

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter

March 2005

Early summer team fixtures (full summer list inside)

2 nd April	SEAA 6 & 12 stage relays	Sen/Vets	Milton Keynes
3 rd April	Bungay Black Dog Marathon & Half	Sen/Vets	Bungay
17 th April	East Anglian League	All	Cambridge (Home)
17 th April	London Marathon	Seniors	London
23 rd April	National 6 and 12 stage relays	Seniors	Sutton Park
24 th April	Eastern Young Athletes Lge	All under 17	Cambridge (Home)
30 th April	Southern Women's League	All Females	Watford
1 st May	EVAC Road Relays	Veterans	Hemingford Grey
4 th May	Eastern Vets League	Veterans	Peterborough
7 th May	Southern Mens League	Males 15+	St Ives
13 th -15 th May	European Veterans non stadium champs	Veterans	Portugal
14 th May	Cambs AA Championships	All members	Peterborough
21 st May	Southern Mens League	All Males 15+	St Ives (Home)
21 st May	Southern Womens League	All Females	Ipswich
22 nd May	Eastern Young Athletes Lge	All under 17	Copthall
28/29 th May	SEAA U20/U17/U15 Championships	All under 20	Portsmouth
5 th June	East Anglian league	All	Kings Lynn
5 th June	EVAC 5 mile	Veterans	Reach
11 th June	Cambridgeshire schools Champs	Schools select	St Ives
18/19 th June	SEAA Senior Championships	Seniors	Ashford
19 th June	Eastern Young Athletes Lge	All under 17	Stevenage
25 th June	Southern Mens League	Males 15+	Thurrock
26 th June	East Anglian League	All	Cambridge (Home)
2 nd July	EVAC championships	Veterans	Chelmsford

Parents & members Coffee Evening and Cross-Country

Trophy Awards - April 18th (see inside for details)

Summer training starts Tuesday March 29th at track (Young athletes Monday April 4th)

Year 2005 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 FEW ITEMS YOUNG ATHLETES PLEASE SHOW THEM TO YOUR PARENTS

Chairman's chatter

The Roman road race is just about to take place. It is a traditional end to the winter season in Cambridge and reflects much of the good things about our sport. It is organised by the University, with whom we generally have very good relations and whom the sport in this area owes a good deal. The University is sometimes slow to move and seems excessively bureaucratic but without it we would have no facilities to speak of and they certainly wouldn't be as well maintained as Wilberforce Road (and I know the throwing circle isn't perfect!). Many of the club's members have connections with the University and we're pleased to be invited by them to join in their end of season race. The race starts in Horseheath and finishes at the foot of the Gogs at the Cambridge end. It's just over 9 miles of track and field – but in this case muddy track and ploughed field. Competitors are driven to Horseheath on an ancient double-decker bus, then the slowest runners start first and race back to Cambridge. It's a challenging course through beautiful countryside and the competitors, of all standards and all ages, are there because they enjoy running and want to race each other. At the end of the race everyone has jam sandwiches and tea at the track. It's very simple and old fashioned. I think I'm showing my age! But if you get a chance to run in it – take it – it's part of athletics history. The Roman Road race is always run on the last Saturday of the Spring term, and precedes the annual dinner for the University Hare and Hounds club. After the dinner it's traditional to try to run round Trinity Court before the clock stops chiming. This is the famous scene shown in 'Chariots of Fire'. The summer leagues won't be quite so low key and I think we're well placed to find some success. The club's membership is buoyant. If everyone turns out as often as they can, we can find ourselves highly ranked. I like winning and I know most of the people I've trained with over the years love it too. Being part of a successful team and doing the best you can, gives most people a real buzz. So lets do that this year – turn out, pick up points and enjoy the excitement it brings. If you're a road runner there will be plenty of opportunities too. We have a good number of runners in the London Marathon and the road section is increasingly active in local, national and even international races, with runners of all standards. The Ballycotton '10' in Ireland was the latest international venture with a fair number of personal bests and a wonderfully entertaining weekend. I'm delighted I can be so positive. We can do better but we seem to be moving in the right direction. I'm not complacent. There is much to do but I'm looking forward to a good summer and wish you well in your chosen events. Thank you as always to the coaches and officials who make this possible; and a request to anyone who feels they can help with our activities to let one of the club officials know. You'll be made most welcome. Neil Costello

Annual Cross-Country Trophy Awards and Parents Coffee Evening - April 18th

On Monday April 18th at the track we shall be holding an "open evening" 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 Eastern Young athletes league competition 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 volunteer helpers, (see below also) - we have no professional staff employed by the club. Come and see what it is all about – no obligation. We hope to have coffee available at about 7.30pm and then at 7.45pm for 8pm start, 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.

Summer training 2005 starts on Tuesday March 29th (Young athletes on Monday April 4th)

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.**

Do you want a new hobby? Volunteer helpers for young athletes coaching and competition

We would like to give special thanks to the small number who offered their services to train as match officials or coaches, or who offered to help in other capacities. A review of the clubs activities in 2004 has highlighted the need for a significant number of additional volunteer helpers. All aspects of the club activities are run by unpaid volunteers, we have no paid staff, and for many of us, it is our hobby. Our club is currently quite big, compared to most athletic clubs, with the majority of the membership (>65%) in the younger age groups. Therefore all extra help is appreciated, however small the contribution may be.

Our current most critical needs are

- **People to train as assistant coaches for the field events (jumps and throws)**
- **People to train as match judges, especially field judges and timekeepers**
- **People to help the team managers and young athlete reception team**

Maybe there is an impression that you need to have been an athlete, or have special knowledge of athletics before you can train for these things – NOT TRUE – many of us became involved as parents when our children joined. Appropriate training can be provided.

To train as a coach you must be over 17, but for judging you can start at 15, so current athletes are able to train and help out in these areas.

In addition to parents of course, there should be a big pool of older athletes who could help with the coaching and matches for the younger ones.

If you are interested, contact Noel – 01223 833470 or Anna – 01223 352541 – and we will discuss how best you can become involved.

Working with young people can be very rewarding; helping them to learn new skills and achieve success, but to do this efficiently requires a high number of volunteers.

Monday Young Athlete training evenings - system for registration and communication

This year on the Monday training nights we shall be continuing the registration for all young athletes - members and non-members. It worked very well last season. We shall be using 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. Safety guidelines from UKA mean that we need to know who is there and who is responsible for them during the session, in order to have insurance cover.

- 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.

Web-site success

Thanks to John Kazer, the club web site is now up and running very successfully: 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 try to keep it as informative as possible, and you can also find the newsletter there if you lose your copy, and entry forms for county championships etc. The website has had 800 hits in January and 600 in February, and the hit rate has grown steadily since in was set-up. In this respect, it saves club officers having to answer too many random phone calls for information about the club from prospective new members – they can now get information and membership forms from the website.

Mail group list

We would like to encourage everyone who has web access to join the C&C group list which has been set up. This is a conversation list on which we can post information, questions or comments and keep everyone up to date.

For example, if event details change or there is a race or open meeting 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 all members.

At present the number of subscribers is relatively small, and if more people join it will be more useful as an information tool. You can also post messages yourself provided that they are relevant to several club members.

You can join by sending an email to 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.

County Cross Country championships

This year's venue was Hinchbrook. The course was from a playing field into woods and round a lake. There was nothing very eventful, but it was a good day for C&C and we did better than last year by closing teams in most age groups.

The Senior Men's race was won by Will Clark (Under 20) with Will George finishing 2nd and first senior. Ellen Leggate easily won the Senior Ladies race with Emma Patel 3rd.

The Men were 3rd team and 3rd vets team, and the ladies took 1st team and 1st vets team.

Ellie Schofield won the under 17 ladies, in a sprint to the line with Lauren Rosier. Lucy Dowsett took the Under 15 girls race and the team were also 1st.

Under 15 boys was won by Will Mycroft and they also took 1st team, as did the under 13 boys.

The under 17 men were placed 2nd team in a head to head battle with PAC, with the two teams taking the first six places in the race.

Most of 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 15th place in U20 women, Lucy Dowsett a 17th place in U15 Girls, Will George

48th in Senior Men (111 places improvement on last year). Will Clarke 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 92nd – also an excellent result. The fields averaged 250 – 300 finishers.

Ellen couldn't make it this year, but Emma Patel was 107th in her first CAU. Full C&C athlete's results are in the results section

It was a very cold day and the Under 20 ladies race was run in heavy snow much to Rosie's delight. That turned to rain for a while and made the course start to become muddy for the Senior Womens and Senior Men's races.

In the National Schools Rosie improved further to take 5th place in the Senior Girls – up 4 places on last year - and Lucy took 20th in the Inter Girls. Will Mycroft improved on last years place to take 59th in the Junior Boys – well done all. Other results are shown in the results section.

Congratulations to Will George

His 25th place in the BUSA XC championships has earned him his first Cambridge Blue, and has now been selected for the Achilles tour to America this Easter for track & field matches against Harvard and Yale and Penn and Cornell.

Will also finished 6th in the Welsh Championships, and was first under 23, and has been selected for an under 23 international at Cardiff

Congratulations to Ellen and Emma

In November's monthly UK rankings Ellen Leggate ranked 3rd fastest Ladies Half Marathon with her 1.18.10 at St Neots, and Emma Patel ranked 10th fastest Marathon of the month with her New York run of 3.11.27.

Ellen also ranked 36th in the UK 2004 half Marathon list.

Frostbite League

The club did well again this year with good numbers competing in the Seniors and increasing numbers competing in the Juniors.

After 3 matches we were leading the Senior section by a slender margin, but clashes with other races and personal commitments meant that NVH and Riverside sneaked ahead of us in the last two matches so the Seniors finished third and the Juniors fifth (one place better than last year).

We really must congratulate Andrew Howard, Josh Jameson, Tom Spry and Nick Burch who all raced on the previous day in the CAU cross country championships, and still turned out for the final Frostbite match.

Road running

The clubs Road running activities continue to grow at a rapid rate, and the club athletes are producing some excellent results. Since the Christmas newsletter some of our athletes have been overseas again, this time to Ireland for the Ballycotton 10. It is also noticeable that we have an increasing participation in the longer distance events such as 20 and 30k races, and of course marathons.

Some of our members are again entered in the London marathon which will take place on April 17th. We wish them every success.

The Cambridgeshire road race league series will take place again this year and Glyn (Smith) has details of the events which are included. Now that we have more Road Runners, can we challenge for the team medals this year, or can someone get amongst the individual medallists? There is a challenge for you. The awards are presented at the Cambs AA AGM along with the County best performance trophies in November.

Sports Hall athletics

Two County matches this year. In the first round on Dec 12th, all clubs had a low turn-out, and C&C and Hunts AC tied on match points. In the second round in January the turnout was much better from all clubs, but unfortunately Hunts AC pipped us by 1 match point, and therefore kept the County title based on the aggregate of the two fixtures.

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 Alice Forster who finished as 2nd Individual in the U15 Girls all-rounder event. Alice was unlucky, missing out on an individual place in the National final by just 1 point.

Summer League competition – the club wants all members to be involved

Athletics is a sport which is based around competition, either as an individual, or as a team event. It's all about trying to improve your own level of performance, and to have a measurement of it. That's why athletes train – simply to improve their performance.

Our coaches (all unpaid volunteers) work very hard in order to help you improve, and to prepare you for competition, but they can't do it for you. Only you can experience the feeling of satisfaction which you get from a personal best, or a close competition.

Of course, not everyone can win the event – so as well as competing against others, you are also competing against yourself, trying to improve during the season (or in the case of the veterans, to get as close as possible to last years performance!). Gradual improvement must be the main target for everyone, and the satisfaction which that gives you, whatever your own standard.

C&C have teams in a number of leagues in order that all our athletes have the chance to compete during the season on a number of occasions, and the club encourages you to take that opportunity whenever possible. For those who have not competed before, the leagues provide opportunities for non-scoring competitors, as well as those scoring for the team.

By competing either as a scorer, or a non-scorer, you have accurate performances recorded, which allow you to compare with others, and with the AAA standards, or then you can measure the improvements gained from training.

The club keeps a ranking list of everyone's best competition performances, and these are used by the team managers when selecting who should be the scorers in the next match. Even if you are not selected as one of the scoring competitors at a match, you should compete as a non-scorer whenever possible; otherwise the team managers won't know that you are improving.

With at least two leagues available for all athletes, the opportunity is there for everyone to compete. Every two months, the names of all club members who have competed in the previous two months are put into a draw, and a name is drawn randomly to receive a Sports gift voucher. You have an entry for each time you compete for the club, so the more you compete, the more chance you have.

BUT - You cant win it if you are not in it!

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 St Ives (HAC host), St Ives (Our home match), Thurrock, Catford, Reading, Southampton. We hope to have a minibus for most fixtures except St Ives but some cars will be needed as well. The team is short of jumpers (especially Pole-vaulters), hurdlers and steeplechasers, 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. The joint venture "composite" team with Hunts AC did not succeed last year, mainly due to the long distance travel involved in Div 2, and so we have gone back to having our own team in Division 3. All of the matches this year are north of the Thames, so the travel is relatively minor. To succeed it is important that both age-groups are filled, and so the under 15's must support the team. We will have a minibus for some of the matches, and for some we will probably go in cars if they are very close. Fixtures are at Watford, Ipswich, Cambridge, St Ives and Braintree.

Team Manager – Carl Woolf

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. This year the league has reverted to one 27 club division, and there will be both Top Six and plate finals so the top 12 will qualify for a sixth match in September. There are five league 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, Sarah Kelk, Rachel Traynier, etc

East Anglian league

This is 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 17 and Senior Males and Under 13, Under 15 and Senior Ladies. There are special hurdles and 300m races for Under 17's within the Ladies competition. 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 of the matches in all three of the leagues above - support the main leagues and then see whether you feel you want to compete in this one sometimes. A few events for under 11's as well. The first match is at home on 17th 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 cant keep up with you young un's doesn't mean we cant 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.

Early season matches (the first two are at home)

Because of Easter, it will be quite difficult for the team managers to recruit the teams for the early league matches, there is only a couple of training weeks between Easter and the first match. Therefore we ask that you get in contact with the team managers below and tell them that you want to compete.

(There are some reply slips enclosed – please send them to the team managers before you forget).

Fixtures for 2005 Outdoor

2 nd April	SEAA 6 & 12 stage relays	Sen/Vets	Milton Keynes
3 rd April	Bungay Black Dog Marathon & Half	Sen/Vets	Bungay
17 th April	East Anglian League	All	Cambridge (Home)
17 th April	London Marathon	Seniors	London
23 rd April	National 6 and 12 stage relays	Seniors	Sutton Park

24 th April	Eastern Young Athletes Lge	All under 17	Cambridge (Home)
30 th April	Southern Women's League	All Females	Watford
Apr 30-May 2	BUSA Championships	University select	Glasgow
1 st May	EVAC Road Relays	Veterans	Hemingford Grey
1 st May	Sheffield Half marathon	Sen/vets	Sheffield
2 nd May	Belfast City Marathon	Sen/Vet	Belfast
4 th May	Eastern Vets League	Veterans	Peterborough
7 th May	Southern Mens League	Males 15+	St Ives
13 th -15 th May	European Veterans non stadium champs	Veterans	Portugal
14 th May	Cambs AA Championships	All members	Peterborough
21 st May	Southern Mens League	All Males 15+	St Ives (Home)
21 st May	Southern Womens League	All Females	Ipswich
21 st May	BMC Nike Grand prix Rd 1	Seniors	Manchester
21 st May	Masters Road relay Camps	Veterans	Sutton Park
22 nd May	Eastern Young Athletes Lge	All under 17	Copthall
22 nd May	BUPA Greater Manchester 10k	Sen/vets	Manchester
22 nd May	Isle of Wight Marathon	Sen/vets	Ryde IOW
28/29 th May	SEAA U20/U17/U15 Championships	All under 20	Portsmouth
29 th May	Plymouth Half marathon	Sen/Vets	Plymouth
29/30 th May	CAU Championships	County select	Bedford
1st June	Eastern Veterans league	Veterans	Milton keynes
5 th June	East Anglian league	All	Kings Lynn
5 th June	EVAC 5 mile	Veterans	Reach
11/12 th June	AAA Combined events	Senior/U20	Hexham
11 th June	BMC Nike Grand Prix Rd 2	Seniors	Watford
11 th June	Cambridgeshire schools Champs	Schools select	St Ives
12 th June	Bedford International Games 2005	Spectators	Bedford
18 th June	Anglian Schools championships	Schools select	TBC
18/19 th June	SEAA Senior Championships	Seniors	Ashford
19 th June	Marathon & Half Marathon	Senior/Veterans	Blackpool
19 th June	Eastern Young Athletes Lge	All under 17	Stevenage
25 th June	Southern Mens League	Males 15+	Thurrock
25 th June	BMC Grand prix rd 3	Seniors	Solihull
25 th /26 th June	Regional Schools combined events	Schools select	TBC
26 th June	East Anglian League	All	Cambridge (Home)
2 nd July	EVAC championships	Veterans	Chelmsford
2/3 rd July	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
3 rd July	Eastern Young Athletes Lge	All under 17	Ipswich
3 rd July	EVAC 10k	Veterans	Comberton
6 th July	Eastern veterans league	Veterans	Cambridge
8/9 th July	National Schools Champs	Schools select	Birmingham
9/10 th July	AAA Senior Championships	Seniors	Manchester
9 th July	Southern Mens League	Males 15+	Catford
10 th July	The British 10k London	Seniors/vets	Hyde Park Corner
16 th /17 th July	BMAF T&F championships	Veterans	Birmingham
16 th July	BMC Nike Grand Prix Rd 4	Seniors	Cardiff
22 nd July	Norwich Union Grand Prix	Spectators	Crystal Palace
23 rd July	Southern Women's League	All Females	Cambridge (Home)
30 th July	Southern Mens League	Males 15+	Reading
31 st July	East Anglian League	All	Ipswich
3 rd August	Eastern Veterans league	Veterans	Bedford
6 th August	UK Challenge endurance and jumps	Top seniors	Crystal palace

6 th August	BMC Grand prix rd 5	Seniors	Crystal palace
6/7 th August	SEAA Combined events and Masters	All	Exeter
7 th August	Eastern Young Athletes Lge	All under 17	Bedford
7 th August	EVAC 5k	Veterans	Granchester
13/14 th August	AAA U15/U17 Championships	U15's/U17's	Birmingham
20/21 st August	AAA U15/U17 combined events	U15's/U17's	Birmingham
20 th August	Southern Mens League	Males 15+	Southampton
20 th August	Southern Women's League	All Females	St Ives
21 st August	ECAA Championships	All	Ipswich
22 nd – 31 st Aug	WMAF T&F championships	Veterans	Spain
28 th August	SEAA Intercounties U20 & U15	County select	Abingdon
3 rd Sept	Southern Women's League	All Females	Braintree
3 rd September	UK Challenge final	Top seniors	TBC
4 th September	Wolverhampton City Marathon	Sen/Vets	Wolverhampton
4 th September	ECAA Hibberd Trophy	County Select	Stevenage
10 th September	World Masters Mountain run Champs	Veterans	Keswick
11 th Sept	Robin Hood half Mar & Marathon	Sen/Vet	Nottingham
11 th Sept	Eastern Young Athletes Final All under 17		Bedford
11 th September	Grunty Fen ½ marathon	All over 17	Ely
18 th September	East Anglian league Final	All	Bury St Edmunds
18 th Sept	Great North Run (Half mar)	Sen/Vets	Gateshead
25 th Sept.	Windsor Half Marathon	Sen/vest	Windsor
1/2 nd Oct	SEAA 6 stage/4 stage/YA relays	All	TBC
2 nd Oct	Bristol Half marathon	Sen/Vets	Bristol
9 th Oct	Great South Run (10miles)	Sen/Vets	Portsmouth
22 nd Oct	AAA 6 & 4 stage relay Champs	Sen/vets	Sutton Park
30 th Oct	EVAC 10 mile	Veterans	West walton
12 th Nov	English Cross-country relays	Sen	TBC

Age groups for competition in 2005

Under 13's must be aged 11 or over and aged under 13 on 31st August 2005.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2005.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2005.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2005.

For leagues, "Seniors" must be aged 15 or over on 31st August 2005.

For Championships, Seniors must be aged 17 or over on 31st August 2005

(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 – Peterbro' May 14th

This year they are at Peterborough. 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 four 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 5th 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 2005

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
UKA website	www.ukathletics.org.uk	AAA website www.englishathletics.org
SEAA website		www.seaa.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk	
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk	
To join the C&C e-mail information group, e-mail your request to	johnkazer@hotmail.com	
Newsletter editor (for your results and articles to publish)	noel-moss@supanet.com	
Athletics kit and shoes by internet or mail order	www.bournesports.com	

Results, Results, Results

Road races

Boxing day 4 mile	34 ran.	The highest number in recent years.		
1 st	B Baldelli	21.29	2 nd S Richards (ex C&C)	21.55
3 rd	G Cappetti	22.46	4 th L Stone (V45)	23.08
5 th	E Patel	1 st F 23.26	6 th B Blaukopf	24.04
7 th	J Jenkins (V55)	24.19	8 th M Chaplin (V45)	24.30
9 th	D Abbott (V40)	24.37	10 th W Mycroft(U15)	25.35
11 th	A Howard (U20)	25.38	12 th J Kennard (U17)	25.41
13 th	A Downie (V50)	25.54	14 th G Smith (V55)	26.00
15 th	J Lewy (V45)	26.18	16 th G Meah (V45)	26.20
17 th	W Clarkson	26.40	18 th W Richards	26.55
19 th	P Dewison (V50)	26.56	20 th A Howarth	27.06
21 st	B Corbett (V40)	27.14	22 nd Y Gordon (W50)	27.24
23 rd	P Schofield (V45)	27.54	24 th D Wilks (V40)	28.40
25 th	D Braverman (W50)	29.00	26 th M Richards	29.20
27 th	S Howarth	30.01	28 th Nick Burch (U13)	31.19
29 th	S Kennard (U11)	32.46	30 th Mary Holmes (WV 65)	33.30
31 ST	Nigel Burch (V45)	35.16	32 nd N Taylor (V 55)	35.17
33 rd	A Burch (U20)	43.59	34 th D Blyth (VM85)	50.50
A calm and frosty day this year and many people recorded faster times than 2003. Club trophy winner (first C&C finisher) – Ben Baldelli reclaims the title.				
Buntingford Year end 10 mile – Dec 27th		1 st female	E Patel	62.21
Ely New Year 10k - 31-12-2004		561 finishers		
4 th	W George	33.44	8 th B Baldelli	34.16
24 th	L Stone	M45 37.04	25 th E Patel	2 nd Lady 37.11
32 nd	B Blaukopf	37.41	46 th M Chaplin	M45 39.02
66 th	S Chowdhury	40.16	67 th S Bowen	M50 40.25
72 nd	A Downie	M55 40.55	83 rd G Smith	M55 41.29

89 th	W Clarkson		41.43	90 th	Roger Jackson		41.48
110 th	P Dewison	M50	42.29	149 th	P Schofield		M45
	44.11						
151 st	D Willis	M40	44.18	159 th	B Corbett	M45	44.40
167 th	M Difranco	M40	44.57	182 nd	P Howard	M60	45.22
194 th	S Barnett	W55	46.05	263 rd	C McEinery	F	48.39
265 th	Ron Jackson	M45	48.44	327 th	K Thomas	W40	51.54
328 th	E Hostler	F	52.00	378 th	C Blaukopf	F	54.15
443 rd	N Burch	M45	58.01				

Fred Hughes 10, St Albans – 31st Jan

Bungay Great East Run 10k – Feb 20th							
2 nd	B Baldelli		35.10	49 th	V Freeman		45.16
Bungay Great East Run 20k – Feb 20th							
63 rd	P Dewison		1.27.25	67 th	A Downie	M55	1.27.44
70 th	G Smith	M55	1.27.55				

Bury Muscular Dystrophy 20 – Feb 27th

27 th	G Cappetti		2.11.29	68 th	A Hill	1 st W40 ^f	2.24.23
74 th	G Cinque	M40	2.25.59	152 nd	M DiFranco	M40	2.46.02
173 rd	C McEinery	F	2.51.55				

Muscular Dystrophy Bury “Nearly”10 mile – Feb 27th

44 th	A Irvine		1.15.17	92 nd	T Long	V40	1.28.40
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Ballycotton 10 – March 5th ca 2000 ran

332 nd	C Clissold		1.07.19	406 th	G Smith	V55	1.08.58
524 th	M Kreetzer		V40	1.11.39	772 nd	C McEinery	F
	1.16.10						
893 rd	A Irvine		1.18.20	1274 th	R Kiff	F	1.25.10
1650	I McKay	V40	1.34.40				

Cross Country

Ryston Runners Grand Prix – 19th December 2004

4 th	A Parmenter		22.59	10 th	J Kazer		23.58
14 th	D Johnson		24.57	16 th	J Clavell		25.06
21 st	W Clarkson		26.30	23 rd	M Kreetzer		27.37
Vet Men 40+	10 th	I McKay	34.10				
Vet Men 45+	3 rd	L Stone	23.36	9 th	M Chaplin		25.47
Vet Men 55+	3 rd	G Smith	26.23				
Vet Men 60+`	12 th	D Blyth	53.26	(actually M85+) – well done Dave!			
Senior Ladies	2 nd	E Patel	24.42				
Vet Ladies 55+	3 rd	M Holmes	33.23				

Ryston Runners Grand Prix – 15th January Shouldham Warren

10 th Vet 60+	D Blyth		68.37				
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Cambs AA Cross country Championships – 16th Jan 2005

U20/Senior/vet Ladies race - 34 finished							
1st team, 1st vets Team							
1st	E Leggate	1st Sen	24.49	3 rd	E Patel	3 rd Sen	25.42
5th	R Clarke	1 st U20	26.46	6 th	J Lasenby	1 st V35	27.11
18 th	Y Gordon	2 nd V45	29.26	19 th	V Green	3 rd V45	29.53
20 th	D Braverman	4 th V45	30.12	21 st	J Heron	6 th V35	30.27
23 rd	S Barnett	1 st V55	31.17				
Under 17 Women	1 st	E Schofield	19.02	2 nd	L Rosier		19.03
Under 15 Girls	1 st	L Dowsett	15.40	5 th	K Parker		17.04
1 st team	7 th	G Coe	17.42				
Under 13 girls	12 th	Jenni Corbett	16.31	18 th	E Grimshaw		17.02
6 th team and 7 th team	21 st	S Black	17.45	23 rd	A Black		18.29
	24 th	E Woodruffe	19.41	25 th	O Mathewson		20.23
Under 11 Boys & Girls combined race							
11 th	C Abbott	9 th Boy	6.20	14 th	K Bull	5 th Girl	6.30

15 th	Jas Corbett	6 th Girl	6.30	3 rd team, 3 rd V40 team,			
U20/Senior/Vet Men - 94 finished (10% up on last year)							
1 st	W Clarke	1 st U20	36.00	2 nd	W George	1 st Sen	36.35
16 th	N Carroll	6 th U20	39.30	24 th	A Parmenter	12 th Sen	40.36
35 th	L Stone	7 th V40	41.39	36 th	D Abbott	8 th V40	41.44
39 th	J Kazer	Sen	42.40	43 rd	J Morley	Sen	43.19
51 st	J Jenkins	4 th V50	44.20	54 th	M Chaplin	11 th V40	44.43
66 th	J Lewy	15 th V40	47.48	67 th	M Kreetzer		16 th V40
	47.56						
69 th	P Dewison	7 th V50	48.35	1 st	B Corbett	17 th V40	49.30
74 th	P Howard	2 nd V60	49.54				
Under 17 men	3 rd	R Kreetzer	23.37	4 th	E Aston		24.16
2 nd team	6 th	R Lasenby	24.23				
Under 15 Boys	1 st	W Mycroft	14.47	2 nd	J Kennard		14.52
1 st team	7 th	J Jamieson	6.08	10 th	Alex Howard		17.45
Under 13 Boys	4 th	T Spry	14.37	7 th	N Burch		15.16
1 st team	13 th	A Dewison	18.11	14 th	B Kennard		
	19.45						

SEAA Cross-country at Parliament Hill

Senior Men	396 th	Ben Blaukopf	1:02:43	445 th	Mark Chaplin	1:03:55
	692 nd	John Lewy	1:12:14			
Ladies	34 th	Emma Patel	36.16			

British Universities XC Champs Feb 5th

Men	10k race	W George	25 th	36.30		
	7.5km race	I Williamson	11 th	27.07	N Carroll	27 th
				28.21		

Anglian Schools XC Feb 6th at Hinchbrook

Junior Girls (64)	24 th	K Parker	14.34	33 rd	G Coe	14.40
Inter Girls (61)	2 nd	L Dowsett	15.31	38 th	L Rosier	17.41
Senior Girls (43)	29 th	S Iwanko	20.48			
Inter boys (53)	6 th	R Kreetzer	23.48			
Junior Boys (54)	15 th	W Mycroft	15.03	40 th	T Loveluck	15.40
	50 th	J Jameson	16.00			

BMAF Cross-country relays – 12th Feb at Norwich

W45 team 3rd of 6:							
Yuko Gordon	18:31,	Diana Braverman	19:48,	Vikki Greene	19:20,	Total	57:39
M50 team 6th of 11:							
John Jenkins	16:32,	Alex Downie	18:10,	Glyn Smith	17:45,	Simon Bowen	16:44,
Total 1:09:11							
M40 team 9th of 14:							
Leon Stone	15:43,	Mark Chaplin	17:10,	Martin Kreetzer	17:53,	John Lewy	18:13,
Gerald Meah	17:38,	David Bowker	16:34				

Ryston Runners Grand Prix – Shouldham Warren 13th Feb

M45	Mark Chaplin	6 th /16	19:18	M50	Paul Dewison	3 rd /12	20:10
M60	Dave Blyth	10 th /10	39:40	W55	Mary Holmes	2 nd /3	24:39
U13B	Alex Dewison	10 th /11	14:33				

English National Cross Country Championships

Sen Men	410 th /1316	M Salt	46.42
	807 th /1316	M Chaplin	51.43
Under 20 men	67 th /136	N Carroll	36.20
U15 Boys	129 th /312	W Mycroft	16.48
Under 13 boys	282 nd /332	T Spry	14.17
Sen Women	88 th	E Patel	33.20

Welsh Cross Country Championships

Sen Men	6 th	W George	34.59	(1 st Under 23)
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EVAC Cross Country Championships – Colchester - 6th February 2005

M Chaplin	M45	7 th	35.33	P Howard	M60	2 nd	40.17
S Barnett	W50	1 st	31.34	M Holmes	W65	1 st	36.06

CAU Intercounty cross country championships Cambs team (Fields of 300+) 5th March

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

Senior Men 12k race	48 th	W George ++	41.47	92 nd	W Clarke	43.14
Under 20 Men	190 th	A Howard	36.18			
Under 17 men	173 rd	R Kreetzer	23.29	224 th	E Aston	24.24
Under 15 Boys	146 th	W Mycroft ++	17.00	dnf	J Kennard	injury
Under 13 Boys	260 th	N Burch	14.47	266 th	T Spry	15.03
Senior Women	107 th	E Patel	32.58			
Under 20 Women	15 th	R Clarke ++	24.39			
Under 17 Women	137 th	E Schofield ++	21.52	188 th	L Rosier	23.03
Under 15 Girls	17 th	L Dowsett ++	16.07	161 st	G Coe	17.48
	207 th	K Parker	18.14			

National Schools cross country at Norwich – March 12th

Junior Boys -	59 th	W Mycroft	15.59			332 finished
Intermediate Boys	215 th	R Kreetzer	23.23			326 finished
Senior Boys	226 th	E Aston	26.57			309 finished
Junior Girls -	155 th	G Coe	13.55	277 th	K Parker	14.35
Inter Girls	20 th	L Dowsett	15.55			333 finished
Senior Girls -	5 th	R Clarke	16.24	215 th	S Iwanko	20.09
						295 finished

There may be others who ran, but I didn't spot them in the results in AW. My apologies if this is the case.

Multi-terrain

4th Frostbite league at Ramsey – 9th January

21 st	R Kreetzer	30.34	23 rd	L Stone	30.37
39 th	D Abbott	31.26	40 th	Andrew Howard	31.27
45 th	D Bowker	31.42	49 th	S Bowen	31.54
66 th	M Smith	32.25	86 th	G Smith	33.33
95 th	A Downey	33.49	103 rd	J Levy	34.05
111 th	M Kreetzer	34.30	124 th	B Corbett	35.00
140 th	P Schofield	35.49	175 th	D Braverman (F)	37.22
217 th	E Hostler	39.34			
322 finished – Team 5 th		Team still 1 st overall			

Juniors

15 th	Alex Howard	9.56	20 th	T Spry	10.04
27 th	N Burch	10.24	39 th	A Dewison	10.59
42 nd	E Grimshaw (F)	11.07	55 th	C Abbott	11.49
57 th	K Bull (F)	11.55	62 nd	S Black (F)	12.00
63 rd	A Black (F)	12.02	70 th	Jas Corbett (F)	12.07
73 rd	S Szymansky	12.20	76 th	S Johnson	12.32
87 th	E Woodruff (F)	13.29	88 th	O Mathewson (F)	13.29

107 finished Team now 5th overall

5th Frostbite League at Bourne – 6th February

6 th	B Baldelli	28.15	28 th	D Abbott	30.30
48 th	A Howard	31.34	58 th	D Bowker	31.56
73 rd	B Blaukopf	32.51	95 th	P Dewison	33.44
99 th	G Smith	33.49	119 th	B Corbett	34.54
146 th	V Freeman	36.11	151 st	C Gibbons	36.28
201 st	D Braverman	39.11	203 rd	C Stanier	39.17
207 th	N Costello	39.24	250 th	E Hostler	42.10
255 th	A Irvine	42.38	297 th	N Burch	46.44
302 nd	I Mckay	47.11			

334 finished Team now 3rd overall behind Riverside and NVH

Juniors

33 rd	T Spry	9.53	49 th	Jen Corbett	10.24
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50 th	A Dewison	10.25	53 rd	W Snell	10.34
59 th	C Abbott	11.07	63 rd	Jas Corbett	11.12

99 finished

Team now 5th overall

6th Frostbite league – 6th March

12 th	C Flood	28.53	41 st	J Morley	30.38
48 th	S Bowen	30.53	78 th	G Meah	32.30
81 st	J Ives (3 rd F)	32.39	82 nd	J Kazer	32.40
84 th	V Fanstone (4 th F)	32.42	107 th	A Howard	33.23
111 th	A Downie (V55)	33.30	115 th	R Flood (9 th F)	33.41
118 th	P Dewison	33.50	160 th	C Gibbons (F)	36.08
244 th	E Hostler	41.00	286 th	N Burch	43.48

320 finished Team 5th on the day - Team finally finished 3rd overall in 2005

Juniors

8 th	J Jameson	9.32	16 th	T Spry	9.54
22 nd	N Burch	10.13	40 th	Jen Corbett (F)	11.08
49 th	W Snell	11.29	50 th	C Abbott	11.30
52 nd	S Johnston	11.32	54 th	A Dewison	11.35
57 th	E Grimshaw (F)	11.49	67 th	S Szymansky	12.05
70 th	K Bull (F)	12.11	71 st	Jas Corbett	12.11
79 th	E Woodruff (F)	12.47			

103 finished Team 5th on day - Team finally finished 5th in 2005

Sports-hall Athletics

County Match - January 23rd

Boys under 13

2 Lap Race	T McFadzean	24.5	2A	B Kelk	25.1	1B
4 Lap race	S Johnson	54.0	2A	J Millard	56.5	2B
	P Taine	58.0	3A	S Blake	59.0	4A
	A Parsons	61.3	3B			
Paarlauf Relay (8 lap)	1.52.0	2A		Circuit Relay	1.41.1	1A
Standing Long Jump	B Kelk	1.86	3A			
Standing Triple Jump	B Kelk	5.96	3A	S Johnson	5.05	2B
Vertical Jump	T McFadzean	43	3A			
Shot	T McFadzean	8.56	3A			
Speed bounce	B Kelk	60	3A			

Girls under 13

2 Lap Race	L Bass	25.6	2A	H Cox	26.4	3B
	I Gallucci	27.1	6A			
4 Lap race	Z Kier	57.0	4A	E Kier	59.6	3B
	A Black	58.5	6A	C Davidson	60.9	5B
6 Lap race	J Corbett	1.31.4	3A	A Black	1.37.4	3B
	R Carter	1.40.3	4A			
Paarlauf Relay (8 lap)		1.54.4	5A			
4x2 Relay		1.46.4	2A		1.48.6	5A
Circuit Relay		1.34.8	1A			
Standing Long Jump	L Bass	1.96	1A	I Galucci	1.80	1B
	C Davidson	1.80	4A	S Black	1.76	2B
	Z Kier	1.78	N/S	A Black	1.58	N/S
	H Cox	1.58	N/S			
Standing Triple Jump	Z Kier	5.38	2A	L Bass	5.10	3B
	S Black	4.66	6A			
	A Black	4.96	N/S	H Cox	4.90	N/S
Speed Bounce	L Bass	71	4A	E Kier	62	3B
	C Davidson	65	7A			
	A Black	68	N/S	J Corbett	65	N/S
	H Cox	65	N/S	S Black	55	N/S

Vertical Jump	J Corbett	43	5A	A Black	42	2B
	E Kier	43	6A	S Black	37	5B
	I Gallucci	41	N/S	L Bass	39	N/S
	H Cox	36	N/S			
Shot	A Black	7.31	2A			
Boys Under 15						
2 Lap Race	C Mortar	23.4	1 st	J Baxter	23.6	2 nd
	D Graver	23.7	3 rd	S Richards	24.3	4 th
4 Lap Race	T Kelk	47.3	1 st	E Lockton	53.6	3 rd
	J Pettican	54.3	4 th			
Paarlauf Relay	Richards/Pettican	1.41.4	1 st	4x2 lap Relay	1.32.8	1 st
Shot	C Mortar	10.15	2 nd	E Lockton	9.54	3 rd
	J Pettican	8.76	4 th	C Johnson	8.52	5 th
	J Baxter	8.17	6 th			
Speed Bounce	J Pettican	76	1 st	J Baxter	73	2 nd
	T Kelk	69	3 rd	S Richards	66	4 th
	D Graver	64	5 th			
Standing Triplejump	S Richards	7.88	1 st	C Mortar	7.16	2 nd
Standing Longjump	J Baxter	2.28	1 st	J Pettican	2.25	2 nd
	D Graver	2.24	3 rd	T Kelk	2.20	4 th
	E Lockton	2.16	5 th	B Abbott-Gribben	1.98	7 th
Individual scores	J Baxter	280	=1 st	C Mortar	280	=1 st
	J Pettican	260	3 rd	T Kelk	250	4 th
	S Richards	240	5 th	E Lockton	230	6 th
	D Graver	220	=7 th	B Abbott-Gribben	80 (2)	12 th
Girls under 15						
V Asztalos	4 Lap Race	54.9	4 th	Speed Bounce	67	3 rd
	Standing Longjump	2.09	2 nd	Individual score	240	5 th
Girls under 11						
Circuit Relay	1.36.5	1 st		4 x 2 lap-relay	1.51.6	1 st
Vertical Jump	A Hall	39	2 nd	J Corbett	37	4 th
	C Asztalos	33	6 th	C Greed	31	7 th
	R Davidson	31	8 th	K Bull	26	10 th
Standing long jump	C Asztalos	1.59	3 rd	K Bull	1.53	5 th
	C Greed	1.52	6 th	J Corbett	1.50	7 th
	A Hall	1.44	9 th	R Davidson	1.36	12 th
Sitting Ball throw	A Hall	4.74m	1 st	C Asztalos	4.67	2 nd
	K Bull	4.24	3 rd	R Davidson	3.92	4 th
	C Greed	3.73	6 th	J Corbett	3.38	7 th
Speed Bounce	C Asztalos	71	2 nd	J Corbett	70	4 th
	K Bull	68	6 th	C Greed	67	9 th
	M Edwards	62	11 th	A Hall	60	13 th
	R Davidson	52	16 th			
Boys U11						
Sitting Ball Throw	A Rubenstein	4.65	3 rd	L Moriatti	3.94	6 th
Standing Long jump	A Rubenstein	1.74	4 th	L Moriatti	1.57	8 th

Match results

U13 Boys 2nd, U13 Girls 2nd, U15 Boys 1st, U15 Girls =2^{4th} U11 Girls 1st, U11 Boys 4th.

Match points – Hunts AC 25, C&C 22, Riverside 20, PAC 15, Chest 4

Result of County Championship (from 2 matches) – Hunts AC 48, C&C 45, PAC 29, Riv 20, Chesterton 4

Regional finals at Norwich (Cambs AA) - Feb 19th

Under 13 Girls (Cambs 2nd in the match)

Z Kier 3rd in Highjump 1.30m 4th in Obsatcle relay
L Bass 7th in S Long Jump 1.91m 4th in Obstacle relay

Under 13 Boys (Cambs 2nd in the match)

T McFazdean	=5 th in 2 lap race	24.0	8 th in S Long Jump	1.84m	1 st in 4 x 2
lap relay					
T Higton	3 rd in Highjump	1.30m			1 st in 4 x 2 lap relay
B Kelk	4 th in Highjump	1.25m			1 st in 4 x 2 lap relay
Under 15 Girls (Cambs 3 rd in the match)					
A Forster	1 st in Shot	10.46m	3 rd in 2 lap race	23.7	3 rd in SLJ 2.24m
	Placed 2 nd individual of 23 with 142 pts (winner 143!)				
Under 15 Boys (Cambs 3 rd in the match)					
T Kelk	3 rd in 4 lap race	46.4	5 th in S Triple jp	7.03	6 th in Shot
8.85m					
	Placed =6 th Individual of 22 with 128 pts				
S Richards	4 th in S Triple Jump	7.60			3 rd in 4 x 2 lap relay
J Pettican	10 th in 4 lap race	50.1	7 th in Speed Bounce	71	7 th in S Long Jp 2.37m
S Goldfinch	=4 th in 2 lap race	22.1	11 th in Shot	6.80	8 th in S Triple jp 6.81m
J Baxter	8 th in 2 lap race	22.6	8 th in Speed Bounce	67	6 th in S
Triple jp	6.96m				

Indoor track and field Athletics

SEAA Indoor Championships – Jan 8/9th

60m U17 Men	J Godden	7.39 (2h)	(National Champs qualifier)	7.48 (4sf)
60m Senior Men	P Steiner	7.29 (2h)		7.28 (3sf)
60m U20 ladies	D Smith	8.22 (2h)	(National Champs qualifier)	8.27 (3sf)
60m U17 ladies	K Motley	8.67 (4h)		
60m Hdls U17 ladies	K Motley	9.8 (3h)	(National Champs qualifier)	
Triplejp U17 ladies	A Charles	9.61m (7)		
Shot putt U17 ladies	A Forster	9.16m (8)		

SEAA Indoor Pentathalon Championships – Jan 16th

Under 20 Men	J Markley	3 rd 3015 pts	(60h – 8.71, LJ – 5.15, Shot 9.61, 60m 7.30, HJ 1.71)
Under 17 Men	T Adams	9 th 2454 pts	

Midlands Open meeting 5th Feb

Sen Men	J Morley	400m	54.75	3ht (no finals)
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Midland Open Meeting – 12th Feb – Birmingham

Senior Men	P Steiner	60m	7.22	1 st in ht (no finals)	200m	23.06	5 th in ht
Under 17 Men	J Godden	60m	7.48	2nd in ht (no finals)	200m	23.58	3 rd in ht
Under 20 Women	D Smith	60m	8.24	1 st	200m	26.45	1 st

ECAA Indoor Championships – 13th Feb at Kings Lynn

60m U17 Women	K Motley	8.6	2 nd		
60 Hdls U17 Women	K Motley	9.7	3 rd	V Asztalos	10.3 4 th

AAA Under 20 Championships – 19th Feb

800m	E Aston	2.00.95	3 rd in ht (just missed SF)
60m	J Markley	7.26	5 th in sf 7.28 in hts
60m Hdls	J Markley	8.63	7 th in final 8.66 in hts

AAA national U17 championships 26th/27th February - Birmingham

60m U17 men	J Godden	3(ht)	7.37	6(sf)	7.42
200m U17 Men	J Godden	4(ht)	23.37	6(sf)	23.67
60 Hdls U17 Women	K Motley	6(ht)	9.74		
200m U17 Women	C Lacey	6(ht)	27.63		

British Masters Indoor championships 26th/27th February - Cardiff

1500m W40+	J Lasenby	2nd	4.53.88
3000m W40+	J Lasenby	2 nd	10.37.0

British Universities Indoor championships 26th/27th February - Sheffield

3000m	W George	12 th	8.36.6 (PB)	I Williamson	8.42.93 (ht)
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Outdoor Track and Field C&C vs CU Colleges Field events and Relays – Feb 19th

Men	4 x 100	Wheater, Godden, Brennand, Slade	1 st	48.4
	200, 200, 400, 400.	Starnes, Godden, Wheeler, Huddleston	1 st	2.38.4
	800, 1200, 1600.	G Meah, M Bell, R Kreetzer	4 th	11.11.5

	Longjump	J Brennand	2 nd	5.37	
	Highjump	T Adams	2 nd	1.65	
Ladies	4 x 100	M Kotsev, K Motley, I Asztalos, G Asztalos		1 st	53.9
	200,200,400	(A) M Kotsev, I Asztalos, C Lacey		1 st	2.01.4
		(B) V Asztalos, G Asztalos, ANOther		2 nd	2.05.7
	Shot	G Kyriacou	5 th	6.96	
				Javelin	5 th 25.90

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