



Cambridge & Coleridge Athletics Club

Newsletter December 2005

President - B J Wallman
Chairman - N Costello

SPRING FIXTURES (Much more complete list of 2006 fixtures inside)

Dec 26 th	Club Boxing day 4 (11am)	All members	Newnham Green
Dec 31 st	Ely 10k	All over 16	Ely
Jan 1 st	Wymondham 10k	All over 16	Wymondham
Jan 8 th	SEAA Indoor Multievents	All over 12	Sutton
Jan 8 th	Frostbite League	All	Ramsey
Jan 15 th	Cambs AA Crosscountry Champs	All	St Neots
Jan 15 th	Ryston XC Grand Prix	All	Ryston
Jan 21 st /22 nd	SEAA Indoor Championships	All over 12	Brunel Uni
Jan 22 nd	Sportshall league match	U13/U15	Huntingdon
Jan 22 nd	Folksworth 15 Mile	All over 16	Folksworth
Jan 22 nd	EVAC XC Championships	Veterans 35+	Arrington
Jan 29 th	SEAA XC Championships	All	Exmouth
Feb 4 th	SEAA Vets XC	Veterans	Ruislip
Feb 5 th	Frostbite League	All	Bourne Woods
Feb 12 th	ECAA Indoor championships	All	Kings Lynn
Feb 19 th	Ryston XC Grand Prix	All	Ryston
Feb 19 th	ECAA XC Championships	All	RAF Barnham
Feb 19 th	CU Field and relay match (inc C&C)	Over 17's	Cambridge
Feb 19 th	Woburn 10k	All over 16	Woburn Safari Pk
Feb 25 th	National XC Championships	Club Teams	Parliament Hill
Feb 26 th	Bury 10 and 20	All over 16	Bury St Eds
Mar 4 th /5 th	AAA U15/U17 Indoor Championships	U15/U17's	Birmingham
Mar 5 th	Frostbite League	All	Huntingdon
Mar 11 th	CAU Intercounties	County select	Nottingham
Mar 19 th	Thorney 12k	All over 16	Thorney
Mar 26 th	Ryston XC Grand Prix	All	Ryston
Mar 26 th	Fred Wright 10k	All over 16	Whittlesey
30 th April	East Anglian League	All	Cambridge
April 22 nd	Southern Womens League	Females	TBC
April 29 th	Southern Mens League	Males 15+	TBC
May 7 th	Eastern Young Athletes Lge	All under 17	Luton

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

CROSS COUNTRY CHAMPS ENTRIES – SEE INSIDE – URGENT

- **UNDER 20's AND TOP UNDER 17's READ ABOUT "TEAM CAMBRIDGESHIRE" IN THE NATIONAL JUNIOR LEAGUE**
- **TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 5TH JANUARY AND MONDAY 9TH JANUARY, AND AT THE TRACK ON SAT. 7TH.**
- **SUMMER TRACK TRAINING - STARTS MONDAY 27TH MARCH**
- **ATHLETE AND PARENT CODE OF CONDUCT – ENCLOSED WITH THIS NEWSLETTER TO ALL MEMBERS.**

(Codes of conduct have been produced for athletes, Parents, Coaches and Team Managers as part of our club management strategy. It will also assist us in our efforts to gain Clubmark status - see further on in the Newsletter. Please read and abide by the codes. Keep the copy safely for future reference. Copies of all codes of conduct will be posted on the website)

Chairman's chatter

2005 has been pretty successful for the club. The club's teams have performed well. We might have got an extra few points here and there but there have been good performances and, at the matches I've been able to get along to, there has been a supportive and welcoming team spirit which has been a pleasure to see. Congratulations to all the athletes who have contributed and big thank yous to the coaches, team managers, officials and other helpers who have made it all possible.

We owe a lot to our young athletes' coaches in particular. The club has grown rapidly over the last three or four years and it has been difficult to cope with the demands of the increased numbers. The young athletes' coaches have sometimes had to work far harder than anyone could reasonably expect and, on behalf of the club, I want to thank them publicly for those sterling efforts.

We will be running the young athletes' Monday sessions differently once the summer season starts so that we can cope better with the numbers and provide a first class coaching service. Details are still under discussion but please watch out for announcements. The club is well on the way to winning 'Club Mark' status. This is a national sports award – not just athletics – which is awarded to clubs who can demonstrate good practices and procedures across all aspects of the club. We may need to be a bit more formal in some of our activities. Achieving 'Club Mark' will make it easier for us to bid for funding and is likely to become a requirement of things like City council grants. It will confirm publicly that we take child protection seriously through, for example, insisting on CRB checks for all coaches. If you have any comments or questions on any aspects of club organisation please don't hesitate to get in touch with me or any club official.

The Boxing Day run is the next club event. I hope to see lots of people – all ages and standards welcome – running off the Christmas Pud.

Best wishes to all for Christmas and the New Year. Neil

Report on Annual general meeting - held on November 21st 2005

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 (ca 500 competition status members – plus 60 Vice Presidents and Associate members) - but the majority are young athletes and it is proving quite difficult to get sufficient help in team management or coaching. The membership has increased again this year, and the Road Running section continues to thrive and produces some excellent results.

The Chairman outlined the proposal from the committee for 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 proposal 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 committee were given the go-ahead to proceed further with the project.

A proposal to amend the club constitution to adopt the UKA equity and welfare policy as approved. This will help the club meet the requirements to achieve clubmark status, which has influence on future funding from National sources

The Treasurer went through the accounts – the club operational account is healthy but we did not have the income from the Wildlife 10k this year so there was a small deficit in the last financial year. The Treasurer reported that increased subscriptions collected in the current financial year to date should allow the club to be close to break even for the year April 2005- April 2006.

The club Best performance award this year went to Tom Digney for his performance in gaining two silver medals in the World Amputee Championships, and breaking three records at the National championships.

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 2006 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 coordinator	A Bird
Coaching Secretary	N Burch
Veterans team manager	C Morris
Road Race secretary	G Smith
XC team manager	J Kazer
Anglian League	C Woolf & N Moss
Additional Members	I McKay

and J Brennan

Additional members co-opted by the committee

R Wheeler and P Bramford

Who won the trophies?

The seasons overall best performance	Tom Digney
B P Veteran	Tsakao Komatsu
Simpson Challenge Trophy	Lucy Dowsett
B P 13-16 Hdls F	Kim Motley
B P Hurdles GU13	Shared – Csepi Asztalos/Catriona Davidson
Senior Throw - Female	Alice Forster
Senior Throw male	Gary Parsons
BP Senior HJ	Tom Adams
Most Improved athlete	Jen Ives
B P 13-16 Hdls M	Jon Baxter
B P Hurdles BU13	Ben Kelk
Junior Throw	Lauren Sammout
BP Junior HJ	Isabella Gallucci

BP Sprints male	Jacob Mandley	BP Longjump	Lauren Sammout
BP Sprints Female	Hannah Worsfold	BP 800m+ male	Ed Aston
BP 800m+ Female	Lucy Dowsett		

Track & Field champions

Senior Men	Petr Steiner	Senior Female	No award
Junior (U20) male	James Huckle	Junior (U20) Female	No award
Veteran Men	Gerald Meah	Veteran Female	Mary Holmes
Under 17 men	James Godden	Under 17 Ladies	No award
Under 15 Boys	Stuart Goldfinch	Under 15 Girls	Olivia Millward
Under 13 Boys	Ben Kelk	Under 13 Girls	Lauren Sammout
Under 11 Boys	Sebastian Howarth	Under 11 Girls	Juliet Powell

League Trophies

BP Vets league Male	Phil Bramford	BP Vet League Female	Carole Morris
BP Male league	James Markley	BP League Female	Lucy Dowsett
SML Team award	Martin Bell		
SWL Most helpful	Emma Bicknell		
Anglian League W&C	Chris Morter		
EYAL W&C	Male – Lee Smith	Female – Rosannah Cormack	

Road race trophies

Open 10 mile RR Male	Ben Baldelli	Open 10 mile RR Female	Carmel McEinery
Open 10 mile RR Male vet	Alex Downie	Open 10 Mile RR Female Vet	Sue Barnett
Peter Howard Marathon Trophy	Karen Thomas		

Handicap trophies 110 yds Handicap & 440 yds handicap Not Contested in 2005

Cambridgeshire AA AGM held on November 25th

Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer.

The County is supporting a Composite team of County clubs into the National Under 20's League this year. C&C will participate.

A County committee sub-group will be formed to work with the UKA Partnership Development Officer (R Wheeler) and look at Coach Development and County Training Squads.

Lucy Dowsett was awarded the Trophy for the Seasons Best Track & Field performance by a Cambridgeshire Woman under the age of 17 for the second year in succession.

Laura Bass was awarded the Trophy for the best performance at the County Championships by an Under 15 Girl, and Csepi Asztalos was awarded the Trophy for the best performance at the County Championships by an Under 13 Girl.

County colours were awarded to Zoe Kier, Tom Adams, Jordan Kennard, Robert Kreetzer, and Mark Thomson. (The criterion for award of colours is to have represented Cambridgeshire AA on 6 occasions or in three separate years).

What's this Clubmark I keep hearing about??

As our Chairman explained at the AGM, C&C are working to get Clubmark status. In a nutshell it will confirm that we are a well-run club, with good policies for child welfare, equal opportunities etc, and as a result make it easier for us to access funds which are available through the sports governing bodies.

Richard Wheeler, the County Partnership Development Officer, is helping C&C and other clubs in the county with this process. You will notice that with this Newsletter you have been sent a Code of Conduct for Athletes and for Parents. This is required by Clubmark, and codes of conduct for Coaches and Team Managers are already in final draft stage. They will go onto the website in early 2006

The club has a short-term development plan, which comes from the annual review of activities, and sets targets for various aspects such as volunteer recruitment, qualification of

new officials and new coaches. For Clubmark we need to demonstrate the accepted ratio of coaches to athletes for example.

Your help is vital in this process – the more volunteers we get to assist with a small task on club nights, to help coaches, to train as coaches, to help manage teams etc. the better service we can offer to our members, and the easier it is to get and maintain Clubmark status.

In order to explain a little more about Clubmark and its value to C&C, there are some questions and answers below which are taken from one of the official Clubmark websites.

What is Clubmark?

Clubmark is an accreditation scheme run by Sport England which sets the standard for all quality sports clubs in England.

What does Clubmark stand for?

Clubmark stands for higher standards of safety, fairness, coaching and management. That way the nation's sports club infrastructure will be safer, stronger and more successful.

This means that a club that has been awarded Clubmark has high standards of child protection and safety, quality coaching, equal opportunities and good management.

In essence a club which qualifies for Clubmark is a well run club.

Why should clubs apply for accreditation?

Clubs awarded Clubmark can be proud of what they have achieved. Parents can be assured that their children belong to a safer club. Members can be sure their club is a well managed club, striving to offer the best in coaching and sports development. By striving to achieve higher standards clubs are likely to attract more members and build a sustainable future.

Clubs which apply will receive help and support from their National Governing Body (NGB) to achieve higher standards.

Are many clubs joining the scheme?

Clubmark is rapidly becoming the national standard for quality sports clubs. More governing bodies of sport are adopting the scheme and nearly 1000 clubs have now achieved Clubmark. But the aim is to reach thousands more sports clubs across the country. Sport England is working with sports organizations, County Sports Partnerships (CSPs) and local authorities to encourage more clubs to raise standards and join.

What is in it for the clubs?

The Clubmark scheme does not simply set criteria for clubs, it provides the information and support they need to meet the criteria. A resource pack which can be downloaded advises clubs on requirements from running coaching sessions and club structures, to child protection and codes of conduct, to first aid and emergency procedures, to sports equity and recruitment procedures.

The pack also includes a series of useful forms and templates to help staff run their club properly. Once clubs have met the criteria they are awarded a special certificate by their NGB to recognise their achievement.

What sports use Clubmark now?

Sport National Governing Bodies using Clubmark include Athletics, Rowing, Cycling, Judo, Canoeing, Swimming, Triathlon, Gymnastics, Cricket, Rugby Union, Badminton, Hockey, Squash, Rugby League, Volleyball, Basketball, Tennis, Orienteering, Table Tennis and Netball. All these sports are encouraging their clubs to join the scheme and there has been a big increase in interest recently. For example: while Badminton has 10 clubs which have achieved Clubmark there are 191 applications from clubs in the pipeline. Queens Club in Exeter which has achieved Clubmark has gone from strength to strength with a huge increase in membership and recently finished Runner Up in the CCPR Club of the Year Awards.

The Foster report implementation marches onwards (slowly)

The modernisation and restructuring of the organisation of athletics in UK, as proposed in the Foster report, is now progressing despite opposition from some quarters who are determined to keep the old, and supposedly ineffective structure.

One of the problems faced is that athletics consists of a wide range of activities and participants ranging from elite T&F athletes to social road running and all stages between. Whilst at the upper end of T&F it is generally accepted that the Foster report recommendations are sensible if GB is to continue to develop athletes who will gain medals on the international stage, the small Road Running only clubs see the changes only as something which will cost them more and interfere with their activities for no apparent benefit.

C&C cover all aspects of competitive athletics and we support the basic objectives of the change process, with some reservations – especially about the cost of a national registration scheme.

The AAA of England is to be replaced as the governing body of mainstream athletics in England, by the newly formed England Athletics, and that will happen formally next April. Attempts by opponents of this process, to stop it by forcing a vote at an EGM of AAA of England have resulted in confusion. Legally the AAAoE cannot stop England Athletics taking over the running of the sport, but the vote at the AAA EGM did not gain the required 75% majority to sanction the handover process (although a majority were in favour of the handover). As a result AAA now have to reconsider if they have a role at all and what it might be.

The nine "Hubs" – now known as regions – of England all have interim Chairmen appointed who are now in the process of establishing the organisations.

These will consist of a Regional Manager and two assistants who are employees, and a Council elected by the clubs, the Chairman of which sits on the England Athletics council. Peter Tanner, the Chairman of Colchester and Tendring AC is the interim chairman, and he is very committed to getting the right staff in the various jobs, to getting a coaching coordinator in our region (rather than in Kent), and to working with the existing Eastern Counties AA committee to integrate their activities as a competition provider, and with other organisations such as EVAC. Elections for the Eastern Regional Council will take place ca June 2006.

The Region is basically Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire and Rural Essex (outside M25) – very similar to the old ECAA region except for the bit of Essex.

Ultimately, Peter Tanner foresees that the Region will look at the league and open competition structure with a view to setting up a modified structure in the East, aiming to minimise travel and provide for all age-groups equally. That's as I understand it so far but some way to go yet. Noel.

Track & Field Team management for the Young athletes – Parents please read

Our team in the Eastern Young athletes League is managed by a team of volunteers coordinated by Anna Bird. The ideal is to have one person recruiting and looking after each age group. Next year, at present we have only two people, so some agegroups do not have a dedicated person. Could you help with this??

All that you have to do, is recruit a team of about a dozen athletes for the age-group which you agree to manage for each of 6 matches per season and sort out their events and numbers etc on the match day. To recruit, you can catch them at the track during training nights and also ring them/their parents. We supply phone numbers and addresses, and will pay reasonable phone-call costs if required.

We have a similar problem in the East Anglian League, where we need a team manager for Under 13 and Under 15 boys age-groups for 5 matches per year.

If you could help with either league, please contact Anna Bird, who can tell you more about it. Anna's number is 01223 352541 and she would be pleased to hear from you.

A share in a world record???

Not the sort of world record we normally expect, but Phil Bramford competed in the BMAF Throws Decathlon Competition (Mens 55+) and found he was better at club throwing than he expected!!

The following is the e-mail received from Phil

"I set a new uk record in the grenade (club) by about 4 metres! but was overhauled 10 mins later by the ex decathlon total record holder and then the new one. However, there are world team bests for these events (best three) and my 'team' Neil Griffin ,Merrick Bousfield and I set a new world best of 162.57m (54.97,54.75,52.85). I seem to be quite good at this event - can we have it in the Anglian?! It was a really great day. can we have one at Cambridge?"

Sorry Phil, but we don't have a calibrated 10kg brick available in the match equipment store. Ed.

Being serious – well done to Phil! Individual event results of Phils epic day are in "Results".

Nutritional information for runners

Some useful statements supplied by Mike Smith, based on articles published elsewhere.

"Runners should eat moderate-sized meals every four hours." Research has shown this gives:-

- a greater physical output
- greater resistance to the extremes of hot and cold weather
- better acclimatisation to altitude training
- and more resistance to infections.

A runner who competes regularly from 10km to the marathon requires an above average intake of carbohydrates of the right sort. There are two types:- a) low glycemic b) high glycemic.

The first are preferentially stored as glycogen the second get into the blood-stream quickly and are good to take 3 hours before training and within 30 minutes of completing training. It is a bad thing to rely on high glycemic foods 48 hours before a marathon.

Concentrate on low glycemic carbs. Here is a list of some:

High - Glucose, honey, parsnips, carrots, white potatoes, bananas, raisins, white flour spaghetti, white rice, white flour pancakes, white bread.

Low - Fructose (use sparingly), soya-beans, kidney beans, lentils, sweet potatoes, apples, oranges, whole wheat spaghetti, oats, brown rice, buckwheat pancakes, whole wheat bread.

"The more running you do in the morning the better."

This will raise your resting metabolic rate for several hours afterwards and will burn more calories. Running in the evening reduces your metabolic rate and you burn less calories. This is why it's a good idea to eat a big breakfast, and a bad idea to eat a big dinner.

The first is burnt off quickly, the second is not.

"Maintain chromium status". This stops sugars going into fat.

Use black pepper on all meals. It also can be obtained from sea-food.

"Cut out sugar". It retards the formation of triglycerides (fats).

"Eat a high fibre diet." It retards the digestion of sugars and fats. Eg. Oranges, lentils, mixed salad and oats.

"Maintain omega3 fatty acids." This controls insulin metabolism, a common cause of obesity.

It is found in cod, tuna, salmon, halibut, shark, and mackerel.

Please bear in mind that Mike collated this information from external sources, and that sometimes the opinions of dietary experts can vary. Ed

Our athletes in the United Kingdom Age-group top 25 Ranking lists for 2005 T&F

Under 20 Womens 800m	Lucy Dowsett (U17)	16 th	2.09.75
Under 20 Mens 110m Hurdles	James Markley	7 th	14.58

Under 17 Womens 400m	Lucy Dowsett	7 th	57.5
Under 17 Womens 800m	Lucy Dowsett	4 th	2.09.75
Under 17 Womens 1500m	Lucy Dowsett	13 th	4.35.02
Under 17 Womens 80m Hurdles	Kim Motley	18 th	12.07/11.9

Our athletes in the United Kingdom Veterans Age-group top 3 Ranking lists for 2005 T&F

Womens 65+ 400m	Mary Holmes	3 rd	85.9
Womens 65+ 800m	Mary Holmes	3 rd	3.27.7
Womens 65+ 1500m	Mary Holmes	3 rd	6.44.3
Womens 65+ Triplejump	Mary Holmes	2 nd	6.14m
Womens 55+ Discus	Romana Martin	3 rd	24.34m
Womens 40+ 1500m	Joan Lasenby	3 rd	4.53.88

(note – the above lists are not complete – some agegroups (eg U13's) haven't been published yet.)

National Junior League – "Team Cambridgeshire"

In order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire have agreed to enter a composite team into the National Junior (U20) League as Team Cambridgeshire in 2006. Cambridgeshire AA will oversee the process, and the team has already been accepted into the league and the fixtures allocated. Initially the team is in the relatively local North of the Thames Division. The target is to get promotion to a higher division in the first season, so that better competition is available.

Who is eligible! All Under 20 athletes in C&C, PAC, HAC and probably NVH.

Outstanding athletes who are in the under 17 age-group may also compete, and the league has the advantage that it includes events such as Hammer and Pole-vault.

Team management has to be agreed, but probably Nigel Faben from Hunts AC will oversee it in 2006 with help from selected contacts in each club.

We need to produce a list of who is keen to compete in this league – please let Noel know by e-mail if you want to be on the list. noel-moss@supanet.com.

Men are now recognised as veterans (or Masters) at 35 instead of 40

The World Masters Association and BMAF have now agreed that the ages at which Men and Women become Veterans will be brought into line (equal opportunities and all that), so now men of 35-39 are officially Veterans.

As a result, statistician Martin Rix produced a list of British best performances by Men aged over 35 for the BMAF magazine, and it makes interesting reading. Here are a few:

100m 9.97	Linford Christie	200m 20.11	Linford Christie
800m 1.50.8	Bill Hatley	1500m 3.44.45	Glen Grant
110 Hdls 13.11	Colin Jackson	HJ 2.26	Dalton Grant
PV 5.01	Brian Hooper	LJ 7.94	Barrington Williams
TJ 17.92	Jonathan Edwards	Shot 20.45	Shaun Pickering
Discus 65.08	Robert Wier	Hammer 76.43	Mick Jones
Javelin 84.88	Mick Hill		
10k Road 28.35	Nick Rose	Marathon 2.08.52	Paul Evans

Oh how I would like that team of "Old Men" competing for us in the SML.

Have they really got it right, or should the Womens age have been raised to 40??

Did you know?

World Strongest man and shot putting Commonwealth Champion of the 1970's, Geoff Capes ran a 4 minute 48 sec mile in his early days and used to run Cross-country. He Putt 21.68m at his best, but was probably better known to most people for his World Strongest Man titles in the 1980's.

Capes was from near Spalding, now lives near Peterborough, and coaches Daniel and Martin Tinkler from PAC. In 1977 he lined up for a race over 200m against Britain's top

distance runner Brendan Foster. Foster was in lane 1 and the 140kg Capes in lanes 2,3 and 4 according to the commentator. Capes won easily in 24.9 secs.

In 1974 after winning the Commonwealth 400m hurdles title, Alan Pascoe decided to jump another hurdle during his victory lap – just for the crowd. Never tempt fate! He fell over it, not once but twice.

In 1994 Sally Gunnell was racing against American Kim Batten in the 400m hurdles in Lausanne when as they went into the 8th flight, Batten was hit in the face by a stadium cushion. Gunnell won but Batten was a little put off her stride!

Nerves happen to even the best. In 1983 at the World Championships, Heptathlete Judy Simpson got three no-throws in the Javelin, and was so nervous at one point that she was holding the javelin the wrong way round. (But unlike some athletes in our league matches, she didn't throw it like that).

In 1986, Fatima Whitbread held the World Record for the ladies Javelin with 77.44m (before the centre of gravity was changed). She is the only British thrower to hold the Ladies Javelin record since 1940.

David Hemery, father of Adrian Hemery who was at Cambridge Uni and many of you have seen training, held the world record for 400m hurdles in 1948 with a time of 48.1.

Anne Packer won the Olympic 800m title in 1964 in a world record time of 2.01.1. It now stands at 1.53.28. But in 1945 the world record was 2.14.8.- this year Lucy Dowsett ran 2.09.75 at the age of 15. (Tracks and athletes) have improved significantly over the last 60 years.

INDOOR TRACK & FIELD COMPETITIONS

Indoor season age groups based on your age at 31st August 2006.

EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS

SUNDAY 12th FEBRUARY 2005 LYNNSPORT SPORTS BARN, KINGS LYNN

It now includes championship events for under 13's, and non-championship events for under 11's.

Entry forms are enclosed with this newsletter for those who compete in the relevant events. Send your entries off as soon as possible with the correct fee to the address on the form.

SOUTH OF ENGLAND ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS 21st/22nd JANUARY AT BRUNEL UNIVERSITY (WEST LONDON).

Under 15, U17, U20 and Senior events. 60m, 60m Hurdles, PV, HJ, LJ, TJ, Shot. Entries close 10th January. Send form plus fee to the address on the form.

Entry forms are enclosed with this newsletter for those who compete in the relevant events. Send your entries off as soon as possible with the correct fee to the address on the form.

AAA OF ENGLAND ATHLETIC NATIONAL INDOOR CHAMPIONSHIPS

FOT Under 20, U17 and U15's at NIA Birmingham 4th/5th March.

Under 15, U17, and U20 events. 60m, 60m Hurdles, 200m, 3/400m, 800m, 1500m, 3000m, PV, HJ, LJ, TJ, Shot. Entries close 3rd february. Send form plus fee to the address on the form.

Entry forms are enclosed with this newsletter for those who meet the entry standard in the relevant events. Send your entries off as soon as possible with the correct fee to the address on the form.

Note - If you don't have Indoor entry forms with your newsletter and want them, ring Noel on 01223 833470 or e-mail noel-moss@supanet.com

Sports-hall athletics

The Cambridgeshire Sports-Hall athletics competition will be held on January 22nd at St Ivo sports centre at St Ives from 12.30 to 4.30. 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 win the County trophy this year. Carl Woolf is running the team. (Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it. **If you want to compete and haven't been asked, 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.

CROSS COUNTRY COMPETITIONS

RACE ENTRIES - CONTACT JOHN KAZER NOW IF YOU WANT TO BE ENTERED IN THESE CHAMPIONSHIPS – DEADLINES GIVEN BELOW

Cross country entries are based on your age on 31st August 2005

Cambridgeshire Cross- Country Championships - Sunday 15th January at St Neots

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/Jun/Vet run together but count separately for individual medals (and together for team scores)

Top 8 finishers get invited to represent Cambridgeshire in the CAU National Intercounties Championships on March 11th.

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=519140&Y=260925&A=Y&Z=3>

Please let John Kazer know if you want to run by 1st Jan (John Kazer details below)

Entries for the National Cross-Country Championships - Sat 25th Feb

Parliament Hill Fields, North London. Deadline for entries to John Kazer 1st January, so please let me know if you want to run. John would like to get at least a Senior mens team together this year (6) but other age groups if possible. Apparently the 2006 championship will be the 30th anniversary of C&C's 2nd place in the senior men's team race – can we repeat it???

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 - johnkazer@hotmail.com Tel 01223 308357

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=527500&Y=186500&A=Y&Z=3>

Entries for the Southern Cross-Country Championships – 28th Jan near Exeter

John Kazer needs to submit entries before 30th December so please contact him ASAP if you want to be entered.

John and Mark Chaplin are planning to go, so they need people to join them to make up the teams.

U15 B 11.00 - 4.5k, U13 G 11.25 - 3k, U13 B 11.40 - 3k, U15 G 11.55 - 4k,

U17 M 12.25 - 6k, U17 W +Jun(U20) 12.50 - 5k, Jun(U20) M 1.15 - 8k,

Sen W 1.50 - 8k, Sen M 2.50 - 15k.

Website for maps and results <http://www.bictonxc2006.co.uk>

Eastern AA Championships - Sunday 19th Feb, RAF Burnham, Thetford

To be entered, contact John Kazer by Fri 20th Jan latest

U13 G 3k - 12pm, U12 B 3k - 12.15, U15 G 4k - 12.30, U15 B 4k - 12.50,
Sen M 12k - 13.10, U17 W 5k - 14.05, U20 W 6k - 14.10, Sen W 6k - 14.10,
U17 M 6k - 14.40, U20 M 8k - 15.05

Contact John Kazer - johnkazer@hotmail.com Tel 01223 308357

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=587500&Y=279500&A=Y&Z=5>

Report on SEAA Intercounties Cross-Country at RAF Barnham on Dec 10th

C&C members produced some great results in the SEAA Intercounty match.

Will George finished 6th, and 1st Cambridgeshire runner in the Under 23 mens race, and led the team to the team silver medals. Harriet Arbuckle just missed an individual medal in the under 17 Womens race, finishing 4th and Gemma Coe finished 14th in the Under 15 Girls race.

Full C&C athlete's results in the results section.

ROAD RUNNING

Road Running News Bulletin

The Road Running sub-committee are producing a regular news bulletin to provide up to date information on available races and other road runners activities such as training sessions.

Anyone who would like to receive copies of the News Bulletin by e-mail (preferred) or other method, should contact Ian McKay (iag.mckay@ntlworld.com) or Tel 01223 245622.

The following are extracts from the December news Bulletin

Road Running Sub-Committee

The Committee has been set up with the following aims:

- To represent the interests of road runners on the main C&C committee
- To encourage participation in local, national and international road running events
- To provide appropriate training and coaching for all levels of road runner
- To promote a social events calendar for the benefit of club members

If you have any feedback on these aims or on any aspect of road running within the club, please let us know. Chris, Glyn, Ian, Joanna and Nigel (please see contact details below)

Joanna Ball	07967 136304	jeb30@cam.ac.uk
Nigel Burch	01223 560161	nigel.burch@ntlworld.com
Chris Flood	01223 319549	floody@chancellorswalk.wanadoo.co.uk
Ian McKay	01223 245622	iag.mckay@ntlworld.com
Glyn Smith	01223 571685	smithg658@aol.com

Training

Tuesday nights from Wilberforce Road track, 6.30pm for 6.45pm start (prompt!)

Thursday nights from Chesterton Sports Centre, Gilbert Road

6.30pm for 6.45pm start. We usually do a longer run of 6-10 miles in several groups ranging in distance and in speed from 9-minute miling to 7-minute miling.

Race calendar

The various races listed in the Bulletin are among those listed in the club fixtures list a couple of pages on, but there is more detail given below for some of the January/February races

January

Sunday 1 11am Wymondham 10k
(www.wymondhamac.org.uk)

Sunday 8 11am Frostbite League Ailwyn School, Ramsey
(www.frostbiteleague.org.uk/)

Sunday 15th Cams Open Cross Country Championships St Neots.

Please contact John Kazer before 1st Jan to be entered in the club teams.

Sunday 15 11am Ryston Cross Country Series Shouldham Warren
(www.rystonrunners.org.uk)

Sunday 15 11am Folkesworth 15 Folkesworth Village School, Peterborough,
(www.yaxleyrunners.org.uk)

Sunday 22 9.30am Fred Hughes 10, Francis Bacon School, St Albans
(www.stalbanstriders.com)

Sunday 22 10am Wellingborough Multi-terrain 5k, 10k & 15k
(www.justracinguk.com)

Round 1 - Irchester Country Park, Irchester, Wellingborough
Wed 25 7:15pm Balancingblues 5K Series, Bedford Stadium, Barkers Lane.
(www.balancingblues.co.uk)

February

Sunday 5 10.30am Asics Watford Half Marathon, Cassiobury Park, WQatford
(www.watfordharriers.org.uk)

Sunday 5 11am Frostbite League, Bourne Woods, Lincs
(www.frostbiteleague.org.uk)

Sunday 12 11am Stamford Valentines Day 30k Queen Eleanor School,
(www.stamfordstriders.co.uk)

Sunday 12 10am Wellingborough Multi-terrain 5k, 10k and 15k

Round 2 - Irchester Country Park, Irchester, Wellingborough
Wed 15 7:15pm Balancingblues 5K Series, Bedford Athletic Stadium,
(www.balancingblues.co.uk)

Sunday 18 10am Woburn 10k, Woburn Safari Park, Woburn
(www.209events.com)

Sunday 26 10.30am Bury 20 (and 10), Nowton Park, Bury St Edmunds.
(www.burytwenty.org.uk)

Sunday 26 9:00am Roding Valley Half-Marathon, Ashton Playing Fields,
Chigwell Road, Woodford Green. ([www.woodfordgac-
essexl.org.uk](http://www.woodfordgac-
essexl.org.uk))

Future Events

- Prague Half Marathon - Sunday 1 April

Ian is co-ordinating a trip to this flat and fast half marathon. There are currently about 12 club members going. He'll need final confirmation by Christmas.

- Rotterdam Marathon - Sunday 9 April

Rejected from London? A number of road runners will be travelling to Rotterdam to run on this flat and fast course. Please contact Ish (ishmail@orange.net) for more information.

- Tour of Derwent Valley - Friday 26 - Monday 29 May

The club's annual pilgrimage to Derbyshire, and the opportunity to take part in a series of four (very) hilly races, along with some walking and drinking. This will be our fourth visit.

- Swaledale Marathon - Saturday 10 June

The annual Swaledale Marathon passes through some of Swaledale's finest scenery. The 23 mile course is a fell run / challenge walk event - competitors must navigate themselves and complete the course within 10 hours. A number of club members took part this year, and we are planning to get a group together next year. The Swaledale Marathon is very popular and entries go fast. The fee is £12.00. Entry forms will be available from this web site (<http://www.swaledaleoutdoorclub.org.uk/>) from 4th January 2006. Alternatively you can write towards the end of 2005 with SAE to

Swaledale Marathon, 17 New Road, Richmond, North Yorkshire, DL10 4QS

Entry forms requested by post will be sent out from 1st January 2006. They should arrive from 4th January thus ensuring that everyone has the same chance.

Hereward Relay -27 November

We had our best turn out yet at this 4-stage relay from Peterborough to Ely. Six C&C teams completed the course successfully, despite the mud, the wind and the cold. Special

congratulations go to Carla Gibbons and Jen Ives, who won the prize for first senior female in their stages, and to the ladies team (a.k.a. Glyn's Girls) who were third female team (and only missed second by just over a minute).

Saffron Walden 10k

Well done Ben Baldelli for his 4th place, but some interesting statistics. Of the first 100 male finishers, 54 were veterans and of the first 200, 116 were veterans 40+.

In the Womens categories, of the first 100 female finishers 48 were veterans 40+. So we can deduce that, as a percentage of their gender, there are more younger women running than younger men. Im not sure what that tells us except that the older men possibly like following the younger ladies.

Dave Blyth, now aged 85, was not the last finisher in the race and he clocked a time of 95.13 – well done Dave! Another interesting statistic – 26 of the first 100 finishers were unattached runners, and 74 of the last 100. Why don't these people (especially from the first 100) join clubs??

My first Marathon – David Mail

On Sunday 16th October, the Abingdon marathon started at 9am in cool misty conditions, but the sun broke through about 10am and the temperature went up to about 18/19C.

This was my 1st marathon. Having run my 1st half marathon last year in under 1 1/2 hours, I expected to get round in under 3:30, under 3:15 if things went well, and under 3 hours in my dreams! I got to half way in 1:35:48, and still going well at 15 1/2 miles (at 7min 10sec/mile pace) when at a set of red traffic lights, a car driver decided to stop right in front of me leaving me no room on the inside. An abrupt stop and sharp deviation to pass him on the outside and then pull back to the inside wreaked havoc with my legs, slowing dramatically due to hamstring cramps over the last 8 miles to 8 - 9 minutes miling. I know I would have slowed over the last few miles anyway, but not to that extent, so I missed my 3:15 target (3.23.15). Still, there's always next year!

Well done David, and better luck with the traffic next time.Ed.

Dovedale Dash 6.11.05 "Where bloody-minded stupidity has the edge over talent"

Staying at Youlegrave Youth Hostel in Derbyshire were the following C&C'ers: Teresa Woodford, Glyn Smith, Mike Smith{no relation}, Tim Long, Mandy Lasseter, Ish Badr, Jo Ball, Rachael Kiff, Alex Downie, Anna Costello, Chris Brown, Chris & Becky Flood, Carmel McEneiry, Andy Irvine, Shelley Arora, Nigel & Nick Burch, Helen & Ian McKay, John Lewy, Jenny Ives and Phil Garrett.

I am sure all of these people now realise that Basil Fawltly has died and returned, not to his native Devon, but to Derbyshire, where he has taken up a similar post, but changed his gender, so as not to be too easily recognised.

This race attracts almost a thousand runners, even in the most testing of conditions, which raises the question, are we too easily swayed by a name? This is a classic XC, with its hills, turns, river-crossing, and huge amounts of MUD. But call it the River Dove XC, and would we be there? Would the other 900? And it's just the same with the wonderfully-named Wobbly-Wobbly Log-Jog. Packed out! Standing room only! Call it the Brandon Forest 5-mile slog, and you'd only attract the hard core. *{get on with the report please}*. Closer to home, perhaps Ely Runners should consider re-naming the Grunty Fen Half-Marathon as the Runty-Grunty Funny-old-Fenland Flip-Flop, or perhaps the Ely 10k could become the Little Downham Little Dawdle, which would be more accurate geographically at least, though perhaps a little demeaning to the runners, but they'd attract er... ..doves. *{Yes, very well, but what about the Dash??}*.

Ah, I was coming to that. Well, it was at least **held** this year, though I suspect only just, there being something of a mud problem. Our _eponymous, romantically-named race is actually less of a race than a lottery - you can be a faller in the first manic descent, get wedged in the narrow valley bottom, stumble in the river, which was about waist-high, though 14year-old Nick Burch may have other opinions, as might Glyn, who slipped and claimed to be 'up to his neck in it'. And how to keep your balance descending/ascending soggy, muddy slopes? Which brings us back to the subject of mud.

" Ride my bike across the stream , Wanna come home all covered in mu-u-u-u-u-d," warbled The Who on "I'm a Boy." Well all the boys **and** girls in the race had plenty of opportunities to fulfil those wishes [minus the bike, of course].

Think lots of mud, then think lots more mud, mud on slopes going up [think scrabble, grope and scramble - sounds like a firm of lawyers], mud on slopes going down [think backsides], then think DEEPLY of mud, and WIDELY of mud, think of cowpoo plus mud, and people losing their shoes in the suction of mud.[shades of Chris Brown here.] Yep, it was muddy. Nevertheless, some of the Youlegravians did ok. Jo managed to stay upright this year. Mention has to be made of Chris Flood [35th], and Jenny Ives [98th]. Ish Badr and Mike Smith both showed up well, as did [dare I mention this?] the 2 oldies, Glyn and Alex {perhaps for the reasons hinted at in the initial quotation - see the title above.}

Alex Downie

Thanks for that Alex – unfortunately when I contacted the organisers of the race to get all the times and places, they said that they only recorded the first few and it was up to the runners to note their times and places because there were so many entries on the day??? So this race doesn't appear in the results section. Ed.

Some news from Takao Komatsu

Takao is now back in Japan and running regularly. Some of his recent results are shown in the results section. He ran in the Fukuoka International Marathon on 4th December, finishing 62nd in 2h.31.9, but nearly half the field of 480 dropped out because of the weather during the race.

Takao's comments are:

"The condition was too bad in the marathon. It was too windy and cold. It had even snowed a little, though the course is located in the south of Japan and normally warm. 214 runners could not reach the goal! (264 finished). Of course, my living area has already had snow this winter.

I would like to visit UK again, especially to run London Marathon, but there is no plan for the moment. Takao".

Thanks Takao, its good to hear that the running is going well, and if you do decide to come over and run the London Marathon, we will all be pleased to see you at C&C.

Useful telephone numbers for 2005/6

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
Carl Woolf	Ladies and East Anglian league U13/U15's		01223 881075
Nigel Burch	Coaching Secretary		01223 560161
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		01223 308357
Carole Morris	Veterans T&F team manager		01638 742024
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.englandathletics.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

Provisional Fixtures Spring/Summer 2006 (some details are not yet available)

Dec 26th	C&C Boxing day 4 mile race	All	Lamas land
Dec 31 st	Ely 10k	All over 16	Ely
Jan 1 st	Wymondham 10k	All over 16	Wymondham

Jan 8 th	SEAA Indoor Multievents	All over 12	Sutton	May 7 th	National Junior League (Cambs clubs team) U20's	Ipswich
Jan 8 th	Frostbite League	All	Ramsey	May 13 th	Cambs AA Championships	All members Cambridge
Jan 15 th	Cambs AA Crosscountry Champs	All	St Neots	May 20 th	BMAF Road relays	Veterans Sutton Park
Jan 15 th	Ryston XC Grand Prix	All	Ryston	May 20 th	Southern Mens League	All Males 15+ TBC
Jan 21 st /22 nd	SEAA Indoor Championships	All over 12	Brunel Uni	May 20 th	Southern Womens League	All Females TBC
Jan 22 nd	Sportshall league match	U13/U15	Huntingdon	May 20 th	BMC Nike Grand prix Rd 1	Seniors TBC
Jan 22 nd	West Norfolk Indoor Open Meeting	All	Kings Lynn	June 4 th	East Anglian league	All TBC
Jan 22 nd	Folksworth 15 Mile	All over 16	Folksworth	May 27/28 th	SEAA U20 Championships	All under 20 TBC
Jan 22 nd	Fred Hughes 10	All over 16	St Albans	May 28/29 th	CAU Championships	County select Bedford
Jan 22 nd	Wellingborough Multi-Terrain 5k,10k,	15k	Wellingborough	June 7 th	Eastern Veterans league	Veterans TBC
Jan 22 nd	UK Cross Challenge	All over 13	Cardiff	June 3 rd	Southern Mens League	Males 15+ TBC
Jan 22 nd	EVAC XC Championships	Veterans 35+	Arrington	June 10 th	Cambridgeshire schools Champs	Schools select TBC
Jan 25 th	Balancingblues 5k series	All over 16	Bedford	June 10 th	BMC Nike Grand Prix Rd 2	Seniors Watford
Jan 29 th	SEAA XC Championships	All	Exmouth	June 10 th	AAA 10,000m championships	Seniors Watford
Feb 4 th	Regional Sportshall final	County select	Norwich	June 10/11 th	AAA Combined events	Senior/U20 Stoke on Trent
Feb 4 th	SEAA Vets XC	Veterans	Ruislip	June 11 th	National Junior League (Cambs clubs team) U20's	Colchester
Feb 4 th	Indoor City cup semifinal	Area Select	Sheffield	June 11 th	Bedford International Games 2005	Spectators Bedford
Feb 5 th	Frostbite League	All	Bourne Woods	June 17/18 th	SEAA Senior Championships	Seniors TBC
Feb 5 th	ASICS Watford Half Marathon	Sen/Vet	Watford	June 18 th	BMAF 5k Road championships	Veterans Horwich
Feb 11/12 th	AAA Indoor Championships	Invitation	Sheffield	June 18 th	BMAFweight Pentathlon	Veterans TBC
Feb 11/12 th	Birmingham Indoor Open meeting 1	All over 14	Birmingham	June 18 th	Eastern Young Athletes Lge	All under 17 Thurrock
Feb 12 th	ECAA Indoor championships	All	Kings Lynn	June 24 th	BMC Nike Grand prix rd 3	Seniors TBC
Feb 12 th	Stamford Valentines 30k	All over 16	Stamford	June 25 th	East Anglian League	All TBC
Feb 12 th	Wellingborough Multi-Terrain 5k,10k,	15k	Wellingborough	July 2 nd	Eastern Young Athletes Lge	All under 17 Cambridge
Feb 15 th	Balancingblues 5k series	All over 16	Bedford	July 5 th	Eastern veterans league	Veterans TBC
Feb 18 th	Woburn 10k	All over 16	Woburn Safari Pk	July 7/8 th	National Schools Champs	Schools select TBC
Feb 19 th	Birmingham Indoor Open meeting 2	All over 14	Birmingham	July 8 th	Southern Mens League	Males 15+ Birmingham
Feb 19 th	ECAA XC Championships	All	RAF Barnham	July 8 th /9 th	BMAF T&F Championships	Veterans TBC
Feb 19 th	Ryston XC Grand Prix	All	Ryston	July 15 th	Southern Women's League	All Females TBC
Feb 19 th	CU Field and relay match (inc C&C)	Over 17's	Cambridge	July 15/16 th	AAA Senior Championships	Seniors Manchester
Feb 25 th	National XC Championships	Club Teams	Parliament Hill	July 16 th	National Junior League (Cambs clubs team) U20's	Basildon
Feb 25/26 th	Birmingham indoor games	All?	Birmingham	July 19 th -30 th	European Veterans T&F Champs	Veterans Poznan (Poland)
Feb 25/26 th	BUSA Indoor Championships	University Select	Sheffield	July 22/23 rd	AAA Under 20/Under 23 Champs	U20/U23's Bedford
Feb 26 th	Bury 20 and 10	All over 16	Bury St Eds	July 22 nd	Southern Mens League	Males 15+ TBC
Feb 26 th	Rhoding valley half marathon	All over 16	Woodford Green	July 29 th	BMC Nike Grand Prix Rd 4	Seniors TBC
Mar 4 th /5 th	AAA U15/U17 Indoor Championships	U15/U17's	Birmingham	July 30 th	Eastern Young Athletes Lge	All under 17 Biggleswade
Mar 4 th /5 th	BMAF Indoor Championships	Veterans	Cardiff	August 2 nd	Eastern Veterans league	Veterans TBC
Mar 5 th	Frostbite League	All	Huntingdon	August 5 th	Southern Mens League	Males 15+ TBC
Mar 5 th	BMAF XC Champs	Veterans	Bournemouth	August 5/6 th	AAA U15/U17 Championships	U15's/U17's Birmingham
Mar 11 th	CAU Intercounties	County select	Nottingham	August 6 th	East Anglian League	All TBC
March 12 th	Mondi 15 mile	All over 16	March	August 12 th	Southern Women's League	All Females TBC
Mar 15-26 th	Commonwealth Games	National Selection	Melbourne	August 12/13 th	BMAF Decathalons/Heptathalons	Veterans Oxford
Mar 19 th	Thorney 12k	All over 16	Thorney	August 13 th	National Junior League (Cambs clubs team) U20's	TBC
Mar 25 th	English Schools Championships	Schools select	Mansfield	August 19/20 th	AAA U15/U17 combined events	U15's/U17's Stoke on Trent
Mar 26 th	Ryston XC Grand Prix	All	Ryston	August 20 th	Eastern Young Athletes Lge	All under 17 Thurrock
Mar 26 th	Fred Wright 10k	All over 16	Whittlesey	August 27 th (TBC)	SEAA Intercounties U20 & U15	County select Abingdon
April 8 th	National 6 and 12 stage relays	Seniors	Sutton Park	Sept 2 nd	Southern Women's League	All Females TBC
April 22 nd	Southern Women's League	All Females	TBC	TBC	ECAA Hibberd Trophy	County Select TBC
April 23 rd	London Marathon	Seniors	London	Sept 10 th	Eastern Young Athletes Final	All under 17 TBC
April 29 th	Southern Mens League	Males 15+	TBC	Sept 17 th	East Anglian league Final	All Bury St Edmunds
Apr 29-May 1	BUSA Championships	University select	Glasgow	Sept 24 th	BMAF Weights Decathlon	Veterans TBC
April 30 th	East Anglian League	All	Cambridge			
May 3 rd	Eastern Vets League	Veterans	TBC			
May 7 th	Eastern Young Athletes Lge	All under 17	Luton			

- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31st

August 2006 except U20's when it is age at 31st Dec 2006.
- Entry forms for the Midlands open Indoor fixtures can be downloaded from
www.midlandathletics.org.uk or requested by phone from 0121 4561896

Results, results and more results

Track/Indoor

BMC meeting at Solihull – June 25th

1500m L Dowsett 4.35.02 (CR)

East Anglian league – Ipswich 31st July - Under 11 results (missing from previous newsletter)

U11 Boys	A Ette	80m 12.6	600m 2.04.3	Longjump 3.67
U11 Girls	J Powell	80m 12.1 (CR)	600m 2.09.2 (CR)	Longjump 3.44
	R Davidson	80m 13.8	600m 2.19.3	Longjump 2.92
	C Bass	80m 13.8	600m 2.15.7	Longjump 2.82

Cambridgeshire and Eastern AA multievents - 25th September

U13 Girls minithon	2 nd	Lauren Sammout	76 pts, (2 nd ECAA, 1 st Cambs, 1 st C&C)
	=14 th	Emma Woodroffe	53 pts (2 nd C&C, 5 th Cambs)
	17 th	Jenni Corbett	50 pts (3 rd C&C, 6 th Cambs)
Under 15 Girls pentathlon	11 th	Olivia Milward	1599 pts (5 th Cambs, 1 st C&C)
Under 15 Boys Pentathlon	5 th	William Mycroft	1590pts (2 nd Cambs AA, 1 st C&C)
	10 th	Tom Spry	947 pts (2 nd Cambs, 2 nd C&C)
Senior Men	3 rd	Petr Steiner	2218 pts (3 rd Cambs AA, 1 st C&C),
	4 th	Richard Wheeler	2096pts (4 th Cambs AA, 2 nd C&C)
	5 th	Bryn Percival	1943 pts (5 th Cambs AA, 3 rd C&C)
	6 th	James Huckle	1921pts (6 th cambs AA, 4 th C&C)
	7 th	Chris Mycroft	1808pts (7 th Cambs AA, 5 th C&C)
	8 th	James Brennan	1526 pts (8 th Cambs AA, 6 th C&C)

Biggleswade Open meeting – Sandy School – 2nd October

U13 Girls Hurdles	1 st	C Asztalos	13.0
Longjump	1 st	L Sammout	4.45m
Shot	1 st	L Sammout	7.94
U15 Girls Hurdles	1 st	L Bass	12.9
U20 Women 800m	1 st	I Asztalos	2.33.0
Sen Men 100m	1 st	J Brennan	13.1
	1 st	11.44	Triplejump
Highjump	2 nd	J Brennan	1.40
	23.90		Javelin 1 st
Longjump	1 st	J Brennan	5.36

BMAF Weights Decathlon Championships

P Bramford – M55 age-group shot 6k 8.87 discus 1.5k 30.23 javelin 700gm 32.80
hammer 6k 22.50 brick 10k 6.94 sling ball 1.5k 40.35 club 500gm 52.85 mini shot 3k 19.13
one handed hammer 7.5k 14.10 heavy hammer 10k 8.89

ROAD

Saffron Walden 10k – 25th September

4 th	B Baldelli	35.40	8 th	C Flood	37.02
9 th	G Cappetti	37.03	29 th	G Cinque	40.48
48 th	P Dewison	7 th M50 42.15	50 th	G Smith	8 th M50 42.44
55 th	G Meah	16 th M40 42.57	60 th	C Brown	20 th M40 43.26
63 rd	V Freeman	22 nd M40 43.52	71 st	R Flood	3 rd Fem 44.18
72 nd	J Lewy	24 th M40 44.28	183 rd	S Culit	19 th Fem 52.18
191 st	A Baldock	65 th M40 52.18	242 nd	P Barrett	73 rd M40 56.12
282 nd	P Chaplin	M74 61.03	322 nd	D Blyth	1 st M85 95.13

Abingdon marathon – October 10th

119th C Pyle 3.17.34 154th D Mail 11th M50 3.23.15

Amsterdam Half Marathon – October 10th

Men M DiFranco 1.35.45 T Long 1.40.06 A Irvine 1.44.07
Women C McEinery 1.48.27 A Lasseter 1.58.32

Fenland 10 – Wisbech – October 30th

22 nd	D Abbott	M45 4 th 1.02.21	48 th	C Clissold	1.06.29
56 th	M Chaplin	M45 10 th 1.06.56	81 st	D Mail	M50 14 th 1.09.28
92 nd	A Downie	M55 6 th 1.10.29	95 th	G Smith	M55 7 th 1.10.46
171 st	R Kiff	F 7 th 1.18.54	179 th	A Irvine	1.19.27
180 th	Ron Jackson	M50 23 rd 1.19.31	215 th	A Baldock	M55 16 th 1.24.09

Maesawa 10k Japan 6th November

5th 1st veteran T Komatsu 32.22 (845 finishers)

Ageo Half Marathon Japan 20th Nov

431st 1st veteran T Komatsu 71.00 (2633 finishers)

St Neots Half Marathon - November 20th

23 rd	D Abbott	M45 1.22.53	40 th	A Poole	1.25.17
61 st	G Cinque	M40 1.28.05	81 st	D Mail	M50 1.29.31
86 th	J Ferguson	M40 1.29.52	94 th	A Hill Fem	W35 1.30.27
107 th	A Downie	M55 1.31.25	134 th	B Corbett	M40 1.33.19
137 th	P Dewison	M50 1.32.50	143 rd	G Smith	M55 1.33.58
229 th	R Cubberley Fem	W35 1.38.22	244 th	P Schofield	M440

272 th	M DiFranco	M40 1.40.56	310 th	A Irvine	1.42.08
418 th	Ron Jackson	M50 1.46.11	490 th	G Haigh Fem	W35 1.48.58
521 st	A Baldock	M55 1.49.50	527 th	C McEinery Fem	1.50.51
			15 th	T Spry	U15B 13.06

St Neots Fun run

35th Jen Corbett U13G 14.07 41st Jas Corbett

Stortford 10k November 20th

47th G Cappetti 59.55 158th V Freeman M40 1.11.21

Fukuoka International Marathon Japan 4th Dec

62nd T Komatsu 2h 31m 59s (234 finishers, 214 DNF due to weather)

Nene Valley 10 - Dec 4th

48 th	M Smith	66.34	49 th	C Clissold	66.44
53 rd	P Dewison	M50 67.39	63 rd	A Downie	M55 68.40

Great Barford Half Marathon – Dec 11th

58 th	I Badr	1.23.35	132 nd	A Hill	W40 1.28.58
197 th	J Ball	Fem 1.32.49	313 rd	B Corbett	M45 1.37.58
464 th	R Cubberley	Fem 1.43.18			

CROSSCOUNTRY

Ryston Runners Grand prix series - October 9th

Men (5k)	M Chaplin 8 th M45	19.27	A Howarth	6 th U17	19.33
	N Burch 19 th M45	28.49	S Howarth	11 th M50	22.51
	D Blyth 10 th M60	42.14			

U15 Boys (3k)	Nick Burch 5 th	11.30
Ladies Vets 55+	M Holmes 4 th	25.14

Ryston Runners Grand prix series – November 13th

U15 Boys	2 nd Nick Burch	10.48
Men 45+	15 th N Burch	50.43
Men 60+	7 th P Chaplin	48.41
	10 th D Blyth	71.56

Reebok Challenge – Parliament Hill – Nov 19th

14th G Coe U15 Girls 17.40

Cambridge University Cuppers – Nov 19th at Wandlebury

Men (6.5 miles) 1st W George 33.00
 Ladies (4.1 miles) 5th J Lasenby 25.35

UK Cross Challenge Liverpool November 26th

Under 20 Women 53rd E Kreetzer 21.16

Varsity Cross-country match – Wimbledon - December 3rd

Men 7.5 miles 5th W George 39.24

SEAA Intercounties at RAF Barnham – Dec 10th

Under 23 Men	6 th	W George (1 st Cambs)	34.01	(2 nd team – silver medalists)	
Under 17 men	48 th	R Kreetzer (1 st Cambs)	19.03	65 th	J Kennard 20.42
Under 15 Boys	30 th	W Mycroft (3 rd Cambs)	13.47	47 th	J Jamieson 14.06
Senior Women	21 st	J Ives (1 st cambs)			
Under 23 Women	18 th	C Gibbons (1 st cambs)			
Under 20 Women	36 th	H Gardner (2 nd Cambs)	29.06		
Under 17 Women	4 th	H Arbuckle (1 st Cambs)	20.39	11 th	E Schofield 21.16
Under 15 Girls	14 th	G Coe (1 st cambs)			
Under 13 Girls	78 th	JazziCorbett		81 st	Jenni Corbett

(Emily Kier also ran but had to pull out)

MULTITERRAIN

Frostbite League - Oct 16th

Seniors	1 st team	593 pts	358 finished		
7 th	7 th Man	I Delaney	29.02	11 th	11 th Man G Cappetti 29.44
27 th	27 th Man	J Kazer	31.26	29 th	29 th Man B Blaukopf 31.33
50 th	50 th Man	A Howard (U20)	32.40	58 th	58 th Man A Poole 33.01
59 th	59 th Man	C Clarke	33.02	90 th	89 th Man J Lewy (V45) 34.05
93 rd	92 nd Man	D Bowker (V40)	34.16	100 th	97 th Man P Dewison (V50) 34.29
116 th	112 th Man	B Corbett	34.58	136 th	8 th Fem D Abraham 35.37
147 th		A Downie (V55)	36.22	149 th	12 th Fem C Gibbons 36.30
234 th		Ron Jackson	40.24	257 th	P Garrett 41.42
265	Fem	C Culit	42.06	280 th	D Willis 42.57
Juniors	4 th team	187 pts	107 finished		
3 rd	J Jamieson		5.42	13 th	N Burch 6.07
21 st	T Spry		6.29	42 nd	Jen Corbett (F) 7.05
50 th	E Grimshaw (F)		7.11	60 th	K Bull (F) 7.26
62 nd	Jas Corbett (F)		7.29	66 th	B Carter (F) 7.37

Frostbite League - Nov 13th - Peterborough

Seniors	2 nd team	543pts (now 1 st team of 17) – 395 finished			
10 th	10 th Man	M Salt	28.57	17 th	17 th Man D Abbott M45 31.47
23 rd	23 rd Man	J Kazer	29.38	43 rd	42 nd Man A Howard U20 30.49
47 th	2 nd Fem	J Ives	30.60	55 th	53 rd Man M Smith 31.23
71 st	69 th Man	J Morley	31.57	74 th	72 nd Man J Ferguson 32.02
82 nd	80 th Man	J Lewy M45	32.20	100 th	95 th Man B Corbett 32.49
102 nd	97 th Man	A Downie M55	32.50	106 th	101 st Man G Smith M55 32.57
114 th		P Dewison M50	33.14	121 st	8 th Fem E Schofield U20F 33.33
126 th	9 th Fem	J Ball	33.40	127 th	T Long 33.44
171 st	16 th Fem	R Flood Fem	35.17	179 th	P Schofield M40
223 rd		A Irvine	36.55	283 rd	A Baldock 39.14
Juniors	3 rd team	93pts – now 4 th team overall		112 finished	
3 rd	J Jamieson		7.25	12 th	J Millard 8.16
20 th	T Spry		8.43	21 st	A Dewison 8.44
29 th	A Tapley		8.56	37 th	A Calder (F) 9.11
39 th	E Grimshaw (F)		9.16	47 th	Jenni Corbett (F) 9.33
51 st	O Mathewson (F)		9.37	73 rd	Jasmine Corbett (F) 10.26
76 th	A Black (F)		10.51	94 th	N Richards (F) 11.56

Herward 4 stage relay – Nov 27th – 126 teams finished – 6.1 miles, 11.6 miles, 10.3 miles, 10.4 miles

Senior men A (Cambridge Flyers)	15 th team	4.21.29	D Abbott	38.51	9 th
C Flood	1.16.36	18 th	I Badr	1.12.33	18 th
Senior men B (Cambridge Flyers Mk2)	62 nd Team	5.06.13	D Willis	51.40	96 th
S Thoday	1.31.52	82 nd	A Howard	1.15.23	24 th
Veteran Men 40+ (Young Codgers)	64 th team	5.07.03	J Lewy	43.49	34 th
C Clarke	1.20.54	29 th	I McKay	1.44.47	119 th
Veteran Men 50+ (Old Codgers)	38 th team	4.45.07	J Jenkins	41.01	18 th
A Downie	1.28.35	67 th	G Smith	1.18.27	38 th
Ladies (Glynns Girls)	48 th team	3 rd Female team	5.02.18	C Gibbons	46.55
R Flood	1.31.10	78 th (9 th F)	J Ball	1.19.10	42 nd (2 nd F)
Mixed (Phils Angels)	117 th team	5.54.00	S Arora	53.18	107 th (F)
C McEinery	1.41.36	112 nd	P Garrett	1.42.36	115 th
			A Lasserter	1.36.30	115 th (F)

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Sports-hall athletics competition reply slip

If you would like to compete in the Cambs AA Sports-hall Championship on January 22nd (at St Ives) 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

Carl – please contact me with details of this event

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.**