

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

## Newsletter

March 2006

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

April 8 <sup>th</sup>	National 6 and 12 stage relays	Seniors	Sutton Park
April 22 <sup>nd</sup>	Southern Women's League	All Females	Woodford
April 29 <sup>th</sup>	Southern mens League	All males 15+	Kingston
April 30 <sup>th</sup>	East Anglian League	All	Cambridge
May 3 <sup>rd</sup>	Eastern Vets League	Veterans	Peterborough
May 6 <sup>th</sup>	Vs CUAC, Colleges, UEA etc	All over 16	Cambridge
May 7 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Bedford
May 7 <sup>th</sup>	National Junior League (Cambs clubs team)	U20's	Ipswich
May 7 <sup>th</sup>	EVAC 3k road relays	Veterans	Hemingford
May 13 <sup>th</sup>	Cambs AA Championships	All members	Cambridge
May 20 <sup>th</sup>	BMAF Road relays	Veterans	Sutton Park
May 20 <sup>th</sup>	Southern Mens League	All Males 15+	Cambridge
May 20 <sup>th</sup>	Southern Womens League	All Females	Ilford
May 24 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
June 4 <sup>th</sup>	East Anglian league	All	Kings Lynn
May 27/28 <sup>th</sup>	SEAA U20 Championships	All under 20	Chelmsford
June 7 <sup>th</sup>	Eastern Veterans league	Veterans	Milton keynes
June 3 <sup>rd</sup>	Southern Mens League	Males 15+	Cambridge
June 10 <sup>th</sup>	Cambridgeshire schools Champs	Schools select	TBC
June 11 <sup>th</sup>	National Junior League (Cambs clubs team)	U20's	Ipswich
June 14 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
June 17/18 <sup>th</sup>	SEAA Senior Championships	Seniors	Crystal Palace
June 18 <sup>th</sup>	BMAF 5k Road championships	Veterans	Horwich
June 18 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Thurrock

### Young Athlete Parents Coffee Evening, and the Cross-Country Trophy

Awards - April 24th (see inside for details)

### Young athletes Summer training starts Monday April 3rd at track

Young athletes' coaching is supported by sponsorship from RAF Careers

Year 2006 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. (Reminders enclosed)

### IMPORTANT – PLEASE READ THESE NEXT FEW ITEMS

### YOUNG ATHLETES PLEASE SHOW THEM TO YOUR PARENTS

### Chairman's chatter

Congratulations are due to two of the club's stalwarts. They're both too modest to give the news themselves so I want to give it on their behalf. UK Athletics makes annual awards to clubs and individuals who have made the biggest contribution to the sport.

Noel Moss has been declared the club officer for the year from the East of England. This is hugely deserved. Noel makes a massive contribution to the club in all sorts of areas and I'm absolutely delighted that this has been recognised by the National Governing Body.

Barry Wallman has been declared official of the year for services to officiating in the East. Barry has been an official for many years and gives an excellent service to us and to other clubs in the county and the region. He thoroughly deserves this honour. Both of them will be invited to an annual UKA awards dinner to receive their awards; a much deserved honour to them and through them to the club, enjoy yourselves, guys!

Other good news is that the club has been given sponsorship by RAF Careers to support coaching for junior athletes. We are very grateful to the RAF for their generosity and will use it to provide coach development and to give training to new coaches. If anyone is interested in spending any of the RAF sponsorship, to train as a coach – please have a word with a club officer. We'd be pleased to support you. We've also been given some funding by UKA Clubs Futures programme for senior coach development. This is an important area for the club but we really do need extra help with coaching, particularly for young athletes, to take advantage of the funding we've received. We are changing aspects of young athletes coaching and there are more opportunities for interested people to get involved in smaller ways. As before, please let us know, if you're interested.

The track and field season is just about to start. There is a lot to look forward to. Good luck to athletes and teams.

Neil Costello

### Summer training – Important information

Young athletes training remains indoors at Chesterton on Monday March 27<sup>th</sup>, and young athletes commence outdoor training at Wilberforce road on Monday April 3<sup>rd</sup>. (Due to another function at Wilberforce Road on March 27<sup>th</sup>). Older athletes will train outside at Wilberforce road on Tuesday March 28<sup>th</sup> and Thursday March 30<sup>th</sup>.

Please read the information that follows about changes to the Young Athletes Training:

### Training arrangements for young athletes, 2006 - new structure and timings

This year, on the Monday training nights, significant changes have been made to the way we will operate. These changes are necessitated by significantly increasing numbers, especially of U11 and U13 athletes, and equally importantly, the adoption of latest coaching practice for young athletes. It is considered important that early specialisation of young athletes is avoided where possible and that core general athletic skills are taught to everyone, to give a base for long-term development. Athletes will be very strongly encouraged to try all events but, on the limited occasions, where this would be inappropriate an individual, due for example to physical build, they will be allowed to substitute occasional disciplines by prior agreement.

The process will be subject to regular review and may be modified further during the summer.

**Coaching on Monday evenings will now be split into two sessions, and will start earlier: the first session for U13 athletes at 6.00pm and the second session for 13s and over at 7.00pm.**

#### **Under 13s**

U13 athletes will be asked to assemble at the track at 6.00. The session will begin on track at 6.10 and will move off the track at 7.00pm. After 7.00pm, the Under 13's will have some fun activities and a warm down session with their group coaches, and they will finish at ca 7.25 – 7.30. Parents are asked to arrive ready to collect the Under 13's by 7.20.

**Athletes must be collected from the upstairs room, we cannot allow them to wait outside or to go into the Car park for safety reasons.**

Athletes will be divided into six groups, labelled A1, A2, B1, B2, C1 and C2. The children will register (at 6.00) by group. This should produce a group size of approximately 12-15 athletes. Each letter group will circulate weekly around three coaching teams: Running, Jumping and Throwing, i.e. each coaching team will look after 24 to 30 athletes in two sub groups. There will be two, and sometimes three, coaches in each coaching team. The Running team will coach speed, endurance and hurdles. The Jumps team will coach, long jump, high jump and triple jump (the latter depending on the age of the athletes). The throws team will coach shot/discus/jav. Each letter group will take a different athletics discipline each week. For example, Group A may be taking Running and Group B Jumps. Within Group A, A1 may be training in speed work and group A2 in endurance. There will be one coach who will remain with each group every week, as their Group leader.

More generalist, skills-based coaching will be incorporated into sessions using specialist coaches to join the discipline-based sessions. Ultimately, the intention is to embed these approaches into all under 13 coaching.

Where athletes are becoming talented in individual events, they may be introduced to specialist coaches and may attend coaching sessions on Tuesday or Thursdays. This is only likely to occur when they are close to moving into the higher age groups and would not mean they should not attend U13 training on Mondays. It is important even for specialist athletes to try other events at this age.

#### **Over 13s**

The over 13 group will broadly follow current practice: namely athletes will join relatively specialist groups of their choice and train seriously for a limited number of athletic disciplines. Movement between groups will be possible for those who wish to train for a wider range of disciplines or who have not decided upon a specialist event.

The over 13 athletes will be asked to assemble at 6.45. Their track session will begin at 7.00 and run on until 8.00 or 8.15. The track will close at 8.30. Warming up can begin before 7.00, depending on coach availability, but needs to be off the track itself.

The normal process of registration (in the upstairs clubroom) will continue for both groups for the following reasons

- The first is safety. Our policy guidelines require that we know who is there at any training session for athletes aged Under 17 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. By getting everyone to join, the fees can be kept lower for everyone and it will make administration much easier.

Young athletes' coaching is supported by sponsorship from RAF Careers

**Parents Coffee Evening - April 24<sup>th</sup> – Come and get to know the club and what it is about**  
**On Monday April 24<sup>th</sup> at the track we shall be holding an "open evening" from 6.15pm, which all parents of young athletes are required to attend please. The evening will offer an opportunity to talk informally to club officials and team managers, and to find out more about the club activities, in readiness for the league competitions.**

**Please try to come along and find out what we offer for your child however old he/she 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 currently urgently need team managers for the Under 13 Girls in the Eastern Young athletes league, and the Under 13/Under 15 Boys in the East Anglian league. If we don't get volunteers we may not be able to run the teams for those age-groups. Its not difficult!!**

#### **Cross Country awards presentations – April 24<sup>th</sup>**

**We hope to have coffee available during the evening, and then at 8.15 – 9.00pm 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.**

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

We would like to give special thanks to the people 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 2005 has highlighted the continuing 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.

#### **The New structure for English Athletics moves forward**

The following is a letter sent by the Interim Region East Chairman, Peter Tanner, to all the clubs in the East Anglian league, following a presentation at the league AGM.

The (9) English Regions are what were initially known as "Hubs" in the Foster Report. One of the most important targets is the appointment of the Regional Manager, a full-time salaried post. Peter is determined to get the right person for the job so that our region gets the best possible service.

#### ***"Letter to Member Clubs of the East Anglian League – sent January 2006***

*You may already have seen a similar letter to this from me that I wrote, last month to introduce myself to clubs as the recently appointed interim Chair of the East region of England Athletics, an area that includes Bedfordshire, Cambridgeshire, Essex (excluding the London Boroughs), Hertfordshire, Norfolk and Suffolk.*

***My Role in Athletics*** - Like almost everyone in our sport I am a volunteer in this- and all my other capacities: I fulfil the role of Chair of three other athletic organisations: Colchester and Tendring AC, our local area athletics focus group, and the Essex Athletics Development Group.

*As interim Chair of the East region my two main tasks are the appointment of a Regional Manager and the establishment of a Regional Council, with its own chair. Other elements of my job are to help to identify suitable working arrangements for the manager and his or her team of two development staff and an administrative assistant. If office space is needed it will be as convenient and cheap as we can make it!*

***Regional Manager***- The appointed manager will have undergone a rigorous competency-based selection process, involving the newly appointed Chief executive of England Athletics, Dr Alan

Harrison, the interim Chair of England Athletics, Peter Radcliffe, an HR professional and me. The process will first consider internal candidates, such as those currently employed by the Territories, AAA of England and UK Athletics, and should no one suitable emerge the process will be extended to external candidates. You have my undertaking that this truly critical post will be filled only by the very best available candidate.

**Regional Council** - The Council will be made up of 9 - 11 individuals, the majority of whom will be democratically elected by the clubs in the region. Once the elected councillors are in place they will consider what gaps there may be in terms of skills, areas of influence etc and then appoint people to fill those spots. The council will then elect their own chair, who will become a member of the England Council. My aim is for us to be in a position to hold elections in April 2006 with the council in place by June. I will not be standing for election.

#### **What Next?**

As well as the fantastic opportunity the role of interim Chair provides to create something new and exciting in the East, part of the attraction of taking on this challenging job is the speed things are moving. I am in the process of arranging a first meeting with a small working group, who will help me to get things ready for the Council elections. I will also make every effort to meet with representatives of county associations and development groups, as well as other key people and organisations in the region.

At some point the regional council is likely to want to look at opportunities for competition within the East. I have already taken the opportunity to meet with the Eastern AA to discuss the future of East region competition and their future status. The EAA has a long history of delivering local competition along with such bodies as the East Anglian League, the Eastern Young Athletes League and the Eastern Vets. It is difficult to predict the competition structure that a future council might favour, but it is certainly fair to say that the East has a great deal of experience that will stand them in good stead.

I look forward to working with everyone involved in athletics in the East to take full advantage of the opportunities presented to us by our regional status.

Sincere regards, Peter Tanner”

Since then at another meeting, Peter has told us that the post of Regional Manager was not filled from candidates in the first “internal - UKA” round of interviews, and is now advertised externally to ensure that we get the best possible candidate. A similar situation occurred in three other regions – basically the four largest regions are trying to get the most suitable people for the job.

The elections of the Council will be run by the electoral Reform Society and all Clubs will have a vote. Their votes will be weighted based on membership numbers in the final result.

#### **Well done Ed**

Ed Aston won the silver medal at the recent AAA Indoor championships in the Under 20 men’s 800m, with a time of 1.51.9. That is classy running, and adds to Ed’s National medals collection.

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

*We didn’t have all the data in December so here is the updated list*

Under 20 Womens	800m	Lucy Dowsett (U17)	16 <sup>th</sup>	2.09.75
Under 20 Mens	110m Hurdles	James Markley	7 <sup>th</sup>	14.58
Under 17 Womens	400m	Lucy Dowsett	7 <sup>th</sup>	57.5
Under 17 Womens	800m	Lucy Dowsett	4 <sup>th</sup>	2.09.75
Under 17 Womens	1500m	Lucy Dowsett	13 <sup>th</sup>	4.35.02
Under 17 Womens	80m Hurdles	Kim Motley	18 <sup>th</sup>	12.07/11.9
Under 13 Girls	Discus	Lauren Sammout	4 <sup>th</sup>	26.67
Under 13 Girls	Javelin	Emma Woodroffe	16 <sup>th</sup>	24.44
Under 13 Boys	100m	Jacob Mandley	17 <sup>th</sup>	12.7
Under 13 Boys	200m	Jacob Mandley	13 <sup>th</sup>	25.9
Under 13 Boys	75m Hurdles	Ben Kelk	13 <sup>th</sup>	12.9

#### **Cambs AA Cross-country championships**

At Priory Park, St Neots, this year. Quite a good course, but because the pavilion had been burnt down, the results and presentations were at the Rugby club, about 500m away through a housing estate, which proved far from ideal. Many people didn’t realise that there were presentations at all. C&C dominated many of the age-groups again this year, finishing with 8 individual Gold medals and Trophies (of a possible 12) , 6 individual silver medals, and 6 team golds. All the results are shown in the results section.

The mens race, the “battle of the Wills” was the headliner for the Cambs results in Athletics Weekly. Will Clarke finally took it by 3 seconds from Will George. Will Clarke is heading for the Commonwealth Games to represent England in the Triathlon, and so will miss the CAU Intercounties, but I’m sure that we all wish Will good Luck down under.

Our other International Triathletes, Rosie Clarke, won the Ladies Race, with C&C taking the first 3 places. Rosie winning the Under 20’s, Joan Lasenby the Veterans, and Jen Ives the Seniors. Robert Laseny won the Under 17 Mens race, closely followed by Robert Kreetzer, Will Mycroft was 2<sup>nd</sup> in the under 15 Boys, Harriet Arbuckle won the Under 17 Womens race, closely followed by LucyDowsett, Gemma Coe won the Under 15 Girls and Emily Kier was 2<sup>nd</sup> in the Under 13 Girls. We also had Adam Tapley 2<sup>nd</sup> in the Non-championship U11’s race.

#### **Frostbite League**

The club did well again this year with good numbers competing in the Seniors and increasing numbers competing in the Juniors. The Seniors eventually finished 2<sup>nd</sup> and the Juniors 4<sup>th</sup>, both 1 place better than 2005.

The Seniors led from the first match and in the third match at Swavesey increased their lead still further. Will George won the Swavesey fixture, while Jen Ives was consistently 2<sup>nd</sup> Woman home in the first three fixtures.

At Ramsey the seniors finished 2<sup>nd</sup> team but still held a good lead overall, while the Juniors were =1<sup>st</sup> and moved into 3<sup>rd</sup> place overall.

In the 5<sup>th</sup> match at Bourne, there was a hiccup, and the Senior team finished 4<sup>th</sup>, and overall were equal on match points with Ely. It was a day when Ely put out a very strong team and C&C had some athletes missing, and that let some other teams also take points of us.

It wasn’t a good day for the Juniors either and they dropped back into 4<sup>th</sup> place overall.

In the final fixture at Huntingdon, Ely turned out lots of men, but were weaker on the women, but they just won the final fixture ahead of C&C, and we had to settle for 2<sup>nd</sup> place, but that is improvement yet again on the previous year. Michael Salt deserves a special mention for his consistent support and placings during the season, usually in the top 10 finishers with a best of 5<sup>th</sup>. The Juniors finished 3<sup>rd</sup> in the final fixture and ended in 4<sup>th</sup> place overall. Josh Jamieson took 2<sup>nd</sup> individual place in the last fixture.

#### **Road running**

The clubs Road running activities continue to grow, and the club athletes are producing some excellent results. (See the Results section). Since the Christmas newsletter some of our athletes have been over to Ireland for the Ballycotton 10. Some of our members are entered in the London marathon which will take place on April 23<sup>rd</sup>, and as a result they have been competing in 15 and 20 mile races as preparation. We wish them every success.

The Cambridgeshire road race league series will take place again this year and Glyn and Ian have details of the events which are included. The series includes events which double as Cambridgeshire AA Championship events.

#### **Glyns road round-up.**

Marathon training is well under way at the moment with most of those not getting in at London competing at Rotterdam on April 9<sup>th</sup>. Sunday morning training runs are proving very popular,

with a variety of routes being run, including a river run to Ely with a return journey on train. Distance races have also been well attended with 16 C&C runners at the Stamford Valentines 30k. Ish Badr was first C&C runner home improving his previous time here by almost 5 minutes and finishing a very creditable 30<sup>th</sup> position overall. The Bury 20 on Feb.26<sup>th</sup>. was also an excellent pre-marathon training race with two good hills on an already undulating course and ,what seemed, a continual head wind on the return journey. Two of our runners who really deserve a mention here are Giacomo Cappetti, who finished 11<sup>th</sup> overall and Andrea Hill who was 2<sup>nd</sup> Female and 1<sup>st</sup> Female vet 40. The final Frostbite at Huntingdon found us pushed into 2<sup>nd</sup> place overall by Ely, this was mainly due to our poor turn out at the penultimate round at Bourne. Ah well, there is always next year! Glyn

#### **A little bit of the history of the Boxing day 4 mile – from Mark Chaplin**

The Boxing Day race goes back to before the formation of C&C in 1962. Until the mid fifties the race started and finished in Mill Lane, probably moving to Lammas Land in 1955. 1960-1966 results are in a book compiled by George Phipps, and here are some highlights: 1960 Peter Chaplin runs on Boxing Day for the first time, time 23:34. The race is won by P Clarke in 20:03. 1962 Jim Smith wins the first C&C Boxing Day race in 21:05, the slowest winning time in the 1960-1966 period. 1963 Barry Wallman breaks 24 mins with 23:49. 1964 Peter Chaplin wins in 21:44. 1965 Steve Larkin is the first to break 20 mins on Boxing Day with 19:45, Graham and Grenville Tuck run for the first time, aged 15, doing 22:43, and Peter Howard makes his first appearance, doing 26:22. 1966 Roger Robinson lowers the record to 19:23, and Grenville Tuck runs 21:48 aged 16. 1973-1999 are from my own diaries, so cover my own performances and the size of the field: 1975 I run the full 4 miles for the first time, aged 17, doing 25:42. 1980 I do my Boxing Day PB of 22:52. 1981 The London Marathon effect, 40 finishers. 1983 The field is 52, and I finish 6th in 23:00. 1984 59 finishers, probably the record. 1986 The race is run as a Yacht Handicap, with each competitor starting at a different time, according to the handicap. 1987 The last time I dip under 24 mins. 1996 I'm 2nd of 11 finishers in 24:08, my highest position, but my diary doesn't say who won. 1998 Only 10 finishers, the smallest field in my records. (*Won by Ben Baldelli in 21.37 - Ed*) 2000-2005 results are from the Club Magazine: 2000 The race is run over a short distance because of roadworks in Fen Causeway. (*Ben Baldelli won in 19.45, but it was only 3.75 miles*) 2003 William Clarke wins in 21:17, the fastest time in the 2000-2005 period. 2005 The field is up to 36, the highest since the 1980s. Will Mycroft's winning time of 23:19 is the slowest winning time in recent years, but Will is an U17 and his time compares well with the Tuck twins' times as 15/16 year olds 40 years ago.

#### **Climate change in Japan??**

*The following update was from Takao in Mid January.*

“Thank you very much for C&C Newsletter. How is the weather there? We have the heaviest snow that any one has ever experienced. Nearly every day the snow falls so that more than 1 meter high is reached. Temperature is under 0°C degree every day. Of course, it is too hard to run under such a circumstance. I do not think I will be able to go to Britain simply to run London marathon or Duchy marathon. I hope you will have a good running in 2006.”  
Regards - Takao Komatsu

*More recently Takao sent me his latest results which are in the results section, with the following comments*

“The snow reached 138 cm high at the beginning of February in my area. No doubt, this was the most severe winter for 50 years. The snow has been melted quickly since then. But many snows are still left here and there.

I ran two marathons for this winter by traveling to south a lot. These are two of three main marathons in Japan, which only runners under 2h 30m can run. The course in Tokyo is very flat but it was too windy this time. We had the head wind all the way in return.

Lake Biwa is the largest lake in Japan. It was windy as past. In addition, it suddenly became warm only on that day. It was too hard especially as I was getting used to living in cold temperature. My right leg became a problem and finally it stopped my running at the point of 30km. “

*Now don't complain about our cold spell of weather – at least we didn't have much snow in UK.*

#### **Sports Hall athletics**

Only one County selection match this year. Hunts AC won the match on aggregate, and therefore kept the County title again this year.

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. Our best results were from Ben Kelk, who won the Under 13 Boys High-jump Gold medal and Lauren Sammout who took bronze in the under 13 girls shot.

#### **Summer Track and Field competition – the club wants all young 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.

#### **Southern Men's League**

**Our primary league for the men.** It has the one "Senior" age-group but any male aged 16 and over can compete in the team. The team is in Division two of the Southern League, which covers everywhere south of a line from the Wash to the Bristol Channel. This year we go to Kingston, Cambridge, Cambridge, Kings Lynn, Reading and Harrow. Two home fixtures is good news and the others are not bad either. We hope to have a minibus for most fixtures except Cambridge but some cars will be needed as well.

The team is short of jumpers, hurdlers and steeplechasers, so if you know any, grab them and sign them up. This year is going to be a difficult one as usual, 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 team is in Division 3 North. 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 Woodford, Ilford, Cambridge, Peterborough and Biggleswade.

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. There are 27 clubs in the league. 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, Alan Baldock, Jacquie Kier, (plus vacancy for U13 Girls)

#### 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 30<sup>th</sup> April – come and have a warm-up before the season really starts. Team managers Noel Moss and Carl Woolf (plus vacancy for younger males agegroups.)

#### Eastern Veterans League

The League for the more mature athlete!. We are only XX years young and just as competitive as everyone else - maybe more. The age-groups are 40+, 50+ and 60+ for the men, and 35+, 45+ and 55+ for the ladies. M35's will guest this season. 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 – Carole Morris.  
Don't forget to pay your EVAC membership if you want to compete in the league this year.

#### 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.

The competition is Basildon, Bedford & County (New to League), Colchester & Tendring, Ipswich Harriers, London Heathside, St.Albans/Watford Harriers (New to league), Team Cambridgeshire.

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

The fixtures are at Ipswich (2), Bedford, and Cambridge, so not much travelling to do either. Team management will be led by Nigel Faben from Hunts AC with help from selected contacts in each club. Detailed 2005 performances of our eligible athletes have already been passed to Nigel

#### Cambridgeshire AA County Track and field championships – Cambridge May 13th

This year they are at Home in Cambridge so we want everyone in the club to enter!! 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.

Road runners, why not do a short race for a change – the Mens 5000m or the Ladies 3000m.

**Entries to be sent to Noel Moss before the 4<sup>th</sup> May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB2 4RE. Cost is £2.00 for your first event and £1.50 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.**

#### Eastern AA Championships – 9<sup>th</sup> July at Stevenage

This is the next level of Championships after the County Championships. Not as hard to get in the medals as it is at the South of England Championships, and with a good range of events for most age-groups (limited range for under 13's).

Anyone who competed in the Cambridgeshire championships should consider having a go.

An entry form is included with the Newsletter

Entries must be made on the correct form and returned with the correct entry fee(s) £4.50 per event for Senior Men, U20 Men & Senior Women and £3.50 per event for athletes in other age groups - together with a stamped addressed envelope for acknowledgement/timetable of entry etc., to:

Mrs Christine Baker, 5 Monks Drive, Eye, Peterborough, PE6 7WG.

**CLOSING DATE WEDNESDAY 21<sup>ST</sup> JUNE 2006 – DO IT BEFORE YOU FORGET**

#### New Evening Development Meeting series run by Cambridgeshire Athletics Devt Partnership

As part of the partnership program to develop athletics in Cambridgeshire, this year Cambs AA are running a series of three Development meetings held on Wednesday evenings during May-July. They are open to everyone and will include a limited number of graded track events, and field events at each. All three events will be held at St Ives Track as it is central in the county.

The current proposals are:

Wed May 24th at St Ives - Sprint hurdles, 800m, 200m, 5000m, Hammer, Shot, Triplejp, Highjump

Wed June 14th at St Ives - 100m (2 rounds), 3/400m, 1500m, 4 x 100 and 4 x 400m relays, Discus, Javelin, Long-jump, High-jump

Wed July 19th at St Ives - Sprint Hurdles, 100m, 200m, 1 mile (county Championship event),

Javelin, shot, Pole-vault, Long-jump

Open to all age-groups from Under 13's upwards (subject to UKA age-group rules) with entry either in advance or on the night. Cost is £1.50 for each event. The plan is to start at 7.00 and finish about 9 - 9.30 (Numbers will be limited in the field events so best to enter in advance by post)

The events on May 24<sup>th</sup> and June 14<sup>th</sup> give extra opportunities to get the National Schools qualifying standards. Entries can be made on the forms enclosed with the Newsletter.

**We would like to see C&C athletes supporting this new venture as much as possible**

**Track & Field, Road and multi-terrain Fixtures for 2006 Outdoor**

April 8 <sup>th</sup>	National 6 and 12 stage relays	Seniors	Sutton Park
April 22 <sup>nd</sup>	Southern Women's T&F League	All Females	Woodford
April 23 <sup>rd</sup>	London Marathon	Seniors	London
April 29 <sup>th</sup>	Southern Mens T&F League	Males 15+	Kingston
Apr 29-May 1	BUSA Championships	University select	Glasgow
April 30 <sup>th</sup>	East Anglian T&F League	All	Cambridge
May 3 <sup>rd</sup>	Eastern Vets T&F League	Veterans	Peterborough
May 3 <sup>rd</sup>	Watford open meeting + BMC seniors	All	Watford
May 6 <sup>th</sup>	vs CUAC, Colleges, UEA etc	All over 16	Cambridge
May 7 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Luton
May 7 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Ipswich
May 7 <sup>th</sup>	EVAC 3k road relay	Veterans	Hemingford
May 13 <sup>th</sup>	Cambs AA Championships	All members	Cambridge
May 14 <sup>th</sup>	Eye 10k (Cambs Road league)	Seniors	Eye **
May 20 <sup>th</sup>	BMAF Road relays	Veterans	Sutton Park
May 20 <sup>th</sup>	Southern Mens T&F League	All Males 15+	Cambridge
May 20 <sup>th</sup>	Southern Womens T&F League	All Females	Ilford
May 20 <sup>th</sup>	BMC Nike Grand prix Rd 1	Seniors	Loughborough
May 21 <sup>st</sup>	BUPA Gt Manchester run	Seniors	Manchester
May 21 <sup>st</sup>	East Cambs half marathon	Seniors	Soham
May 24 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
May 27/28 <sup>th</sup>	SEAA U20 Championships	All under 20	Chelmsford
May 28 <sup>th</sup>	Great East Anglia Run 10k	Seniors	Kings Lynn
May 28/29 <sup>th</sup>	CAU Championships	County select	Bedford
June 3 <sup>rd</sup>	Southern Mens T&F League	Males 15+	Cambridge
June 3 <sup>rd</sup>	Hickathrift 10k	Seniors	Nr Wisbech
June 4 <sup>th</sup>	East Anglian T&F League	All	Kings Lynn
June 4 <sup>th</sup>	EVAC 4 mile	Veterans	Reach
June 7 <sup>th</sup>	Eastern Veterans T&F League	Veterans	Milton Keynes
June 10 <sup>th</sup>	Cambridgeshire schools Champs	Schools select	TBC
June 10 <sup>th</sup>	BMC Nike Grand Prix Rd 2	Seniors	Watford
June 10 <sup>th</sup>	AAA 10,000m championships	Seniors	Watford
June 10/11 <sup>th</sup>	AAA Combined events	Senior/U20	Stoke on Trent
June 11 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Ipswich
June 11 <sup>th</sup>	Bedford International Games 2005	Spectators	Bedford
June 14 <sup>th</sup>	Watford open + BMC	All	Watford
June 14 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
June 17/18 <sup>th</sup>	SEAA Senior Championships	Seniors	Crystal Palace
June 18 <sup>th</sup>	BMAF 5k Road championships	Veterans	Horwich
June 18 <sup>th</sup>	English 5k Road Championships	Seniors	Horwich
June 18 <sup>th</sup>	BMAF weight Pentathlon	Veterans	TBC
June 18 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Thurrock
June 24 <sup>th</sup>	BMC Nike Grand prix rd 3	Seniors	Solihull
June 24 <sup>th</sup> /25 <sup>th</sup>	Eng. Schools Regional Comb. Events	Schools Select	TBC
June 25 <sup>th</sup>	East Anglian T&F League	All	Bury St Edmunds
June 25 <sup>th</sup>	Sutton feast beast 7m Multi-terrain	Seniors	Sutton
June 28 <sup>th</sup> /29 <sup>th</sup>	SPAR European Cup	UK Select	Malaga

July 2 <sup>nd</sup>	Eastern Young Athletes Lge	All under 17	Cambridge
July 2 <sup>nd</sup>	EVAC 10k	Veterans	Comberton
July 5 <sup>th</sup>	Eastern veterans T&F League	Veterans	Cambridge
July 7/8 <sup>th</sup>	English Schools Champs	Schools select	Gateshead
July 8 <sup>th</sup>	Southern Mens T&F League	Males 15+	Kings Lynn
July 8 <sup>th</sup> /9 <sup>th</sup>	BMAF T&F Championships	Veterans	Birmingham
July 9 <sup>th</sup>	Eastern AA Championships	AA	Stevenage
July 9 <sup>th</sup>	Abbey 10k (Cambs AA Road league)	Seniors	Ramsey (Multi-terrain)
July 15 <sup>th</sup>	Southern Women's T&F League	All Females	Cambridge
July 15/16 <sup>th</sup>	AAA Senior Championships	Seniors	Manchester
July 16 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Bedford
July 19 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
July 19 <sup>th</sup> -30 <sup>th</sup>	European Veterans T&F Champs	Veterans	Poznan (Poland)
July 22 <sup>nd</sup>	Southern Mens T&F League	Males 15+	Reading
July 22/23 <sup>rd</sup>	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
July 23 <sup>rd</sup>	St Ives 10k (Cambs Road league)	Seniors	St Ives
July 26 <sup>th</sup>	Watford Open + BMC	All	Watford
July 29 <sup>th</sup>	BMC Nike Grand Prix Round 4	Seniors	Cardiff
July 29 <sup>th</sup>	UK Challenge Event specific 1	Seniors	TBC
July 30 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Biggleswade
August 2 <sup>nd</sup>	Eastern Veterans T&F League	Veterans	Bedford
August 5 <sup>th</sup>	Southern Mens T&F League	Males 15+	Harrow
August 5/6 <sup>th</sup>	AAA U15/U17 Championships	U15's/U17's	Birmingham
August 6 <sup>th</sup>	East Anglian T&F League	All	Chelmsford
August 12 <sup>th</sup>	Southern Women's T&F League	All Females	Peterborough
August 12 <sup>th</sup>	BMC Nike Grand Prix Round 5	Seniors	Manchester
August 12/13 <sup>th</sup>	BMAF Decathalons/Heptathalons	Veterans	Oxford
August 13 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Cambridge
August 13 <sup>th</sup>	UK Challenge Event Specific 2	Seniors	TBC
August 13 <sup>th</sup>	English 50k Road running Champs	Seniors	Boddington
August 19/20 <sup>th</sup>	AAA U15/U17 combined events	U15's/U17's	Stoke on Trent
August 20 <sup>th</sup>	Eastern Young Athletes T&F League	All under 17	Basildon
August 20 <sup>th</sup>	Thorney 5 mile (Cambs Road league)	Seniors	Thorney **
August 23 <sup>rd</sup>	Watford Open + BMC	All	Watford
August 26 <sup>th</sup>	SEAA Intercounties U20 & U15	County select	Eton
August 27 <sup>th</sup>	UK Challenge Final	Qualifiers	Manchester
August 30 <sup>th</sup>	Nene Valley 5k (Cambs Road league)	All over 17	Peterborough **
Sept 2 <sup>nd</sup>	Southern Women's T&F League	All Females	Biggleswade
Sept 3 <sup>rd</sup>	ECAA Hibberd Trophy	County Select	Biggleswade
Sept 10 <sup>th</sup>	Eastern Young Athletes T&F Final	All under 17	TBC
Sept 10 <sup>th</sup>	Grundy Fen half marathon (Cambs RL)	Seniors	Ely **
Sept 16 <sup>th</sup> /17 <sup>th</sup>	IAAF World Cup final	UK Select/TV	Stuttgart
Sept 16/17 <sup>th</sup>	Round Norfolk relay	Seniors	Various
Sept 17 <sup>th</sup>	East Anglian T&F League Final	All	Bury St Edmunds
Sept 24 <sup>th</sup>	BMAF Weights Decathlon	Veterans	TBC
Sept 30 <sup>th</sup>	Great North miles	All	Tyneside
Oct 1 <sup>st</sup>	BUPA Great North run	Seniors	Newcastle
Oct 15 <sup>th</sup>	Great Eastern Half Marathon	Seniors	Peterborough
Oct 21 <sup>st</sup>	AAA 6 & 4 stage relay Champs	Sen/vets	Sutton Park
Oct 22 <sup>nd</sup>	Young Athletes Road Relays	All under 17	Suton Park
Oct 22 <sup>nd</sup>	BUPA Great South 10 mile Run	Seniors	Portsmouth
October 29 <sup>th</sup>	Fenland 10 (Cambs Road league)	Seniors	Wisbech St Mary's **

Nov 4 <sup>th</sup>	English Cross-country relays	Sen	Mansfield
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	All	Fen Causeway
Dec 31 <sup>st</sup>	New years eve 10k	Sen	Little Downham

\*\* denotes Cambs AA championship road race

### Age groups for competition in 2006

Under 13's must be aged 11 or over and aged under 13 on 31st August 2006.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2006.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2006.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2006.

For leagues, "Seniors" must be aged 15 or over on 31st August 2006.

For Championships, Seniors must be aged 17 or over on 31st August 2006

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

Veterans must be alive, and aged at least 35 on the day of the match

### Useful telephone numbers for 2006

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/Jacquie Kier/Alan Baldock	Young Athletes managers		
01223830738, 01763 287213, 01223 240595			
Carl Woolf	SWL and East Anglian league females		01223 881075
Nigel Burch	Coaching Secretary		01353 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		<a href="http://www.cambridgeandcoleridge.org.uk">www.cambridgeandcoleridge.org.uk</a>
UKA website	<a href="http://www.ukathletics.org.uk">www.ukathletics.org.uk</a>	AAA website <a href="http://www.englandathletics.org">www.englandathletics.org</a>
SEAA website		<a href="http://www.seaa.org.uk">www.seaa.org.uk</a>
E-mails about C&C membership and other admin issues		<a href="mailto:info@cambridgeandcoleridge.org.uk">info@cambridgeandcoleridge.org.uk</a>
Amendments/items for website		<a href="mailto:webmaster@cambridgeandcoleridge.org.uk">webmaster@cambridgeandcoleridge.org.uk</a>
To join the C&C e-mail information group, e-mail your request to		<a href="mailto:johnkazer@hotmail.com">johnkazer@hotmail.com</a>
Newsletter editor (for your results and articles to publish)		<a href="mailto:noel-moss@supanet.com">noel-moss@supanet.com</a>
Athletics kit and shoes by internet or mail order		<a href="http://www.bournesports.com">www.bournesports.com</a>
Watford open meetings details		<a href="http://www.watfordathletics.co.uk">www.watfordathletics.co.uk</a>

### Results. Results. Results

#### Road races

**Boxing day 4 mile** 36 ran. The highest number in recent years.

1 <sup>st</sup>	W Mycroft (U17)	23.19	2 <sup>nd</sup>	M Bell (U20)	23.43
3 <sup>rd</sup>	D Potts (U20)	23.56	4 <sup>th</sup>	I Badr	24.06
5 <sup>th</sup>	M Chaplin (M45)	24.16	6 <sup>th</sup>	A Howard (U20)	24.19
7 <sup>th</sup>	J Kennard (U17)	24.53	8 <sup>th</sup>	J Lewy (M45)	25.32
9 <sup>th</sup>	G Meah (M45)	25.42	10 <sup>th</sup>	A Downie (M55)	25.48
11 <sup>th</sup>	E Kreetzer	1 <sup>st</sup> Fem 25.56	12 <sup>th</sup>	G Smith (M60)	26.20
13 <sup>th</sup>	D Mail (M50)	26.27	14 <sup>th</sup>	V Freeman (M35)	26.56
15 <sup>th</sup>	M Kreetzer	(M50) 27.38	16 <sup>th</sup>	Roger Jackson (M35)	
17 <sup>th</sup>	A Costello	2 <sup>nd</sup> Fem 28.37	18 <sup>th</sup>	J Huckle	28.39
19 <sup>th</sup>	M DiFranco (M40)	28.42	20 <sup>th</sup>	R Kiff	3 <sup>rd</sup> Fem 29.22
21 <sup>st</sup>	N Scurlin	4 <sup>th</sup> Fem 29.28	22 <sup>nd</sup>	T Long (M45)	29.29
23 <sup>rd</sup>	P Garrett (M45)	30.43	24 <sup>th</sup>	N Costello (M55)	30.56
25 <sup>th</sup>	P Moston (Guest)	31.45	26 <sup>th</sup>	D Willis (M40)	33.05

27 <sup>th</sup>	S Kennard (U11)	33.20	28 <sup>th</sup>	M Holmes (WV 65)	34.03
29 <sup>th</sup>	Nigel Burch (M45)	34.30	30 <sup>th</sup>	S Moston (Guest)	34.46
31 <sup>st</sup>	P Chaplin (M75)	34.56	32 <sup>nd</sup>	V Costello (W55)	38.37
33 <sup>rd</sup>	O Millward (GU15)	41.42	34 <sup>th</sup>	T South (U11)	49.34
35 <sup>th</sup>	J South (Guest)	50.10	36 <sup>th</sup>	D Blyth (M85)	52.40

### **Ely New Year 10k - 31-12-2005 477 finishers – 85 less than last year! 31 C&C – 6 more than last year!**

24 <sup>th</sup>	I Badr	23 <sup>rd</sup> Man 37.51	26 <sup>th</sup>	J Kazer	25 <sup>th</sup> Man 38.04
27 <sup>th</sup>	D Abbott	5 <sup>th</sup> M45 38.09	35 <sup>th</sup>	B Blaukopf	33 <sup>rd</sup> Man 38.40
40 <sup>th</sup>	M Chaplin	6 <sup>th</sup> M45 39.42	43 <sup>rd</sup>	S Bowen	1 <sup>st</sup> M50 39.53
62 <sup>nd</sup>	J Ferguson	13 <sup>th</sup> M40 41.11	77 <sup>th</sup>	B Corbett	11 <sup>th</sup> M45 41.55
78 <sup>th</sup>	G Smith	1 <sup>st</sup> M60 42.03	82 <sup>nd</sup>	G Meah	12 <sup>th</sup> M45 42.17
83 <sup>rd</sup>	Rog Jackson	11 <sup>th</sup> M35 42.20	84 <sup>th</sup>	A Downie	3 <sup>rd</sup> M55 42.21
86 <sup>th</sup>	P Dewison	8 <sup>th</sup> M50 42.28	88 <sup>th</sup>	J Ball	4 <sup>th</sup> Fem 42.33
89 <sup>th</sup>	V Freeman	18 <sup>th</sup> M40 42.33	91 <sup>st</sup>	S Thoday	87 <sup>th</sup> Man 42.38
124 <sup>th</sup>	E Kreetzer	11 <sup>th</sup> Fem 44.10	133 <sup>rd</sup>	M DiFranco	29 <sup>th</sup> M40 44.52
135 <sup>th</sup>	V Green	1 <sup>st</sup> W50 45.01	152 <sup>nd</sup>	M Kreetzer	11 <sup>th</sup> M50

45.37

182<sup>nd</sup> P Schofield 30<sup>th</sup> M45 47.00 188<sup>th</sup> S Rodgers 166<sup>th</sup> Man

47.15

219<sup>th</sup> Ron Jackson 18<sup>th</sup> M50 48.44 230<sup>th</sup> A Irvine 29<sup>th</sup> M35 49.20

242<sup>nd</sup> P Garrett 37<sup>th</sup> M45 49.48 249<sup>th</sup> C Stanier 43<sup>rd</sup> Fem 49.59

261<sup>st</sup> C McEinery 52<sup>nd</sup> Fem 59.36 337<sup>th</sup> S Costello 22<sup>nd</sup> W40 55.29

340<sup>th</sup> I McKay 50<sup>th</sup> M50 55.31 383<sup>rd</sup> P Chaplin 2<sup>nd</sup> M70+ 57.20

466<sup>th</sup> D Braverman (Walking) 13<sup>th</sup> W50 67.45

### **Folksworth 15**

38<sup>th</sup> G Cinque M45 1.38.23 42<sup>nd</sup> A Hill W40 1.39.19

69<sup>th</sup> A Poole 1.43.07 137<sup>th</sup> R Cubberly W35 1.50.19

298<sup>th</sup> C McEinery 2.09.16 299<sup>th</sup> A Irvine 2.09.17

375<sup>th</sup> P Garrett M45 2.19.58 407<sup>th</sup> I McKay M45 2.27.31

### **Fred Hughes 10, St Albans – 22<sup>nd</sup> Jan**

118<sup>th</sup> A Downie M55 71.07 265<sup>th</sup> Ron Jackson M50 81.18

### **Watford half marathon**

55<sup>th</sup> J Mangat 1.22.06

### **Tokyo International Marathon 12<sup>th</sup> Feb**

51<sup>st</sup> T Komatsu M40 2.27.22

### **Wokingham half Marathon 12<sup>th</sup> Feb**

362<sup>nd</sup> D Abrahams (F) 1.34.05 1000<sup>th</sup> M Carey (F) 1.52.04

### **Stamford Valentines 30**

114<sup>th</sup> J Ball (F) 2.14.12 118<sup>th</sup> G Cinque 2.14.30

125<sup>th</sup> C Clissold 2.15.39 293 M DiFranco M40 2.35.37

320<sup>th</sup> C McEinery (F) 2.38.25 354<sup>th</sup> K Thomas W40 2.43.33

### **Woburn 10k – 19<sup>th</sup> Feb**

D Willis 50.05

### **Bungay Great East Run 20k – Feb 19<sup>th</sup>**

79<sup>th</sup> T Long M45 1.27.31 81<sup>st</sup> A Downie M55 1.28.58

95<sup>th</sup> K Masson 3<sup>rd</sup> W40 1.29.51 104<sup>th</sup> P Dewison M50 1.30.27

201<sup>st</sup> C McEinery 1.39.44 243<sup>rd</sup> Ron Jackson M50 1.43.53

### **Bury Muscular Dystrophy 20 – Feb 26<sup>th</sup>**

11<sup>th</sup> G Cappetti 2.10.07 23<sup>rd</sup> A Hill 2<sup>nd</sup> Fem 1<sup>st</sup> W40<sup>l</sup> 2.17.50

39<sup>th</sup> A Poole 2.24.18 52<sup>nd</sup> G Cinque M45 2.27.07

69<sup>th</sup> K Masson W40 2.31.26 99<sup>th</sup> S Rodgers 2.37.48

102<sup>nd</sup> C Clissold 2.38.00 112<sup>th</sup> G Smith M60 2.39.48

114<sup>th</sup> J Lewy V45 2.40.30 190<sup>th</sup> M DiFranco M40 2.56.25

331<sup>st</sup> I McKay V40 3.30.21

### **Muscular Dystrophy Bury “Nearly” 10 mile – Feb 26<sup>th</sup>**

5<sup>th</sup> J Kazer 59.48 13<sup>th</sup> T Long V40 1.05.14

19<sup>th</sup> K Freeman V40 1.07.42 32<sup>nd</sup> M Kreetzer V50

1.12.05

43 <sup>rd</sup>	P Garrett	V45	1.15.24	45 <sup>th</sup>	C Stanier	F	1.15.53
65 <sup>th</sup>	A Baldock	V50	1.18.47	115 <sup>th</sup>	B Thomson	V40	1.37.27
<b>Ballycotton 10 – March 5<sup>th</sup> ca 2700 ran</b>							
137 <sup>th</sup>	I Delaney	M40	1.02.04	481 <sup>st</sup>	T Long	M45	1.10.05
905 <sup>th</sup>	C McEinery	F	1.16.48	1446 <sup>th</sup>	A Irvine		1.23.31
1626 <sup>th</sup>	A Lassester	F	1.26.07	2333 <sup>rd</sup>	I McKay	V45	136.39

### Cross Country

#### Ryston Runners Grand Prix – 18<sup>th</sup> December 2005

Under 15 Boys	4 <sup>th</sup>	Nick Burch	11.57				
Vet Men 45+	10 <sup>th</sup>	M Chaplin	25.13	18 <sup>th</sup>	N Burch		36.09
Vet Men 60+	7 <sup>th</sup>	D Blyth	53.03	(actually M85+) – well done Dave!			
Vet Ladies 55+	2 <sup>nd</sup>	M Holmes	32.53				

#### Ryston Runners Grand Prix – 15<sup>th</sup> January Shouldham Warren

7 <sup>th</sup> Vet 60+	D Blyth	39.38					
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#### Cambs AA Cross country Championships – 15<sup>th</sup> Jan 2005

U20/Senior/vet Ladies race - 39 finished	<b>1st team, 4<sup>th</sup> team, 1st vets Team</b>						
1 <sup>st</sup>	R Clarke	1 <sup>st</sup> U20	22.49	2 <sup>nd</sup>	J Lasenby	1 <sup>st</sup> V45	23.19
3 <sup>rd</sup>	J Ives	1 <sup>st</sup> Senior	23.53	10 <sup>th</sup>	V Green	2 <sup>nd</sup> V45	26.19
13 <sup>th</sup>	D Braverman	3 <sup>rd</sup> V45	26.43	14 <sup>th</sup>	J Herron	8 <sup>th</sup> V35	26.48
26 <sup>th</sup>	M Holmes	1 <sup>st</sup> V65	30.40				

Under 17 Women	10 finished			<b>1<sup>st</sup> team</b>			
1 <sup>st</sup>	H Arbuckle	19.54	2 <sup>nd</sup>	L Dowsett			20.06
4 <sup>th</sup>	E Schofield	20.58					

Under 15 Girls	21 finished			<b>1<sup>st</sup> team</b>			
1 <sup>st</sup>	G Coe	16.49	5 <sup>th</sup>	C Arkell			17.25
18 <sup>th</sup>	C White	20.45					

Under 13 girls	26 finished						
2 <sup>nd</sup>	E Kier	13.09	22 <sup>nd</sup>	H Sheppard			15.35

Under 11 Boys & Girls combined race							
2 <sup>nd</sup>	A Tapley	6.41					

U20/Senior/Vet Men - 95 finished (1 up on last year)	<b>3<sup>rd</sup> team, 5<sup>th</sup> Vets team,</b>						
1 <sup>st</sup>	W Clarke	33.32	2 <sup>nd</sup>	W George			33.35
15 <sup>th</sup>	M Salt	37.10	30 <sup>th</sup>	D Potts	6 <sup>th</sup> U20		38.49
31 <sup>st</sup>	J Kazer	38.52	32 <sup>nd</sup>	D Abbott	4 <sup>th</sup> V40		39.03
41 <sup>st</sup>	M Bell	8 <sup>th</sup> U20	40.35	48 <sup>th</sup>	M Chaplin	9 <sup>th</sup> V40	41.17
64 <sup>th</sup>	D Mail	M50	43.19	80 <sup>th</sup>	M Kreetzer	M50	48.21

Under 17 men	12 finished			<b>1<sup>st</sup> team</b>			
1 <sup>st</sup>	R Lasenby	20.32	2 <sup>rd</sup>	R Kreetzer			20.55
6 <sup>th</sup>	J Kennard	22.37	8 <sup>th</sup>	A Howarth			23.16

Under 15 Boys	14 finished			<b>1<sup>st</sup> team</b>			
2 <sup>nd</sup>	W Mycroft	14.29	4 <sup>th</sup>	J Jamieson			15.23
7 <sup>th</sup>	N Burch	16.06	9 <sup>th</sup>	J Baslington			16.45

Under 13 Boys	No C&C runners!!						
<b>EVAC Cross Country Championships – Wimpole hall – 22<sup>nd</sup> January</b>							
M Chaplin	M45	22 <sup>nd</sup>	30.02	G Smith	2 <sup>nd</sup> M60	30 <sup>th</sup>	31.11
G Meah	M45	31 <sup>st</sup>	31.28	M Kreetzer		M50	44 <sup>th</sup>
			35.54				

M70+							
D Blyth	1 <sup>st</sup> M85	9 <sup>th</sup>	29.43				
Women	2 <sup>nd</sup> team						
J Lasenby	1 <sup>st</sup> W45	3 <sup>rd</sup>	14.11	J Herron	2 <sup>nd</sup> W35	7 <sup>th</sup>	16.15
V Green	1 <sup>st</sup> W50	10 <sup>th</sup>	16.26	D Braverman	2 <sup>nd</sup> W50	11 <sup>th</sup>	17.12
M Holmes	1 <sup>st</sup> W65	14 <sup>th</sup>	18.56				

#### British Universities XC Champs at Bath - Feb 4<sup>th</sup>

Men	10k race	W George	36 <sup>th</sup>	34.47			
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#### Cambs Schools XC Feb 4<sup>th</sup> at Hinchin brooke

Junior Girls

Inter Girls	1 <sup>st</sup>	G Coe	15.30	8 <sup>th</sup>	C Arkell		17.16
Senior Girls	1 <sup>st</sup>	E Schofield	16.03				
Minor Boys	1 <sup>st</sup>	O Bass	14.06				
Junior Boys	3 <sup>rd</sup>	N Burch	15.13				
Inter boys	3 <sup>rd</sup>	W Mycroft	24.16				
Senior Boys	3 <sup>rd</sup>	E Aston	23.49	4 <sup>th</sup>	R Kreetzer		23.57

#### Eastern Counties XC Champs – Feb 18<sup>th</sup> at Thetford

Under 15 boys	3 <sup>rd</sup>	W Mycroft	14:29	5 <sup>th</sup>	N Burch		15.06
(1 <sup>st</sup> team)	8 <sup>th</sup>	J Baslington	16.31				
Under 17 men	4 <sup>th</sup>	A Howarth	24:59				
Under 20 Men	4 <sup>th</sup>	D Potts	30:04	5 <sup>th</sup>	M Bell		31:26
(2 <sup>nd</sup> team)	6 <sup>th</sup>	A Howard	33:01				
Senior Men	3 <sup>rd</sup>	M Salt	42:26	6 <sup>th</sup>	C Flood		44:47
	7 <sup>th</sup>	J Kazer	44:51	13 <sup>th</sup>	J Morley		49:22
Under 17 women	1 <sup>st</sup>	H Arbuckle	21:18	2 <sup>nd</sup>	E Schofield		21:44
Senior Women	2 <sup>nd</sup>	J Ives	26.35	6 <sup>th</sup>	R Flood		29.48
(1 <sup>st</sup> team)	9 <sup>th</sup>	M Holmes W65	33.57				

#### Ryston Runners Grand Prix – Shouldham Warren 19<sup>th</sup> Feb

M60	5 <sup>th</sup>	P Chaplin (M75)	48.25
	8 <sup>th</sup>	D Blyth (M85)	71.13

#### English National Cross Country Championships Parliament Hill Feb 26<sup>th</sup>

Under 20 men	160 <sup>th</sup>	M Bell	43.57
U15 Boys	71 <sup>st</sup>	W Mycroft	19.18

#### British Masters XC championships – March 5<sup>th</sup>

M35-49	95 <sup>th</sup>	M Chaplin M45	31.41
M75	5 <sup>th</sup>	P Chaplin	32.55
M85	1 <sup>st</sup>	D Blyth	48.51
W65	1 <sup>st</sup>	M Holmes	31.22

#### CAU Intercounty cross country championships Cambs team (Fields of ca .300) 11<sup>th</sup> March

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

Under 20 Men	139 <sup>th</sup>	E Aston	31.20	153 <sup>rd</sup>	D Potts		31.39
	167 <sup>th</sup>	M Bell	32.15	182 <sup>nd</sup>	A Howard		34.18
Under 17 men	170 <sup>th</sup>	R Kreetzer ++	23.15	234 <sup>th</sup>	A Howarth		24.20
	264 <sup>th</sup>	J Kennard	25.11				
Under 15 Boys	137 <sup>th</sup>	W Mycroft	17.03	212 <sup>th</sup>	J Jamieson		17.37
	251 <sup>st</sup>	N Burch	17.55	287 <sup>th</sup>	J Baslington		18.51
Senior Women	198 <sup>th</sup>	J Ives ++	35.20				
Under 17 Women	18 <sup>th</sup>	H Arbuckle ++	19.45	60 <sup>th</sup>	E Schofield		20.47
Under 15 Girls	43 <sup>rd</sup>	G Coe ++	16.30	256 <sup>th</sup>	C Arkell		18.35
Under 13 Girls	168 <sup>th</sup>	E Kier	15.42				

#### Multi-terrain

##### 3<sup>rd</sup> Frostbite League at Swavesey – 18<sup>th</sup> December

1 <sup>st</sup>	W George	26.08	12 <sup>th</sup>	M Salt		29.02	
30 <sup>th</sup>	R Kreetzer	30.17	32 <sup>nd</sup>	M Bell		30.20	
42 <sup>nd</sup>	I Badr	30.59	43 <sup>rd</sup>	A Howard		31.01	
47 <sup>th</sup>	J Kazer	31.12	50 <sup>th</sup>	J Ives	2 <sup>nd</sup> F	31.30	
53 <sup>rd</sup>	M Smith	31.39	57 <sup>th</sup>	C Clissold		31.52	
71 <sup>st</sup>	A Poole	32.30	79 <sup>th</sup>	J Lewy	M45	32.55	
80 <sup>th</sup>	E Schofield	3 <sup>rd</sup> F	32.55	94 <sup>th</sup>	G Meah	33.15	
104 <sup>th</sup>	S Brightwell	M40	33.32	109 <sup>th</sup>	E Kreetzer	6 <sup>th</sup> F	33.39
110 <sup>th</sup>	B Corbett		33.41	111 <sup>th</sup>	P Dewison		33.47
116 <sup>th</sup>	A Downie	M55	33.55	125 <sup>th</sup>	D Mail		34.06
130 <sup>th</sup>	J Ball	8 <sup>th</sup> F	34.35	137 <sup>th</sup>	S Thoday		34.58
138 <sup>th</sup>	T Long		34.58	175 <sup>th</sup>	M Kreetzer		36.52
176 <sup>th</sup>	P Scofield		36.54	186 <sup>th</sup>	C Gibbons	17 <sup>th</sup> F	37.10
237 <sup>th</sup>	D Braverman	F	39.28	244 <sup>th</sup>	A Lassester	F	40.01
251 <sup>st</sup>	C Stanier	F	40.17	253 <sup>rd</sup>	P Garrett		40.30



327 finished – Team 1 <sup>st</sup>	Team 1 <sup>st</sup> overall of 17				
Junior race					
2 <sup>nd</sup>	J Jamieson	8.21	18 <sup>th</sup>	A Dewison	9.54
24 <sup>th</sup>	A Tapley	10.10	29 <sup>th</sup>	Jenni Corbett F	10.28
36 <sup>th</sup>	Jazzi Corbett F	10.48	46 <sup>th</sup>	O Mathewson F	11.27
59 <sup>th</sup>	J Richard F	12.21			
77 finished	- Team 4 <sup>th</sup>		Team 4 <sup>th</sup> overall of 12		
<b>4th Frostbite league at Ramsey – 8<sup>th</sup> January</b>					
7 <sup>th</sup>	M Salt	30.44	9 <sup>th</sup>	C Flood	30.54
20 <sup>th</sup>	J Kazer	31.47	27 <sup>th</sup>	D Abbott M40	32.12
36 <sup>th</sup>	A Howard	32.41	41 <sup>st</sup>	D Bowker M45	33.05
43 <sup>rd</sup>	S Bowen	33.17	58 <sup>th</sup>	J Ferguson M40	34.13
66 <sup>th</sup>	S Brightwell M40	34.30	68 <sup>th</sup>	B Corbett M45	34.32
71 <sup>st</sup>	J Lewy M45	34.36	79 <sup>th</sup>	G Smith M60	34.53
88 <sup>th</sup>	P Dewison	35.07	95 <sup>th</sup>	A Poole	35.22
97 <sup>th</sup>	E Schofield 4 <sup>th</sup> F	35.24	98 <sup>th</sup>	S Thoday	35.27
136 <sup>th</sup>	T Long	36.54	169 <sup>th</sup>	R Flood F	38.49
174 <sup>th</sup>	P Schofield	38.57	214 <sup>th</sup>	C Stanier F	40.40
216 <sup>th</sup>	P Garrett	40.47	221	A Irvine	41.01
241 <sup>st</sup>	A Lasseater F	41.48	345 <sup>th</sup>	N Burch	52.39
351 finished – Team 2 <sup>nd</sup>	Team still 1 <sup>st</sup> overall of 17				
Juniors					
2 <sup>nd</sup>	J Jamieson	8.39	5 <sup>th</sup>	H Arbuckle 1 <sup>st</sup> F	8.58
6 <sup>th</sup>	N Burch	9.02	10 <sup>th</sup>	J Baslington	9.23
21 <sup>st</sup>	T Spry	10.14	22 <sup>nd</sup>	A Tapley	10.15
48 <sup>th</sup>	Jen Corbett	11.28	54 <sup>th</sup>	Jas Corbett	
	11.39				
57 <sup>th</sup>	E Currington	11.50			
94 finished	- Team =1 <sup>st</sup>		Team now 3 <sup>rd</sup> overall		
<b>5th Frostbite League at Bourne – 5<sup>th</sup> February</b>					
5 <sup>th</sup>	M Salt	27.35	17 <sup>th</sup>	D Abbott	28.59
26 <sup>th</sup>	J Kazer	29.43	46 <sup>th</sup>	D Bowker	30.59
62 <sup>nd</sup>	A Howard	31.52	70 <sup>th</sup>	M Smith	32.10
80 <sup>th</sup>	B Corbett	32.31	95 <sup>th</sup>	J Lewy	33.10
103 <sup>rd</sup>	G Smith	33.26	107 <sup>th</sup>	P Dewison	33.35
151 <sup>st</sup>	M Ennis	35.46	170 <sup>th</sup>	M Kreetzer	36.56
219 <sup>th</sup>	C McEinery (F)	38.25	228 <sup>th</sup>	C Stanier	38.49
356 finished	Team now 2 <sup>nd</sup> overall behind Ely, but retrievable				
Juniors					
15 <sup>th</sup>	A Dewison	7.29	33 <sup>rd</sup>	C Abbott	8.25
63 <sup>rd</sup>	Jenni Corbett	8.34			
75 finished	Team now 4 <sup>th</sup> overall				
<b>6th Frostbite league – 5<sup>th</sup> March</b>					
6 <sup>th</sup>	M Salt	28.15	10 <sup>th</sup>	C Flood	28.41
17 <sup>th</sup>	R Kreetzer	29.19	18 <sup>th</sup>	J Kazer	29.22
35 <sup>th</sup>	J Morley	30.12	52 <sup>nd</sup>	A Howard	31.37
71 <sup>st</sup>	M Smith	32.10	81 <sup>st</sup>	E Schofield (F)	32.31
86 <sup>th</sup>	P Dewison	32.38	100	J Jenkins	33.20
110	J Lewy	33.42	126 <sup>th</sup>	M Kreetzer	34.28
138 <sup>th</sup>	G Smith	34.55	141 <sup>st</sup>	R Flood (F)	35.04
170 <sup>th</sup>	P Schofield	36.32	197 <sup>th</sup>	C Stanier (F)	37.26
236 <sup>th</sup>	D Willis	38.59			
360 finished	Team 2 <sup>nd</sup> on the day - Team finally finished 2 <sup>nd</sup> overall in 2006 – one place better than 2005 (Overall only one match point behind winners Ely, and seven points ahead of 3 <sup>rd</sup> )				
Juniors					
2 <sup>nd</sup>	J Jameson	8.37	6 <sup>th</sup>	N Burch	9.01
7 <sup>th</sup>	J Baslington	9.02	19 <sup>th</sup>	A Dewison	9.54
40 <sup>th</sup>	E Currington (F)	10.59	42 <sup>nd</sup>	Jen Corbett (F)	11.01

49 <sup>th</sup>	E Grimshaw (F)	11.20	53 <sup>rd</sup>	H Bohnenstien (F)	11.31
54 <sup>th</sup>	Jas Corbett	(F) 11.32	76 <sup>th</sup>	N Richards	(F)
	13.38				
90 finished	Team 3 <sup>rd</sup> on day - Team finally finished 4 <sup>th</sup> in 2006 – one place better than 2005				
<b>Sports-hall Athletics</b>					
<b>County Match - January 22<sup>nd</sup></b>					
<b>Boys under 13</b>					
2 Lap Race	B Kelk	24.0	1A	A Morter	24.3 1B
	T Butler	25.3			
4 Lap race	J Mandley	48.6	1A		
6 lap race	W Flinn	1.21.9	1A	B Whittle	1.22.6 2B
Paarlauf Relay (8 lap)		1.42.1	1A	4 x 2 Relay	1.37.2 1A
Standing Triple Jump	J Mandley	7.28	1A	B Kelk	6.48 1B
Vertical Jump	A Morter	56	2A	W Flinn	33 3B
Shot	B kelk	7.73	2A	J Mandley	7.63 2B
Speed bounce	A Morter	63	3A		
<b>Girls under 13</b>					
2 Lap Race	M Rutter	28.2	3A	K Jayyousi	28.3 3B
	C Rothe	28.3		J Corbett	29.6
4 Lap race	E Woodroffe	56.0	4A	J Corbett	57.9 4B
6 Lap race	L Gillie-Andrews	1.32.0	4A		
Paarlauf Relay (8 lap)		1.56.8	3A		1.58.9 5A
4x2 Relay		1.55.6	4A		
Circuit Relay		1.25.6	2A		1.29.4 3A
Standing Long Jump	J Corbett	1.54	4A	J Redfern	1.23 4B
Standing Triple Jump	C Rothe	5.10	3A	L Gillie-Andrews	4.90 3B
	M Rutter	4.46		M Hart	4.44
	J Corbett	4.38		K Bull	3.78
	K Jayyousi	3.75		J Redfern	3.74
Speed Bounce	E Woodroffe	59	3A	K Bull	59 3B
	M Hart	54		M Rutter	52
	J Redfern	48		C Rothe	48
Vertical Jump	K Jayyousi	45			
	E Woodroffe	45	2A	J Corbett	43 2B
	L Gillie-Andrews	41		M Rutter	38
	K Bull	36		M Hart	35
	K Jayyousi	35		C Rothe	35
	J Redfern	31			
Shot	E Woodroffe	7.62	1A	T Minisko	5.15
	R McGonigal	4.33			
<b>Boys Under 15</b>					
2 Lap Race	C Morter	22.4	1 <sup>st</sup>	T McFadzean	24.4 4 <sup>th</sup>
4 Lap Race	T Spry	56.4	4 <sup>th</sup>		
Paarlauf Relay	Morter/McFadzean	1.38.4	2 <sup>nd</sup>	4x2 lap Relay	1.40.5 1 <sup>st</sup>
Shot	C Morter	12.20	2 <sup>nd</sup>	T Mc Fadzean	9.21 3 <sup>rd</sup>
	T Spry	5.81	4 <sup>th</sup>		
Speed Bounce	T Spry	66	3 <sup>rd</sup>		
Standing Triplejump	C Morter	6.67	2 <sup>nd</sup>		
Standing Longjump	C Morter	2.13	3 <sup>rd</sup>	T McFadzean	1.84 4 <sup>th</sup>
	T Spry	1.59	6 <sup>th</sup>		
Individual scores	C Morter	144	3 <sup>rd</sup>	T McFadzean	136 5 <sup>th</sup>
	T Spry	130	6 <sup>th</sup>		
<b>Girls under 15</b>					
2 lap race	H Cox	25.5	6 <sup>th</sup>	R McGonigal	25.5 8 <sup>th</sup>
	C Cox	28.5	10 <sup>th</sup>		
4 lap race	T Mniszko	52.7	3 <sup>rd</sup>		
4 x 2 lap relay		1.46.2	2 <sup>nd</sup>		
Speed bounce	H Cox	61	6 <sup>th</sup>	C Cox	43 7 <sup>th</sup>

Vertical jump	T Mniszko	52	2 <sup>nd</sup>	R McGonigal	42	6 <sup>th</sup>
	H Cox	38	8 <sup>th</sup>			
Standing Longjump	T Mniszko	1.68	6 <sup>th</sup>	H Cox	1.67	8 <sup>th</sup>
	R McGonigal	1.59	9 <sup>th</sup>			
Individual scores	T Mniszko	134	5 <sup>th</sup>	H Cox	120	12 <sup>th</sup>
	R McGonigal	112	13 <sup>th</sup>	C Cox	(2 events) 72	15 <sup>th</sup>
<b>Boys U11</b>						
Circuit relay		1.28.7	1 <sup>st</sup>	4 x 2 lap relay	1.25.9	1 <sup>st</sup>
Sitting Ball Throw	A Harvey	4.88	1 <sup>st</sup>	K Doherty	4.65	2 <sup>nd</sup>
	W Cox	4.64	3 <sup>rd</sup>	H Tournant	4.59	4 <sup>th</sup>
	C Savill	4.31	5 <sup>th</sup>	K Gillie-Andrews	4.09	6 <sup>th</sup>
Standing Long jump	H Tournant	1.76	1 <sup>st</sup>	K Doherty	1.73	2 <sup>nd</sup>
	C Savill	1.60	3 <sup>rd</sup>	A Harvey	1.58	4 <sup>th</sup>
	W Cox	1.44	6 <sup>th</sup>			
Vertical jump	A Harvey	38	1 <sup>st</sup>	H Tournant	35	2 <sup>nd</sup>
	C Savill	32	3 <sup>rd</sup>	K Doherty	31	4 <sup>th</sup>
	W Cox	25	5 <sup>th</sup>			
Speed Bounce	H Tournant	65	2 <sup>nd</sup>	C Savill	61	3 <sup>rd</sup>
	A Harvey	59	4 <sup>th</sup>	K Doherty	51	5 <sup>th</sup>
	W Cox	48	6 <sup>th</sup>	K Gillie-Andrews	39	8 <sup>th</sup>

**Match results**

U13 Boys 2<sup>nd</sup>, U13 Girls 4<sup>th</sup>, U15 Boys 1<sup>st</sup>, U15 Girls 3<sup>rd</sup>, U11 Boys 1<sup>st</sup> & 2<sup>nd</sup>.

Match points – Hunts AC 26, Riverside 20, C&C 19, PAC 12, C&C B 6

**Regional finals at Norwich (Cambs AA) - Feb 4<sup>th</sup>**

Under 13 Girls (Cambs 4<sup>th</sup> in the match)

Lauren Sammout 3<sup>rd</sup> in shot 8.53m Emma Woodroffe 8<sup>th</sup> in shot 6.28m

Under 13 Boys (Cambs 3<sup>rd</sup> in the match)

B Kelk 1<sup>st</sup> in Highjump 1.45m 6<sup>th</sup> in 2 lap race 23.5

Alex Morter 4<sup>th</sup> in Vertical jump 52cm 8<sup>th</sup> in 2 lap race 25.2

William Flinn 7<sup>th</sup> in 6 lap race 1.27.5 9<sup>th</sup> in S Triplejump 5.30

Under 15 Girls (Cambs 3<sup>rd</sup> in the match)

Tara Mniszko 7<sup>th</sup> in Vertical jump 53cm 8<sup>th</sup> in 4 lap race 53.9

Under 15 Boys (Cambs 3<sup>rd</sup> in the match)

Tom McFadzean 6<sup>th</sup> in shot 9.17m 8<sup>th</sup> in S Triplejump 6.73m =6<sup>th</sup> in 2 lap race 23.2

**Indoor track and field Athletics**

**SEAA Indoor Championships – Jan 21/22<sup>nd</sup>**

60m U120Men J Godden 7.41 (4h) J Abbott-Gribben 7.58 (4h)

**Essex Open meeting – Jan 29<sup>th</sup> at Chelmsford**

Polevault U17 men B Abbott-Gribben 3.00 2<sup>nd</sup>

60m U20 Men J Abbott-Gribben 8.00 (hamstring pull)

60m Senior men P Steiner 7.3 1<sup>st</sup> in ht

60m U 20 Women D Smith 8.5 4<sup>th</sup> in ht

**Midlands Open meeting 5<sup>th</sup> Feb**

U20 Women D Smith 200m 27.42 3

U20 Men J Godden 200m 23.75 4

Senior Men P Steiner 200m 23.20 3

**ECAA Indoor Championships – 12<sup>th</sup> Feb at Kings Lynn**

U20 Women K Motley 60m 8.5 1<sup>st</sup> 60m Hurdles 10.0 1<sup>st</sup>

U20 men J Godden 60m 7.4 3<sup>rd</sup>

U15 Girls L Sammout Shot 8.08 2<sup>nd</sup> Longjump 4.04 6<sup>th</sup>

60m 9.3 5<sup>th</sup> sf

H Cox Shot 5.81 3<sup>rd</sup> Longjump 3.24 8<sup>th</sup>

60m 9.8 6<sup>th</sup> sf

L Bass 60m Hdls 10.2 2<sup>nd</sup>

**Midland Open Meeting – 19<sup>th</sup> Feb – Birmingham**

Senior Men P Steiner 60m 7.37 (15<sup>th</sup> of 60+) 200m 23.24 5<sup>th</sup> in ht

Under 20 Men J Godden 60m 7.39 1<sup>st</sup> in ht (no finals) 200m 22.85 2<sup>nd</sup> in ht

Under 17 men C Morter 60m 7.60 3<sup>rd</sup> in ht (no finals)

Under 20 Women B Kelk Polevault 2.90 5<sup>th</sup>  
D Smith 60m 8.42 7<sup>th</sup> in ht (no finals) 200m 27.37 1<sup>st</sup> in ht

**Birmingham Games Feb 25<sup>th</sup>**

Senior Men P Steiner 60m 7.30 4<sup>th</sup> in ht 7.23 7<sup>th</sup> in sf

Under 20 Men J Godden 60m 7.44 5<sup>th</sup> in ht 200m 23.19 4<sup>th</sup> in ht

Under 20 Women D Smith 60m 8.44 5<sup>th</sup> in ht 200m 27.30 3<sup>rd</sup> in ht

(U17) L Dowsett 400m 59.72 4<sup>th</sup> in ht

**BUSA Championships – EIS Sheffield Feb 26<sup>th</sup>**

800m men N Beer 2.01.43 3<sup>rd</sup> in ht

**AAA national U20/U17/U15 championships 4/5<sup>th</sup> March - Birmingham**

800m U20 men E Aston 2<sup>nd</sup> 1.51.97 1<sup>st</sup> in sf 1.55.0 1<sup>st</sup> in ht 1.58.0

60m U120 men J Godden 6(ht) 7.43

400m U20 men O Francis 4(ht) 53.61

60m Hdls U20 men J Markley 4(ht) 8.31

60m U17 men R Noray 6(sf) 7.40 3(ht) 7.38

200m U17 men R Noray 4(sf) 23.43 2(ht) 23.34

800m U17 Women L Dowsett 5<sup>th</sup> 2.13.9 1<sup>st</sup> (sf) 2.15.70 1<sup>st</sup>(ht) 2.16.80

**British Masters Indoor championships 4/5<sup>th</sup> March – Cardiff**

800m W45+ J Lasenby 1<sup>st</sup> 2.28.45

1500m W45+ J Lasenby 1<sup>st</sup> 4.56.98

**Outdoor Track and Field**

**Cambs AA Throws meeting – March 12<sup>th</sup> at Cambridge**

Hammer Sen men G Parsons 38.84 Vet 55 6kg P Bramford 24.39

Discus Sen men G Parsons 36.37 Vet 55 1.5kg P Bramford 32.37

Shot Sen Men G Parsons 11.39 Vet 55 6kg P Bramford 9.86

U20 (amputee) T Digney 3.25kg 8.99

Javelin U20 Men M Thomson 38.42

Under 15 A Morter 24.43 S Bicknell 20.88

Hammer Under 17 Women A Forster 36.50

Under 15 Girls H Sayer 28.97

Discus Under 17 Women A Forster 26.23 P Markley 24.32

S Cracknell 22.84

Shot Under 17 Women A Forster 9.95 P Markley 8.12

Under 15 Girls L Sammout 8.03 H Sayer 6.84

Javelin Under 15 Girls E Woodroffe 20.00 L Sammout 15.28

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