

Cambridge & Coleridge Athletics Club

Newsletter Christmas 2007

President - B J Wallman
Chairman - N Costello

There is a long list of 2008 fixtures inside – those in the near future are as follows:

Indoor T&F and Sportshall

Jan 6 th	SEAA U15/U17 Indoor Combined events	Lee Valley	U15/U17
Jan 19/20 th	SEAA Indoor Championships	Lee Valley	All
Jan 20 th	Cambs Sportshall league match 2	St Ives	All under 15
Feb 2 nd	Eastern Regional Sportshall final	Norwich	County team
Feb 23/24 th	AAA Indoor U15/U17/U20 Championships	Birmingham	Qualifying stds
Feb 23/24 th	BMAF Indoor championships	Lee valley	Veterans

Cross country/Multi-terrain

Jan 6 th	Cambs AA Crosscountry Champs	St Neots	All
Jan 13 th	Frostbite League	Ramsey	All
Jan 13 th	Ryston XC Grand prix 9k/4.5k	Ryston	All
Jan 13 th	Sunday league XC (Senior/U20 races only)	TBC	All over 16
Jan 26 th	SEAA XC Championships	Parliament Hill	All
Feb 3 rd	Frostbite League	Bourne Woods	All
Feb 17 th	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Feb 18 th	EVAC XC Champs	Arrington	Veterans
Feb 10 th	Ryston XC Grand prix 5k	Ryston	All
Feb 23 rd	National XC Championships	Alton Towers	Club Teams
Mar 2 nd	Frostbite League	Huntingdon	All
Mar 15 th	CAU Intercounties XC	Nottingham	County team
Mar 16 th	Ryston XC Grand prix 6.5k	Ryston	All

Road

Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 1 st	Wyndham New year day 10k	Wyndham	All over 16
Jan 20 th	Folksworth 15	Folksworth	All over 16
Feb 3 rd	Watford Half Marathon	Watford	Seniors
Feb 10 th	Valentines day 30k	Stamford Lincs	Seniors
Feb 24 th	Bury 20	Bury St Eds	Seniors
Mar 2 nd	Wyndham 10 and 20	Wyndham	All over 16
Mar 9 th	Mondi 15	March	Seniors
Mar 16 th	Thorney 10k	Thorney	All over 16
Mar 16 th	Turing trail relays	Ely	All over 16
Mar 30 th	Sandy 10	Sandy	All over 16

BOXING DAY 4 MILE - OPEN TO ALL CLUB MEMBERS AND FAMILY STARTS AT 11.00 NEAR FEN CAUSEWAY PEDESTRIAN LIGHTS

- **TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 3RD JANUARY AND MONDAY 7TH JANUARY, AND AT THE TRACK ON SATURDAY 5TH AND TUESDAY 8TH.**
- **SUMMER TRACK TRAINING - STARTS MONDAY 31ST MARCH**

Chairman's chatter

Merry Christmas and a happy New Year to all members. Having just failed to get an entry for the 2008 London Marathon I'm not sure whether to be dismayed or relieved but it reminds me, just as the imminent arrival of the New Year, that this is the time of year when we take on new challenges and new resolutions. I'm relieved not to be faced with the (sometimes) relentless training I'd need to do to run well in the London, but I'm dismayed that I won't have the objective of aiming for it and the elation of completing it – because sure as hell, I would have completed it. That is one of the excellent things about athletics: the challenge and the elation of success and we shouldn't underestimate it. All of us have tried and kept trying until we've hit, or got close to, our targets. For some of us, the targets may be weak compared with those of the superstars but we've developed commitment, self-discipline and an understanding of how far we can push ourselves and usually some self-confidence. For many of us these are the real benefits of athletics, as well as the physical well being that goes with it. What a wonderful sport, but then I put on my kit and try to find any excuse to avoid going out in the cold.....

So what's the new challenge to be? Well, lets aim high: to finish the Boxing Day run from Lammas land to the Trumpington war memorial and back in a quicker time than last year. And I challenge everyone from C&C to come out and beat me! Well, it's a start!

These reflections on the benefits of athletics have come about because I've been involved, on behalf of the club, in discussions about floodlights at the track – and the reasons why the City Council should support them (more on this elsewhere in the newsletter) and discussions at England Athletics conferences about what it takes to be a good club. We come out of this pretty well. There is no room for complacency and we still have lots to do but by and large we follow good practices and procedures, our athletes and volunteers are pretty well supported and we have some success. I think we can do better. The club's objectives are to support participation in athletics and to encourage excellence. I think we have the potential to do better under each of these headings and they are mutually reinforcing. But to do that means encouraging more volunteers to take on coaching and other supporting roles for athletes and encouraging and inspiring athletes to reach for the sky and do the best they possibly can. It would be great if your New Year's resolution included some of these things.

Neil Costello

Report on the Annual general meeting - held on November 26th 2007

About 75 members/parents attended this year, somewhat down on last year.

The Chairman reported that the club continues to grow and is seen as the most progressive club in the County. Competing Membership is now ca 475 members, plus coaches, officials, other members and Vice-presidents making a total of ca 530. Since the introduction of the EA membership scheme, the members list has been more strictly monitored and lapsed members are now removed from the list more quickly than in the past, which produced an apparent temporary drop in membership, which has since been overtaken by growth.

The meeting was asked to formally endorse the updated Club Constitution which had been published on the website prior to the AGM. There are no major changes to the constitution but it has been rewritten in an updated form, and incorporates various items which had been appended in recent years.

The Chairman outlined proposals for a restructuring of the club committee, which is to be based around a main committee elected at the AGM, and a series of portfolio groups (eg Road running, T&F competition, coaching, etc) who will be led by the portfolio holder elected at the AGM. The portfolio groups will be made up of members proposed by the topic group in question and approved by the main committee.

The idea of this is to avoid the necessity for the main committee to discuss in detail, items of interest to a specific group, and to enable more people to be involved in running specific aspects of the clubs activity. This has already been successfully piloted in the Road Running group.

The Chairman reported a successful implementation of the first C&C Community club at Cambourne, which was supported by an equipment grant from Awards for All of ca £2400. The Community club is recording weekly attendances of 30+ athletes aged 8-11, and some of these have already become formal members of C&C.

The Chairman also reported that a coaching strategy and structure document has been produced and approved by the committee and will be formally published on the website in the near future. The strategy is in line with current governing body policy, especially in relation to younger athletes.

The Treasurer went through the accounts – The club showed a small surplus in the accounts for the financial year ending April 2007, due to increased membership, but this did not include any membership subscriptions to England Athletics, which will result in projection of a small deficit in the current financial year.

A proposal was presented and accepted for a £4pa increase in competition membership subscriptions for 2008. This is comprised of £2 to cover the phase 2 implementation of the EA membership scheme (as presented at the 2006 AGM. Annual fee £5 – in the first year it was £3), and £2 to provide additional funds for club development and coaching costs.

After the presentation of trophy awards, the meeting ended with presentation of club record certificates. Ca 180 AAA standard certificates and Norwich Union Shine Award certificates have been prepared for young athletes (11-16) and some of these were presented at the AGM. The remainder will be handed out over the coming weeks..

Note - these are not official minutes of the AGM – Ed.

Presenting the Year 2008 main committee



President	B Wallman
Chairman	N Costello
Committee secretary	M Holmes
Treasurer	N Poulter
T&F Portfolio holder	N Moss
Young Athlete administration	A Bird
Coaching Portfolio holder	J Brennan
Endurance Portfolio holder	G Smith
Cross-country portfolio holder	J Kazer
Volunteers coordinator	Vacant
Young athlete representative	Vacant
Additional Members	C Flood

(without specific portfolio)
Two further additional members are likely to be co-opted by the committee

Who won the trophies?

The seasons overall best performance	Ed Aston
B P Veteran	Joan Lasenby
Simpson Challenge Trophy	Richard Oppong-K
B P 13-16 Hdls F	Csepi Asztalos
B P Hurdles GU13	Ella Cave
Senior Throw - Female	Alice Forster
BP Senior HJ	Michaela Smith
BP Sprints male	Luke Crabb/Chris Morter
BP Sprints Female	Juliet Powell
BP 800m+ Female	Lucy Dowsett
Most Improved athlete	Robert lasenby
B P 13-16 Hdls M	Ben Kelk
B P Hurdles BU13	Adam Tapley
Senior Throw	Gary Parsons
Junior Throw	Lauren Sammout
BP Junior HJ	Beth Dixon
BP Longjump	Lauren Sammout
BP 800m+ male	Ed Aston

Track & Field champions

Senior Men	Jack Huddlestone	Senior Female	No award
Junior (U20) male	Sam Richards	Junior (U20) Female	No award
Veteran Men	Alec Taylor	Veteran Female	Mary Holmes
Under 17 men	Jon Baxter	Under 17 Ladies	Marianne Oliver
Under 15 Boys	Ben Davies	Under 15 Girls	Lauren Sammout
Under 13 Boys	Sebastian Howarth	Under 13 Girls	Ella Houghton
Under 11 Boys	Joseph Ebanks	Under 11 Girls	No award

League Trophies

BP Vets league Male	Peter Howard	BP Vet League Female	Joan Lasenby
BP Male league	Martin Lawrence	BP League Female	Gemma Coe
SML Team award	Jack Huddlestone	SWL Team award	Michaela Smith
Anglian League awards	Jenni Corbett and Alex Morter		
EYAL team awards	Nathalie Richards and Simon Pullen		

Road race trophies

Open 10 mile RR Male	Michael Salt	Open 10 mile RR Female	Emma Kreetzer
Open 10 mile RR Male vet	Giacomo Capetti	Open 10 Mile RR Female Vet	Mary Jennings
Open 10k Road Race Male	Mark Chaplin	Open 10k Road race Female	Rachel Roberts
Half Marathon Male	John Kazer	Half Marathon Female	Karin Jordansen
Marathon Male	Joad Raymond	Marathon Female	Kim Masson
Most improved Male	Simon Brightwell	Most improved Female	Meinou Simmons
Peter Howard Marathon Trophy	Glynn Smith		

Handicap trophies 110 yds Handicap & 440 yds handicap Not Contested in 2007

Cambridgeshire AA AGM held on November 30th

Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer. There are vacancies for all the T&F team managers posts F if anyone wants to take them on, and also a vacancy for a trophies secretary.

Nigel Faben reported on the success of the NJL Team Cambridgeshire, in gaining promotion to the Southern Premier Division (this is a composite team from C&C, HAC, PAC and NVH) The Cambs Devt group reported on the various successful activities including coach education evenings, County squads, and evening Development competitions. Despite a lack of team managers Cambs AA managed to put teams into all the normal competitions last year. The County Sec warned that it might not happen this year unless someone volunteers. Lauren Sammout was awarded the Trophy for the best performance by a Junior Female, Hayley Sayer for the best performance at the county Chamionships by Under 15 Girl, and Ben kelk for the best performance at the County Championships by an Under 15 Boy.

Welcome to Cambourne! C&C community Clubs – what are they?

This issue of the newsletter is the first to be received by members of the C&C Community Club in Cambourne. Welcome! Please feel able to join in any aspect of the club which interests you and if you would like to know more about anything ask Julie, in Cambourne, or email info@cambridgeandcoleridge.org.uk.

Cambourne is the first of the C&C community clubs. It's an idea the club committee have been toying with for some time and took off when Julie Pashley, a Cambourne resident and athletics coach (and now C&C member), got in touch with Neil (Costello) early in the summer. The intention is that the community club should provide opportunities for people interested in athletics to learn something about it and, if they wish, to move through to the main club at Wilberforce Road.

We are the only athletics club offering a full range of athletic disciplines (track and field, road running, cross country, fell-running and race walking) in the Cambridge sub-region. The region is growing and there is pressure to expand and interest to begin clubs in other parts of the sub-region. The sub-region will never be big enough, however, to support more than one 'full' club. If small clubs set up, they will draw from C&C and make it weaker but will never be big enough to be genuinely successful in their own right. If that happens, of course, nobody wins.

So, what we are trying to do is to enable youngsters from school years 3 to 6 to start athletics. In Cambourne, the community club started in September and has been run by Femi (Akinsanya) and Julie. The members have been able to try lots of different athletics skills and some of the older ones will be taking part in the Sportshall competitions. We hope that many of them will want to continue athletics with us and will come along to Wilberforce Road when they are ready and old enough. We would also be pleased if older athletes, including adults, in Cambourne affiliated with the community club so that we can offer coaching advice and progression, should they want it. That way we support the local community and those who wish to take athletics more seriously have a direct link with the club.

We hope that this will be the first of several community clubs. We are well advanced in discussions with a number of interested people in Ely. It would be good to run such clubs to the north and south of the city – say in Impington, Linton and Sawston - as well as in the city itself.

We must walk before we can run and can't take on too many of these things at once. They need volunteers to help but we now have an established structure and it should get easier. If you are interested in finding out more and may be able to help in some way in setting a club up, or supporting it, please get in touch with Neil or email info@cambridgeandcoleridge.org.uk. Neil Costello

Cambridge School Sports Partnership Young Ambassador



Cambridge School Sports Partnership has appointed Zoe Poulter and Lauren Sammout to the role of Partnership Young Ambassador's.

Zoe and Lauren attended the recent Young Ambassador Conference at Tottenham Hotspur FC where, amongst others, Chair of UK Sport, Sue Campbell, Schools Minister Kevin Brennan and Olympic Gold Medallist Darren Campbell, spoke to the Young Ambassador's present to tell them about the programme and the opportunities that the London 2012 Olympic Games will bring.

The role of the Young Ambassador's is to act as a role model throughout the School Sport Partnership and strive

to promote the Olympic/Paralympic ideals and ethos through their work.

Zoe and Lauren spent the day working with Athens 2004 Olympic Bronze Medallist in Canoe Slalom, Helen Reeves, to plan the impact they want to make as Young Ambassadors and to develop an Action Plan for their role. Zoe and Lauren have already come up with a number of ideas in which they wish to help promote and develop sport and the Olympic ideals within the Partnership over the next 12 months or so.

Lauren is a Year 10 student at Netherhall and has demonstrated an outstanding talent in Athletics. This has culminated in her gaining medals at two National Championships this season, both in the Shot Putt. In July, Lauren finished in a bronze medal position at the English School Athletics Championships in Birmingham. She followed this up with a Gold Medal at the Amateur Athletics Association Championships at the Don Valley Stadium in August. (copy taken from Cambridge Schools Sports Partnership website)

What's happening about floodlights at the track?

Thank you to everyone who took the trouble to comment on the planning application for floodlights at the track. The support has been important in establishing the case. There now seems to be virtually no opposition, at least in public, to the case that there is a need for floodlighting of the track. What has not yet been established is that the proposals put forward by the University are acceptable on planning grounds given their environmental impact in an area of green belt.

Since the planning application was made (and was supported by club members and others) the local residents, who object to the proposals, asked the City Council to set up a Development Control Forum (DCF). They have a democratic right to do this but must be supported by at least 25 Cambridge residents. At the DCF the applicant (in this case the University) puts its case and is then challenged by the objectors. The City Council arranged for a DCF and it was eventually held, after some postponement at the request of the objectors, on 12th December. Once a DCF is set up it is also possible for those supporting the case to ask to speak. They must also be supported by at least 25 Cambridge residents. As many members will know, we were able to secure 25 signatures and along with local hockey interests, Neil spoke at the DCF. He addressed members of the Planning Committee, who will ultimately decide on the application, and the Council Officers who will advise them. The DCF appeared to go reasonably well. The case put forward in favour was strong. The case against seemed weaker but made a number of assertions about planning law and environmental damage. The argument is by no means won but the momentum felt to be with the application. We have been in this position before so optimism would be misplaced but there is still some reason for hope.

The proposal will now go before the Planning Committee on 3rd January 2008 or 30th January 2008 unless the objectors find some reason to argue for a delay (and it is unlikely they will be able to do so). The Planning Committee is likely to make a clear decision in favour or against – it is unlikely to refer the matter back, though this is possible. We should know in early February, therefore, whether or not permission has been given. As soon as we hear anything we will circulate it to members via the web site and probably by email.

Neil Costello

The winning team

Some of the under 15 Girls team with their trophy for winning their section of the EYAL plate final



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

Our teams in the Eastern Young athletes League and the East Anglian League are managed by teams of volunteers. The Eastern Young Athletes League managers are coordinated by Anna Bird, and the East Anglian League managers by Noel. The ideal is to have one person recruiting and looking after each age group. Next year, at present we have only one or two people for the EYAL and no-one for under 13's in the EAL. 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 5 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.

If you could help with either league, please contact Anna Bird and/or Noel, who can tell you more about it. Anna's number is 01223 352541 and Noel's is 01223 833470 and they would be pleased to hear from you. You can also e-mail noelmoos@btinternet.com.

Our athletes in the United Kingdom Age-group top 30 Ranking lists for 2007 T&F

Under 20 Mens	800m	Ed Aston	5 th	1.48.93
Under 20 Womens	400m	Lucy Dowsett	21 st	56.9
Under 20 Womens	800m	Lucy Dowsett	7 th	2.07.45
Under 20 Womens	1500m	Lucy Dowsett	16 th	4.29.88
Under 20 womens	3000m	Lucy Dowsett	30 th	10.08.29
Under 17 Mens	400m	Richard Oppong Konadu	16 th	50.0
Under 20 Womens	Hammer	Alice Forster	30 th	39.37
Under 15 Boys	80m hurdles	Ben Kelk	2 nd	11.4
Under 15 Boys	Shot	Martin Lawrence	15 th	13.37
Under 15 Girls	Triplejump	Lauren Sammout	4 th	10.56
Under 15 Girls	Discus	Lauren Sammout	12 th	30.30
Under 15 Girls	Discus	Lauren Sammout	8 th	11.29
Under 15 Girls	Hammer	Hayley Sayer	5 th	40.36
Under 15 Girls	75m Hurdles	Csepi Asztalos	13 th	11.7
Under 13 Boys	75m hurdles	Adam Tapley	17 th	12.8
Under 13 Boys	75m Hurdles	Sebastian Howarth	26 th	13.0
Under 13 Girls	Hurdles	Martha George	21 st	12.0

Some ranking lists have still to be published at the time of printing this newsletter

National Junior League – “Team Cambridgeshire”

In 2006, in order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire agreed to enter a composite team into the National Junior (U20) League as Team Cambridgeshire. Cambridgeshire AA ran the team and it duly won the local division and then won the promotion match into the Southern Premier division. In 2007 the team finished 7th of 8 clubs in the Southern Premier, and then won the promotion play-off match to keep their place in that Division.

It is really excellent competition for Under 20's and the top Under 17's, and we urge you to compete in it if you possible can.

The top four teams in the National Final this year were from the Southern Premier Division, so you can see how good the standard is, and high standard competition usually results in athletes getting personal bests.

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

Nigel Faben (Hunts AC) will act as team manager again 2008 with help from selected contacts in each club.

After Christmas Nigel will compile his list of interested athletes. Please reply to him if you are sent a form to complete – if you don't he won't have you on his routine contacts list. If you want to be on his list, you can tell him by e-mail at Nigel.faben@btinternet.com, so that he contacts you when he starts compiling this years list.

Eastern Young athletes league – Hammer throwers and Polevaulters needed now.

At their AGM this winter, the EYAL agreed to introduce “one per age-group” Hammer and Polevault events for Under 17 and Under 15 males and females. We have Under 17 Hammer throwers, but we need some under 15 hammer throwers and some polevaulters.

If you want to have a go at it, get in contact with James Brennand (249410) for PV or Noel (833470) for Hammer, and we will arrange for you to have a trial session or two.

INDOOR TRACK & FIELD COMPETITIONS

Note - Indoor season age groups are based on your age at 31st August 2008 .

EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS

Cancelled due to problems to get enough officials on the date proposed, and due to facilities not being available on other dates.

SOUTH OF ENGLAND ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS

19th/20th JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.

Under 15, U17, U20 and Senior events. Full range of indoor events (this venue has a circular indoor track)

Entries close 8th January. Send form plus fee to the address on the form.

Entry forms were circulated to coaches and athletes by e-mail, but if you want a copy, please either e-mail Noel at noelmoss@btinternet.com or give me a ring on 01223 833470.

Send your entries off as soon as possible with the correct fee to the address on the form.

ENGLAND ATHLETICS NATIONAL INDOOR CHAMPIONSHIPS

For Under 20, U17 and U15's at NIA Birmingham 23rd/24th February.

Under 15, U17, and U20 events. 60m, 60m Hurdles, 200m,3/400m, 800m, 1500m, PV, HJ, LJ, TJ, Shot. Entries close 28th January. Send form plus fee to the address on the form.

Note - If you don't have Indoor entry forms and want them, ask your coach, or ring Noel on 01223 833470 or look on englandathletics.org/events for a download

West Norfolk Indoor open meeting at Kings Lynn on January 20th

All age groups inc Under 11's – 60m and Longjump

U13's up to Seniors -60m Hurdles, Highjump, Shot

U17's up to Seniors – Triplejump

Note that this clashes with the SEAA Indoor Championships weekend

Entry forms from C&C coaches or www.westnorfolkac.co.uk. Closing date 7th January

Sports-hall athletics

C&C won the first round of the County Sportshall athletics at Chesterton on Dec 16th.

Now we need to win the 2nd round at St Ives on January 13th, to get the 2008 County title.

The Cambourne Community club also put under 11 teams in and finished as the best team with only under 11's.

All the C&C and Cambourne results are at the back of the newsletter

The second round of the competition will be held on January 13th at St Ivo sports centre at St Ives from ca 13.00 to 17.00. C&C will have teams for under 11's, under 13's and under 15's.

The final selections for Cambridgeshire teams for the U13/U15 Anglia Regional final on 2nd February will be selected from this match.

Team managers

Under 15 Girls and Boys James Brennand/Caroline Sammout 01223 249410

e-mail James at boyfrommars@ntlworld.com

Under 11 and under 13 Girls & Boys Noel Moss 01223 833470 e-mail noelmoss@btinternet.com

We want as many people as possible to compete so that C&C win the County trophy this year.

(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 (at the back) or

telephone/e-mail the appropriate team manager. Don't be shy - we need everyone we can get to make sure we regain the trophy again this year.

If you have already said you will come, then no need to contact us again – we will expect you, but other athletes will be welcome

Come and have a go and get into the Cambridgeshire County team!!

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 2007

Cambridgeshire Cross- Country Championships - Sunday 6th 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 15th .

<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 20th Dec (John Kazer details below)

To be entered in any of the Cross-country championships you must complete and return a request for to John Kazer – word of mouth via your coach is no longer adequate.

The reason for adopting this more formal request procedure is that in 2006/7 there was a very significant expenditure on entries where athletes then failed to turn up at the event to race. This resulted in a considerable waste of club funds.

ROAD RUNNING

The Swiss Alpine half marathon - beautiful countryside (or what not to do when on holiday?) by Andy Irvine

Relaxation was the theme of the holiday. Just some time to chill and do what we want to do; try to go for a couple of runs, but no worries if we don't. Some cable car trips, some walking in the mountains, some local wines and all the traditional grub - just try not to get too fat.

All started well, with a gentle stroll into Klosters Platz on the first, beautifully sunny, evening, a detour to show Carmel my grandparents' old house just off Monbielerstrasse, and a nice meal and a Calanda beer in a restaurant terrace with a view of the Silvretta glacier at the top of the valley.

Wonderful. We were too late to pick up basic rations - some milk for a nice cuppa - from the Co-op, the only supermarket in town (we'll leave aside the rickety barn advertising 24-hour milk - we're children of the Tesco age after all), but noticed a bus-shelter-sized poster just outside. Something called the 'Swiss Alpine Marathon' was to be held in Davos, the larger, more glamorous town on the

far side of the Parsenn ski area. Cool. There were half-marathon, 28K and ultra options too *and the half would start near Klosters*, in sight of our ever-so-fabulous balcony. Even cooler. On the 28th of July. That's pretty soon. Actually, no, that's on Saturday, *while we're actually here*. Glances were exchanged. A point of no return was reached. There would be an expo in Davos for the next couple of days - maybe they'd take entries, but probably not. I had a plan for an excursion over there tomorrow anyway - can't hurt to ask.

We like to travel in style, so Thursday's trip to the Davos expo consisted of a cable car to the Gotschnagrat (2285m) a testing hike across the tinkly-bell cow-infested pastures and lunar slopes of the dormant ski area to a leisurely lunch at the Weissfluhjoch (2652m), and a precipitous funicular railway ride down to the town centre. First stop was the tourist information office, where glossy race brochures were pored over, immodest prices digested and course profiles gasped at. Nearly seven hundred metres of climbing in the K21 option, it says here... 'perfect for beginners'? Excuse me? Beginner lunatics maybe; Grunty Fen it ain't. Anyway, the option of being the one to bottle out was unpalatable, so we headed off to the Kongresszentrum, to where politicians and captains of industry annually flock first-class to sup champers on the pretext of saving the earth, and got signed up. Easy as that, no entry deadlines missed, no race limits reached, everyone welcome. Hip, hip, hoo-bloody-ray. Picking the race T-shirt at registration with your race number is the first test of resolve - the delicious possibility of simply *pretending* to have raced has to be balanced against the creeping terror of one's clubmates checking the official results. No, it would never work.

As you may have realised, the Swiss Alpine Marathon isn't your typical race. First and foremost it's an ultra; the other options include the principal nasty marathon (the K42), a 'cultural' marathon on flatter terrain (the C42; the unspoken implication is C for 'cowards') and a K28, but the 78-kilometre K78 (oh, I see...!) event is the pinnacle. After a frankly cruel loop out of town, the K78 doubles back along the ever-narrower, ever-deeper valley down to the relative lowlands of Filisur, dropping five hundred metres and taking in a terrifying crossing of the gorge at Wiesen. A left turn, a few deep breaths, and the roads start to rise. Once you're past the unbelievably picture-postcard town of Bergün, where the K78 joins the K42 route beneath the snow-tipped Piz Ela, it gets serious. The roads turn to tracks, the tracks to trails and the terrain goes up and up. Twin high-points at the Keschkütte hikers' lodge and the Scaletta Pass, both above 2600m, have to be conquered, presumably by crawling, before the relative respite of the Dischma valley sweeps the survivors along the last 18km to Davos.

Fortunately, we had entered the race for 'beginners'.

The eve of the race day was spent on every form of mechanised alpine transport imaginable. Rest would be rather important, we reasoned. Still, a day trip to St Moritz and a supreme gnocchi with shaved parmesan, chilli and sun-dried tomatoes and a glass of frothing Calanda atop Piz Nair, with the most spectacular panorama you could ever, ever imagine, compared favourably with the usual pre-race routine of veggie spag bol and CSI on the telly. And the altitude was bound to do wonders for the red blood cell count.

For the first time, the K21 would start on the Sunniberg bridge, not far down the valley from Klosters Dorf, to the far side of Davos from the other races. It would have its own character, clinging to the fringes of the Gotschna massif as it climbed up towards the pass between Klosters and Davos, and would rain down prestige on the smaller town. The day was warm, but less so than the previous three, and a breeze moved the sparse clouds briskly from peak to peak. Pretty good. A train had been laid on from the bahnhof at Klosters Platz to the race start at Büel, and once we'd dropped off our bags and Carmel had undergone the vital international ritual of waiting out the infinite queue for the Ladies', we squeezed on board the 12:55 Marathon Express.

There is no station at Büel. But we reasoned that anyone who had a problem jumping off a train onto a loose stone slope high above a torrential glacial river had no place participating in something with the word 'Alpine' in the name. We hopped off and warmed up. This being Europe, everything was chip-timed, so no problem with congestion. Anyway, we planned to take it very steady, as a training run, and times were hardly going to be significant. Looking around, I began to feel that the Swiss-flag-bedecked bandanna I'd searched high and low for would probably not, after all, make me blend in with the locals all that well. A helicopter buzzed riskily around the bridge superstructure, and we waved happily at the TV camera. The start was signalled by a failed attempt to shoot down the chopper with a deafening firework. We looked at the mountain, swallowed hard and jogged across the bridge.

The Sunniberg bridge carries the new Klosters by-pass into a 4.2-kilometre-long tunnel through the mountain, but we were pitched straight into the (on average) steepest section of the entire race, up and over the tunnel mouth and away from Davos but upwards, ever upwards. A section with

compacted dirt paths winding through dense forest. My hideous wheezing at two kilometres was a pretty good sign that we'd deviated a tad from the pre-race plan and were going to pay. We gratefully joined the many who were taking the opportunity to walk the steepest bits. Not for the last time. Another aspect of 'the plan' was that we would run together, if only because if one of us died en route, the other could arrange a respectful burial before pressing on. It was becoming obvious that I would be bury-ee rather than bury-er, and my anxiety grew as Carmel bounded lightly away from boulder to boulder before resignedly waiting for the old fatso. The path doubled back in places, and spotting a line of runners through the trees almost directly overhead is never good for morale. Finally, we hit the section summit at Grossrüti (which, if it exists as a settlement at all, has a population in single figures, most of them livestock), and settled into some beautiful, gently undulating, forest tracks.

By this time, I'd given up on the chances of my fancy new GPS keeping a reliable distance, what with the mountains and the trees, but the altitude function was a lifeline, telling me we'd gained a couple of hundred precious metres. Cavadürli was the next point on the profile map I'd worked so hard to memorise, and with it came the first refreshment stop. Many lingered there for an indecently long time, and I didn't wish to dissent. A cereal bar was greedily swallowed, washed down by iced tea (can you really need food after 5K?). Cavadürli itself is another tiny hamlet in a mountain clearing, but has the distinction of a railway station, a wooden chalet beside the Rhätische Bahn which clings to mountainsides around the Graubünden canton in the most unlikely manner over viaducts and through tunnels, even spiralling sometimes to gain height. No-one ever gets on or off at Cavadürli, but I'm somehow glad it exists.

Sadly, the next section was up, and more up, and lasted for many, many hours. The absurd single-file zig-zag up a beautiful but steep alpine meadow was a highlight, because it allowed another walk. Joy. Clumps of spectators (how in the name of St Paula had they got there?) tried to bolster us with 'hopp, hopp, hopp!', 'super-r-!', and general clanging of cowbells, but it was all A Bit Hard. Look, we're trying to hopp, OK? All the same, it was difficult not to get a boost on the steep climb where the track passed under the Bahn. The race people had organised the Marathon Express to stop there, and dozens of supporters hung out of the carriages cheering on their sweaty loved ones. Bless. By the 8K mark, we'd climbed nearly four hundred metres, and had made it almost as high as the finish in Davos, and were more than two-thirds of the way to the highest point, upwardly speaking. But I knew there was a pig of a trick coming, and, as the track lurched downwards into the forest and my legs revelled in some delicious plummeting, my heart sank. I worked hard for those metres, goddammit. Still, we were over the worst, and a relatively gentle upward section (up means walk a lot, you see?) brought us into Laret.

From the point of view of a shattered, bewildered runner coming out of a dark mountain forest, Laret can easily be mistaken for civilisation, and we were delighted to see it. It brought houses, asphalt roads, a bright blue fishing lake and, above all, the second drinks stop. We'd got back to eye-level with Davos, and there was just a 150-metre hummock in between. Things were good, and we were going to make it. We hurried through the refreshments this time, leaving barely enough time for a picnic of Alpinbrötli (something like a currant bun) and Rivi Marathon (imagine if Lucozade Sport tasted like Pimms rather than an industrial preservative), and entirely missing the broth and bananas. I seem to recall running across a railway line to get to the goodies but have no concept of having looked out for trains. All in all, if it weren't for the feeling in my legs that walking the steep bits wasn't enough and some gentle bits (and possibly some of the flat bits) needed a more leisurely attack, life would have been sweet in Laret.

Endurance was becoming a problem. We hadn't exactly racked up the summer miles, and London was forever ago; hell, I'd struggled to stay the distance at the St Ives 10K last week. As the road gently rose out of Laret, my legs began to ask whether it was all really worthwhile. We crossed a rickety, rocking scaffold-cum-bridge over the main Klosters-Davos road and headed back into the woods towards the race's high point at Wolfgang. The alpine conifers were sparser here, and temperate species crept in where the forest canopy parted and sunlight poked through. It all seemed very familiar... yup, we were doing the Swiss version of the Wibbly Wobbly Log Jog. Still, we were soon slogging up nasty inclines to gain the final hundred metres or so. Carmel dashed to the top of a rise to pose for a photo (minus mountaineer's flag, sadly); a couple of fellow competitors stopped and stood clear whilst I gasped for air and pretended to wrestle with the camera to get the perfect shot. Polite or just knackered? You decide.

The affluent satellite village of Wolfgang appeared round a bend in the road, giving us our first look down the valley towards Davos. We'd hit the highest heights of 1631m, and the Marathon Express had pulled over at the station to mark the event. Much waving and abundant 'hopp, hopp, hopp!'. I

was in trouble on the flat bits by now, so the easy inclines down through the open woodlands towards the blue waters of the Davoser See were a divine gift. We could smell the finish. Forest folk began to appear more frequently from their hidden chalets (or maybe from their magical toadstool homes), and the beautiful sweep around the lake finished at a slightly odd beach resort, complete with trucked-in sand, and speckled with oiled sun-worshippers and casual-cool beach-volleyballers who displayed not the slightest interest in us. Our first townies.

One last hop over the unguarded and level-crossing-less railway and it was a steady, painful climb to the final drinks tent, at Stilli, with a little over five K to go. A slightly disappointing picnic of cereal bars, iced tea and water was snatched; it clearly needed to be digested with care, so a brief walk was agreed. I recall a nice tail-wind and a downhill slope at that point, but one should never risk indigestion. We ploughed on, in marathon shuffle mode - we Cambridge people don't do mountains, but we know how to grind it out on flat tarmac. A loop towards Duchlisage took us off the direct route to join the K78 and K42 course as it emerged from the wilds of the Dischmatal. We might have felt tired, but it didn't take a gait analyst to pick out the ultras from the beginners. They'd gone four times further since setting out at dawn, and each and every one was listing heavily in one direction or another. A far-away look in their eyes spoke wordlessly of unspeakable things. Almost immediately, we ducked off road past a Union flag-toting support crew, from whom I begged a cheer (none came - either I'd just gasped 'mmnhhh mggnhhh', or they'd miraculously taken me to be Swiss), and were pitched up over a final short, sharp pig of a climb and down into Davos.

The last couple of kilometres involved a prolonged cycle of eager-to-finish surging and can't-keep-it-up ow-it-hurts slowing down. The sports centre was away to our right, and we over-shot to set up a long-straight run-in, past a series of bars and tents dispensing cold beers and suspicious sausages, and packed with people (the bars and tents, I mean, not the sausages). Through the stadium gates and onto the running track, banners and flags flying, people cheering; one great half-lap of honour and, with a final 'ping' from the timing mat it was over. We'd crossed together, just as we'd started the whole thing about a hundred years earlier. No funeral needed. We flopped on the verdant astroturf infield and drank Erdinger Alkoholfrei (yes, afraid so) in the alpine sunshine. We were officially beginners.

Hereward Relays – Kim helps make it 2 in a row for the women

This year the club fielded 7½ teams in this event, under a variety of names (see results) Our top womens team, *Stairway to Heaven*, consisting of Katie Toynton, Katie Samuelson-Dean, Meinou Simmons & Kim Masson emulated last years winning performance by Vicky Fanstone, Kim Masson, Fiona Murphy and Ellen Leggate, winning the 1st Ladies team award again thanks to some excellent running, and a super final leg by Kim who was 24th overall fastest on the last leg, beating all of our male runners.

Our women were 38th team overall, and three of our mens teams were ahead, with our best finishers in 27th place, after being given a flying start by Joad who was 11th on the first leg. Well done everyone – and now, can the women make it 3 in a row next year?

New ! - England Athletics East - Road Running Grand Prix Series

A new team and individual event series. You can find more details on the England Athletics website or from the Endurance group contacts.

a) Individual athlete awards

There will be an award for the 1st male and 1st female eligible athlete in each race. For the series there will be awards for the 1st three male and 1st three female athletes using a points system calculated on finishing positions at each race of the series.

b) Club awards

Registered eligible clubs will score points in each race of the series based on the finishing positions of the 1st five eligible male athletes and the 1st five eligible female athletes from the club.

ASICS Watford Half Marathon Watford Harriers	3rd February
Joe Cox Half Marathon Stowmarket Striders	23rd March
Flitwick 10k Ampthill & Flitwick Flyers RC	20th April
Great East Anglia Run (10k) King's Lynn & West Norfolk	4th May
St. Ives Dairy Crest 10k Hunts AC	20th July
Great Eastern Run (half marathon) Peterborough City	12th October
City of Norwich Half Marathon City of Norwich AC	30th November

Rough Guide to Some Recent Races Alex Downie (*his personal opinions*)

There is a small abundance of local race opportunities October to December, and sometimes it's *.connaitre*: what it is not is any kind of 'official' C+C view on the races mentioned. The rundown is part report and part resume, and first up is.....

Saffron Walden 10k....30.9.07

Magical, enchanting, and intensely varied, even including a genuine dingy-dell bit, this must win the prize for the Most Beautiful Race around here, if not the Best Kept Race – I got stung by nettles on the way round. It's turny, it's twisty.....and it's hilly. Personally I had a pretty poor result – the hills did me in – but loved the course, except perhaps that nasty, brutish if short little mountain at 9k.

1st Frostbite League Race at St. Neots ~5m 7.10.07

Time was when this fixture had a wonderful rural course, but things change and not always for the better. The present arrangement is to have serious club runners charging round a park on 3 subtly different circuits. It all seems a bit silly, but the park is on a deceptive incline, so it can feel quite tough. Great down- the -slope finish.

Great Eastern Half-Marathon, Peterborough, 14.10.07

Overhyped, overpriced, and ...over *there*. (to paraphrase that famous wartime description of American GI's). Yes, I know many club members have enthused about this one, and , yes, it has good crowd presence, is flat and has PB-potential, but it's still 13 and a bit miles of ...well....Peterborough, and I thought the crowds came to gawp rather than cheer, and the goody-bag...well...pah! For £15 you might expect better. Great for parking, though.

Fenland 10, near Wisbech, 28.10.07

As you'd expect, it's normally flat, but can be – and was this year – extremely windy. I don't know why, but I've got a bit of a soft spot for this race. Maybe it's because , a few years back, they gave out purple woolly hats with the inscription "Fenland 10"[are innocent?]. Bring back the hat!

The Dovedale Dash, 4.11.07, approx 4.75m.

I've described this course in so much detail in the past that to do so again would amount to tedious plagiarism. Suffice to say that this is a great, classic cross-country course which puts a manic grin on your face the whole way round, except possibly when you fall over....This year, after a spell of dryish weather, the course was probably the "easiest" we've run it –see results section. There is the added benefit of the weekend away in Derbyshire, and this year Ian had booked us into the Youth Hostel in the famous plague village of Eyam – apparently the only one available to us...draw your own conclusions...Actually, the accommodation and food were excellent, and the village redolent with history.

Well, we duly stumbled down the rough track [torches necessary] to the pub on the Saturday evening before the race. It was packed, but C+C en masse are a force to be reckoned with. We sent in the shock troops [Mike S, Fiona, Mary J and others], the locals went scurrying, and soon the bar was ours. Not that I wish to portray C+C on tour as a *boatload of blagging boozy boorish boors* – nothing could be further from the truth of course.

2nd Frostbite League at Bushfield, Peterborough, 11.11.07 [5m]

Well, there *are* good bits of Peterborough after all, and this multi-terrain course is a delight, taking us through lovely woods with river views. But this was the day the Club were to suffer a poor result – some would say humiliation – finishing 11th out of 15, largely due to a dearth of fast blokes on the day.

St. Neots Half-Marathon, 18.11.07

Synonymous with smooth organisation and cheerful, smiling marshals, this is a deservedly popular race. The course describes a figure of 8 with a tail, and is largely rural, with villagers turning out to support. There are 3 or 4 hills, but when those cheerful, smiling marshals tell you at 10 miles "It's all downhill from here" they *are* telling the truth. If you've got anything left in the tank, it can be a fast finish [so I'm told.] Gets booked up quickly.

The Hereward Relay, 25.11.07

This tracks across some terrific Fen scenery from Peterborough to Ely, in 4 stages, officially of 6.1,11.6,10.3 and 9.6miles respectively, though garmins would indicate longer distances on stage 1[6.5], and stage 3[almost 11]. The second leg must be singled out for its quintessentially fennish

vistas, so it allows you to concentrate on your running. The fourth leg contains a characterful muddy track near its finish. This year, conditions were relatively dry, and we were largely blessed with that rarest of things – a tail wind. C+C had 7 teams operating and pride of place has to go to the Stairway to Heaven girls team [the 2 Katies, Meinou and Kim] who were the very fastest female team and 37th overall. [It is even rumoured that Led Zeppelin sang that song specially to commemorate this result at their recent concert in O2.] Fastest C+C team – running away with it, in fact – were the Runaways[27th], though not far behind were the Ratpack[34th], and running them desperately close in 35th were that ragbag collection of gritty old men, the NotFadeAways, who *really* lived up to their name. But what happened to our second-leggers? They *all* lost places – and Paul D managed to get lost! So what was going on – a sinister second leg curse on C+Cers? Or did they all stop to admire the umm.... admittedly *stunning* scenery? Was it a collective bout of Fenland Madness? Only they can say.

Next year, how about naming the teams from Greek Mythology? Some suggestions that spring to mind are:- Hermes in a Hurry; Slinky Sirens; Happy Harpies; Gorgeous Gorgons; Miserable Minotaurs; Wobbly Wooden Horses; Pandora's Boxful of PB's; and the Slimy Centaurs [half man, half horse] ...for a mixed team.....ok, ok, only *suggestions*.

Nene Valley 10, Peterborough, 2.12.07

Famous in the past for the gents changing rooms being awash with effluvia, things have hopefully improved now. The course is fast and flattish with much PB potential. Run this year in blustery conditions, this still didn't put the amazing and astounding Andy off *his* PB potential.

3rd Frostbite League also at Bushfield, Peterborough, 9.12.07

To add spice and variety, the second running of this attractive looped course was done the opposite way round to the first [11.11.07]. A somewhat better result for the club than the previous attempt, but C+C still in need of more of a presence.

Lamas Land Club 4-miler, 26.12.07

A Boxing Day canter? Well, maybe, but it *is* run with and *against* your peer group. An out and back course up to the Trumpington War Memorial. Great fun, and gets you away from those tellies for a while

Buntingford Year End 10, 30.12.07

I've never actually run this, but those that have tell me that it's usually hilly, and blizzards have been known.

Ely 10k, 31.12.07

Very popular, [so book your place early]. Misleading name, though, as it starts and finishes at Little Downham heading *away* from Ely, and out into the Fens instead. Mainly flat, but can be exposed, and there's a bit of a climb back out of the Fens into Little Downham near the end. Bottle of beer for all finishers! Cheers!

Useful telephone numbers for 2008

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams, and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 743997
Anna Bird	Young Athletes Team coordinator		01223 352541
Sonia Cox	Welfare		01223 264889
Carl Woolf	Ladies and East Anglian league U13/U15's		01223 881075
James Brennand	Coaching Secretary		01223 249410
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 Club Website	www.cambridgeandcoleridge.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)

Road running unofficial website

Cambridgeshire AA website

UKA website

Power of 10 database (you may be in it)

Athletics data.com performance database (you may be in it) www.athleticsdata.com

England athletics website

England athletics Region East secretary (Alison Potts)

SEAA website

Living Sport Cambridgeshire

Athletics kit and shoes by internet or mail order

noel-moss@supanet.com

<http://ccac.aci-net.co.uk>

www.cambsaa.org.uk

www.ukathletics.org.uk

www.powerof10.info

www.athleticsdata.com

www.england-athletics.net

apotts@englandathletics.org

www.seaa.org.uk

www.livingsport.co.uk

www.bournesports.com

Provisional Fixtures Spring/Summer 2008 (some details are not yet available)

Indoor T&F and Sportshall

Jan 6 th	SEAA U15/U17 Indoor Combined events	Lee Valley	U15/U17
Jan 19/20 th	SEAA Indoor Championships	Lee Valley	U20/Senior
Jan 20 th	Cambs Sportshall league match 2		St Ives All under 15
Feb 2 nd /3 rd	ECAA Indoor Championships		Chelmsford All
Feb 2 nd	Eastern Regional Sportshall final	Norwich	County team
Feb 9/10 th	English Senior Indoor Championships	NIA	Qual Stds
Feb 19 th	BMAF Pentathlons and EVAC Champs	Lee Valley	Veterans
Feb 23/24 th	AAA Indoor U15/U17/U20 Championships	Birmingham	Qualifying stds
Feb 23/24 th	BMAF Indoor championships	Lee valley	Veterans
Mar 8/9 th	English U15/U17 Indoor Combined Events	Sheffield	U15/U17

Road

Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 1 st	Wymondham New year day 10k	Wymondham	All over 16
Jan 20 th	Folksworth 15	Folksworth	All over 16
Jan 27 th	Gloucester Marathon	Gloucester	Seniors
Feb 3 rd	Watford Half Marathon	Watford	Seniors
Feb 3 rd	Apeldoorn Marathon	Apeldoorn Holland	Seniors
Feb 10 th	Valentines day 30k	Stamford Lincs	Seniors
Feb 24 th	Bury 20	Bury St Eds	Seniors
Mar 2 nd	Wymondham 10 and 20	Wymondham	All over 16
Mar 9 th	Duchy Marathon	Redruth Cornwall	Seniors
Mar 9 th	Mondi 15	March	Seniors
Mar 16 th	Rome Marathon	Rome	Seniors
Mar 16 th	Thorney 10k	Thorney	All over 16
Mar 16 th	Turing trail relays	Ely	All over 16
Mar 16 th	BMAF Half Marathon Champs	Bath	Veterans
Mar 23 rd	Stowmarket Half Marathon	Stowmarket	Seniors
Mar 30 th	Sandy 10	Sandy	All over 16
Apr 6 th	SEAA 12 and 6 stage road relays		
Apr 6 th	Bungay black Dog marathon	Bungay	Seniors
Apr 6 th	Paris Marathon	Paris	Seniors
Apr 13 th	London Marathon	London	Seniors
Apr 13 th	Rotterdam Marathon	Rotterdam	Seniors
Apr 20 th	Flitwick 10k	Flitwick	Seniors
Apr 27 th	Blackpool Marathon	Blackpool	Seniors
Apr 27 th	Lochaber Marathon	Fort William	Seniors
Apr 27 th	Shakespear Marathon	Stratford	Seniors
May 4 th	Great East Anglia Run	10k	Kings lynn Seniors
May 4 th	Trieste Marathon	Trieste	Seniors
May 5 th	Belfast Marathon	Belfast	Seniors
May 11 th	Halstead Marathon	Halstead	Seniors

May 11 th	Prague Marathon	Prague	Seniors	
May 17 th	White Peak Marathon	Matlock	Seniors	
May 17 th	BMAF road relays	Sutton Park	Veterans	
May 18 th	Copenhagen Marathon	Copenhagen	Seniors	Seniors
May 18 th	Windemere Marathon	Ambleside	Seniors	
May 23 rd – 26 th	Tour of the Derwent valley	Derbyshire	All over 16	
May 25 th	Edinburgh Marathon	Edinburgh	Seniors	
June 1 st	EVAC 5 mile	Reach	Veterans	
July 6 th	EVAC 10k	Comberton		
Veterans				
July 20 th	Dairy Crest 10k	St Ives	Seniors	
3 rd August	EVAC 5k	Granchester	Veterans	
Sept 21 st	BMAF Marathon Champs	Anglesey	Veterans	
Oct 12 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors	
Nov 30 th	Norwich half Marathon	Norwich	Seniors	

Cross country/Multi-terrain

Jan 5 th	UK Cross Challenge	Belfast	Seniors	
Jan 6 th	Cambs AA Crosscountry Champs	St Neots	All	All
Jan 13 th	Frostbite League	Ramsey	All	
Jan 13 th	Ryston XC Grand prix 9k/4.5k	Ryston	All	All
Jan 13 th	Sunday league XC (Senior/U20 races only)	TBC	All over 16	
Jan 20 th	UK Cross Challenge	Cardiff	Seniors	
Jan 26 th	SEAA XC Championships	Parliament Hill	All	
Feb 2 nd	BUSA XC Championships	Wales	Students	
Feb 2 nd	SEAA Masters XC Championships	Ruislip	Veterans	
Feb 3 rd	Frostbite League	Bourne Woods	All	
Feb 9 th	ESAA Intercounties matches	various	Schools	
Feb 17 th	Sunday league XC (Senior/U20 races only)	Royston	All over 16	
Feb 18 th	EVAC XC Champs	Arrington	Veterans	
Feb 10 th	Ryston XC Grand prix 5k	Ryston	All	
Feb 23 rd	National XC Championships	Alton Towers	Club Teams	
Mar 2 nd	Frostbite League	Huntingdon	All	
Mar 8 th	English Schools XC	Liverpool	Schools select	
Mar 15 th	CAU Intercounties XC	Nottingham	County team	
Mar 16 th	Ryston XC Grand prix 6.5k	Ryston	All	
Mar 23 rd prov	ECAA Cross country Championships			
March 29 th	BMAF XC Championships	Banbury	Veterans	

Outdoor T&F

April 20 th	East Anglian league	All	Cambridge	
April 26 th	Southern Women's League	All Females	TBC	
April 27 th	National Junior League (Cambs clubs team)	U20's	TBC	
April 27 th	Eastern Young Athletes Lge	All under 17	TBC	
May 3 rd	Southern Mens League	Males 15+	TBC	
May 7 th	Eastern Vets League	Veterans	TBC	
May 10 th	Cambs AA Championships	All members	TBC	
May 17 th	Southern mens league	Males 15+	TBC	
May 18 th	East Anglian league	All	TBC	
May 25 th	National Junior League (Cambs clubs team)	U20's	TBC	
May 24/25 th	SEAA U20 Championships	All under 20	TBC	
May 25/26 th	CAU Championships	County select	Bedford	
May 31 st	Southern Womens League	All females	TBC	
May 31 st /June 1 st	AAA Combined events	Senior/U20	TBC	
June 1 st	Bedford International Games 2008	Spectators	Bedford	
June 4 th	Eastern Veterans league	Veterans	TBC	
June 7 th	Southern Mens League	Males 15+	TBC	
June 7 th	Eastern Young athletes league	All under 17	TBC	
June 14 th	Cambridgeshire schools Champs	Schools select	TBC	

June 14/15 th	SEAA Senior Championships	Seniors	TBC	
June 21 st /22 nd	AAA Under 20/Under 23 Champs	U20/U23's	Bedford	
June 21 st	Anglian Schools	School select	TBC	
June 22 nd	East Anglian league	All	TBC	
June 28 th	Southern Mens League	Males 15+	TBC	
June 28 th	Southern Women's League	All Females	TBC	
June 28 th /29 th	BMAF T&F Championships	Veterans	Birmingham	
June 29 th	Eastern Young Athletes Lge	All under 17	TBC	
June 29 th	National Junior League (Cambs clubs team)	U20's	TBC	
July 2 nd	Eastern veterans league	Veterans	TBC	
July 6 th	ECAA Championships	All	Cambridge	
July 11-13 th	UKA Senior Championships	Seniors	Birmingham	
July 11 th /12 th	English Schools	Qual	TBC	
July 12 th	Southern Mens League	Males 15+	TBC	
July 13 th	Eastern Young Athletes Lge	All under 17	TBC	
July 25 th /26 th	Crystal Palace Grand Prix	Spectators	Crystal Palace	
July 26 th	Southern Women's League	All Females	TBC	
July 27 th	National Junior League (Cambs clubs team)	U20's	TBC	
August 2 nd	Southern Mens League	Males 15+	TBC	
August 3 rd	Eastern Young Athletes Lge	All under 17	Cambridge	
August 6 th	Eastern Veterans league	Veterans	TBC	
August 9/10 th	AAA U15/U17 Championships	U15's/U17's	TBC	
August 9 th	UK Challenge Final	Invitation	TBC	
August 10 th	ECAA Hibberd Trophy	County Select	TBC	
August 16/17 th	AAA U15/U17 combined events	U15's/U17's	TBC	
August 17 th	East Anglian League	All	TBC	
August 24 th (TBC)	SEAA Intercounties U20 & U15	County select	TBC	
August 30 th	Southern Women's League	All Females	TBC	
Sept 7 th	East Anglian league Final	All	Bury St Edmunds	
Sept 13 th /14 th	BMAF Multievents Champs	Veterans	Oxford	
Sept 14 th	Eastern Young Athletes Final	All under 17	TBC	

- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31st August 2008 except U20's when it is age at 31st Dec 2008.
- 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

West Suffolk AC Charity Open – Sept 23rd

U15 Girls	Discus	2 nd	L Sammout	27.09	100m	5 th	L Sammout	14.0
	Highjump	4 th	L Sammout	1.30				
U13 girls	100m	1 st	J Wright	14.1	200m	1 st	J Wright	29.8
U20 men	Longjump	1 st	S Richards	5.71				

Biggleswade Open meeting – Sandy School – 29th September

Under 15 Girls								
75m Hurdles	1 st	G Bristow	12.4					
Triplejump	3 rd	L Sammout	9.50					
Shot	3 rd	H Sayer	9.18					
Discus	1 st	L Sammout	26.71	7 th	H Sayer		17.83	
Hammer	3 rd	H Sayer	34.54					
U17 Women Hammer	1 st	H Sayer	30.30					
U15 Boys								

Discus	3 rd	M Lawrence	27.63						
Shot	1 st	M Lawrence	11.79						
Javelin	5 th	M Lawrence	28.94						
Hammer	3 rd	J McGillivray	33.07						
Polevault	2 nd	B Abbott-Gribben	2.80						
Eastern AA multievents – 30th September									
U13 Girls minithon (23 competed)									
13 th	E Houghton	39pts	(4 th Cambs, 1 st C&C)	Shot 4.60, LJ 3.69, 100m 14.85					
14 th	E Davies	38pts	(5 th Cambs, 2 nd C&C)	Discus 16.92, LJ 3.51, 100m 16.05					
Under 15 Girls pentathlon (24 competed)									
10 th	L Sammout	2127pts	(1 st Cambs, 1 st C&C)	LJ 4.56, Hdls 13.32, Shot 10.30, HJ 1.32, 800m 3.24.81					
14 th	C Asztalos	2080pts	(3 rd Cambs, 2 nd C&C)	4.05 12.87 6.09 1.38 2.55.14					
19 th	J Richards	1679pts	(5 th Cambs, 3 rd C&C)	3.65 13.97 6.07 1.26 3.04.64					
Under 15 Boys Pentathlon (14 competed)									
5 th	B Davies	2264pts	(3 rd Cambs, 1 st C&C)	Hdls 12.97, Shot 11.14, LJ 4.98, HJ 1.59, 800m 2.35.95					
14 th	B Kelk	1980pts	(4 events only)	Hdls 11.71, Shot 9.12, LJ 5.08, HJ 1.53. 800m DNS					
Under 20 mens Pentathlon (2 competed)									
1 st	S Richards	1947pts	(1 st Cambs, 1 st C&C)	LJ 5.95, Jav 31.31, 200m 26.51, Disc 15.87, 1500m 5.35.54					
Senior Mens Pentathlon (3 competed)									
DNF	J Brennand	449pts	(Ret.Injured)	LJ 5.34					

ROAD

Mablethorpe Marathon – Sept 16th									
31 st	K Masson	3 rd F	3.16.26						
Mablethorpe 10k – 16th September									
154 th	B Thomson	M40	62.44						
Diss 15 mile – 23rd September									
	K Masson	1st F	1.45.41	T Long	M45	1.56.57			
Diss 7.5 mile – 23rd September									
53 rd	B Thomson	M40	1.20.34						
Saffron Walden 10k – 30th September									
312 finished									
3 rd	G Capetti	M40	36.40	15 th	C Flood	38.20			
23 rd	G Cinque	M45	38.55	49 th	A Poole	M35	41.33		
59 th	C Brown	M40	42.38	61 st	G Meah	M45	42.42		
74 th	M Ennis	M55	44.11	91 st	V Green	2 nd W50	45.24		
104 th	R Flood	Fem	46.16	107 th	A Downie	M45	48.38		
167 th	Ron Jackson	M50	49.56	180 th	N Costello	M60	50.51		
190 th	A Baldock	M55	51.27	303 rd	V Cook	F	67.34		
Berlin Marathon – 30th September									
631 st Man	J Raymond	M40	2.54.36	6047 th Man	A Fry				
	3.31.51								
605 th Woman	K Samuelson-Dean	3.41.44	1026 th Woman	S Culit		3.51.13			
Great North Run Half Marathon – 30th September									
470 th	S Brightwell	M40	1.27.20	2109 th	S Thoday	1.38.46			
Macclesfield Half Marathon – 30th September									
237 th	C Stanier	F	1.43.34						
Cologne Half Marathon – Oct 7th									
520 th Man	T Long	M45	1.35.16	907 th Man	P Garrett	M45	1.40.37		
118 th Fem	R Roberts	F	1.43.38						
Cologne Marathon – October 7th									
228 th Man	I Badr	M40	3.01.53						
Standalone 10k – Letchworth – Oct 7th									
394 th	Ron Jackson		49.02						
Loch Ness Marathon – 7th October									
1335 th	S Costello	W40	5.16.13						
Gt Abingdon 10k – 7th October									
2 nd	G Capetti	M40	36.15	7 th	G Cinque	38.19			
37 th	J D'Allessandro	W40	44.46	48 th	M DiFranco	45.34			

84 th	D Braverman	W55	49.40						
Great Eastern Run – ½ Marathon 14th October									
33 rd	G Capetti	2 nd M40	1:18:45	65 th	J Raymond	8 th M40	1:23:00		
85 th	G Cinque	9 th M45	1:24:25	91 st	S Brightwell	10 th M40	1:24:50		
102 nd	J Ferguson	13 th M40	1:26:34	156 th	C Clissold				
	1:29:11								
159 th	K Masson	3 rd W40	1:29:21	167 th	A Poole		1:29:42		
174 th	A Shields	27 th M40	1:30:14	262 nd	K Jordansen	8 th W35	1:33:21		
382 nd	A Downie	16 th M55	1:37:33	638 th	M DiFranco	72 nd M45	1:42:35		
624 th	F Murphy	25 th W40	1:43:52	1082 nd	Ron Jackson	63 rd M50	1:53:36		
1116 th	N Costello		12 th M60	1:54:46					
Amsterdam Marathon Oct 21st									
519 th	K Masson	3 rd W40	3.06.47	652 nd	A Hill	8 th W40	3.09.45		
1843 rd	M Simmons	51 st SW	3.33.45						
Amsterdam 5k Oct 21st									
96 th	M DiFranco		21.54						
Frankfurt Marathon – 28th October									
5138 th	C Stanier	524 th F	3.59.06						
Dublin Marathon – 28th October									
326 th	S Brightwell	51 st M40	3.06.21						
Fenland 10 – Wisbech – October 28th									
2 nd	P Liguori		56.30	58 th	M Chaplin			M45	
	1.07.16								
107 th	G Meah	M50	1.11.37	115 th	C Brown	M40	1.12.12		
128 th	A Downie	M55	1.12.58	163 rd	A Irvine	M40	1.16.37		
173 rd	D Mail	M50	1.17.11	184 th	R Roberts	W35	1.18.24		
208 th	F Murphy	W40	1.20.36	215 th	C McEniery	W35	1.21.17		
254 th	Ron Jackson	M50	1:25.08						
Stevenage Half Marathon – 4th November- 587 finished									
78 th	A Poole	M35	1.30.38	200 th	M DiFranco	M45	1.42.12		
St Neots Half Marathon - November 18th									
49 th	J Ferguson		1:25:16	61 st	A Aldridge		1:26:11		
68 th	S Brightwell	M40	1:26:47	92 nd	M Smith		1:28:12		
107 th	A Shields	M40	1:28:48	130 th	Kim Masson	W40	1:30:44		
150 th	A Poole		1:31:16	168 th	S Thoday		1:32:29		
197 th	P Dewison		1:34:52	196 th	G Meah	M50			
	1:34:56								
195 th	T Long		1:34:59	226 th	A Downie	M55	1:36:02		
257 th	K Samuelson-Dean	F	1:37:44	256 th	B Corbett		1:37:45		
273 rd	A Irvine	M40	1:38:41	338 th	P Scofield		1:42:26		
351 st	M DiFranco	M45	1:42:27	377 th	P Garrett	M45	1:43:45		
412 th	E Alexander	F	1:45:35	415 th	C McEniery	W35	1:46:21		
414 th	F Murphy	W40	1:46:22	452 nd	M Lasseter	F	1:48:09		
459 th	R Roberts	W35	1:48:40	522 nd	M Jennings	F	1:51:29		
534 th	D Hills		1:52:50	633 rd	Ron Jackson	M50	1:58:01		
781 st	J Pashley	F	2:11:37	816 th	B Thomson	M40	2:16:56		
Herward Relays – 25th November (Peterborough to Ely)									
1st leg – 6.1 miles									
11 th	J Raymond		39:10	20 th	J Jenkins		42:31		
28 th	J Lewy		45:05	34 th	K Toynton		45:59		
60 th	M DiFranco		49:20	65 th	R Roberts		49:58		
105 th	R Jackson		56:28	113 th	C Martins		58:54		
2 nd leg – 11.6 miles									
26 th	J Ferguson		1:17:48	42 nd	S Wallis		1:23:55		
45 th	A Poole		1:24:27	57 th	P Dewison				
	1:26:49								
76 th	K Samuelson-Dean		1:30:16	85 th	A Irvine		1:32:13		
108 th	N Costello		1:49:50	122 nd	M Jennings				

3 rd leg – 10.3 miles							
33 rd	S Thoday	1:17:16	34 th	D Abbott	1:17:28		
43 rd	M Simmons	1:20:59	44 th	A Downie	1:21:14		
74 th	M Kreetzer	1:26:53	82 nd	P Garrett	1:28:07		
105 th	M Lasseter	1:35:20					
4 th leg – 10.4 miles							
24 th	K Masson	1:05:59	34 th	C Clissold	1:08:23		
49 th	M Ennis	1:11:25	63 rd	G Smith	1:14:16		
67 th	T Long	1:14:41	72 nd	A Herne	1:15:57		
86 th	C McEnery	1:20:30					

Final team results C&C)

27 th	The Runaways - 4:29:28	(Joad Raymond, Adam Poole, Dave Abbott & Cole Clissold)
34 th	Ratpack - 4:40:57	(John Lewy, Simon Wallis, Steve Thoday & Tim Long)
35 th	Not Fade Aways - 4:41:59	(John Jenkins, Paul Dewison, Alex Downie & Marcus Ennis)
38 th	Stairway to Heaven - 4:43:13	(Katie Toynton, Katie Samuelson-Dean, Meinou Simmons & Kim Masson) First female team
73 rd	Lord Don't Slow Me Down - 5:05:37	(Mike DiFranco, Andy Irvine, Phil Garrett & Andrew Herne)
91 st	Sultans of Swing - 5:18:06	(Ron Jackson, Neil Costello, Martin Kreetzer & Glyn Smith)
113 rd	Maternal Girls - 5:44:34	(Cristina Martins, Mary Jennings, Mandy Lasseter & Carmel McEnery)

Firenze (Florence) Marathon – Nov 25th – 6287 finished

387 th	I Badr	3:02:24	383 rd	J Graggaber	3:02:29
1441 st	J D'Alessandro	W40 3:26:41			

Norwich Half Marathon – Dec 2nd

215 th	T Long	M45 1:35.03	563 rd	P Garrett	M45 1:47.33
755 th	M DiFranco	M45 1:52.10			

Milan City Marathon – Dec 2nd – 4462 finished

178 th	Pietro Liguori	2:52:12	229 th	Joad Raymond	M40 2:55:58
736 th	Andrea Hill	W40 3:14:12			

Luon Marathon – Dec 2nd – 536 finished

142 nd	K Samuleson-Dean	F 3:32.30
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Nene Valley 10 - Dec 2nd

84 th	A Irvine	M35 1:13.33	159 th	C Stanier	F 1:26.19
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Bedford Harriers Half Marathon - Dec 9th

232 nd	A Poole	1:34:13	289 th	M Simmons	F 1:36:48
491 st	K Toynton	F 1:42:02	523 rd	A Herne	1:43:39
616 th	M DiFranco	M45 1:45:23	1031 st	R Jackson	M50 2:01:48

CROSSCOUNTRY

Ryston Runners Grand prix series - October 7th

U17 Women	G Coe	1 st 18.25
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Sunday League – Broxbourne Oct 21st

34 th Fem	S Barnett	29.17
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Ryston Runners Grand prix series – November 11th

U11 Girls - 2 km, 19 finishers.	2 nd	H Parker	8:54
U15 Boys - 3 km, 8 finishers.	7 th	A Coe	15:17
U17 Girls - 4.5 km, 6 finishers.	1 st	G Coe	17:28
	3 rd	C Arkell	20:49
V45 Men - 9 km, 17 finishers.	13 th	A Herne	40:32
V50 Men - 9 km, 20 finishers.	7 th	G Meah	36:39

Sunday League – Digswell – Nov 18th

Women					
26 th	D Braverman	W55 29.11	34 th	S Barnett	30.59

UK Cross Challenge – Liverpool – Nov 24th

U17 Men	80 th N Burch	20.30
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FELL RUNNING

Dovedale Dash – 4th November

111 th	M Smith	34.18	144 th	S Thoday	35.19
185 th	John Lewy	M50	224 th	G Meah	M50 37.37

	A Downie	M55 37.37		G Smith	M60
276 th	C Brown	M40 38.25	349 th	A Irvine	M40 39.26
384 th	A Herne	M45 39.58	399 th	P Garrett	M45 40.07
544 th	P Sterne	41.49		F Murphy	W40 41.50
622 nd	R Roberts	W35 44.48	816 th	I McKay	M45 49.57
	M Jennings	W55		M Holmes	W70

MULTITERRAIN

Frostbite League - Oct 7th St Neots

Seniors - 389 finished – 3rd team

8 th	B Baldelli	28:53	21 st	C Flood	29:59
42 nd	J Ferguson	M40 31:14	67 th	D Abbott	M45 33:09
71 st	A Howard	33:17	72 nd	K Masson	W40 33:19
77 th	S Thoday	33:33	88 th	L Stone	M45 33:49
114 th	J Lewy	M50 34:41	136 th	M Ennis	M55 35:46
155 th	B Flood	F 36:37	193 rd	A Irvine	M40 37:45
222 nd	M Kreetzer	M50 38:41	261 st	C McEnery	W35 40:29
376 th	M Turner	51:25			

Juniors – 117 finished – 7th team

5 th	J Baslington	6:48	16 th	A Tapley	7:49
46 th	J Tapley	8:38	75 th	O Abbott	F 9:49

Frostbite League - Nov 11th - Peterborough

Senior race – 415 finishers – 11th team

48 th	J Ferguson	30:40	62 nd	M Smith	31:27
74 th	K Masson	31:53	85 th	P Dewison	
	32:10				
124 th	J Ennis	33:57	127 th	M Ennis	34:04
142 nd	A Downie	34:48	153 rd	M Simmons	35:11
168 th	A Irvine	35:40	248 th	F Murphy	38:03
252 nd	C McEnery	38:15	345 th	A Howard	42:47
391 st	B Thomson	48:00			

Junior Race - 133 finishers. 6th team

7 th	J Cochrane	7:55	12 th	A Tapley	8:21
24 th	E Taylor	8:52	33 rd	J Tapley	9:07

Frostbite League – Bushfield – December 9th

Seniors – 9th team - overall 9th team

37 th	J Ferguson	30:19	41 st	C Clissold	
	30:30				
70 th	A Shields	31:45	76 th	S Thoday	32:06
82 nd	J D'Alessandro	F 32:23	86 th	G Meah	32:32
96 th	A Howard	32:50	101 st	J Ennis	32:56
114 th	J Lewy	33:17	118 th	G Smith	33:39
125 th	M Ennis	34:03	134 th	A Downie	34:15
208 th	C Stanier	F 37:28	221 st	F Murphy	F 38:07
Juniors – 8 th team overall 6 th team					
3 rd	J Baslington	7:22	12 th	J Cochrane	7:57

SPORTSHALL

December 16th at Chesterton

Boys under 13

2 Lap Race	3 rd	D Ebanks	24.2	4 th	R Shepherd	24.9
	5 th	R Mitchell	29.9			
4 Lap race	2 nd	R Mitchell	61.4	3 rd	C O'Brien	62.2
6 Lap race	1 st	J Ebanks	1.27.7	2 nd	M Mitchell	
	1.30.5					
Paarlauf Relay (8 lap)	2 nd	1.51.1	4x2 Relay	1 st	1.48.1	Circuit Relay 1st 1.25.1
Standing Long Jump	3 rd	D Ebanks	2.20	4 th	M Mitchell	
	1.65					
Standing Triple Jump	1 st	J Ebanks	5.96	2 nd	W Cox	4.88

It is a team competition for Under 15 's, Under 13's and Under 11 's based on your age on 31st August 2007 - ie as for last summers Track and Field.

Under 15's do a multi-event type competition and everyone does a 2 or 4 lap race, and 2 field events plus a relay

Under 13's do up to three events and a relay, in a two per event format, with three track events, 5 field events plus relays

Under 11's have a 4 per team format and everyone does 2 relays plus two field events

Come along and have a go – C&C won the first round. It's a bit of noisy fun, you will score points for the team, and maybe get selected for the Cambs team in the Regional finals at Norwich on February 2nd, and if Cambs do well, maybe the National final.

Please let us know if you would like to be in the teams as soon as possible
If phoning or e-mailing please give the information requested below

Under 15's contact James Brennand/Caroline Sammout 01223 249410 or e-mail
redhenchoz@kop31.freeserve.co.uk

Under 13' s and under 11 's contact Noel Moss on 01223 833470 or e-mail
noelmoss@btinternetcom

OR You can fill in the form below and post it to Noel Moss, 18 Hunts Road, Duxford,
Cambs , CB22 4RE.
(if you've already definitely confirmed to Caroline or Noel, then no need to reply again)

Name.....Tel Number.....

e-mail address (to send information).....

Date of Birth

Preferred events (please indicate below and we will do our best to match you up as far as possible)

Under 15's (circle 1 from each pair of events)
2 lap race or 4 lap race, shot or speed bounce, Standing Longjump or Standing Triplejump
(boys) Standing longjump or vertical jump (girls)

Under 13's (circle 3 events)
2 lap race, 4 lap race, 6 lap race, shot, speed bounce, Standing Longjump, standing
Triplejump, vertical jump

Under 11 's (circle 2 events)
Sitting ball throw, speed bounce, standing longjump, vertical jump



.....X
**THE C&C COMMITTEE WISH YOU A VERY GOOD
CHRISTMAS & SUCCESS IN YOUR ATHLETICS IN 2008**