

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

## Newsletter

## March 2004

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

3 <sup>rd</sup> April	Southern 12 and 6 stage relays	All	
18 <sup>th</sup> April	East Anglian League	All	Cambridge (Home)
24 <sup>th</sup> April	National 12 and 6 stage Relays	Seniors	Sutton Park
24 <sup>th</sup> April	Southern Women's League	All Females	Oxford
1 <sup>st</sup> May	Southern Mens League	Males 15+	Kingston
2 <sup>nd</sup> May	Eastern Young Athletes Lge	All under 17	Luton
2 <sup>nd</sup> May	EVAC Road Relays	Veterans	Hemingford Grey
5 <sup>th</sup> May	Eastern Vets League	Veterans	Peterborough
15 <sup>th</sup> May	Cambs AA Championships	All members	St Ives
16 <sup>th</sup> May	Eye 10k	All 17+	Peterborough
22 <sup>nd</sup> May	BMAF Road relays	Veterans	Sutton Park
22 <sup>nd</sup> May	Southern Mens League	All Males 15+	Guildford
22 <sup>nd</sup> May	Southern Women's League	All Females	Cambridge (Home)
23 <sup>rd</sup> May	Soham Half Marathon	All 17+	Soham
29/30 <sup>th</sup> May	SEAA U20 Championships	All under 20	Watford
30 <sup>th</sup> May	Eastern Young Athletes Lge	All under 17	St Ives (Home)
30/31 <sup>st</sup> May	CAU Championships	County select	Bedford
2 <sup>nd</sup> June	Eastern Veterans league	Veterans	Luton
5 <sup>th</sup> June	Southern Women's League	All Females	Kingston
6 <sup>th</sup> June	East Anglian league	All	Bury St Ed
12 <sup>th</sup> June	Cambridgeshire schools Champs	Schools select	Cambridge
13 <sup>th</sup> June	EVAC championships	Veterans	Ware
19 <sup>th</sup> June	Anglian schools	Schools select	Cambridge
19/20 <sup>th</sup> June	SEAA Senior Championships	Seniors	Watford

### Parents & members Coffee Evening and Cross-Country Trophy Awards - April 26th (see inside for details)

### Summer training starts Monday March 29th at track

Year 2004 subs are now due. Please pay on Monday evenings or post it to  
Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND.  
£38 for wage earners and £28 for non-earners.

### IMPORTANT – PLEASE READ THESE NEXT FOUR ITEMS YOUNG ATHLETES PLEASE SHOW THEM TO YOUR PARENTS

#### Chairman's chatter

Welcome to the new summer season! For those of us who like running over muddy fields, it's a bit of a blow when March comes around, but plenty to look forward to in track and field.

Thank you to members who have volunteered to go on the coaching course on 25th April. The course is fully booked now and we have a waiting list. James (Brennand), who is coaching secretary, and I have been trying to devise ways of making it enjoyable and fulfilling for new coaches and to improve the support we give particularly to younger athletes. We'll be trying out some new approaches on Monday evenings and hope you like them. Thanks also to the team managers and Monday evening group of helpers. They have been putting in a lot of effort to get the new season off to a successful start. Please support them by turning out whenever you can. We have some new challenges in higher divisions this year and have the potential for an enjoyable and successful season.

The web site is now up and running: [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk). Please check it if you need to know anything about the club (or look on the notice boards at the track). We'll try to keep it informative. I'd also like to encourage everyone to join the C&C group list which has been set up. This is a conversation list on which we can post questions or comments and keep everyone up to date. If event details change or there is a road race somewhere we have heard of, we'll try to post it on the group list. It's an excellent way of staying in touch and the more people join it, the more useful it becomes. It's free to members. You can join by sending an email to [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk) with your name and address (to allow us to check you are a member of the club) and the email address you would like to use. You can also click on the link on the web site and make a request to join. John (Kazer) who is the webmaster will carry out all the activities needed to join. If you've tried to join before and found it difficult, John will now do it for you – it may take him a week or two so give him time!

Neil

#### Parents Coffee Evening and Cross-Country Trophy Awards - April 26th

On Monday April 26th at the track we shall be holding an "open evening" with coffee from 6.45pm, to which all parents of members are invited. The evening will offer an opportunity to talk to club officials and team managers, and to find out more about the club activities, in readiness for the competition season which starts on the following weekend. Please try to come along and find out what we offer for your child however old he may be, and also to see how you may be able to help us. The club cannot run without willing helpers, and most of us started as parents - we have no professional staff employed by the club, so come and see what its all about. If you don't there may not be a club in a few years.

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

#### Officials Training

We would like to thank all those who offered to train as match officials and who will take their exam on March 21<sup>st</sup>. Whether they pass it or not – at least they tried and we will be grateful for their assistance next season anyway.

We have three timekeepers and three track judges taking the test, but unfortunately only one field official.

As you know, we have to provide four times as many field officials at each match, as track judges or timekeepers.

**SPECIAL OFFER – Any older athletes (over 15) or parents, vice presidents or associate members who would like to have a go at field judging should contact me (Noel – 01223 833470), and I will arrange for you to be mentored/trained over the coming season by an experienced official, at club matches, so that when it comes round to the formal training course and exam next spring, you will not be under pressure.**

**Without field officials we can't full-fill our obligations to the leagues which we are in (each club has allocated events to judge). At present we have only about 5 field judges who are regularly active. At least one of our field team at each match has to be qualified (for insurance purposes) so you can see that we are asking a lot of those that we have.**

**Please get on touch and give it a go – Noel will arrange support and ongoing training for you.**

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

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

This has several important advantages for you - the members.

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

#### County Cross Country championships

This year the venue had to be moved to Hinchingsbrooke at short notice after March Braza AC found out that their rental on the sports field they use was being raised so much they had to find a new home.

The course was from a playing field into woods and round a lake. There was nothing very eventful – no prison to run round like last year – but the races still provided a few surprises.

The biggest surprise was for the Senior Men who came into the playing field thinking they had a couple of miles to run and found that they were finishing.

The mistake was that the County had to rely on the local course organiser, who hadn't calculated the distances correctly. Guess what – a few weeks later, the schools had the same problem with some of their races.

There was also another problem which was mainly, but not exclusively, due to C&C athletes. Several athletes turned up without having been entered, and ran the race without numbers. They were turned away from the finish funnel, so that they didn't affect the results, but the County will not permit runners who have not been entered to even start the race next year. It causes an insurance problem, because runners who are not on the official entry list are not insured!. If you want to run, ask the team manager to enter you. The county will accept entries even up to three or four days before the race. Don't expect him to be clairvoyant, especially if you haven't run in other cross country races during the autumn – a phone call is all that is needed.

The club had some excellent individual results, but we managed to close teams only in the Seniors and Veterans.

Those individuals went on to run for Cambridgeshire in the CAU Inter-counties championships at Nottingham, and again several finished as the top Cambridgeshire athlete. Rosie Clarke managed a 12<sup>th</sup> place in U17 women, William Clarke a 15<sup>th</sup> place in U20 Men, Lucy Dowsett a 27<sup>th</sup> place in U15 Girls. Will George had to run as a Senior in the CAU due to the use of IAAF age groups which excluded him from the U20's race – Will finished 159<sup>th</sup> – also an excellent result. The fields averaged 250+ runners.

In the National Schools Rosie improved further to take 9<sup>th</sup> place in the Senior Girls, and Lucy took 13<sup>th</sup> in the Junior Girls – well done to both.

#### UK cross country fixtures 2004-2005

The Major bodies agree on a proposed new-look calendar for next winter. The purpose is to avoid the fixture clashes which we had this year, especially with the CAU and English schools being only one week apart.

We will have to wait and see if everyone buys into it, but most of the bodies concerned were at the table, which bodes well, and UKA have agreed it is a step forward.

9/10 October	Leagues
23/24 October	National 6-Stage Road Relay
30/31 October	Leagues, Reebok Cross Challenge
6/7 November	English Cross Country Relays
13/14 November	English Schools' Cup, SEAA Margate International
20/21 November	European Trials, Reebok Cross Challenge
4/5 December	English Schools Cup Final, Leagues, Reebok Cross Challenge
11/12 December	European XC Championships, alternative English County Championships date
8/9 January	Belfast International, Reebok Cross Challenge
15/16 January	Recommended English County Championships date
22/23 January	Leagues, Celtic International, Reebok Cross Challenge
29/30 January	English Territorial Championships
5/6 February	BUSA Championships, English County Schools
12/13 February	Leagues
19/20 February	National Championships
26/27 February	English Schools Inter-Counties meetings
5/6 March	World Trials, CAU Inter-Counties Championships, Reebok X Challenge finals
12/13 March	Leagues
19/20 March	IAAF World Championships, English Schools' Championships (to be confirmed)
1/2 April	British schools International (to be confirmed)

## The Website

The website can now be found at its permanent home. <http://www.cambridgeandcoleridge.org.uk>. Please have a look round – corrections and suggestions for updates welcome - please send them to [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk). If you have links that you feel should be included send those too. You can send e-mails regarding membership and other club admin related queries to [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk).

Our grateful thanks to John Kazer for setting up this website.

## Road running report by Glyn Smith

Our road running section has already started the year well, with more runners turning up to support the club and a great majority improving their times at all levels.

The New Years Eve Ely 10k finished 2003 with a record 25 C&C runners participating, with Ian Williamson 2<sup>nd</sup> and Will George 6<sup>th</sup>.

In January there was rather a shortage of events, but February saw an improvement, with our potential London Marathon entries choosing longer races.

February 15<sup>th</sup> was a good example with some entering the Bungay 20k and others going for the Stamford 30k. The latter saw excellent performances by the ladies, with Andrea Hill, Joanna Ball, and Emma Patel combining to win 1<sup>st</sup> female team – well done!

The weekend of February 29<sup>th</sup> saw the Ostende to Brugge 10 miles race, our first “international” event abroad, thanks to Ian McKay who as usual did a fantastic job organising the trip. We arrived at our youth hostel late Saturday pm and from here we went on to the signing in/pasta party where we collected our race numbers and chip (very high tech stuff!). The following morning we arrived at the shuttle pick-up point, with everyone raring to go, and this took us to Ostende and the start of the race.

The race started (and finished) in the beautiful backdrop of Industrial estates !?!, and simply followed the canal all the way to Brugge on a wide flat cycle path. (Ideal for those after a PB). Ian Delaney was our first runner in, in just under 60 minutes, and several of our runners achieved PB's.

After the race we returned our chips, and collected our goodies – the usual T-shirt, and the more unusual rubber plant! Altogether, a good event with an overall entry of about 1000 runners.

With the hard bit over, we travelled to the beautiful central Brugge, to enjoy a great night out, with a lovely meal, and the serious business of sampling the Belgian beer (*Ed. - There had to be a real reason come out eventually about why they went*). And while the night drew to a peaceful close and the majority returned early, the hardened few (myself, Marcus and Martin) settled down in a bar until about 2.30 am and enjoyed a civilised evening drink with the locals.

Overall a fabulous weekend and a big thanks to everyone who came.

Sunday March 7<sup>th</sup> saw the final round of the Frostbite League at Huntingdon. We picked up 1<sup>st</sup> Senior team on the day, and 3<sup>rd</sup> overall in the league. A great finish to the series with an excellent turnout again, with 27 runners. Thank you to everyone who took part in any of the Frostbite events – lets try and win it next year!

Finally, for those who wonder why Jenny and Alistair Cunningham have not been around so much recently, I understand that Jenny is expecting their first baby, and I am sure you will join me in wishing them all the best.

Glyn

## Cambridgeshire road race league

Provisional list of qualifying events

March 28<sup>th</sup> – Fred Wright Memorial 10k – 11am – Harry Smith Community College Peterborough

May 16<sup>th</sup> – Eye10k

July 11<sup>th</sup> – Ramsey 12k

July 18<sup>th</sup> – St Ives 10k – includes county 10k championship race

August 15<sup>th</sup> – Thorney 5 mile – includes county 5 mile championship race

Sept 1<sup>st</sup> – NVH 5k – Ferry Meadows

Sept 12<sup>th</sup> – Grunty Fen half marathon – includes county half marathon champs

October 31<sup>st</sup> – Fenland 10 mile – includes county 10 mile champs

Rules – club result based on best 7 of 8 races

Individual results based on best 5 of 8 races

Awards – first 3 mens teams and first three ladies teams

First three individuals, male and First three individuals female

## Southern Men's League

**Our primary league for the men.** It has the one "Senior" age-group but any male aged 16 and over can compete in the team. The team is in Division two of the Southern League, which covers everywhere south of a line from the Wash to the Bristol Channel. This year we go to Kingston, Guildford, Brighton, Reading, and Bedford and have a home fixture at St Ives (doubling with a Hunts AC match. We hope to have a minibus for most fixtures but some cars will be needed as well. The team is short of jumpers (especially Pole-vaulters) and hurdlers so if you know any, grab them and sign them up. This year is going to be a difficult one so maximum support is required. Team Manager Noel Moss.

## Southern Women's League

**Our primary league for the women.** It has the "Senior" age-group and also an under 15 girls age-group. For the first time this year, we are running a combined (composite) team with Hunts AC, in Division 2. That team replaces the old Hunts AC from Div 2 and the old C&C team from Div 3. Its an experiment to see how it goes this year, but by combining the two clubs, we have a chance to field a full and competitive team – something which neither club could really do. Most of the matches this year are south of the Thames, so it's a chance to go somewhere new. To succeed it is important that both age-groups are filled, and so the under 15's must support the team. We will have a bus for some of the matches, and for some we will go in minibus and cars. Fixtures are at Kingston, Plaistow, Oxford, Cambridge, Southampton and Bournemouth.

## Eastern Young athletes League

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

Team Managers Anna Bird, Trish Ellis-Evans, Sarah Kelk, Nigel Burch, Rachael Traynier, etc

## East Anglian league

**The league where anyone in the club can come along** and compete, and even do events which they don't normally do in the main leagues. There are seven age-groups. Under 13, Under 15, Under 7 and Senior Males and Under 13, Under 15 and Senior Ladies. There are special hurdles and 300m

aces for Under 17's within the Ladies competition this year. All age groups compete for their own trophy, and the top 8 clubs in each age-group qualify for a final which also has trophies. So lots for the club to win, but we are not into over competing the athletes. The younger female athletes should not try to do all matches at all three of the leagues above - support the main leagues and then see whether you feel you want to compete in this one sometimes.

The first match is at home on 18<sup>th</sup> April – come and have a warm-up before the season really starts. Team managers Noel Moss and Carl Woolf

### Eastern Veterans League

The old Un's League. But we don't see ourselves like that. We are only XX years young and just as competitive as everyone else - maybe more. Just because we can't keep up with you young un's doesn't mean we can't be competitive in our own age-groups. The age-groups are 40+, 50+ and 60+ for the men, and 35+, 45+ and 55+ for the ladies. Four matches on Wednesday evenings - normally the first Wednesday of the month and we cover a "half" program at each match. Shot and hammer at one match, discus and Javelin at the next for example. We have all the normal events except steeplechase. Parents who want to have a go are welcome, but you will have to join C&C and the Eastern veterans Athletic Assoc. Team manager Gerald Meah.

**Don't forget to pay your EVAC membership if you want to compete in the league this year.**

### Fixtures for 2004 Outdoor

28 <sup>th</sup> March	Fred Wright Roadrace	All 17+	Peterborough
3 <sup>rd</sup> April	Southern 12 and 6 stage relays	Seniors	
18 <sup>th</sup> April	London Marathon	Seniors/veterans	London
18 <sup>th</sup> April	East Anglian League	All	Cambridge (Home)
24 <sup>th</sup> April	National 12 and 6 stage Relays	Seniors	Sutton Park
24 <sup>th</sup> April	Southern Women's League	All Females	Oxford
1 <sup>st</sup> May	Southern Mens League	Males 15+	Kingston
2 <sup>nd</sup> May	Eastern Young Athletes Lge	All under 17	Luton
2 <sup>nd</sup> May	EVAC Road Relays	Veterans	Hemingford Grey
5 <sup>th</sup> May	Eastern Vets League	Veterans	Peterborough
15 <sup>th</sup> May	Cambs AA Championships	All members	St Ives
16 <sup>th</sup> May	Eye 10k	All 17+	Peterborough
22 <sup>nd</sup> May	BMAF Road relays	Veterans	Sutton Park
22 <sup>nd</sup> May	Southern Mens League	All Males 15+	Guildford
22 <sup>nd</sup> May	Southern Women's League	All Females	Cambridge (Home)
23 <sup>rd</sup> May	Soham Half Marathon	All 17+	Soham
29/30 <sup>th</sup> May	SEAA U20 Championships	All under 20	Watford
30 <sup>th</sup> May	Eastern Young Athletes Lge	All under 17	St Ives (Home)
30/31 <sup>st</sup> May	CAU Championships	County select	Bedford
2 <sup>nd</sup> June	Eastern Veterans league	Veterans	Luton
5 <sup>th</sup> June	Southern Women's League	All Females	Kingston
6 <sup>th</sup> June	East Anglian league	All	Bury St Eds
6 <sup>th</sup> June	EVAC 5 mile	veterans	Reach
13 <sup>th</sup> June	Bedford International Games 2003	Spectators	Bedford
12/13 <sup>th</sup> June	AAA Combined events	Senior/U20	Stoke on Trent
12 <sup>th</sup> June	Cambridgeshire schools Champs	Schools select	Cambridge
13 <sup>th</sup> June	EVAC championships	Veterans	Ware
19 <sup>th</sup> June	Anglian schools	Schools select	Cambridge
19/20 <sup>th</sup> June	SEAA Senior Championships	Seniors	Watford
20 <sup>th</sup> June	BMAF Half Marathon	Veterans	Blackpool

20 <sup>th</sup> June	Eastern Young Athletes Lge	All under 17	Cambridge (Home)
26 <sup>th</sup> June	Southern Mens League	Males 15+	Brighton
26/27 <sup>th</sup> June	BMAF T&F championships	Veterans	Birmingham
26/27 <sup>th</sup> June	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
30 <sup>th</sup> June	Thorney 5k	All 17+	Ferry Meadows
3 <sup>rd</sup> July	Southern Women's League	All Females	Plaistow
4 <sup>th</sup> July	EVAC 10k	Veterans	Comberton
7 <sup>th</sup> July	Eastern veterans league	Veterans	Cambridge
9/10 <sup>th</sup> July	National Schools Champs	Schools select	
10-11 <sup>th</sup> July	AAA Senior Championships	Seniors	Manchester
10 <sup>th</sup> July	Southern Mens League	Males 15+	St Ives (Home)
11 <sup>th</sup> July	ECAA Championships	All	Bedford
11 <sup>th</sup> July	Ramsey 12	All 17+	Ramsey
18 <sup>th</sup> July	East Anglian League	All	Norwich
18 <sup>th</sup> July	St Ives 10k	All 17+	St Ives
25 <sup>th</sup> July	Eastern Young Athletes Lge	All under 17	Bury st Eds
31 <sup>st</sup> July	Southern Mens League	Males 15+	Reading
1 <sup>st</sup> August	EVAC 5k	Veterans	Granchester
4 <sup>th</sup> August	Eastern Veterans league	Veterans	Bedford
7 <sup>th</sup> August	Southern Women's League	All Females	Bournemouth
7/8 <sup>th</sup> August	AAA U15/U17 combined events	U15's/U17's	Birmingham
8 <sup>th</sup> August	East Anglian league	All	Ipswich
8 <sup>th</sup> August	SEAA Intercounties U15/U20	County select	Abingdon
14/15 <sup>th</sup> August	AAA U15/U17 Championships	U15's/U17's	Birmingham
14 <sup>th</sup> August	Southern Mens League	Males 15+	Bedford
15 <sup>th</sup> August	Eastern Young Athletes Lge	All under 17	Stevenage
15 <sup>th</sup> August	Thorney 5k	All 17+	Thorney
1 <sup>st</sup> September	NVH 5k	All 17+	Ferry meadows
5 <sup>th</sup> Sept	ECAA Hibberd Trophy	County Select	Bury st Eds
8 <sup>th</sup> September	NVH 5	All 17+	Peterborough
11 <sup>th</sup> Sept	Southern Women's League	All Females	Southampton
11/12 <sup>th</sup> Sept	BMAF Multievents	Veterans	Sheffield
12 <sup>th</sup> Sept	Eastern Young Athletes Final	All under 17	(if we qualify)
12 <sup>th</sup> Sept	Grundy Fen Half marathon	All 17+	Soham
19 <sup>th</sup> Sept	East Anglian league Final	All	Bury St Edmunds
26 <sup>th</sup> Sept	Great North run	Seniors	Gateshead
26 <sup>th</sup> Sept	BMAF Weight Pentathalon	Veterans	Copthall
3 <sup>rd</sup> October	Wildlife 10k Provisional	All 17+	Cambridge
31 <sup>st</sup> October	Fenland 10	All 17+	Wisbeach
28 <sup>th</sup> Nov	ECAA XC	All	TBA

### E-mail information

Please join the club's Group list ([cnc\\_athletics@yahoo.com](mailto:cnc_athletics@yahoo.com)). It's a good way to keep in touch with the latest things going on and to find out about events.

Send an email to [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk) with your name and address and e mail details. You can receive regular emails about events or questions or opt to log on to the group site.

The more people who join, the more useful the site will be. This is free for all members.

(It's an entirely banter free site, so you won't receive lots of silly emails – anyone breaking this rule will be taken off the list – though there is a separate chat facility for those who like to do that kind of thing!).

### Early season matches

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

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

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

### Age groups for competition in 2003

Under 13's must be aged 11 or over and aged under 13 on 31st August 2004.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2004.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2004.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2004.

For leagues, "Seniors" must be aged 15 or over on 31st August 2004.

For Championships, Seniors must be aged 17 or over on 31st August 2004

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

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

### Cambridgeshire AA County Track and field championships – St Ives - May 15th

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

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

**Entries to be sent to Noel Moss before the 5<sup>th</sup> May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB2 4RE. Cost is £2.00 for your first event and £1.00 for each additional one. Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more. Cheques are payable to Cambs AA (not to Noel).**

**READ THE ENTRY FORM AND SEND IT IN NOW BEFORE YOU FORGET.**

### Useful telephone numbers for the 2004 summer season

B J Wallman	President	01223 893013
Neil Costello	Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials	01223 833470
Anna Bird/Trish Ellis Evans	Young Athletes managers	01223 352541/263477
Sarah Kelk/Nigel Burch	Young Athletes managers	01223 841432 /560161
Carl Woolf	SWL and East Anglian league U13/U15's	01223 881075
James Brennand	Coaching Secretary	01353 610510
Glyn Smith.	Road running	01223 571685

John Kazer	Cross Country	01223 308357
Gerald Meah	Veterans T&F team manager	01954 781258
Nigel Poulter	Treasurer	01954 231507

### Sports Hall athletics

This year, the county match was held at St Ives, and there was a good entry from C&C, Melbourne VC, Hunts AC and Riverside Runners. Hunts AC just pipped C&C for the overall trophy this year. C&C won the under13/U15 section overall but the under 11's were scored in this year and it just tipped it in favour of Hunts AC by ½ match point.

Several of our athletes then went on to compete for Cambridgeshire in the Regional final at Norwich. Results are shown at the end of the newsletter, but congratulations to Joe Abbott-Gribben who finished as overall winner of the U15 Boys. The under 15 Boys team including Joe, Michael Vickery, Thomas Kelk and Oliver Francis will compete for Cambridgeshire in the National final after Easter.

### Summer training 2004 starts on Monday March 29th

Monday evenings 6.30 - 8.30 All club members - especially younger athletes and beginners/new members

Tuesday evenings 6.30 - 8.30 Over 16's and others by agreement with your coach.

Thursday evenings 6.30 - 8.30 By agreement with your coach.

### Safety must come first -

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

### Results, Results, Results

#### Road races

##### Luton Marathon

5<sup>th</sup> B Baldelli 2.44.29

##### Boxing day 4 mile

31 started. Highest recent number – three did not complete the full distance.

1st	William Clarke	21.17	15th	Michael Croft	26.29
2nd	Alan Williams (Riverside)	21.24	16th	Jordan Kennard (U15)	26.43
3rd	Ben Baldelli	22.11	17th	David Abbott (V40)	27.00
4th	Graham Williams (Riverside)	23.05	18th	Emma Patel	27.20
5th	Leon Stone (V45)	24.26	19th	Terry Braverman (Sawston)	27.36
6th	Mark Chaplin (V45)	24.42	20th	Peter Howard (V60)	27.48
7th	Simon Bowen	24.46	21st	Vicky Green (V45)	27.55
8th	John Jenkins (V55)	24.50	22nd	Dave Willis	28.19
9th	Ben Blaukopf	25.05	23rd	Sue Barnett (V50)	29.20
10th	Alex Downie (V50)	25.31	24th	Mary Holmes (Vet 65)	33.25
11th	John Lewy (V45)	25.47	25th	Peter Chaplin (V70)	33.40
12th	Glynn Smith (V55)	25.52	26th	Emily Braverman (U15)	34.15
13th	Andrew Howard (U20)	25.58	27th	Nigel Burch (V)	34.28
14th	Martin Kreetzer (V45)	26.02	28 <sup>th</sup>	Diana Braverman (V50) - walker	45.51

Not full distance – Rachael Kiff, Alistair Grant, Phil Horton (but at least they had a try)

Quite a windy day this year. Club trophy winner (first C&C finisher) – William Clarke takes the title.

##### Ely New Year 10k - 31-12-2003

2<sup>nd</sup> I Williamson 32.04 134<sup>th</sup> C Clarke 42.46

6 <sup>th</sup>	W George	U20	33.51	140 <sup>th</sup>	T Long	M40	42.57
50 <sup>th</sup>	M Chaplin	M45	38.36	142 <sup>nd</sup>	G Meah	M45	43.04
52 <sup>nd</sup>	I Badr		38.38	150 <sup>th</sup>	P Howard	M60	43.21
57 <sup>th</sup>	C Cappetti		38.48	163 <sup>rd</sup>	E Patel		43.48
71 <sup>st</sup>	B Blaukopf		39.38	170 <sup>th</sup>	V Green	W45	44.07
82 <sup>nd</sup>	A Downie	M55	40.27	225 <sup>th</sup>	A Irvine		47.28
97 <sup>th</sup>	G Smith	M55	40.59	226 <sup>th</sup>	S Barnett	W50	47.32
107 <sup>th</sup>	M Kreetzer	M45	41.26	236 <sup>th</sup>	N Costello	M55	48.12
114 <sup>th</sup>	D Abbott	M40	41.44	247 <sup>th</sup>	N Taylor	M50	48.46
123 <sup>rd</sup>	A Howard	U17	41.57	253 <sup>rd</sup>	C Flood		49.07
126	J Ball		42.01	268 <sup>th</sup>	L Baines		49.47
133	R Brown		42.45	400 <sup>th</sup>	N Burch	M45	56.50

#### Ryston Runner Grand Prix – January 11<sup>th</sup>

Men	M Salt	1 <sup>st</sup>	16.58
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#### Folksworth 15 – Jan 18<sup>th</sup>

Ladies	A Hill	4 <sup>th</sup>	1.40.14
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#### Bungay Great East Run 20k – Feb 15<sup>th</sup>

35 <sup>th</sup>	B Blaukopf		79.26	66 <sup>th</sup>	G Smith	M50	84.22
76 <sup>th</sup>	M Kreetzer	M40	85.38	96 <sup>th</sup>	C Brown	M40	88.59
128 <sup>th</sup>	T Long	M40	92.20		360 finished		

#### Stamford Valentines 30k – Feb 15<sup>th</sup>

Ladies	3 <sup>rd</sup>	J Ball	2.17.07
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Also Andrea Hill and Emma Patel ran – I have no times, but with Joanne they finished as 1<sup>st</sup> ladies team.

#### Muscular Dystrophy Bury 10 mile – Feb 25<sup>th</sup>

1 <sup>st</sup>	B Baldelli		54.03
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#### Ostende- Brugge – 29<sup>th</sup> Febuary

106 <sup>th</sup>	I Delaney		59.58	242 <sup>nd</sup>	G Smith		66.12
273 <sup>rd</sup>	M Kreetzer		67.32	321 <sup>st</sup>	J Lewy		69.14
351 <sup>st</sup>	M Smith		70.16	352 <sup>nd</sup>	R Brown (F)		70.17
419 <sup>th</sup>	E Patel (F)		72.38	429 <sup>th</sup>	T Long		72.57
405 <sup>th</sup>	M Jarvis		74.51	483 <sup>rd</sup>	M Ennis		74.30
529 <sup>th</sup>	J Kazer		75.43	572 <sup>nd</sup>	A Irvine		76.52
654 <sup>th</sup>	N Costello		79.33	823 <sup>rd</sup>	H McKay (F)		85.59
871 <sup>st</sup>	W Clarkson		88.42	927 <sup>th</sup>	N Burch		92.59
945 <sup>th</sup>	M Warren		95.02	984 <sup>th</sup>	I McKay		100.46
1008	finished						

#### Cross Country

##### Cambs AA Cross country Championships - 4-01-2004

U20/Senior/vet Ladies race - 36 finished				1st team, 3 <sup>rd</sup> team, 1st vets Team			
1 <sup>st</sup>	E Leggate		17.51	16 <sup>th</sup>	S Hannema		22.09
2 <sup>nd</sup>	J Lasenby	1 <sup>st</sup> Vet	18.56	18 <sup>th</sup>	Barnett	Vet 50	22.30
11 <sup>th</sup>	H Belbin	2 <sup>nd</sup> U20	21.29	26 <sup>th</sup>	M Holmes	1st V65	24.51
12 <sup>th</sup>	V Green	1 <sup>st</sup> vet 45	21.34				
13 <sup>th</sup>	J Herron	V35	21.42				
Under 15 Girls	1 <sup>st</sup>	L Dowsett	18.01	12 <sup>th</sup>	J Robinson		22.53
Under 11 Girls	No result available	J Corbett ran					
U20/Senior/Vet Men - 84 finished (20% down on last year)				2nd team, 7 <sup>th</sup> team, 3 <sup>rd</sup> vets team, 8 <sup>th</sup> vets team			
1 <sup>st</sup>	I Williamson		23.21	35 <sup>th</sup>	B Van Aken		27.43
3 <sup>rd</sup>	W George	2 <sup>nd</sup> U20	23.42	42 <sup>nd</sup>	M Chaplin	M40+	28.23
14 <sup>th</sup>	C Pyle		24.51	47 <sup>th</sup>	J Lewy	M40+	29.26
21 <sup>st</sup>	M Salt		25.48	54 <sup>th</sup>	P Howard	1 <sup>st</sup> M60+	30.07
27 <sup>th</sup>	L Stone	M40+	26.53	57 <sup>th</sup>	G Meah	M40+	30.32
34 <sup>th</sup>	J Jenkins	M50+	27.39	79 <sup>th</sup>	P Chaplin	1 <sup>st</sup> M60+	38.07
Under 17 men	6 <sup>th</sup>	E Aston	16.64	11 <sup>th</sup>	A Howard		21.04

Under 15 Boys	5 <sup>th</sup>	J Kennard	17.54	7 <sup>th</sup>	J Ennis		19.48
Under 13 Boys	2 <sup>nd</sup>	W Mycroft	11.45	5 <sup>th</sup>	T Loveluck		12.08

#### Cambridgeshire schools XC

Inter Boys	R Lasenby	8 <sup>th</sup>					
Junior Boys	W Mycroft	4 <sup>th</sup>					
Minor Boys	T Loveluck	3 <sup>rd</sup>					
Senior Girls	R Clarke	1 <sup>st</sup>	H Rule	2 <sup>nd</sup>	S Rogers	7 <sup>th</sup>	
Inter Girls	N Fisher	9 <sup>th</sup>					
Junior Girls	L Dowsett	1 <sup>st</sup>					
Minor Girls	S Thomson	6 <sup>th</sup>					

#### Scottish 4km Championships – Glasgow - Feb 1<sup>st</sup>

Men	I Williamson	31 <sup>st</sup>	13.19
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#### British Universities XC Champs Feb 7<sup>th</sup>

Men	4km race	I Williamson	9 <sup>th</sup>	14.05			
	6km race	B Van Aken	72 <sup>nd</sup>	??	T Hames.	74 <sup>th</sup> .	??

#### Anglian Schools XC

Senior Girls	R Clarke	1 <sup>st</sup>					
Junior Girls	L Dowsett	1 <sup>st</sup>					

#### EVAC Cross Country Championships – 8<sup>th</sup> February 2004

L Stone	M45	4 <sup>th</sup>	27.32	J Jenkins	M55	3 <sup>rd</sup>	28.51
M Chaplin	M45	10 <sup>th</sup>	31.04	G Meah	M45	11 <sup>th</sup>	31.15
P Howard	M60	1 <sup>st</sup>	31.22	L Lawrence	M45	14 <sup>th</sup>	44.30
D Blyth	M80	1 <sup>st</sup>	32.23 (short course race)				
V Green	W45	1 <sup>st</sup> (5 <sup>th</sup> OA)	18.10	D Braverman	W50	1 <sup>st</sup> (6 <sup>th</sup> OA)	18.35
J Herron	W35	2 <sup>nd</sup>	18.48	S Barnett	W50	2 <sup>nd</sup>	19.18
M Holmes	W65	1 <sup>st</sup>	21.45				

Ist ladies team

#### English National Cross country – Leeds February 21<sup>st</sup>

Under 20 Men	66 <sup>th</sup>	W George	35.32
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#### Scottish Cross country championships – Perth – February 21<sup>st</sup>

Sen Men	45 <sup>th</sup>	I Williamson	37.45
Sen Ladies	5 <sup>th</sup>	E Leggate	27.26

#### CAU Intercounty cross country championships Cambs team (Fields of 300+) 6<sup>th</sup> March

Those marked \*\* were the first Cambs AA runner home in their age-group

Senior Men	159 <sup>th</sup>	W George **	2.18	167 <sup>th</sup>	I Williamson		42.29
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		A Parmenter					
Under 20 Men	15 <sup>th</sup>	W Clarke **	26.29			(Cambs 8 <sup>th</sup> team)	

Under 17 men		Ed Aston					
Under 15 Boys		J Ennis					
Under 13 Boys	71 <sup>st</sup>	W Mycroft	13.18		T Loveluck		
Senior Ladies	100 <sup>th</sup>	E Leggate **	32.01	281 <sup>st</sup>	J Herron		39.09
Under 17 Ladies	12 <sup>th</sup>	R Clarke **	19.14				
Under 15 Girls	37 <sup>th</sup>	L Dowsett **	16.06				

I've not got results for those where no place/time was quoted

#### National Schools cross country Maidstone – March 13<sup>th</sup>

Junior Boys -	175 <sup>th</sup>	W Mycroft	No time given in AW
Intermediate Boys	217 <sup>th</sup>	R Lasenby	No time given in AW
Junior Girls -	13 <sup>th</sup>	L Dowsett	11.51
Senior Girls -	9 <sup>th</sup>	R Clarke	19.30

There may be others who ran, but the results I've seen only went down to 200<sup>th</sup> place

#### Multi-terrain

##### 3rd Frostbite league 14<sup>th</sup> Dec at Swavesey

1 <sup>st</sup>	I Williamson	26.34	54 <sup>th</sup>	J Lewy	35.53
2 <sup>nd</sup>	W George	28.41	56 <sup>th</sup>	A Downie	35.59

7 <sup>th</sup>	B Baldelli	31.14	76 <sup>th</sup>	A Howard	37.03
18 <sup>th</sup>	J Kazer	32.43	82 <sup>nd</sup>	J Ball F	37.35
21 <sup>st</sup>	L Stone	33.17	85 <sup>th</sup>	E Patel F	37.50
41 <sup>st</sup>	B Blaukopf	34.39	95 <sup>th</sup>	G Meah	38.36
42 <sup>nd</sup>	G Capetti	34.44	105 <sup>th</sup>	M Ennis	39.28
48 <sup>th</sup>	J Jenkins	35.53	123 <sup>rd</sup>	T Long	41.30

ca. 240 finished Team now 3rd overall but its close

Juniors					
11 <sup>th</sup>	J Ennis	10.17	40 <sup>th</sup>	J Corbett F	12.08
31 <sup>st</sup>	J Robinson F	11.23			

76 finished Team now 6th overall

**4th Frostbite league at Ramsey – 11<sup>th</sup> January**

15 <sup>th</sup>	L Stone	31.22	33 <sup>rd</sup>	B Blaukopf	32.52
35 <sup>th</sup>	B Van Aken	32.56	44 <sup>th</sup>	J Jenkins	33.28
45 <sup>th</sup>	S Bowen	33.3-	60 <sup>th</sup>	A Howard	34.26
67 <sup>th</sup>	D Abbott	34.45	69 <sup>th</sup>	G Smith	34.59
87 <sup>th</sup>	G Meah	36.27	102 <sup>nd</sup>	E Patel	37.31
105 <sup>th</sup>	M Margot	37.36	128 <sup>th</sup>	A Irvine	39.27
132 <sup>nd</sup>	N Costello	39.43	222 <sup>nd</sup>	N Burch	47.16
223 <sup>rd</sup>	N Taylor	47.16			

249 finished - Team now 3rd overall

Juniors					
14 <sup>th</sup>	J Ennis	10.14	29 <sup>th</sup>	N Burch	11.13
33 <sup>rd</sup>	J Robinson	11.23	47 <sup>th</sup>	E Emond	12.04
49 <sup>th</sup>	J Corbett	12.11			

85 finished Team now 6th overall

**5<sup>th</sup> Frostbite League at Bourne – 8<sup>th</sup> February**

4 <sup>th</sup>	W George	27.54	8 <sup>th</sup>	A Parmenter	29.19
17 <sup>th</sup>	I Delaney	30.01	40 <sup>th</sup>	D Abbott	32.38
53 <sup>rd</sup>	G Smith	33.15	64 <sup>th</sup>	J Lewy	34.04
65 <sup>th</sup>	A Howard	34.07	69 <sup>th</sup>	M Kreetzer	34.20
73 <sup>rd</sup>	R Brown 2 <sup>nd</sup> Fem	34.25	101 <sup>st</sup>	M Ennis	36.48
120 <sup>th</sup>	E Patel Fem	37.54	129 <sup>th</sup>	A Irvine	38.18
133 <sup>rd</sup>	N Costello	38.32	195 <sup>th</sup>	N Burch	45.07
196 <sup>th</sup>	N Taylor	45.08			

Team now comfortable 3<sup>rd</sup> overall behind Riverside and Ely

Juniors					
13 <sup>th</sup>	J Ennis	8.46	23 <sup>rd</sup>	N Burch	9.22

Team now 6<sup>th</sup> overall

**6th Frostbite league – 7<sup>th</sup> March**

6 <sup>th</sup>	B Baldelli	27.23	11 <sup>th</sup>	J Morley	28.12
24 <sup>th</sup>	L Stone	29.36	27 <sup>th</sup>	G Capetti	29.49
28 <sup>th</sup>	B Van Aken	29.56	34 <sup>th</sup>	D Abbott	30.17
38 <sup>th</sup>	S Bowen	30.32	43 <sup>rd</sup>	B Blaukopf	30.46
57 <sup>th</sup>	M Kreetzer	31.34	58 <sup>th</sup>	J Jenkins	31.35
67 <sup>th</sup>	A Howard	31.53	74 <sup>th</sup>	G Smith	32.05
91 <sup>st</sup>	J Lewy	33.03	92 <sup>nd</sup>	A Downey	33.13
112 <sup>th</sup>	E Kreetzer (6 <sup>th</sup> F)	34.20	119 <sup>th</sup>	M Ennis	34.43
123	S Hannema (8 <sup>th</sup> F)	34.52	125 <sup>th</sup>	P Howard	34.58
146 <sup>th</sup>	A Costello (F)	35.51	148 <sup>th</sup>	P Schofield	35.58
162 <sup>nd</sup>	S Barnett (F)	37.08	170 <sup>th</sup>	N Costello	37.40
193 <sup>rd</sup>	M Turner	39.14	214 <sup>th</sup>	M Parmenter	40.29
232 <sup>nd</sup>	N Burch	42.13	234 <sup>th</sup>	N Taylor	42.15
240 <sup>th</sup>	M Warren	43.35			

272 finished Team 1<sup>st</sup> on the day - Team finally finished 3rd overall

Juniors					
17 <sup>th</sup>	J Ennis	10.02	33 <sup>rd</sup>	N Burch	10.41
35 <sup>th</sup>	J Robinson (F)	10.57	62 <sup>nd</sup>	C Kostov	12.48

87 finished Team 6<sup>th</sup> on day - Team finally finished 6th

**Sports-hall Athletics**

**County Match - February 1st**

**Boys under 13**

2 Lap race	2A	B Kelk	24.4	1B	B Abbott-Gribben	25.5
4 Lap race	3A	N Dawson	54.1			
6 Lap race	3A	T Loveluck	1.25.3			
4 x 2 Relay	1 <sup>st</sup>		1.40.4			
Circuit Relay	2 <sup>nd</sup>		1.21.2			
Standing longjump	2A	B Abbott-Gribben	2.04	2B	N Dawson	1.80
Standing Triplejump	2A	T Loveluck	4.24			
Vertical jump	3A	N Dawson	35cm	2B	T Loveluck	31cm
Shot Putt	2A	T Loveluck	5.50			
Speed Bounce	3A	B Abbott-Gribben	63	2B	T Loveluck	55

**Girls Under 13**

2 lap race	2A	N Cowan	24.6	1B	S Thomson	24.3
4 Lap race	3A	L Traynier	56.7	1B	R Cormack	53.1
6 Lap race	1A	Z Kier	1.21.4	3B	E Kier	1.25.1
Paarlauf relay	1 <sup>st</sup>		1.44.9			
4 x 2 relay	2 <sup>nd</sup>		1.40.8			
Circuit relay	2 <sup>nd</sup>		1.18.2			
Standing longjump	1A	S Thomson	2.08	1B	L Traynier	1.80
Standing Triplejump	1A	R Cormack	5.76	1b	Z Kier	5.52
Speed Bounce	1A	S Thomson	73	3b	R Cormack	60
Vertical Jump	1A	N Cowan	43	1B	Z Kier	39
	N/S	E Kier	39			
Shot	1A	N Cowan	6.70	2B	L Traynier	5.55

**Boys Under 15**

2 lap race	1 <sup>st</sup>	J Abbott-Gribben	21.1	3 <sup>rd</sup>	M Vickery	22.7
4 lap race	1 <sup>st</sup>	O Francis	46.1	2 <sup>nd</sup>	T Kelk	46.8
Paarlauf Relay	1 <sup>st</sup>	Vickery/A-Gribben	1.34.2			
4 x 2 lap relay	1 <sup>st</sup>		1.28.9			
Shot	5 <sup>th</sup>	J Abbott-Gribben	8.35	6 <sup>th</sup>	T Kelk	8.19
Speed Bounce	1 <sup>st</sup>	M Vickery	78	6 <sup>th</sup>	O Francis	58
Standing Triplejump	1 <sup>st</sup>	J Abbott-Gribben	7.44			
Standing Longjump	1 <sup>st</sup>	O Francis	2.54	3 <sup>rd</sup>	T Kelk	2.30
Individual scores	2 <sup>nd</sup>	J Abbott Gribben	260	3 <sup>rd</sup>	O Francis	250
	6 <sup>th</sup>	T Kelk	220	9 <sup>th</sup>	M Vickery	180/2 events

**Girls Under 15**

2 Lap race	2 <sup>nd</sup>	C Lacey	23.4	3 <sup>rd</sup>	H Tonner	23.7
	5 <sup>th</sup>	C Hodgekinson	24.4			
4 lap race	4 <sup>th</sup>	E Mann	54.1	5 <sup>th</sup>	E Bicknell	55.6
Paarlauf relay	2 <sup>nd</sup>	Lacey/Bicknell	1.42.7			
4 x 2 relay	1 <sup>st</sup>		1.39.4			
Shot	2 <sup>nd</sup>	A Forster	8.85	7 <sup>th</sup>	E Bicknell	5.71
Speed Bounce	1 <sup>st</sup>	E Mann	79	5 <sup>th</sup>	C Hodgekinson	75
	7 <sup>th</sup>	H Tonner	70	11 <sup>th</sup>	C Lacey	63
Vertical jump	6 <sup>th</sup>	H Tonner	46	7 <sup>th</sup>	C lacey	41
Standing Longjump	1 <sup>st</sup>	A Forster	2.10	3 <sup>rd</sup>	C Hodgkinson	2.02
	4 <sup>th</sup>	E Mann	1.98	5 <sup>th</sup>	E Bicknell	1.90

Individual scores	4 <sup>th</sup>	E Mann	240	6 <sup>th</sup>	C Hodgekinson	200
	7 <sup>th</sup>	A Forster	190/2 events	8 <sup>th</sup>	H Tonner	170
	12 <sup>th</sup>	E Bicknell	160	13 <sup>th</sup>	C Lacey	140
<b>Under 11's</b>						
Vertical jump	6 <sup>th</sup>	C Davidson	36	7 <sup>th</sup>	C Fitzpatrick	31
	8 <sup>th</sup>	M Nicholson	31	9 <sup>th</sup>	L Sammout	31
	11 <sup>th</sup>	G Abbott-Gribben	20			
Standing longjump	1 <sup>st</sup>	L Sammout	1.75	2 <sup>nd</sup>	M White	1.68
	8 <sup>th</sup>	J Traynier	1.62			
Shot	1 <sup>st</sup>	L Sammout	8.40	6 <sup>th</sup>	M Nicholson	5.73
Speed Bounce	2 <sup>nd</sup>	C Davidson	62	3 <sup>rd</sup>	L Sammout	60
	4 <sup>th</sup>	C Fitzpatrick	58	8 <sup>th</sup>	G Abbott-Gribben	32
Boys	4 <sup>th</sup>	J Traynier	64	5 <sup>th</sup>	M White	63

U13 Boys 2<sup>nd</sup>, U13 Girls 1<sup>st</sup>, U15 Boys 1<sup>st</sup>, U15 Girls =2<sup>nd</sup>, U11 Girls 2<sup>nd</sup>.  
Overall match points – Hunts AC 22, C&C 21½, Riverside 20, MVC 7½

#### Regional finals at Norwich (Cams AA) - Feb 28th

Under 13 Girls (Cams 3<sup>rd</sup> in the match)

Z Kier 4<sup>th</sup> in 6 lap race 60.0 5<sup>th</sup> in Vertical jump 46cm

E Kier 8<sup>th</sup> in vertical jump 34cm

S Thomson =9<sup>th</sup> in 2 lap race 25.30 6<sup>th</sup> in SLJ 2.04m

R Cormack 6<sup>th</sup> in 4 lap race 53.7 8<sup>th</sup> in S Triple Jump 5.52m

Under 13 Boys (Cams 4<sup>th</sup> in the match)

O Tonner 4<sup>th</sup> in Highjump 1.35m

N Dawson 7<sup>th</sup> in 6 lap race 60.0 10<sup>th</sup> in speed bounce 55

B Kelk 10<sup>th</sup> in 2 lap race 24.5 9<sup>th</sup> in S Triple Jump 5.31

B Abbott-Gribben 9<sup>th</sup> in S Long jump 1.99m

Under 15 Girls (Cams 2<sup>nd</sup> in the match)

A Forster 2<sup>nd</sup> in Shot 8.50m 7<sup>th</sup> in 2 lap race 24.00 4<sup>th</sup> in SLJ 2.10m

C Hodgekinson 5<sup>th</sup> in SLJ 2.08 7<sup>th</sup> in Speed bounce 72 10<sup>th</sup> in 4 lap race 54.6

H Tonner 8<sup>th</sup> in 2 lap race 24.2 8<sup>th</sup> in Vert Jump 50cm 13<sup>th</sup> in shot 5.19m

E Mann 11<sup>th</sup> in 4 lap race 55.0 4<sup>th</sup> in Speed bounce 74 11<sup>th</sup> in SLJ 1.94

Under 15 Boys (Cams won the match and qualify for the national final – team of 7, 4 C&C & 3 MVC)

J Abbott-Gribben 1<sup>st</sup> in 2 lap race 21.6 1<sup>st</sup> in S Triple Jump 7.69m 4<sup>th</sup> in Shot 8.83m

Overall individual champion – 144 points

O Francis =2<sup>nd</sup> in 4 lap race 46.9 4<sup>th</sup> in SLJ 2.49m 14<sup>th</sup> in Speed bounce 58

T Kelk =2<sup>nd</sup> in 4 lap race 46.9 7<sup>th</sup> in SLJ 2.35m =8<sup>th</sup> in Speed bounce 66

M Vickery 3<sup>rd</sup> in S Triple J 7.05m 5<sup>th</sup> in Speed bounce 70 10<sup>th</sup> in 2 lap

race 23.2

1<sup>st</sup> 4 x 2 lap relay 1.27.6

#### Indoor track and field Athletics

##### SEAA Indoor Championships

60m U17 Men J Godden 7.57 in heat (National Champs qualifier)

##### Open meeting – Kings Lynn – 14<sup>th</sup> February

60m Hdl U17 ladies K Motley 9.7 1<sup>st</sup>

60m U15 Girls L West 8.7 3<sup>rd</sup>

##### ECAA Indoor Championships – 22<sup>nd</sup> Feb at Kings Lynn

60m Senior men P Steiner 7.3 in heat and final 3<sup>rd</sup>

60m U17 Men J Abbott-Gribben 7.9 4<sup>th</sup>

60m U15 Girls L West 8.7 (8.8 in final) 3<sup>rd</sup>

60m U17 ladies A Cone 8.7 (8.8 in heat) 3<sup>rd</sup>

60m U17 Ladies A Reagen 8.7 4<sup>th</sup>

Triplejump U17 men J Abbott-Gribben 11.25 3<sup>rd</sup>

60 Hdl U15 girls L West 10.6 3<sup>rd</sup>

60 Hdl U17 ladies	A Cone	10.2	1 <sup>st</sup>
<b>AAA national championships 28/29<sup>th</sup> February</b>			
60m U17 men	J Godden	7.65	Heat
800m U20 Women	H Rule	2.22.72	5 <sup>th</sup> in final (2.19.07 in heat)
800m U15 Girls	L Dowsett	2.20.9	6 <sup>th</sup> in final

#### Outdoor Track and Field

##### C&C vs CU Colleges Field events and Relays – Feb 20th

Men (Tied 4 events each vs the colleges but I am not sure how it was scored)

4 x 100 Steiner, Godden, Aston, Beer 1<sup>st</sup> 47.8  
Huddlestone, Abbott-Gribben, Brennand, ?? 5<sup>th</sup> 50.6

4200, 200, 400, 400. Steiner, Godden, Aston, Beer. 1<sup>st</sup> ?  
Morley, Abbott Gribben, Brennand, ?? 3<sup>rd</sup> ?

800, 1200, 1600. Morley (2.02.7), Van Aken, Blaukopf. 4<sup>th</sup> ?  
3 x 200m hurdles Van Aken, Adams, Huddlestone 4<sup>th</sup> ?

Longjump 7<sup>th</sup> J Brennand 5.39 8<sup>th</sup> J Abbott-Gribben 5.17

Discus 2<sup>nd</sup> G Parsons 33.24 5<sup>th</sup> R Smith 26.27

N/S P Bramford 27.99 N/S F Martin 18.57

Shot 2<sup>nd</sup> G Parsons 11.39 7<sup>th</sup> P Bramford 8.27

N/S F Martin 7.39

Highjump 3<sup>rd</sup> T Adams 1.60 8<sup>th</sup> J Huddlestone 1.25

Ladies (the colleges won by 5 events to 3)

4 x 100 2<sup>nd</sup> Smith, Fisher, Iwanko, A Cone 53.9

200,200,400 2<sup>nd</sup> Smith, Iwanko, Fisher

Longjump 3<sup>rd</sup> N Fisher 3.89 5<sup>th</sup> S Iwanko 3.62

Discus 1<sup>st</sup> R Martin 22.41

Shot 3<sup>rd</sup> R Martin 8.58 9<sup>th</sup> G Kyreacou 6.10

#### Club vests

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

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