4<sup>th</sup> have been switched from March to Hinchbrook School. The reason is that March Braza Sports Club, the original

hosts, have had the rental of their sports ground raised several fold, and consequently have vacated the site and are looking for new premises. Under the circumstances they could no longer host the event despite last year's success.

**We are entering a new XC league after Christmas – The Ryston Runners league. It caters for all age groups with two races:**

**U13 and U15 Boys and Girls at 11.20**

**U17's, Seniors and Veterans at 11.40**

**Ring John Kazer for more details (01223 308357), or see the website**

**[www.rystonrunners.org.uk/](http://www.rystonrunners.org.uk/)**

### **A Challenge**

A suggestion from Athletics Weekly. If your London Marathon entry is not accepted why not do the other event that is on that day!

The North Pole Arctic Marathon still has 15 places available (total 30). The competitors will be flown onto the drifting ice pack in the Arctic Ocean and will then run laps of a 1.2 mile course around the Russian North Pole camp of Borneo.

The entry fee is £5000. contact [www.npmarathon.com](http://www.npmarathon.com)

**The alternative is to come and compete at Cambridge in the first East Anglian League match, where we can guarantee that you wont get frostbite, but you might not get sunstroke either. I know where I shall be and it wont cost me an entry fee!**

### **The 2003 one-day UKA Congress at Loughborough**

There is considerable pressure on UKA to reorganise the long established Regional AAA structure based on North, Midlands, and South, into nine Regions or Hubs. Restructuring in a big way is conditional if Athletics want to benefit from the £20 million of promised "legacy funding". The reports below are taken from Athletics Weekly and give a flavour of what is going on in your sport, but the views and reports are from individuals (a reporter and a National Coach), and do not necessarily reflect the views of the Club committee on the issue.

The 2003 one-day UKA Congress at Loughborough University was devoted almost entirely to much-debated hubs (that I prefer to call the new regions). There are opponents of this new concept and they were present in the James Francis building. Their views must be respected, if not necessarily agreed with, but they should also be commended for not hijacking the Congress with their stance.

Was this one of the most important administrative gatherings in the history of the sport, comparable perhaps to the gathering in the Randolph Hotel in Oxford in 1880 when the AM was formed? Only time will tell but one thing is very clear: if this modernisation, with its concept of nine new regions in England, is successful then the former territories will become redundant.

It also became clear that Sport England and UK Sport are demanding change and modernisation as repayment in kind for the £20 million celebrated "legacy funding" that Tessa Jowell promised at the Egham congress two years ago.

It is a moot point. Some present in Loughborough were clearly angered at this, as they see

it, dictatorship. George Bunner asked if arbitration was not possible if the sport did not agree with the sport councils' requirements. In the end though it is a truism that he who pays the piper picks the tune.

### **The main conclusions of the UKA Congress**

Two-and-a-half hours of discussion in workshops (one of which dealt solely with London) produced a wealth of ideas that UKA will have to take into consideration when producing a blueprint for a new region (or 'hub'). Delegates were asked to come up with three things they thought would make the biggest difference to the sport within the new region. This produced a good deal of duplication but here are the main conclusions:

**Communication:** There needs to be produced a plan with one clear vision that everyone can understand. Communication must be effective and two-way.

**Democratic process:** Accountability to the centre and to the region so changes to the organisation and plan can be made if necessary.

**Sustainability:** Those involved must look ahead to the sustainability of the new region beyond the five years of the legacy funding of £20 million.

**Ownership by all partners:** Everyone involved with the sport - athletes, officials, coaches, clubs, schools etc - must be made to feel an integral part of the new region.

**Function:** The new region should act as a resource centre for all the above partners.

**Flexibility:** Though there will be a national blueprint there must be flexibility so each new region is responding to the needs of its particular area.

**Bridging the Gap:** A clear pathway between grassroots and the elite in each new region must be plotted.

**Ownership and belonging:** A membership scheme would give a feeling of belonging to its members. It would also enable the staff in the new region to communicate direct with every athlete, official, administrator, coach and club within its area.

**Proper levels of representation:** There must be representation of all groups on the regional forum. Questions were raised as to whether this representation should be appointed (by whom?), elected (by clubs or members?) or by a balance of both.

**Higher performance centres:** Efficient programme of access giving clear indications of standards required for entry and opportunities for wider participation.

**Radiating excellence:** Organisation of coaching, administrating and officiating seminars should radiate from the hub centre.

### **A coach's opinion - WILF PAISH went to the UKA Congress with hope. . .**

(Taken directly from Athletics Weekly – Wilf Paish has been a National Coach for years) I went to the Congress with an open mind, armed with a definition taken directly from my concise Oxford Dictionary - "A formal gathering of delegates for discussion."

With true Luther King expectations I had a vision: A vision of a high performance indoor centre at the heart of all regional (hub) athletics. A meeting point for all of those sharing an interest in the sport, with a library, research/resource centre, films, magazines, opportunities for mentoring! discussion, all under one roof. A focal point for the sport.

As soon as the 'Powerpoint' system had switched in, so did disenchantment. The presentations were little more than a series of clichés that could have been part of a presentation on any topic of education. Identical to ones I had sat through as a lecturer in education soon after 'Powerpoint' and laptops had been introduced to the world.

A good proportion of the presentations were garbled into an insensitive microphone, rushed and at times could have been in a foreign language. They lacked an informed opinion and above all else a passion for sport that relies heavily on such a quality. Even though it was early in the day, the person next to me appeared to have dropped off to sleep.

The workshops that followed were poorly presented and structured and lacking an obvious need of an operational 'model'. Since there was more than one workshop, the implied criticism is from a shared source. Like most of the day, they were rushed.

The implication was they were designed to answer a series of questions structured to give the desired answers. A little like statistics that can be used to prove anything or nothing. Even by mid-afternoon. I still had a hope. A hope fuelled by the desire 'to pass on to the next generation of coaches a better lot than I inherited 50 years earlier'. When national coaching was in its prime and our coaching structure the envy of most; and our national coaches in demand throughout the world.

By the end of the day I came to realise how much our sport relies upon young women graduates. I began to get the feeling of *deja-vu*, realising again the wheel is a sound invention, and even with modernisation does not require modification. The problem will remain who drives the wheel. If, like the presentations, the driver becomes an inexperienced graduate, one lacking credibility, then I am afraid the future will not support my vision.

**Since that was written**, Sport England and UK Sport have appointed an "Auditor" to look at the performance of UK Athletics and its administration of the sport, to see if it is offering value for money. The review will be completed by April 2004 and will look at all levels of the sport and its structure to see if it allows it to achieve success at every level. The "audit" will be by Sir Andrew Foster, former controller of the audit commission

### **Pounding the Road - Glyn Smith**

Well what a fantastic year it has been with our road running section really taking off. It has been very encouraging to hear so many runners reporting greatly improved times since joining us.

This year we have had our first venture into the round Norfolk Relay the new Thursday 5k road league & two trips to Derbyshire we also managed six teams in the Hereward relay compared to two last year thanks to you all for your support and enthusiasm.

#### **Dovedale Dash Nov1st/2<sup>nd</sup>**

1000 Competitors thundering down a steep grassy hill and splashing across the river Dove. For our second Derbyshire trip this year we had 21 runners staying at an excellent Youth Hostel and despite the consumption of a few pints the night before managed some good performances on this gruelling 5 mile course especially Ish & Joanne who I am sure were comparing their respective beer & wine consumption with their race performances.

The most amusing incident from my point of view was swearing after dragging my foot out of a puddle hidden swamp only to find a competitor on my heel also muttering some expletives. I later found out this was Chris Brown who had to dig deep to retrieve his shoe from the very same hole. Thanks must go to Ian McKay for organising this lovely weekend. Don't forget the boxing day Four Miler and lets also see a good turnout at the Ely- New Years Eve 10k.

No report here on the Hereward Relay apart from results, but well done to Rebecca Brown for being first Lady on her leg and a big thanks to all the runners for making this a very successful team effort!

Wishing you all a Happy Christmas and New Year,

Glyn

### **Frostbite league – Swavesey**

The Frostbite league run a mixed race over 5 miles, and Glyn staged the December race at Swavesey. It is a multi-terrain race league, and the course Glyn had organised, starting close to Swavesey Village College and running around the nature reserve, certainly provided variety. The race started on tarmac, then gravel roads, and after 1.5 miles changed to grass with a little mud. This went on for about a mile, and then for about 200m the course was narrow and really quite muddy, turning near the river onto a more solid dirt footpath, and then back onto made up roads for the final couple of miles.

Glyn had specially arranged a few obstacles for the runners. Two horses with riders and their dog were on the narrow muddy bit when the runners arrived, and although the horses kept to one side, the dog managed to give a few interesting moments as he tried to trip up the runners. John Kazer just managed to keep his feet.

Just before the runners had arrived a rider on a trail motorcycle had come round and he slithered the bike about to make sure he cut the track up as much as possible. The guy on a mountain bike caused less problem, he waited near the river until there was a big gap in the field and then rode along with them in the gap.

It was good to see two C&C runners leading at the halfway point (and at the end). Ian Williamson later commented that his time of 28 minutes and something was three minutes slower than he had run in the Victory 5 mile road race the previous weekend – not really surprising when you consider that the victory 5 didn't have the 1.5 miles on grass or the 200m of lethal mud and a right-angle bend near the river with a slippery adverse camber on it.

C&C closed their combined men's and ladies team of 10 in the first 85 runners, and the eight men were all in the first 48, but we don't yet know if they were first or second. Both the Senior and Junior races were very well supported, and although the leading Senior runners were going quite fast, the rear of the fields were running 10 – 11 minute miles, i.e. well inside the capabilities of most of our club members including sprinters and jumpers who want some stamina work. Why not contact Glyn, and have a go in one or two of the final three races. It might help your endurance and stamina ready for next summer. (01223 571685)

Anyway – our thanks to Glyn for his organisation and a great result.

### **Cambridge Wildlife 10k**

Not a formal report - the results are at the back. Thanks must really go to Neil, Barry, Glyn and the other club members who gave up their time to organise and help in various ways. This year the course was modified to allow a greater number of entries. Yet again this was an extremely successful race which contributes a great deal to club funds.

### **The C&C Yahoo Newsgroup**

The newsgroup is at [http://www.groups.yahoo.com/groups/cnc\\_athletics](http://www.groups.yahoo.com/groups/cnc_athletics)

If you sign up you get access to group circular e-mail and some of the other facilities.

When you receive an invitation e-mail to join:

- 1 – Click on the Join this group button (or reply to the invitation)
- 2 – You will be taken to a web-page offering you joining instructions
- 3- Select either

a) Join the Group (which will require creating a Yahoo account if you don't already have one (This is free and can be ignored afterwards except to log on to the website).

b) Join the Mailing list (you will simply receive and can send e-mails from/to the group mailing list)

Option a) leads to a more complex sign-up but you will get more out of it

4 – Is the Yahoo sign-in page. Click sign-up now and follow the instructions. Don't forget to clear any checkboxes asking if you want Yahoo newsletters etc.

5 - Once you have an account, the group manager will be notified of your wish to join. In a few days you will get an e-mail telling you this and then you can log-on using your new Yahoo user name. You can change the options of your details if you wish to display your real name etc.

Option b) leads to:

6 – An entry in the group managers section indicating that you wish to join. The e-mail address the invitation was sent to will be added to the mailing list once you request has been processed.

If you want further details or clarification please mail [johnkazer@hotmail.com](mailto:johnkazer@hotmail.com)

1st Feb	Norwich Union International	Spectators	Glasgow
1st Feb	CambsAA Sportshall match	U11,U13,U15	St Ives
8 <sup>th</sup> Feb	Midlands T&F open meeting	All members	NIA Birmingham*
8th Feb	Frostbite league	All members	Bourne
8th Feb	EVAC Cross country Champs	Veterans	Arrington
7/8th Feb	AAA Indoor Senior Championships	Seniors/U20's	Sheffield EIS
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3 <sup>rd</sup> March	Midlands Open meeting 100m & hlds	All members	HPC Birmingham*
6 <sup>th</sup> March	CAU Intercounties XC	Cambs select	Nottingham
7th March	Frostbite league	All members	Huntingdon
10 <sup>th</sup> March	Midlands Open meeting jumps/shot	All members	HPC Birmingham**
20 <sup>th</sup> March	BMAF XC	Veterans	Durham
20/21st March	AAA combined events	All members	Cardiff
21 <sup>st</sup> March	Ryston Runners XC league	All members	Details from J Kazer
3 <sup>rd</sup> April	Southern 12 and 6 stage relays	Seniors	
18th April	London Marathon	Seniors/veterans	London
18 <sup>th</sup> April	East Anglian League	All	Cambridge
24 <sup>th</sup> April	National 12 and 6 stage Relays	Seniors	Sutton Park
24th April	Southern Women's League	All Females	
1st May	Southern Mens League	Males 15+	
2 <sup>nd</sup> May	Eastern Young Athletes Lge	All under 17	
2 <sup>nd</sup> May	EVAC Road Relays	Veterans	Hemingford Grey
5th May	Eastern Vets League	Veterans	
15th May	Cambs AA Championships	All members	
22nd May	BMAF Road relays	Veterans	Sutton Park
22 <sup>nd</sup> May	Southern Mens League	All Males 15+	
22 <sup>nd</sup> May	Southern Women's League	All Females	
23 <sup>rd</sup> May/6 <sup>th</sup> June	East Anglian league	All	
29/30th May	SEAA U20 Championships	All under 20	
30th May	Eastern Young Athletes Lge	All under 17	
30/31st May	CAU Championships	County select	Bedford
2nd June	Eastern Veterans league	Veterans	
5th June	Southern Women's League	All Females	
13th June	Bedford International Games 2003	Spectators	Bedford
12/13th June	AAA Combined events	Senior/U20	Stoke on Trent
12th June	Cambridgeshire schools Champs	Schools select	St Ives
13 <sup>th</sup> June	EVAC championships	Veterans	
?????	SEAA Senior Championships	Seniors	
20th June	BMAF Half Marathon	Veterans	Blackpool
20th June	Eastern Young Athletes Lge	All under 17	
26th June	Southern Mens League	Males 15+	

#### **Provisional Fixtures Spring/Summer 2004 (some details are not yet available)**

26th December	Club Boxing day 4 (11am)	All members	Newnham Green
31st Dec	Ely 10k (11am)	All over 15's	Little Downham
1 <sup>st</sup> January	Wyndham 10k	All over 15's	Wyndham
4th Jan	Cambs AA XC Champs	All members	Hinchingbrook
11th Jan	SEAA Pentathlon Champs	All members	Bedford
11th Jan	Frostbite League	All members	March
11 <sup>th</sup> Jan	Bungay Black Dog 10k	Seniors	Bungay
11 <sup>th</sup> Jan	Ryston Runners XC league	All members	Details from J Kazer
17th Jan	County Schools XC Champs	Schools	
17/18th Jan	SEAA Indoor Champs	All members	Bedford
24th Jan	SEAA Cross country champs	All members	Parliament Hill
25 <sup>th</sup> Jan	Midlands T&F open meeting	All members	NIA Birmingham*

26/27th June	BMAF T&F championships	Veterans	Birmingham
26/27th June	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
3rd July	Southern Women's League	All Females	
4 <sup>th</sup> or 18 <sup>th</sup> July	East Anglian League	All	
7th July	Eastern veterans league	Veterans	
9/10th July	National Schools Champs	Schools select	
9-11th July	AAA Senior Championships	Seniors	
10th July	Southern Mens League	Males 15+	
????	ECAA Championships	All	
25th July	Eastern Young Athletes Lge	All under 17	
31 <sup>st</sup> July	Southern Mens League	Males 15+	
4th August	Eastern Veterans league	Veterans	
7th August	Southern Women's League	All Females	
7/8 <sup>th</sup> August	AAA U15/U17 combined events	U15's/U17's	Birmingham
8th August	East Anglian league	All	
14/15th August	AAA U15/U17 Championships	U15's/U17's	Birmingham
14 <sup>th</sup> August	Southern Mens League	Males 15+	
15 <sup>th</sup> August	Eastern Young Athletes Lge	All under 17	
????	SEAA Intercounties	County select	
5th Sept(or 19 <sup>th</sup> )	East Anglian league Final	All	Bury St Edmunds
????	ECAA Hibberd Trophy	County Select	
11th Sept	Southern Women's League	All Females	
11/12 <sup>th</sup> Sept	BMAF Multievents	Veterans	Sheffield
12th Sept	Eastern Young Athletes Final	All under 17	
26 <sup>th</sup> Sept	Great North run	Seniors	Gateshead
26 <sup>th</sup> Sept	BMAF Weight Pentathlon	Veterans	Copthall

\* NOTE - Entry forms for the Midlands open Indoor fixtures can be downloaded from [www.midlandathletics.org.uk](http://www.midlandathletics.org.uk) or requested by phone from 0121 4561896

### Our athletes in the United Kingdom Age-group top 20 Ranking lists for 2003 T&F

Under 15 Girls	800m	Lucy Dowsett	2.16.95	15 <sup>th</sup>
Under 15 Boys	Triplejump	Joe Abbott-Gribben	12.13	16 <sup>th</sup>

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

### Sports-hall athletics

The Cambridgeshire Sports-Hall athletics competition will be held on 1<sup>st</sup> February (only one date this year. The Regional final is on 28th Feb) at St Ivo sports centre at St Ives from 12.30 to 3.30. C&C will have teams for under 11's, under 13's and under 15's, and the Cambridgeshire teams for the U13/U15 Anglia final in February will be selected from this match.

We want as many people as possible to compete so that C&C retain the County trophy this year. Carl Woolf is running the team. (Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it. **If you want to compete and haven't been asked, ring Cambridge 881075.** Don't be shy - we need everyone we can get to make sure we retain the trophy again this year. (see also the back page for a reply slip)

### Useful phone numbers

B J Wallman	President	01223 893013
Neil Costello	Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials	01223 833470
Anna Bird/Trish Ellis Evans	Young Athletes managers	01223 352541/263477
Carl Woolf	SWL and East Anglian league U13/U15's	01223 881075
James Brennand	Coaching Secretary	01353 610510
Glynn Smith	Road running	01223 571685
John Kazer	Cross Country	01223 308357
Gerald Meah	Veterans T&F team manager	01954 781258

### Results, results and more results

#### Track/Indoor

#### **East Anglian league Final - Norwich – 21st September**

Under 13 Girls	2nd team - 93 pts					
100m	1A	L West	14.3	7B	L Powell	16.5
200m	5A	H Pritchard	30.1	6B	L Traynier	32.8
800m	3A	Z Kier	2.38.3	3B	L Powell	3.07.8
1500m	4A	E Kier	5.39.9	4B	G Coe	6.02.9
Hurdles	3A	L West	12.4	2B	N Cowan	12.5
Highjump	3A	Z Kier	1.25	1B	L West	1.20
Longjump	5A	L Traynier	4.01	4B	N Cowan	3.94
Shot	3A	N Cowan	6.46	3B	L Traynier	5.61
4 x 100	3A		56.8			
Under 15 Girls	2 <sup>nd</sup> team	111 pts				
100m	6A	K Motley 13.9		3B	C Musowe	14.1
200m	6A	H Tonner 29.1		5B	C Musowe	29.9
800m	5A	E Schofield	2.34.2	3B	V Asztalos	2.48.7
1500m	6A	C Hobday	5.49.0			
Hurdles	2A	K Motley 12.4		1B	L Rogers	12.9
Highjump	7A	H Tonner 1.30		3B	L Rogers	1.30
Longjump	4A	K Motley 4.31		3B	L Rogers	4.09
Shot	1A	P Markley	8.81	1B	A Forster	7.18
Discus	2A	A Forster 23.12		1B	P Markley	20.71
Javelin	6A	C Hobday	16.06	2B	P Markley	14.85
4 x 100	2A		53.7			
Under 17 ladies	2 <sup>nd</sup> team	105.5 points				
100m	2A	D Smith	13.3	3B	M Lewis	14.1
200m	2a	D Smith	26.8	3B	M Lewis	28.5
300m	3A	N Fisher	45.1	2B	G Asztalos	47.0
800m	4A	R Kennard	2.41.0	2B	S Iwanko	2.52.2
Hurdles	5A	A Cone	15.4			
Longjump	3A	N Fisher	4.31	4B	S Iwanko	3.89
Highjump	=3A	D Smith	1.35	1B	S Iwanko	1.35
Triplejump	4A	A Cone	8.89	1B	R Kennard	8.79
Shot	7A	N Fisher	5.36	6B	N Hobday	3.87
Discus	8A	N Hobday	13.07			
4 x 100	2A		53.2			
Senior Ladies	7 <sup>th</sup> team	6 points				
Javelin	3A	L Cowan	22.97			

Under 13 Boys	5th Team	61.5pts				
100m	4A	C Mortor 13.9	5B	B Kelk	15.7	
200m	4A	C Mortor 28.4	5B	W Kennard	30.8	
800m	7A	P Shields	2.59.9	2B	T Lovelock	2.51.3
1500	2A	W Mycroft	5.07.8	3B	T Lovelock	5.53.8
Hurdles	7A	P Shields	16.4	7B	T Lovelock	18.7
Highjump	5A	B Abbott-Gribben	1.20	3B	P Shields	1.10
Longjump	6A	C Mortor 3.52	5B	B Abbott-Gribben	3.51	
4 x 100	6A		60.9			
Under 15 Boys	2nd Team	162 pts				
100m	3A	J Godden	12.5	1B	J Abbot-Gribben	12.9
200m	1A	J Godden	25.1	1B	O Francis	25.9
400m	5A	T Kelk	59.4	1B	O Francis	57.6
800m	6A	R Kreetzer	2.24.2			
1500	3A	R Lasenby	4.51.1	2B	J Kennard	5.08.6
Hurdles	5A	N Tsang	15.9			
Highjump	2A	M Vickery	1.65	1B	T Adams	1.65
Longjump	3A	J Godden	5.36	2B	M Riches	5.17
Triplejump	1A	M Riches	11.10	1B	J Abbott-Gribben	10.97
Shot	2A	S Fisher	11.62	2B	N Tsang	9.45
Discus	4A	S Fisher	25.35	2B	O Francis	24.22
Javelin	2A	J Cowan	39.90	4B	T Kelk	22.96
Hammer	3A	J Abbott-Gribben	22.55	4B	N Tsang	12.59
4 x 100	2A		49.5			
Under 17 men	8 <sup>th</sup> team	67.5points				
100m	5A	J Markley	12.1	5B	R Seeley	13.7
200m	5A	A Ellis-Evans	24.4	5B	D Player	25.4
400m	6A	A Ellis-Evans	55.3	6B	D Player	56.1
800m	1A	E Aston	2.02.5	8B	A Howard	2.31.2
1500m	8A	A Howard	5.08.7			
Hurdles	6A	J Markley	15.5	5B	J Huddleston	19.0
Highjump	6A	E Aston	1.50	5B	J Huddleston	1.40
Longjump	7A	D Player	4.84			
Triplejump	7A	J Huddleston	9.64			
Shot	3A	J Markley	10.08			
Discus	8A	E Aston	16.38	5B	R Seeley	11.28
Javelin	6A	R Seeley	22.69			
4 x 100	6A		48.8			
Senior Men	3 <sup>rd</sup> team	133 points				
100m	2A	P Steiner	11.3	1B	R Wheater	12.0
200m	2A	P Steiner	22.6	1B	R Wheater	24.3
400m	5A	R Wheater	56.8			
800m	4A	J Morley	2.09.7	3B	W George	2.05.2
Hurdles	5A	T Brennand	20.7	2B	J Brennand	23.1
Highjump	5A	R Wheater	1.20	5B	T Brennand	1.20
Longjump	5A	P Steiner	5.82	3B	J Brennand	5.24
Triplejump	6A	T Brennand	10.44	4B	J Brennand	10.09
Shot	2A	G Parsons	11.60	3B	R Smith	9.76
Discus	2A	G Parsons	36.44	1B	R Smith	28.73

Javelin	5A	R Smith	34.91	4B	G Parsons	32.82
Hammer	2A	G Parsons	37.07	3B	R Smith	17.55
4 x 100	1A		46.5			

### Cambridgeshire and Eastern AA multievents - 28th September

U13 Girls minithon	6th ECAA, 1st Cambs AA, 1st C&C	Laura West	- 60 pts
Under 15 Girls Pentathalon	6th ECAA, 1st Cambs AA, 1st C&C	Kim Motley	- 2064 pts
U13 Boys Minithon	10 <sup>th</sup> ECAA, 1 <sup>st</sup> Cambs AA, 1 <sup>st</sup> C&C	Joseph Overhill	- 17 pts
Under 17 men	5th ECAA, 3rd Cambs AA, 1st C&C	Jack Huddleston	- 1689 pts
Senior Men	1st ECAA, 1st Cambs AA, 1st C&C	Chris Mycroft	- 1882 pts
	4 <sup>th</sup> ECAA, 2 <sup>nd</sup> Cambs AA, 1 <sup>st</sup> C&C vet	Gerald Meah	- 1149pts

### BMAF Weights Pentathalon – October 5th

1 <sup>st</sup> W50	R Martin	2639pts.
(Hammer 28.37, Shot 9.16m, Discus 23.02, Jav 12.48, Heavy Hammer 9.75m)		

### Road

#### Grunty Fen half marathon Sept 14th

P Howard	D Blyth	(No times available to editor)
2 <sup>nd</sup> W50+S Barnett	1.45.07	

### Saffron Walden 10k - 28th Sept

6 <sup>th</sup>	3 <sup>rd</sup> Sen	C Flood	36.31	15 <sup>th</sup>	9 <sup>th</sup> Sen	G Capetti	37.43
33 <sup>rd</sup>	3 <sup>rd</sup> M50	G Smith	40.46	35 <sup>th</sup>		I Badr	40.59
36 <sup>th</sup>	1 <sup>st</sup> SW	A Hill ??	41.02	39 <sup>th</sup>		C Brown	41.25
47 <sup>th</sup>		R Jackson	42.25	58 <sup>th</sup>	3 <sup>rd</sup> SW	J Ball	43.31
67 <sup>th</sup>		J Spence	44.10	70 <sup>th</sup>	1 <sup>st</sup> M60	P Howard	44.29
74 <sup>th</sup>	7 <sup>th</sup> SW	R Flood	44.54	77 <sup>th</sup>	2 <sup>nd</sup> W40	V Green	45.02
80 <sup>th</sup>	M40	A Ciruela	45.29	93 <sup>rd</sup>	9 <sup>th</sup> SW	E Patel	45.57
96	1 <sup>st</sup> W50	S Barnett	46.07	121 <sup>st</sup>	17 <sup>th</sup> M50	N Costello	47.50
154 <sup>th</sup>	4 <sup>th</sup> W50	D Braverman	49.40	179 <sup>th</sup>	19 <sup>th</sup> SW	H McKay	51.40*
295 <sup>th</sup>	1 <sup>st</sup> M80	D Blyth	82.26				

• 7 minutes faster than in 2002

### Cambridge Wildlife 10k 5th October

7 <sup>th</sup>	M Salt	34.00	882 finishers		
12 <sup>th</sup>	B Baldelli	34.15	10 <sup>th</sup>	W George	34.08
18 <sup>th</sup>	C Flood	35.09	15 <sup>th</sup>	C Pyle	34.40
33 <sup>rd</sup>	G Capetti	36.46	31 <sup>st</sup>	L Stone (M45)	36.39
66 <sup>th</sup>	A Grant	38.33	50 <sup>th</sup>	B Van Aken	37.42
94 <sup>th</sup>	R Jackson	39.47	92 <sup>nd</sup>	J Lewy (M40)	39.44
98 <sup>th</sup>	A Downie (M40)	39.51	95 <sup>th</sup>	I Badr	39.48
137 <sup>th</sup>	C Brown	41.24	100 <sup>th</sup>	G Smith (M50)	39.59
179 <sup>th</sup>	M Margot (F)	42.40	174 <sup>th</sup>	J Ball (F)	42.24
208 <sup>th</sup>	P Howard (M60)	43.32	184	A Howard (U17)	42.54
219 <sup>th</sup>	D Willis	43.47	216 <sup>th</sup>	A Cunningham	43.42
223 <sup>rd</sup>	V Green (W50)	43.53	220 <sup>th</sup>	Y Gordon (W50)	43.47
255 <sup>th</sup>	J Cunningham (F)	44.42	239 <sup>th</sup>	A Costello (F)	44.14
282 <sup>nd</sup>	E Patel (F)	45.20	270 <sup>th</sup>	P Schofield (M40)	45.00
319	A Cirulea (M40)	46.07	296 <sup>th</sup>	S Hannema (F)	45.36
511 <sup>th</sup>	C Brown (F)	50.50	323 <sup>rd</sup>	S Barnett (W50)	46.20
			509 <sup>th</sup>	L Baines (F)	50.50

630 <sup>th</sup>	R Kiff (F)	53.56	633 <sup>rd</sup>	E Hostler (F)	54.03
862	D Braverman (W50)	68.48			

#### Great South Run – Portsmouth 10 mile – October 12<sup>th</sup>

Dave Willis	73.50
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#### Fenland 10 – Wisbech – October 26<sup>th</sup>

16 <sup>th</sup>	7 <sup>th</sup> SM	G Capetti	61.37	43 <sup>rd</sup>	6thM45	M Chaplin	65.17
51 <sup>st</sup>	20thSM	I Badr	67.01	65 <sup>th</sup>	2 <sup>nd</sup> M55	G Smith	68.35
78 <sup>th</sup>	3 <sup>rd</sup> SL	J Ball	70.01	80 <sup>th</sup>	9 <sup>th</sup> M50	A Downie	70.17
101 <sup>st</sup>	8 <sup>th</sup> M60	P Howard	73.26	133 <sup>rd</sup>	3 <sup>rd</sup> W50	S Barnett	77.58
158 <sup>th</sup>	5 <sup>th</sup> W35	H Mckay	82.15				
Ladies	3 <sup>rd</sup> Team						

#### Ryston Runners Grand Prix – November 8<sup>th</sup>

2 <sup>nd</sup>	M Salt	29.37	3 <sup>rd</sup>	A Parmenter	30.28
1 <sup>st</sup> M60	P Howard	36.30			

#### St Neots Half Marathon - November 16<sup>th</sup>

Men – 4 <sup>th</sup> Team, Ladies – 2 <sup>nd</sup> Team					
8 <sup>th</sup>	C Flood	1.20.09	34 <sup>th</sup>	G Cappetti	1.25.56
47 <sup>th</sup>	B Blaukopf	1.27.33	71 <sup>st</sup>	I Badr	1.29.33
81 <sup>st</sup>	A Downie (V50)	1.30.35	99 <sup>th</sup>	A Hill (FV35)	5 <sup>th</sup> Fem 1.31.50
106 <sup>th</sup>	G Smith (V50)	1.32.33	128 <sup>th</sup>	J Ball	7 <sup>th</sup> Fem 1.33.58
186 <sup>th</sup>	R Cubberley (F)	12 <sup>th</sup> Fem 1.38.00	248 <sup>th</sup>	J Cunningham	1.41.54
330 <sup>th</sup>	P Schofield (V40)	1.45.58	334 <sup>th</sup>	H Mckay (FV35)	1.47.06
709 <sup>th</sup>	N Burch (V40)	2.12.33	769 <sup>th</sup>	D Braverman (FV45)	2.37.02

#### Herward 4 stage relay - Peterborough to Ely

Results not available and will be in spring issue

#### Stevenage 5k – Dec 3<sup>rd</sup>

P Howard	M60	3 <sup>rd</sup>	21.46
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#### Nene Valley 10 - Dec 7<sup>th</sup> (may not be everyone - just who was in Athletics weekly)

G Capetti	55 <sup>th</sup>	63.12	I Badr	62 <sup>nd</sup>	63.54
A Downie	M55 6 <sup>th</sup> (80 <sup>th</sup> )	66.00	G Smith	M55 7 <sup>th</sup> (83 <sup>rd</sup> )	66.07
A Irvine	216 <sup>th</sup>	79.09			
Ladies					
Joanna Ball	10 <sup>th</sup>	(127 <sup>th</sup> )	69.52	L Baines	26 <sup>th</sup>
					(247 <sup>th</sup> )
					82.40

#### Luton Marathon – Dec 7<sup>th</sup>

B Baldelli	5 <sup>th</sup>	2.44.29
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#### Victory 5 mile – Portsmouth – Dec 7<sup>th</sup>

I Williamson	10 <sup>th</sup>	25.14
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#### Cross country

##### Icknield Cross Country league - Arrington - 19<sup>th</sup> October

Men	1st Vets team, 1st mens team
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2 <sup>nd</sup>	W George	20.07	4 <sup>th</sup>	B Baldelli	20.32
5 <sup>th</sup>	A Parmenter	20.35	6 <sup>th</sup>	C Pyle	20.54
7 <sup>th</sup>	J Kazer	21.56	8 <sup>th</sup>	(1 <sup>st</sup> vet) L Stone	21.58
9 <sup>th</sup>	G Capetti	21.58	16 <sup>th</sup>	(6 <sup>th</sup> vet) M Chaplin	24.13
18 <sup>th</sup>	(8 <sup>th</sup> vet) P Howard	25.12			

#### Veteran Ladies

3 <sup>rd</sup>	S Barnett	13.31	4 <sup>th</sup>	M Holmes	14.39
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#### Under 17 Women

1 <sup>st</sup>	R Clarke	11.17
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#### Under 17 men

1 <sup>st</sup>	E Aston	9.34
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#### Under 15 Girls

2 <sup>nd</sup>	L Dowsett	9.32
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#### Under 15 Boys 1<sup>st</sup> team

2 <sup>nd</sup>	R Kreetzer	8.56	3 <sup>rd</sup>	J Kennard	9.19
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4 <sup>th</sup>	J Ennis	10.14
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#### Icknield Cross Country league – Downham Market – 9<sup>th</sup> November

Men	1st Mens team, 1 <sup>st</sup> vets team
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1 <sup>st</sup>	M Salt	29.37	2 <sup>nd</sup>	A Parmenter	30.28
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4 <sup>th</sup>	J Lewy (2 <sup>nd</sup> M40)	33.51	4 <sup>th</sup>	M Chaplin (2 <sup>nd</sup> M40)	35.19
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6 <sup>th</sup>	P Howard (3 <sup>rd</sup> M40+)	36.30	7 <sup>th</sup>	A Coe (M40)	40.11
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#### Ladies 1<sup>st</sup> Ladies team

1 <sup>st</sup>	R Clarke	17.17	2 <sup>nd</sup>	S Barnett (FV35+)	40.12
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3 <sup>d</sup>	M Holmes (FV35+)	45.39
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#### Under 15 Girls

1 <sup>st</sup>	L Dowsett	10.57
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#### SEAA Reebok International Cross Country – Margate - November 16<sup>th</sup>

U15 Girls	12 <sup>th</sup>	L Dowsett	10.59
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#### Icknield Cross country league – 7<sup>th</sup> December at Royston

Men	1st Vets team, 1st mens team (final result)
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1 <sup>st</sup>	C Flood	34.17	3 <sup>rd</sup>	J Kazer	39.31
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4 <sup>th</sup>	A Grant	41.47	6 <sup>th</sup>	M Chaplin (1 <sup>st</sup> vet)	42.54
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9 <sup>th</sup>	P Howard (4 <sup>th</sup> Vet)	48.11	10 <sup>th</sup>	G Meah (5 <sup>th</sup> vet)	49.52
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Ladies	1st ladies team	1 <sup>st</sup> Veteran individual	S Barnett, 3 <sup>rd</sup> Vet	M Holmes
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2 <sup>nd</sup>	R Flood	31.11	3 <sup>rd</sup>	V Green (1 <sup>st</sup> Vet)	31.46
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5 <sup>th</sup>	S Barnett (2 <sup>nd</sup> Vet)	32.44	7 <sup>th</sup>	M Holmes (4 <sup>th</sup> Vet)	37.27
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#### Under 17 Men

4 <sup>th</sup>	A Howard	29.03
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#### Multi-terrain

##### Frostbite League - Oct 12<sup>th</sup> St Neots

Seniors	3 <sup>rd</sup> team
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8 <sup>th</sup> Man	W George	27.47
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6 <sup>th</sup> lady	J Ball	33.42	8 <sup>th</sup> Lady	E Kreetzer	34.25
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#### Juniors

##### Frostbite League - Nov 9<sup>th</sup> - Peterborough



Seniors	7th team (now overall 5th of 17 teams)				
6 <sup>th</sup>	W George	27.06	9 <sup>th</sup>	B Baldelli	27.38
20 <sup>th</sup>	L Stone (V40)	29.15	45 <sup>th</sup>	G Capetti	30.59
68 <sup>th</sup>	G Smith (V55)	31.57	74 <sup>th</sup>	S Bowen	32.14
80 <sup>th</sup>	J Jenkins (V55)	32.37	139 <sup>th</sup>	E Patel (F)	35.23
155 <sup>th</sup>	M Ennis (V50)	36.27	189 <sup>th</sup>	A Irvine	38.36
192 <sup>nd</sup>	R Warrington (F)	38.53	266 <sup>th</sup>	N Burch	45.04
267 <sup>th</sup>	N Taylor	45.05			
Juniors	6 <sup>th</sup> team – now 6 <sup>th</sup> team overall		84 finished		
13 <sup>th</sup>	J Ennis	9.07	24 <sup>th</sup>	N Burch	9.59
68 <sup>th</sup>	A Burch	12.42			

**Frostbite League - December 14<sup>th</sup> - Swavesey (Official times not yet available)**

Seniors

1 <sup>st</sup>	I Williamson	ca 28mins	2 <sup>nd</sup>	W George
7 <sup>th</sup>	B Baldelli		18 <sup>th</sup>	J Kazer
21 <sup>st</sup>	L Stone (V40)		41 <sup>st</sup>	B Blaukopf
42 <sup>nd</sup>	G Cappetti		48 <sup>th</sup>	J Jenkins
76 <sup>th</sup>	A Howard		82 <sup>nd</sup>	J Ball
85 <sup>th</sup>	E Patel		84 <sup>th</sup>	J Lewy
95 <sup>th</sup>	G Meah (V45)		105 <sup>th</sup>	M Ennis (V50)
123 <sup>rd</sup>	T Reagan			

Juniors

Results not available at time of printing

**HELP!!**

**CALLING ALL PARENTS AND SENIOR MEMBERS**

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

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

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

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

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

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

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

To become a grade 4, the normal way is to take a very simple training course (half to one day), and then take a very simple exam on the rules. (Timekeepers also have a practical test). Not at all difficult and held locally.

**There will be a short course run by Cambs AA between late January and early March 2004 (one Sunday morning).**

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

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

**Judges/helpers reply slip**

• I would be willing to train as an official Yes/No  
My preference would be Track Judge/Timekeeper/Field Judge/Starter-marksman  
(please circle your preferred option(s))

• I would be willing to join the list of coaching helpers Yes/No

• I would be willing to train as a coach Yes/No  
My preferred event is Sprints/Middle distance/Endurance/Horizontal Jumps/Vertical jumps/Throws/Hurdles (circle preferences)

• I would be willing to act as a team manager for Young athletes/East Anglian league

• I would be willing to help with odd jobs and/or reception duties

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

Address.....

.....

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

✂.....✂.....

**Sports-hall athletics competition reply slip**

If you would like to compete in the Cambs AA Sports-hall Championship on February 1<sup>st</sup> (at St Ivo Sports Centre) and haven't been asked, please send this slip to Mr Carl Woolf, 88 Pierce Lane, Fulbourn, Cambs CB1 5DU (**As soon as possible**) or ring him on 01223 881075

Name..... Tel No. ....

Address.....

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

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