



# Cambridge & Coleridge Athletics Club

Newsletter December 2004

President - B J Wallman  
Chairman - N Costello

## SPRING FIXTURES (Much more complete list of 2005 fixtures inside)

Dec 26 <sup>th</sup>	Club Boxing day 4 (11am)	All members	Newnham Green
Dec 31 <sup>st</sup>	Ely 10k	Ely	All over 16
Jan 8/9 <sup>th</sup>	SEAA Indoor Championships	Bedford	All over 12
Jan 9 <sup>th</sup>	Frostbite League	Ramsey	All
Jan 16 <sup>th</sup>	SEAA Indoor Multievents	Bedford	All over 12
Jan 16 <sup>th</sup>	Cambs AA Crosscountry Champs	Hinchingsbrook	All
Jan 16 <sup>th</sup>	Ryston XC Grand Prix	Ryston	All
Jan 23 <sup>rd</sup>	Sportshall league match	Huntingdon	U13/U15
Jan 29 <sup>th</sup>	English Regional Championships	TBC	All
Feb 5 <sup>th</sup>	Schools County Championships	TBC	Schools select
Feb 6 <sup>th</sup>	Frostbite League	Bourne Woods	All
Feb 12/13 <sup>th</sup>	AAA Indoor Championships	Sheffield	Invitation
Feb 13 <sup>th</sup>	Ryston XC Grand Prix	Ryston	All
Feb 19 <sup>th</sup>	National XC Championships	Crofton Park	Teams
Feb 19/20 <sup>th</sup>	AAA Under 20 Indoor Championships	Birmingham	Under 20's
Feb 20 <sup>th</sup>	C&C vs CU Colleges Field and relays	Cambridge	All over 16
Feb 26/27 <sup>th</sup>	AAA U15/U17 Indoor Championships	Birmingham	U15/U17's
Mar 5 <sup>th</sup>	CAU Intercounties	Nottingham	County select
Mar 6 <sup>th</sup>	Frostbite League	Huntingdon	All
Mar 12 <sup>th</sup>	English Schools Championships	Norwich	Schools select
Mar 20 <sup>th</sup>	Ryston XC Grand Prix	Ryston	All
April 17 <sup>th</sup>	London Marathon	London	Seniors
April 17 <sup>th</sup>	East Anglian League	Cambridge	All
Apr 23 <sup>rd</sup>	National 6 and 12 stage relays	Sutton Park	Seniors
April 24 <sup>th</sup>	Eastern Young athletes league	TBC	All under 17
April 30 <sup>th</sup>	Southern Womens League	TBC	All Females
May 4 <sup>th</sup>	Eastern Veterans league	TBC	Veterans
May 7 <sup>th</sup>	Southern mens League	TBC	All over 15

**\*SUMMER TRACK TRAINING - STARTS TUESDAY 29TH MARCH**  
(Young athletes start on Monday 4<sup>th</sup> April)

**\*BOXING DAY 4 - COME AND RUN - ALL WELCOME\***  
**STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS**

**TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 6<sup>TH</sup> JANUARY AND MONDAY 10<sup>TH</sup> JANUARY, AND AT THE TRACK ON SAT. 8<sup>TH</sup>.**

## Chairman's chatter

The winter season is now well underway. The club is doing very well in the Frostbite League. Sunday 12<sup>th</sup> December saw our home match at Swavesey. The match went off very well; the course is enjoyable and relatively challenging. And C&C athletes did the club proud. Thank you to all those who helped on the day with marshalling and other activities. The next event is the Boxing Day run. A good way to run off the excesses of Christmas Day. Anyone can have a go. It's not just for top runners.

We have had a large increase in members over the last two or three seasons which is very pleasing. We're struggling to keep pace with the demands that places on us for coaching and administration so if you would like to help out in some way, please let one of the committee know. The increase in numbers has brought a number of benefits. We are able to travel to a number of events around the UK and abroad in good company and we've been able to maintain club subscriptions at their present level – our costs haven't gone up as quickly as subscription income, though that is unlikely to stretch beyond one more year. We would like to encourage as many members as possible to compete for the club. Everyone benefits from that in improved performances. Maybe the place to start is the Boxing Day run!

I'd like to take this opportunity as we move into the New Year to thank all those members and friends who have helped to keep the club running. Without officials, coaches, people taking water to judges, timekeepers, scorers, marshals, sign-post-putters... and all the other help we receive the club would fold. You are really appreciated even though we don't say it often enough. Merry Christmas to all and good luck in the New Year for all those personal or season's bests.

Neil

## Report on Annual general meeting - held on November 22<sup>nd</sup> 2004

Another uneventful affair again this year. About 75 members/parents attended.

The committee were again elected uncontested. Additionally the Chairman indicated that the committee wished to co-opt two further members with specific skills, in addition to the number formally in the current constitution. (see below).

We have a large and expanding membership (460 competition status members – plus 60 Vice Presidents and Associate members) - the largest in Cambridgeshire, but the majority are young athletes and it is proving quite difficult to get sufficient help in administration or coaching. The member ship has increased by almost 20% this year, and the Road Running section is now thriving and producing some excellent results.

The Chairman outlined the thoughts of the committee on establishing a Trust fund from the monies in the investment account (mainly a legacy from a Past Vice President plus money raised for a club headquarters building). The idea under consideration is a trust fund for athletics in South Cambridgeshire which could fund projects for C&C, or specific needs of athletes in the area. In this way the money would be separate from the club operational accounts and so not affect our ability to get a share of UKA funding which will become available, Lottery grants, or other grant support.

The Treasurer went through the accounts – the club operational account is healthy but we will not have the income from the Wildlife 10k this year so the current surplus will probably be reduced to a break even position by end of the current financial year. Cost of premises hire is increasing - the University treat C&C very favourably- but we also now have access to the new Chesterton sports hall instead of Netherhall. There is no proposal to change the level of subscriptions at present.

After the presentation of awards, the meeting ended with the usual appeal for volunteers to help with any tasks large or small in running of the club.

## Presenting the Year 2005 committee



President	B Wallman
Chairman	N Costello
Gen. Secretary	Vacant
Committee secretary	M Holmes
Treasurer	N Poulter
Mens Team Manager	N Moss
Women's team manager	C Woolf
EYAL team manager	A Bird
Coaching Secretary	N Burch
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  
Additional members to be co-opted by the committee – I McKay and J Brennan

### Who won the trophies?

The seasons overall best performance	Lucy Dowsett
B P Veteran	Phil Bramford
Simpson Challenge Trophy	Ed Aston
Senior Throw - Female	Gabriella Kyriacou
Senior Throw male	Sean Fisher
Junior Throw	Alice Forster
B P Hurdles GU13	Shared - Laura Bass/Rosannah Cormack
BP Senior HJ	Tom Adams
BP Sprints male	Rashaad Noray
BP Sprints Female	Dominique Smith
BP 800m+ Female	Lucy Dowsett
Most Improved athlete	Andrew Howard
B P 13-16 Hdls M	James Markley
B P 13-16 Hdls F	Kim Motley
B P Hurdles BU13	Tom Higton
BP Junior HJ	Zoe Kier
BP Longjump	Rashaad Noray
BP 800m+ male	Ed Aston

### Track & Field champions

Senior Men	Petr Steiner	Senior Female	Sabine Hannema
Junior (U20) male	Sam Phillips	Junior (U20) Female	No award
Veteran Men	Noel Moss	Veteran Female	No award
Under 17 men	Jack Huddleston	Under 17 Ladies	Dominique Smith
Under 15 Boys	William Mycroft		
Under 15 Girls	Shared - Emma Higton/Natalie Cowan		
Under 13 Boys	Ross Dunsmore	Under 13 Girls	Emmie Sayers
Under 11 Boys	No award	Under 11 Girls	No award

### League Trophies

BP Vets league Male	Phil Bramford	BP Vet League Female	Carole Morris
BP Male league	Andrew Starnes	BP League Female	Zoe Kier
SML Team award	Tom and James Brennan		
SWL Most helpful	Abi Cone		
Anglian League W&C	Tom Spry		
EYAL W&C	Male – Tom Kelk	Female –	Nikki Fisher

### Road race trophies

Open 10 mile RR Male	Ben Baldelli	Open 10 mile RR Female	Emma Patel
Open 10 mile RR Male vet	Glynn Smith	Open 10 Mile RR Female Vet	Andrea Hill
Peter Howard Marathon Trophy	Nigel Burch		

### Handicap trophies

110 yds Handicap	Not Contested in 2004	440 yds handicap	Not contested
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### Cambridgeshire AA AGM held on November 26th

Geoff Davis, the officials Secretary, has retired from the committee due to serious health problems. Some of you will remember Geoff as the scorer for the County Championships and the multi-events, but he was also president of the County AA for several years and a former chairman and Secretary of PAC. He is succeeded as Officials Secretary by Alan Weaver. A gift of a clock will be presented to Geoff at his home as he is not able to travel. Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer.

There were no major items of discussion.

Lucy Dowsett was awarded the Trophy for the Seasons Best Track & Field performance by a Cambridgeshire Woman under the age of 17, and also the U15 Girls Trophy for best performance at the County Championships.

Rashaad Noray was awarded the Trophy for the best performance at the County Championships by an Under 15 Boy.

County colours were awarded to Lucy Dowsett, Charlotte Lacey, Ellen Leggate, James Godden and James Markley. (The criterion for award of colours is to have represented Cambridgeshire AA on 6 occasions or in three separate years).

### Sports-hall athletics

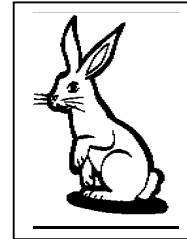
The second of the Cambridgeshire Sports-Hall athletics competitions will be held on January 23<sup>rd</sup> at Chesterton sports centre at St Ives from 12.30 to 3.30. C&C will have teams for under 11's, under 13's and under 15's, and the Cambridgeshire teams for the U13/U15 Anglia Regional final in February 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 C&C 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, return the reply slip (back page) or ring Cambridge 881075.** Don't be shy - we need everyone we can get to make sure we retain the trophy again this year.

### EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS

SUNDAY 13th FEBRUARY 2005 LYNNSPORT SPORTS BARN, KINGS LYNN

It now includes championship events for under 13's, and non-championship events for under 11's. Age groups based on age at 31<sup>st</sup> August 2005 **Entry forms enclosed with this newsletter for those who compete in the relevant events.**



### CROSS COUNTRY RUNNING

**Cambridgeshire Cross-Country Championships - Sunday 16th January**

Hinchingbrooke Park, Huntingdon (off A14 at Brampton exit, follow signs, usually easiest to park at Hinchingbrooke School).  
Non-championship U11's at 11.00, U13 G 11.30, 3k, U13 B 11.35, 3k  
Sen/Jun M 12.00, 10k, U17 W 12.55, 5k, U17 M 13.00, 6k  
Sen/Jun W 13.25, 6k, U15 G 13.55, 4.3k, U15 B 14.00, 4.3k  
Sen and Jun run together but count separately (I presume)  
Top 8 finishers get invited to represent Cambridgeshire in the CAU

Championships.

Please let me know if you want to run by 5th Jan (John Kazer details below)

### **National Cross-Country Championships - Sat 19th Feb**

Cofton Park, Birmingham. Deadline for entries Fri 24th December, so please let me know if you want to run - before Christmas :-)) - and we can plan transport.

U15 B 11.05, 4.5k, U17 W 11.30, 5k, Jun W 11.30, 5k, U13 G 12.00, 3k,

U17 M 12.20, 6k, U15 G 12.50, 4k, Jun M 1.15, 10k, U13 B 2.00, 3k

Sen W 2.15, 8k, Sen M 3.00 12k

Contact John Kazer - [john.kazer@hotmail.com](mailto:john.kazer@hotmail.com) Tel 01223 308357

**\*\*\* BMAF Cross Country Relay Championships (Earlham Park Norwich on 12<sup>th</sup> Feb) \*\*\***

10 year age groups. Would any veterans who are interested to run please contact Glynn Smith 571685.

**ROAD RUNNING**

**What a performance!!**

Most people can tell you who was first British female in the New York Marathon this year – Paula Radcliffe won it in case you hadn't heard – but not many could tell you who was the fourth British female finisher.

In fact it was C&C runner, Emma Patel, who finished as the 76<sup>th</sup> Lady in 3.11.27. Well done Emma!

But that wasn't all, Joanna Ball from C&C finished as 8<sup>th</sup> British Female in 3.18.13. Our men also did well and you can find the results at the back of the newsletter, but how nice to see C&C athletes competing in these big events Internationally. If you look in the results section you will also find results from the Amsterdam Marathon, where Emma was 69<sup>th</sup> overall, and 2<sup>nd</sup> Lady finisher in the Half Marathon event. (and 5880 finished the race!).

Nearer to home, what a super run from Ellen Leggate to finish as the first lady in the St Neots Half Marathon.

Our Road Race section is really doing well and we must congratulate them all, with special thanks to Glyn Smith, the Road Race secretary, and Ian McKay who acts as their Travel Agent. Great stuff – keep it up. *Editor*

**Pounding the Road - Glyn Smith**

**Frostbite League**

After three races, we lead the Senior event overall, but will rely on a good turnout for the three remaining fixtures to ensure that we can hold on to the lead. Well done all those who took part, and please support the final three events..

**St Neots half marathon.**

Not a big club turn out here mainly due to various athletes recovering from other marathons but what a fantastic run by Ellen Leggate, being first female with a time of 1hr 18.10s

**London Marathon club entries**

We again have three club entries for the London, for which I will be having a draw for on the 22nd.Dec.at our RR buffet. Please contact me before this date if you think you qualify.

**Hereward Relay**

Thanks to all our teams that took part and congratulations to the girls who came away with 2nd female team (results in back of newsletter).

**New York Marathon**

I believe Joanne is doing a separate report on this. It was not an easy Marathon but all those who took part faired well, especially Emma Patel with 3hrs 11m and placed 4th British female.

**Amsterdam Marathon, Half Marathon and 10k, October 17, 2004 - by Alex Downie**

Running the numbers:

15 - C&C runners flew to the Dutch capital

2 - who did the Marathon. 15,000 total number in the Marathon.

11 - in the Half-Marathon. 6,000 in the Half-Marathon.

2 - in the 10k.. 3000 in the 10k.

The 2 daft old g-ts who ran the Marathon were Glyn and Alex, but this time cooperation, not competition was the order of the day. They finished in 3:36, after enormous amounts of incredible pain and suffering [which they'll tell you all about if you ask or even if you don't] and, dare I say this, after some bouts of walking.

C&C Star Runner Award has to go to the person who came in 2nd lady in the Half

Marathon, namely Emma Patel [1:23]. Well done, Emma. Other terrific results were recorded by Ian D. [1:26], Tim [1:35], and Will [1:36], - 9min faster than ever before.

But spare a thought for poor ol' John, who, after finishing the Half-Marathon, fell victim to the Gatorade [or Gutorade], on offer at the water stations. It was either that, or the sight of the 2 grizzled old Marathoners referred to above, which caused the ambulance staff some concern over his health. So much so, in fact, that they strongly recommended that he stay in that night.

Just as well, really. Martin, as ever, impressed during the warm-down sessions afterwards, and Glyn's idea of a recovery run was a cross-training dance sequence, allegedly with some ladies from Scotland – the wee wonder!

**Racing the Big Apple by Joanna Ball**

I originally decided to run the New York marathon for two reasons: it fell on my birthday (which seemed like a good idea at the time), and it also fell on the day of the Dovedale Dash. After last year's club trip, I was willing to do anything to avoid racing that mudbath again, even a marathon.

Four of us (Emma Patel, Will Clarkson, Ishmail Badr and me) travelled out together to the Big Apple for the 35th running of the New York marathon. The weekend started with an exciting moment in the check-in queue at Heathrow when we realised that the woman we'd spotted who looked just like a heavily-pregnant Sally Gunnell was in fact the woman herself, travelling out to interview Paula Radcliffe courtesy of the BBC. The flight itself was full of marathon runners, all getting up every five minutes to have a stretch and visit the facilities.

Once we arrived, New York was buzzing with runners and you could really feel the pre-race excitement. We all went off to register at the expo, and tried to resist spending too much money. On the Nike stand, we picked up wristbands which calculated mile splits for your goal time which took the gradient of the course into consideration.

The International Friendship Run, a four-mile jog which took in some of the marathon course, was held on the morning before the race. There were thousands of runners from all over the world, many of them waving flags and running in national costume. There was a real party atmosphere, and it was difficult not to get carried away with the excitement and run too fast. We were desperately trying to save our energy for the event itself.

Race day dawned, and we trekked off to the New York Public Library at 6am for our bus to the start at Staten Island. We had been warned about how cold it would be, and went well prepared with lots of layers to throw off just before the start, but it was actually a very warm day. Emma and I were starting from a separate start for women and so we went off to our pen quite early. We were keen to get a good start and did a fair bit of jostling for position as we were led to the line, only to discover once we got there that we were in the front row! Standing in front of 35,000 people at the foot of the Verrazano-Narrows bridge while the American anthem was playing was an experience I'll never forget.

The race started, and of course in the excitement we ran off far faster than our trusty Nike wristbands advised. The course goes through each of the five boroughs: Staten Island, Brooklyn, Queens, the Bronx, and Manhattan, and over five bridges along the way. The atmosphere and support from crowds along the way was fantastic – as good as London. It was a surprisingly warm day, the course was far from easy, and of course, we'd all gone off just a tiny bit too fast, so our times were not quite what we'd hoped. When we met up at the end of the race we were still very pleased with ourselves, particularly Will, who finished his first ever marathon in a very respectable time of 3:52. Emma qualified for a Championship place at London, with an impressive 3:11, and was the 4th British woman finisher (not bad, considering the standard set by the first British woman home!). Ish and I didn't quite make our targets, but were still pretty satisfied. As we all staggered away from the finish, we almost tripped over Tim Long, our fellow C&C runner, who was "resting" on the grass in Central Park. He was delighted with his PB of 3:32.

The rest of the trip was spent celebrating and following the standard New York tourist trail: Empire State Building, Statue of Liberty, lots of shopping... Emma and Will managed to talk their way into a press conference with Paula Radcliffe, met her and persuaded her to sign a t-shirt.

We flew back to the UK very tired, but having had the trip of a lifetime. Sally Gunnell was on our flight home, and also looked pretty tired, but of course she didn't have the excuse of having just run a marathon. On our return, I discovered that after all my efforts the Dovedale Dash had been cancelled for only the second time in history due to bad weather. Just my luck!



#### **Dovedale dash 2004 – by Ian McKay**

A number of the road running section (Neil & Ginny Costello, Glyn Smith, Alex Downie, John Lewy, Chris Brown, Mike Smith, Ian and Helen McKay and Emma Hostler,) ventured to Hartington Hall youth hostel, Martin Kreetzer and his wife stayed at a B&B (as snoring can be a problem in the men's dorm). We decided to go for a training weekend and cross country race for the weekend of the 5-6<sup>th</sup> November, unfortunately due to heavy rain over the preceding couple of weeks, the race was cancelled as Thorpe pastures were unable to accommodate any parking and insufficient alternative parking was

available.

A number of the club members, after running in the last years dash enrolled in the New York Marathon but did not count on rain stopping play, the marathon is another story. Hardy folks as we are, the road runners met at Hartington Hall early in the afternoon for a gentle 6 mile walk, this started off by following the local farm roads which soon gave way to mud and other things! It was like skiing downhill on mud. We slid in to Bigindale and then onto Wolfscote dale finally returning to Hartington, as it was getting dark, Glyn ever hopeful of helping out again in the local tea shop, to serve us all tea, was not able to find a open café.

Hartington Hall once the overnight stay of Bonnie Prince Charlie, provided a good 3 course dinner and with its own bar which was well used. Later on we ventured in to Hartington to try out the local beers, this is what is known as cross training.

Since the Dovedale dash was cancelled, we drove to the lower car park at Thorpe and ran along Dovedale for ¾ of an hour and then back, it was a great morning for a run in different terrain, which was enjoyed by all. Even watching Glyn paddling in the river attempting to wash the mud off his legs, apparently Paula R has a cold dip after a race so is this Glyn's race winning tactics.

The next training weekend which is being organised should there be sufficient interest will be a visit to Ireland for the Ballycotton 10 (mile) in early March 2005 see notice board for further details or ring Ian on 01223 245622

#### **Dovedale without the Dash – (Another view of Dovedale) – by Alex Downie**

"Because of the intense and blissful feeling, a paradoxical mix of pulsing energy and profound peace", could be a reply to the question, "Why run?".

It may be true, but like Crick and Watson announcing in the Eagle pub, "we've found out the meaning of life!", it could just come over as a tad OTT – verging on the emotional side of sober – and not entirely convincing to the unbiased listener.

But if you are having problems persuading the average sofa spud of the virtues of running, how can you possibly hope to have a watertight(sic) reply to the question "Why run the Dovedale Dash?".

Well first you see, about 10.000 Maniacs (actually about 1000 maniacs, but then that's not such a good name for a band) funnel down a near vertical valley side, thence to stumble, unsighted by all the bodies in front, down the rocky pebbly, boulder strewn valley bottom.

If you survive that, there is crossing the knee- or thigh-deep river Dove, pretty cold and non-peaceful in November – but it does gee you up (honest!). You then go squelching up a slippery hillside and through some fields containing bemused livestock a bit like your average sofa spud really) – but the totally best bit is when you get to wade through about 20m of particularly glutinous mud and cowdung, again knee- or even thigh-deep. But that's ok, because you can splash a lot of it off as you go hurtling upstream again, mainly in the stream, looking forward to a powerful surge up the aforementioned valley side to finish up with. What a race!

"Hmm..... and that's fun?" says the sceptical sofa spud, reaching for the remote.....

Ah well, there's always a world of difference between mere explanation and full-blooded experience.

And this year....., well the race was off because of the wrong kind of field for car parking, so the C&C contingent enjoyed excellent YHA accommodation, the now expected high level of conversation in local hostelrys, and then a leisurely center up (instead of across) Dovedale – at least it was leisurely until Glyn decided to inject a bit of Dash into Dovedale after all.....!

*To me, it makes those of us who confine our running mainly to a nice piece of polyurethane rubber which is guaranteed not to have more than a 1:1000 slope, sound almost sane - Editor*

#### **Our athletes in the United Kingdom Age-group top 25 Ranking lists for 2004 T&F**

Under 13 Girls	Highjump	Zoe Kier	1.44m	=25 <sup>th</sup>
Under 15 Girls	800m	Lucy Dowsett	2.11.29	2 <sup>nd</sup>
	1500m	Lucy Dowsett	4.42.8	9 <sup>th</sup>
Under 15 Girls	Shot	Alice Forster	10.66	15 <sup>th</sup>
Under 17 Ladies	80m Hurdles	Kim Motley	12.0	20 <sup>th</sup> (hand timing)
Under 17 mens	800m	Ed Aston	1.55.82	8 <sup>th</sup>

#### **Useful telephone numbers for 2004/5**

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials		01223 833470
Anna Bird	Young Athletes Team coordinator		01223 352541
Sarah Kelk/Nigel Burch	Young Athletes managers		01223 841432 /560161
Carl Woolf	Ladies 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

#### **Useful E-Mail and website addresses**

C&C Website [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)

UKA website [www.ukathletics.org.uk](http://www.ukathletics.org.uk) AAA website [www.englandathletics.org](http://www.englandathletics.org)

SEAA website [www.seaa.org.uk](http://www.seaa.org.uk)

E-mails about C&C membership and other admin issues [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk)

Amendments/items for website [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk)

To join the C&C e-mail information group, e-mail your request to [john.kazer@hotmail.com](mailto:john.kazer@hotmail.com)

Newsletter editor (for your results and articles to publish) [noel-moss@supanet.com](mailto:noel-moss@supanet.com)

Athletics kit and shoes by internet or mail order [www.bournesports.com](http://www.bournesports.com)

#### **Provisional Fixtures Spring/Summer 2005 (some details are not yet available)**

Dec 26 <sup>th</sup>	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 <sup>st</sup>	Ely 10k	Ely	All over 16
Jan 8/9 <sup>th</sup>	SEAA Indoor Championships	Bedford	All over 12
Jan 9 <sup>th</sup>	Frostbite League	Ramsey	All
Jan 16 <sup>th</sup>	SEAA Indoor Multievents	Bedford	All over 12
Jan 16 <sup>th</sup>	Cambs AA Crosscountry Champs	Hinchingbrook	All

Jan 16 <sup>th</sup>	Ryston XC Grand Prix	Ryston	All	12 <sup>th</sup> June	Bedford International Games 2005	Spectators	Bedford
Jan 23 <sup>rd</sup>	Sportshall league match	Huntingdon	U13/U15	TBC	EVAC championships	Veterans	Chelmsford
Jan 29 <sup>th</sup>	SEAA Championships	Parliament Hill	All	18/19 <sup>th</sup> June	SEAA Senior ChampionshipsSeniors	Ashford	
Jan 29/30 <sup>th</sup>	Birmingham indoor games	Birmingham	All?	19 <sup>th</sup> June	Marathon & Half Marathon	Senior/Veterans	Blackpool
Feb 5 <sup>th</sup>	Schools County Championships	TBC	Schools select	19 <sup>th</sup> June	Eastern Young Athletes Lge	All under 17	
Feb 5 <sup>th</sup>	BUSA Cross Country Champs	Leeds	University select	25 <sup>th</sup> June	Southern Mens League	Males 15+	
Feb 6 <sup>th</sup>	Frostbite League	Bourne Woods	All	25 <sup>th</sup> June	BMC Nike Grand prix rd 3	Seniors	Cardiff
Feb 6 <sup>th</sup>	EVAC Cross Country	Colchester	Veterans	26 <sup>th</sup> June	East Anglian League	All	Cambridge
Feb 6 <sup>th</sup>	ASICS Watford Half Marathon	Watford	Sen/Vet	2/3 <sup>rd</sup> July	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
Feb 12 <sup>th</sup>	BMAF Cross Country relays	Norwich	Veterans	3 <sup>rd</sup> July	Eastern Young Athletes Lge	All under 17	
Feb 12/13 <sup>th</sup>	AAA Indoor Championships	Sheffield	Invitation	6 <sup>th</sup> July	Eastern veterans league	Veterans	
Feb 13 <sup>th</sup>	Ryston XC Grand Prix	Ryston	All	8/9 <sup>th</sup> July	National Schools Champs	Schools select	Birmingham
Feb 13 <sup>th</sup>	Wokingham Half Marathon	Wokingham	Sen/Vets	9/10 <sup>th</sup> July July	AAA Senior Championships	Seniors	Manchester
Feb 19/20 <sup>th</sup>	AAA Under 20 Indoor Championships	Birmingham	Under 20's	9 <sup>th</sup> July	Southern Mens League	Males 15+	
Feb 19 <sup>th</sup>	National XC Championships	Crofton Park	Teams	10 <sup>th</sup> July	The British 10k London	Seniors/vets	Hyde Park Corner
Feb 26/27 <sup>th</sup>	AAA U15/U17 Indoor Championships	Birmingham	U15/U17's	TBC	ECAA Championships	All	TBC
Feb 26/27 <sup>th</sup>	BUSA Indoor Championships	Sheffield	University Select	17 <sup>th</sup> July	BMC Nike Grand Prix Rd 4	Seniors	Solihull
Mar 5 <sup>th</sup>	CAU Intercounties	Nottingham	County select	23 <sup>rd</sup> July	Southern Women's League	All Females	
Mar 6 <sup>th</sup>	Frostbite League	Huntingdon	All	24 <sup>th</sup> July (or 31 <sup>st</sup> )	East Anglian League	All	TBC
Mar 6 <sup>th</sup>	Reading Half Marathon	Reading	Sen/Vets	30 <sup>th</sup> July	Southern Mens League	Males 15+	
Mar 12 <sup>th</sup>	English Schools Championships	Norwich	Schools select	3 <sup>rd</sup> August	Eastern Veterans league	Veterans	
March 12/13 <sup>th</sup>	AAA Combined events	All	Cardiff	6/7 <sup>th</sup> August	SEAA Combined events and Masters	All	Exeter
Mar 12 <sup>th</sup>	BMAF XC Champs	Veterans	Bangor	6/7 <sup>th</sup> Aug ???	BMAF T&F championships	Veterans	TBC
Mar 13 <sup>th</sup>	Hastings Half Marathon inc AA and CAU	Sen/Vet	Hastings	7 <sup>th</sup> August	Eastern Young Athletes Lge	All under 17	
Mar 13 <sup>th</sup>	Addidas Flora London Half Marathon	Sen/Vet	Silverstone	13/14 <sup>th</sup> August	AAA U15/U17 Championships	U15's/U17's	Birmingham
Mar 20 <sup>th</sup>	Ryston XC Grand Prix	All	Ryston	20/21 <sup>st</sup> August	AAA U15/U17 combined events	U15's/U17's	Birmingham
Mar 20 <sup>th</sup>	Finchley 20 mile RR	Sen/Vets	Ruislip	20 <sup>th</sup> August	Southern Mens League	Males 15+	
April 3 <sup>rd</sup>	SEAA 6 & 12 stage relays	Sen/Vets	Milton Keynes	20 <sup>th</sup> August	Southern Women's League	All Females	
April 3 <sup>rd</sup> or 24 <sup>th</sup>	AAA Young athletes Road relays	All under 17	Sutton Park	28 <sup>th</sup> August	SEAA Intercounties U20 & U15	County select	Abingdon
April 3 <sup>rd</sup>	Bungay Black Dog Marathon & Half	Sen/Vets	Bungay	3 <sup>rd</sup> Sept	Southern Women's League	All Females	
17 <sup>th</sup> April	East Anglian League	All	Cambridge	4 <sup>th</sup> September	Wolverhampton City Marathon	Sen/Vets	Wolverhampton
April 17 <sup>th</sup>	London Marathon	Seniors	London	TBC	ECAA Hibberd Trophy	County Select	TBC
April 23 <sup>rd</sup> National	6 and 12 stage relays	Seniors	Sutton Park	11 <sup>th</sup> Sept	Robin Hood half Mar & Marathon	Sen/Vet	Nottingham
24 <sup>th</sup> April	Eastern Young Athletes Lge	All under 17		TBC	BMAF Multievents	Veterans	TBC
30 <sup>th</sup> April	Southern Women's League	All Females		11 <sup>th</sup> Sept	Eastern Young Athletes Final	All under 17	
Apr 30-May 2	BUSA Champonships	University select	Glasgow	18 <sup>th</sup> September	East Anglian league Final	All	Bury St Edmunds
1 <sup>st</sup> May	EVAC Road Relays	Veterans	TBC	18 <sup>th</sup> Sept	Great North Run (Half mar)	Sen/Vets	Gateshead
2 <sup>nd</sup> May	Belfast City Marathon	Sen/Vet	Belfast	25 <sup>th</sup> Sept.	Windsor Half Marathon	Sen/vet	Windsor
4 <sup>th</sup> May	Eastern Vets League	Veterans		TBC	BMAF Weight Pentathlon	Veterans	TBC
7 <sup>th</sup> May	Southern Mens League	Males 15+		1/2 <sup>nd</sup> Oct	SEAA6 stage/4 stage/YA relays	All	TBC
14 <sup>th</sup> May	Cambs AA Championships	All members	Peterborough	9 <sup>th</sup> Oct	Great South Run (10miles)	Sen/Vets	Portsmouth
21 <sup>st</sup> May	Southern Mens League	All Males 15+		22 <sup>nd</sup> Oct	AAA 6 & 4 stage relay Champs	Sen/vets	Sutton Coldfield
21 <sup>st</sup> May	Southern Womens League						
21 <sup>st</sup> May	BMC Nike Grand prix Rd 1	Seniors	Manchester				
22 <sup>nd</sup> May	Eastern Young Athletes Lge	All under 17					
22 <sup>nd</sup> May	BUPA Greater Manchester 10k	Sen/vets	Manchester				
22 <sup>nd</sup> May	Isle of Wight Marathon	Sen/vets	Ryde IOW				
5 <sup>th</sup> June	East Anglian league	All	TBC				
28/29 <sup>th</sup> May	SEAA U20 Championships	All under 20	Portsmouth				
29/30 <sup>th</sup> May	CAU Championships	County select	Bedford				
1st June	Eastern Veterans league	Veterans					
11/12 <sup>th</sup> June	AAA Combined events	Senior/U20	Hexham				
11 <sup>th</sup> June	BMC Nike Grand Prix Rd 2	Seniors	TBC				
11 <sup>th</sup> June	Cambridgeshire schools Champs	Schools select	St Ives				

**- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31<sup>st</sup> August 2005 except U20's when it is age at 31<sup>st</sup> Dec 2005.**

**- 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**

### Results, results and more results

#### Track/Indoor

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

U13 Girls minithon Emmie Sayers 56 pts (2<sup>nd</sup> Cambs AA), Lauren Sammout 51 pts, Kikki Band 49 pts Harriet Cox 34 pts

Under 17 Womens Pentathlon	Dominique Smith	1899pts (1 <sup>st</sup> Cambs AA)
Under 15 Boys Pentathlon	William Mycroft	1199pts (2 <sup>nd</sup> Cambs AA)
Under 17 men's Pentathlon	Jack Huddleston	2044 pts (3 <sup>rd</sup> ECAA/CambsAA),
	Joe Abbott-Gribben	1933 pts (4 <sup>th</sup> ECAA/Cambs AA)
Senior Men	Petr Steiner	2133 pts (1 <sup>st</sup> ECAA/Cambs AA),
	Bryn Percival	1814 pts (3 <sup>rd</sup> ECAA/2 <sup>nd</sup> Cambs AA)
	James Brennand	1530 pts (3 <sup>rd</sup> Cambs AA)

#### Varsity Freshers Match – 7<sup>th</sup> Nov at Cambridge

1500m	1 <sup>st</sup>	W George	4.08.4	(Running for CUAC)
5000m	2 <sup>nd</sup>	W George	??	

#### Road

##### Saffron Walden 10k - 26th Sept

1 <sup>st</sup>	1 <sup>st</sup> Sen	B Baldelli	34.00	7 <sup>th</sup>	3 <sup>rd</sup> Sen	G Capetti	35.31
14 <sup>th</sup>	6 <sup>th</sup> M40	L Stone	36.48	26 <sup>th</sup>	11 <sup>th</sup> M40	G Cinque	38.42
31 <sup>st</sup>	1 <sup>st</sup> Lady	E Patel	38.52	39 <sup>th</sup>	4 <sup>th</sup> M50	G Smith	39.47
63 <sup>rd</sup>	19 <sup>th</sup> M40	J Lewy	41.20	66 <sup>th</sup>	1 <sup>st</sup> W40	A Hill	43.03
70 <sup>th</sup>	22 <sup>nd</sup> M40	C Brown	43.15	79 <sup>th</sup>	46 <sup>th</sup> Sen	W Clarkeson	44.22
82 <sup>nd</sup>	3 <sup>rd</sup> Lady	C Gibbons	44.27	83 <sup>rd</sup>	5 <sup>th</sup> M50	P Dewison	44.30
94 <sup>th</sup>	8 <sup>th</sup> M50	P Howard	45.41	107 <sup>th</sup>	2 <sup>nd</sup> W50	S Barnett	46.24
160 <sup>th</sup>	77 <sup>th</sup> Sen	A Irvine	49.45	161 <sup>st</sup>	19 <sup>th</sup> Lady	C McEinery	49.46
182 <sup>nd</sup>	22 <sup>nd</sup> Lady	R Kiff	51.14	214 <sup>th</sup>	22 <sup>nd</sup> M50	N Taylor	52.45
322 <sup>nd</sup>	1 <sup>st</sup> M80	D Blyth	81.39*				

- 1 minute faster than in 2003

##### Kingston 16 – October 10th

2 <sup>nd</sup> lady	E Patel	106.52
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##### Amsterdam Marathon – October 17<sup>th</sup> (4495 finished)

1468 <sup>th</sup>	28 <sup>th</sup> M55	A Downie	3.35.13	1548 <sup>th</sup>	33 <sup>nd</sup> M55	G Smith	3.37.17
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##### Amsterdam Half Marathon – October 17<sup>th</sup> (5880 finished)

69 <sup>th</sup>	2 <sup>nd</sup> Lady	E Patel	1.23.22	1063 <sup>rd</sup>	999 <sup>th</sup> Man	M Kreetzer	1.40.15
128 <sup>th</sup>	124 <sup>th</sup> Man	I Delaney	1.26.24	2341 <sup>st</sup>	2123 <sup>rd</sup> Man	D Willis	1.49.42
609 <sup>th</sup>	582 <sup>nd</sup> Man	T Long	1.35.43	3120 <sup>th</sup>	384 <sup>th</sup> Lady	H McKay	1.54.26
722 <sup>nd</sup>	686 <sup>th</sup> Man	W Clarkson	1.36.46	4858 <sup>th</sup>	3915 <sup>th</sup> Man	I McKay	2.07.54
810 <sup>th</sup>	771 <sup>st</sup> Man	J Lewy	1.37.47	5484 <sup>th</sup>	4278 <sup>th</sup> Man	N Burch	2.17.39

##### Amsterdam 10k – October 17<sup>th</sup> (2936 finished)

614 <sup>th</sup>	75 <sup>th</sup> Lady	R Kiff	49.08	1985 <sup>th</sup>	586 <sup>th</sup> Lady	M Warren	59.20
682 <sup>nd</sup>	592 <sup>nd</sup> Man	N Taylor	49.42				

##### Fenland 10 – Wisbech – October 31<sup>st</sup>

20 <sup>th</sup>	G Capetti	59:32	49 <sup>th</sup>	M Chaplin (1st M45)	
	1:03:23				
69 <sup>th</sup>	D Mail	1:05:59	80 <sup>th</sup>	R Jackson	1:06:53
116 <sup>th</sup>	P Dewison	1:10:05	167 <sup>th</sup>	S Barnett (2nd W50)	1:16:25

##### New York Marathon – Nov 7<sup>th</sup> ( 14,800finished)

695 <sup>th</sup> overall	642 <sup>nd</sup> man		I Badr	3.05.56
955 <sup>th</sup> overall,	76 <sup>th</sup> Lady,	4 <sup>th</sup> British lady	E Patel	3.11.27
1388 <sup>th</sup> overall		8 <sup>th</sup> British Lady	J Ball	3.18.13
2987 <sup>th</sup> overall	2600 <sup>th</sup> Man		T Long	3.32.13
6493 <sup>rd</sup> overall	5386 <sup>th</sup> Man		W Clarkson	3.52.34

##### St Neots Half Marathon - November 14<sup>th</sup>

Men – Team, Ladies – Team

Men							
47 <sup>th</sup>	B Blaukopf	1.23.33	80 <sup>th</sup>	V40	G Cinque	1.26.13	
102 <sup>nd</sup>	V50	D Mail	1.27.47	115 <sup>th</sup>	V45	Rog Jackson	1.28.31
244 <sup>th</sup>	V50	C Brown	1.35.14	271 <sup>st</sup>	V55	A Downie	1.36.24

283	V40	P Schofield	1.37.09	346	V40	M DiFranco	
	1.40.12						
536 <sup>th</sup>	V40	B Corbett	1.48.41				
Ladies							
17 <sup>th</sup>	1 <sup>st</sup> Lady	E Leggate	1.18.10	533 <sup>rd</sup>	V35	G Haigh	1.48.36
692 <sup>nd</sup>	V35	K Thomas	1.56.43	826 <sup>th</sup>		C Blaukopf	2.05.50

#### St Neots Fun run

93 <sup>rd</sup>	U11	Jasmine Corbett	16.51
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#### Herward 4 stage relay – Nov 28<sup>th</sup> – 108 teams finished – 6.1 miles, 11.6 miles, 10.3 miles, 10.4 miles

Senior men (Cambridge Boys)	38 <sup>th</sup> team	4.52.52		M Smith	42.08
C Brown	1.26.31	T Long	1.18.51	W Clarkson	1.25.22
Veteran Men 40+ (Flying forties)	18 <sup>th</sup> team	4.35.10		M Kreetzer	43.52
J Lewy	1.23.38	M Chaplin	1.16.00	I Delaney	1.11.40
Veteran Men 50+ (Nifty Fifties)	37 <sup>th</sup> team	4.52.28		J Jenkins	41.38
G Smith	1.21.28	N Costello	1.29.04	A Downie	1.20.18
Ladies (Cambridge Babes)	50 <sup>th</sup>	2 <sup>nd</sup> Ladies team	5.02.18	C Stanier	53.47
V Fanstone	1.28.05	C Gibbons	1.26.28	E Patel	1.13.58

#### Stevenage 5k – Nov 28<sup>th</sup>

B Baldelli	8 <sup>th</sup>	16.39
Portsmouth Victory 5 mile – December 5 <sup>th</sup>		
I Williamson	18 <sup>th</sup>	24.59 (15 seconds faster than 2003)

#### Cross country

##### Ryston Runners Grand prix series - October 10<sup>th</sup>

Men (5k)	5 <sup>th</sup>	M Salt	17.23	7 <sup>th</sup>	A Parmenter	17.32
Men Vet 60+	5 <sup>th</sup>	D Blyth	39.31			
U15 Boys	3 <sup>rd</sup>	J Kennard	10.54			
U11 Boys	9 <sup>th</sup>	S Kennard	9.05			
U15 Girls	6 <sup>th</sup>	G Coe	12.12			
Ladies Vets 55+	4 <sup>th</sup>	M Holmes	26.26			

##### Reebok Cross Challenge – Birmingham – Oct 30<sup>th</sup>

109 <sup>th</sup>	I Williamson	40.18
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##### English Schools Cup Region E – Hinchbrooke Nov 13<sup>th</sup>

Under 17 Ladies	1 <sup>st</sup>	L Dowsett	10.32	(Comberton VC 3 <sup>rd</sup> team qualify for final)
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##### Ryston Runners Grand prix series – November 14<sup>th</sup>

Approx 9k	6 <sup>th</sup>	A Parmenter	31.59	26 <sup>th</sup>	M Chaplin (2nd M45)	34:18,
	36 <sup>th</sup>	G Meah (6th M45)	35:39	38 <sup>th</sup>	M Kreetzer (7th M45)	
35:43						
	39 <sup>th</sup>	G Smith (3rd M55)	35:43	49 <sup>th</sup>	P Dewison (3rd M50)	36:40
	105 <sup>th</sup>	M Holmes (2nd W55)	47:36	129 <sup>th</sup>	D Blyth (10th M60)	
	71:54.					

##### Cambridge University Cuppers – Nov 19<sup>th</sup> at Wandlebury

Ladies (6.55k)					
5 <sup>th</sup>	J Lasenby	25.42	10 <sup>th</sup>	S Hannema	27.22

##### Reebok Challenge – Parliament Hill – Nov 20<sup>th</sup>

11 <sup>th</sup>	L Dowsett	U15 Girls	17.07
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##### Eastern Counties Chamionships – Hinching brook – Nov 28<sup>th</sup> (This is all I have)

Senior Men					
4 <sup>th</sup>	M Salt	47.07	5 <sup>th</sup>	C Flood	47.12
6 <sup>th</sup>	A Parmenter	47.28			
Under 20 Men					
3 <sup>rd</sup>	N Carroll	30.16			
Ladies					
3 <sup>rd</sup>	D Braverman	29.59 (1 <sup>st</sup> W45)			

**English Schools Cup – Dec 4<sup>th</sup> at Oswestry**  
Under 17 Ladies 3<sup>rd</sup> L Dowsett 11.27

**Multi-terrain**

**Frostbite League - Oct 10<sup>th</sup> St Neots**

Seniors	2 <sup>nd</sup> team	355 finished					
4 <sup>th</sup>	4 <sup>th</sup> Man	B Baldelli	28.30	95 <sup>th</sup>	G Smith	(V55)	33.48
11 <sup>th</sup>	1 <sup>st</sup> Fem	E Leggate	29.55	126 <sup>th</sup>	P Dewison	(V50)	35.10
35 <sup>th</sup>	34 <sup>th</sup> Man	S Bowen (V50)	31.16	136 <sup>th</sup>	P Schofield		(V45)
			36.10				
36 <sup>th</sup>	35 <sup>th</sup> Man	T Ingulfsen	31.17	143 <sup>rd</sup>	C Gibbons	(F)	36.25
53 <sup>rd</sup>	51 <sup>st</sup> Man	A Howard (U20)	32.13	189 <sup>th</sup>	A Irvine		38.20
55 <sup>th</sup>	53 <sup>rd</sup> Man	B Blaukopf	32.17	191 <sup>st</sup>	C McEinery	(F)	38.24
65 <sup>th</sup>	63 <sup>rd</sup> Man	M Smith (	32.33	242 <sup>nd</sup>	E Wostelec	(F)	40.49
70 <sup>th</sup>	68 <sup>th</sup> Man	D Mail	33.01	244 <sup>th</sup>	N Costello	(V55)	40.59
87 <sup>th</sup>		J Lewy (V45)	33.34	261 <sup>st</sup>	R Kiff	(F)	42.03
88 <sup>th</sup>	4 <sup>th</sup> Fem	V Fanstone		285 <sup>th</sup>	Jenny Corbett	(F)	
			43.58				
90 <sup>th</sup>		A Downie (V55)	33.38	286 <sup>th</sup>	B Corbett		43.59
Juniors	4 <sup>th</sup> team	100 finished					
16 <sup>th</sup>	J Ennis	8.45		49 <sup>th</sup>	W Donaghy		10.02
27 <sup>th</sup>	C McLavenna	9.14		57 <sup>th</sup>	A Dewison		10.31
32 <sup>nd</sup>	S Johnson	9.26		65 <sup>th</sup>	O Matthewson		10.45
42 <sup>ND</sup>	S Szymansky	9.50		67 <sup>th</sup>	Jasmine Corbett		10.53
48 <sup>th</sup>	K Bull	10.00					

**Stowmarket Senic 7 Nov 14<sup>th</sup>**

2 <sup>nd</sup>	B Baldelli	38.09
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**Frostbite League - Nov 21<sup>st</sup> - Peterborough**

Seniors	2 <sup>nd</sup> team (now 2 <sup>nd</sup> team of 17) – 388 finished						
7 <sup>th</sup>	B Baldelli	27.23	15 <sup>th</sup>	E Leggate	1 <sup>st</sup> female	28.56	
25 <sup>th</sup>	J Morley	29.20	40 <sup>th</sup>	A Howard	U20	30.28	
46 <sup>th</sup>	S Bowen	V50	30.43	52 <sup>nd</sup>	E Patel	2 <sup>nd</sup> Female	30.54
72 <sup>nd</sup>	D Abbott	V40	31.47	84 <sup>th</sup>	J Lewy	V45	32.10
93 <sup>rd</sup>	G Meah	V45	32.22	100 <sup>th</sup>	V Fanstone		6 <sup>th</sup> Female
			32.36				
106 <sup>th</sup>	G Smith	V55	32.48	124 <sup>th</sup>	A Downie	V55	33.27
133 <sup>rd</sup>	P Dewison	V50	33.41	158	W Clarkson		34.31
216 <sup>th</sup>	N Costello	V55	37.05	242	C McEinery	F	38.21
266 <sup>th</sup>	H McKay	FV35	39.41	281 <sup>st</sup>	E Hostler	F	40.36
327 <sup>th</sup>	I McKay	V40	43.19	359 <sup>th</sup>	N Burch	V45	47.17
Juniors	5 <sup>th</sup> team – now 4 <sup>th</sup> team overall	105 finished					
9 <sup>th</sup>	O Stobbard	9.05	12 <sup>th</sup>	T Spry		9.13	
31 <sup>st</sup>	W Snell	10.11	42 <sup>nd</sup>	Jenni Corbett (F)		10.36	
53 <sup>rd</sup>	S Johnson	11.05	55 <sup>th</sup>	S Szymanski		11.11	
56 <sup>th</sup>	A Dewison		11.11	61 <sup>st</sup>	O Mathewson (F)	11.17	
66 <sup>th</sup>	C McLavenna	11.20	67 <sup>th</sup>	K Bull		11.24	
68 <sup>th</sup>	Jasmine Corbett (F)	11.24	72 <sup>nd</sup>	E Woodruff (F)		11.43	
75 <sup>th</sup>	C Draper (F)	11.52					

**Frostbite League - December 12<sup>th</sup> - Swavesey**

Seniors	1 <sup>st</sup> team (now 1 <sup>st</sup> overall of 17 teams) – 294 finished						
1 <sup>st</sup>	W George	26.13	6 <sup>th</sup>	B Baldelli		27.49	
14 <sup>th</sup>	I Delaney	M40	29.22	29 <sup>th</sup>	R Kreetzer	U17	30.28
30 <sup>th</sup>	L Stone	M45	30.28	38 <sup>th</sup>	E Patel	1 <sup>st</sup> Female	30.53
44 <sup>th</sup>	I Badr		31.08	50 <sup>th</sup>	J Kazer		31.15
51 <sup>st</sup>	M Bell	U20	31.18	57 <sup>th</sup>	S Bowen	V50	31.27

60 <sup>th</sup>	M Smith	31.31	69 <sup>th</sup>	A Howard	U20	32.04	
86 <sup>th</sup>	C Clissold	32.56	87 <sup>th</sup>	J Lewy	V45	33.00	
98 <sup>th</sup>	M Kreetzer	V45	33.24	102 <sup>nd</sup>	J Flavell		
104 <sup>th</sup>	G Meah	V45	33.24	106 <sup>th</sup>	P Dewison	V50	33.59
108 <sup>th</sup>	W Clarkson		34.05	119 <sup>th</sup>	E Schofield	U17F	34.41
135	P Schofield	V40	35.25	152 <sup>nd</sup>	B Corbett		V40
			36.16				
164 <sup>th</sup>	C Gibbons	F	37.14	184 <sup>th</sup>	D Braverman	FV50	37.56
210 <sup>th</sup>	C Stanier	F	39.43	213 <sup>rd</sup>	C McEinery	F	39.56
222 <sup>nd</sup>	E Hostler	F	41.19	225 <sup>th</sup>	K Thomas	FV40	41.38
Juniors	5 <sup>th</sup> team (now 5 <sup>th</sup> overall of 11 teams) – 77 finished						
12 <sup>th</sup>	J Jameson	7.36		14 <sup>th</sup>	A Howatts	7.51	
24 <sup>th</sup>	T Spry	8.15		30 <sup>th</sup>	W Snell	8.40	
32 <sup>nd</sup>	T McRay	8.49		40 <sup>th</sup>	A Dewison	9.10	
46 <sup>th</sup>	E Grimshaw (F)	9.24		47 <sup>th</sup>	S Johnson	9.25	
50 <sup>th</sup>	S Black (F)	9.35		53 <sup>rd</sup>	A Black (F)	9.43	
54 <sup>th</sup>	Jenni Corbett (F)	9.44		59 <sup>th</sup>	K Bull (F)	10.04	
60 <sup>th</sup>	E Woodruff (F)	10.05		61 <sup>st</sup>	Jas Corbett	(F)	10.07
64 <sup>th</sup>	O Mathewson (F)	10.44					

**Sportshall**

**Cambridgeshire Sportshall Championship Round 1 – Chesterton – Dec 12<sup>th</sup>**

**Boys under 13**

<u>2 Lap Race</u>	T McFadzean	24.7	2A		
<u>4 Lap race</u>	S Johnson	56.1	2A		
<u>Paarlauf Relay (8 lap)</u>	C&C		1.49.2	2A	
<u>Standing Long Jump</u>	T McFadzean	1.83	2A		
<u>Vertical Jump</u>	T Mc Fadzean	42	1A	S Johnson	30
<u>Shot 3.25kg</u>	T McFadzean	8.74	2A	S Johnson	6.50

**Girls under 13**

<u>2 Lap Race</u>	L Bass	25.5	3A	H Cox	25.9	2B
	E Cox	27.4	N/S			
<u>4 Lap race</u>	L Sammout	60.4	3A	J Corbett	60.9	3B
<u>6 Lap race</u>	S Black	1.35.3	3A	A Black	1.37.8	2B
<u>Paarlauf Relay (8 lap)</u>	C&C	1.59.6	2A			
<u>4x2 Relay</u>	C&C	1.46.5	3A			
<u>Circuit Relay</u>	C&C	1.45.7	2A			
<u>Standing Long Jump</u>	L Bass	1.94	1A	L Sammout	1.78	1B
	S Black	1.70	N/S	H Cox	1.66	N/S
	A Black	1.60	N/S	J Corbett	1.54	N/S
	E Cox	1.39	N/S			
<u>Standing Triple Jump</u>	H Cox	4.44	3A	S Platt	4.00	2B
<u>Speed Bounce</u>	L Bass	71	2A	H Cox	62	2B
	E Cox	48	N/S			
<u>Vertical Jump</u>	J Corbett	40	2A	L Bass	35	2B
	A Black	33	N/S			
<u>Shot</u>	A Black	6.69	2A	L Sammout	6.08	1B

**Boys Under 15**

<u>2 Lap Race</u>	S Goldfinch	22.6	1 <sup>st</sup>	J Baxter	22.7	2 <sup>nd</sup>
	D Graver	24.0	3 <sup>rd</sup>			
<u>4 Lap Race</u>	J Pettican	52.2	2 <sup>nd</sup>	W Mycroft	54.5	3 <sup>rd</sup>
<u>Paarlauf Relay</u>	Baxter/Pettican	1.40.7	1 <sup>st</sup>	Graver/Goldfinch	1.43.8	N/S
<u>4x2 lap Relay</u>	C&C	1.36.2	1 <sup>st</sup>			
<u>Shot</u>	D Graver	7.51	1 <sup>st</sup>	W Mycroft	6.42	3 <sup>rd</sup>

<u>Speed Bounce</u>	J Pettican	73	1 <sup>st</sup>	J Baxter	66	2 <sup>nd</sup>
	S Goldfinch	66	3 <sup>rd</sup>			
<u>Standing Triplejump</u>	W Mycroft	6.84	1 <sup>st</sup>	S Goldfinch	5.62	2 <sup>nd</sup>
<u>Standing Longjump</u>	J Baxter	2.31	2 <sup>nd</sup>	J Pettican	2.29	3 <sup>rd</sup>
	D Graver	2.29	4 <sup>th</sup>	W Mycroft	1.72	5 <sup>th</sup>

**Girls under 15 -**

<u>2 Lap Race</u>	A Forster	24.3	1 <sup>st</sup>	V Asztalos	24.7	2 <sup>nd</sup>
<u>4 Lap Race</u>	E Bicknell	55.9	2 <sup>nd</sup>			
<u>Paarlauf Relay</u>	Asztalos/Forster	1.44.1	1 <sup>st</sup>			
<u>Shot</u>	A Forster	10.41	1 <sup>st</sup>			
<u>Speed Bounce</u>	V Asztalos	68	1 <sup>st</sup>	E Bicknell	55	2 <sup>nd</sup>
<u>Vertical Jump</u>	A Forster	46	1 <sup>st</sup>	V Asztalos	42	2 <sup>nd</sup>
<u>Standing Longjump</u>	A Forster	2.21	1 <sup>st</sup>	V Asztalos	2.03	2 <sup>nd</sup>
	E Bicknell	1.78	3 <sup>rd</sup>			

**Girls under 11**

<u>Circuit Relay</u>	C&C	1.30.8	1 <sup>st</sup>				
<u>4 x 2 lap- relay</u>	C&C A	1.51.5	1 <sup>st</sup>				
<u>Vertical Jump</u>	J Corbett	33		C Greed	33	K Bull	32
<u>Standing long jump</u>	C Asztalos	1.71					
<u>Target Throw</u>	J Corbett	7		K Bull	4	C Greed	4
<u>Speed Bounce</u>	C Greed	61		C Asztalos	58	K Bull	56
	J Corbett	55					

**Combined match result under 11/under 13/under 15's**

=1 <sup>st</sup>	HAC	23
=1 <sup>st</sup>	C&C	23
3 <sup>rd</sup>	PAC	14

**HELP!!**

**CALLING ALL PARENTS AND SENIOR MEMBERS**

We still 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 in 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 level 2 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.

To become a level 2, 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 probably be a short course run by Cambs AA between late January and early March 2005 (one Sunday morning).**

**Could I ask that anyone who would take the basic course writes to me ASAP on the reply slip below (unless you already have done so – we have a few) 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 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 (or e-mail me at noel-moss@supanet.com)

✂.....✂.....

**Sports-hall athletics competition reply slip**

If you would like to compete in the Cambs AA Sports-hall Championship on January 23<sup>rd</sup> (at Chesterton) 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.**