

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter

March 2008

Selected Early summer fixtures (full summer list inside)

Outdoor T&F

April 20 th	East Anglian league	All	Cambridge
April 27 th	National Junior League (Cambs clubs team)	U20's	Copthall
April 27 th	Eastern Young Athletes Lge	All under 17	Lee Valley
May 3 rd	Southern Mens League	Males 15+	Guildford
May 7 th	Eastern Vets League	Veterans	TBC
May 10 th	Cambs AA Championships	All members	Peterborough
May 17 th	Southern mens league	Males 15+	Kings Lynn
May 18 th	East Anglian league	All	Colchester
May 25 th	National Junior League (Cambs clubs team)	U20's	Harrow
May 28 th	Cambs AA Evening Devt meeting (1)	All	St Ives
May 31 st	Southern Womens League	All females	Cambridge

Local Road Events

Mar 30 th	Thorney 10k	CRL	Thorney	Seniors
Apr 20 th	Flitwick 10k		Flitwick	Seniors
Apr 27 th	Sawston Fun Run		Sawston	All
May 1 st	Newmarket Heath run (XC 6k)		Newmarket	All over 16
May 4 th	Great East Anglia Run	10k	Kings Lynn	Seniors
May 4 th	Breckland 10k		Croxton	Seniors
May 5 th	Ashdon 10k		Ashdon	All
May 11 th	Eye 10k and 3k	CRL	Eye	All
May 17 th	BMAF road relays		Sutton Park	Veterans
June 15 th	Abbey 10k	CRL CC	Ramsey	Seniors

Young Athlete Parents Coffee Evening, and the Cross-Country Trophy Awards presentations - April 21st (see inside for details)

Summer training starts Monday March 31st at track (see page 3)

2008 subs are due on the anniversary of your last payment. Please pay on Monday evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND. £45 for wage earners and £35 for non-earners. (Reminders enclosed)

Note – the club will not pay UKA affiliation fees for anyone who subs are in arrears on 1st April in any calendar year. Your sub is valid for 12 months from the annual anniversary of the date on which you joined the club, or on which we have normally received payment. That date (month/year) is shown on your current membership card. You sub becomes due on the 1st of that month. Subs paid late are still credited from the date on which they were originally due. Reminders are issued to all members annually 1-3 months in advance with their newsletters, and overdue notices issued where appropriate.

It takes a lot of effort by unpaid volunteers to keep sending out reminders, so members who do not wish to renew their membership are asked to formally resign from the club in writing (or by e-mail to info@cambridgeandcoleridge.org.uk) so that we don't have to chase.

IMPORTANT – PLEASE READ THESE NEXT FEW ITEMS YOUNG ATHLETES PLEASE SHOW THEM TO YOUR PARENTS

Chairman's chatter

As most members will now know permission was given for floodlighting at the track at the January meeting of the City Council Planning Committee. This is excellent news and means that we can now plan to train using proper facilities all year round. Thanks to all who lobbied for this. A very important consideration in giving permission was our use as local residents. I don't believe permission would have been given without it.

Permission was granted subject to a number of conditions, mainly to protect the local environment and to avoid anti-social effects. The only one which affects us in any substantial way is the restriction on the use of lighting at the track: 'Floodlighting serving the athletics track....shall only be operated during the hours of 3.30 p.m. and 6.30 p.m. on five afternoons/evenings in any one week...and shall be operated during the hours 6.30 p.m. and 9.30 p.m. on three evenings in any one week. The floodlighting shall not be operated after 6.30 p.m. on Saturdays or Sundays'.

The restrictions for the hockey pitches are similar but give more time on Saturdays.

These restrictions fit well with our use of the track and should not cause any problems. They were agreed in consultation with us.

It would have been possible for the objectors to the lights to appeal against the granting of permission if they could argue that the process for giving permission was flawed. I think it is now too late for an appeal to be made and we should assume there will be no further objections. We will need to be thoughtful in our use of the lights, of course. Our neighbours will rightly raise objections if we abuse the conditions given and we should respect their need for peace and quiet. But the granting of permission doesn't mean the lights will necessarily go up and I've been in discussion with the University to discover their plans. They were waiting to make sure there was no appeal and must now meet a condition in the granting of permission which requires them to begin the development within three years. They have every intention of getting the lights in place by Autumn 2008 and are planning a process to ensure that happens:

1. The University appoints a project manager.
2. They invite design build tenders from leading lighting specialists.
3. In parallel they will engage a landscaping consultant and develop further improvements to the landscaping, in consultation with local authority.
4. They will assemble very accurate capital costs estimates.

5. The whole package will go to the Resource Management Committee and the University Buildings Committee for approval to proceed.

Tony Lemons who is heading up the development in the University has said to me, 'As long as we can maintain control on our costs within the funds I have available. I do not see any major problems and my target is for the lights to be operational by the Michaelmas Term 2008'.

I'm not yet fully convinced we will see the lights this Autumn. The University's processes can grind very slowly but I think it is very likely the lights will be up and we can build on the improving performances we've been seeing from club members and teams. Great news!

On improving performances, a number of members have said to me how delighted they were to see C&C vests prominent in televised athletics. I missed the programme but it would certainly have made my spirits rise. Ed Aston and Ian Williamson both competed in televised indoor competition wearing their club vests – thanks guys. Ian and Ed will be competing as higher-level competition athletes for Birchfield in the British League this year but they've both retained first claim status at C&C and will also be competing for our men's team whenever possible. Higher-level-competition status is an important recent development. In the past good athletes have left the club in order to compete in leagues at a national level, rather than the regional leagues we compete in. Now it is

easy to stay with us and also to compete for teams in higher leagues. Noel can give the detail on this if anyone is interested in finding out more. It means we can continue to put out good teams and not lose people just as they are starting to reach national standards. Our teams should improve and we keep all our good mates around us. I hope other athletes reaching the trails which Ed and Ian are now blazing will follow their example. It doesn't happen in every club but I hope we offer facilities, coaching and a warm welcome sufficient to make sure it happens at C&C.

Finally, on the subject of welcomes, we have now produced a 'Welcome to C&C' booklet which will be given to all new members. It contains a brief history of the club, something about the facilities and coaching and various guides to good practice. We hope it will be useful to everyone. We will be putting a pdf version on the web site which you can download. If you don't have access to the internet and would like your own copy, please ask Neil or Noel. The booklet was produced using funding from England Athletics East, to whom we are grateful, and most of the hard work was put in by Noel who, as in many things, has provided the time and energy to get things done – thanks are barely enough.
Neil Costello

Summer training – Important information

Young athletes commence outdoor training at Wilberforce road on Monday March 31st
This year, the training sessions will be similar to last year with under 13's training from 18.00 until ca 19.10 and under 15's training from ca 19.10 until 20.30
Tuesday and Thursday training sessions on the track will also commence that week
Please read the information that follows about the Young Athletes Training:

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

This is a chance for parents of young athletes to come along and ask questions while their children are training. Tea/coffee will be available from about 6.30pm onwards, and there will be various Club officers and team managers available to tell you more about the club and clarify anything you are not sure about.

The presentation of the annual Cross-Country awards will take place between 8 and 8.30pm

Cambs AA Cross-country championships

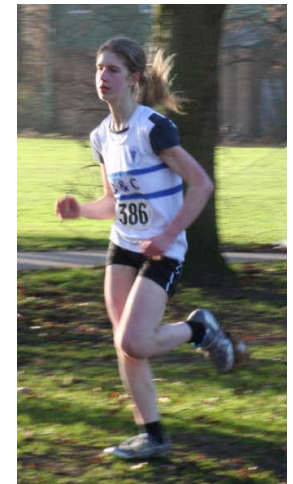
At Priory Park, St Neots, again this year and the weather remained more or less dry all day. C&C didn't fare quite as well as last year. There were top 3 finishes for Seniors Hannah Edwards and Will Clarke, and Juniors Lucy Dowsett, Gemma Coe (1st U17 Woman), Rebecca Carter, James Cochrane and James Tapley (1st U11 Boy). Team glory also for the victorious U13 Boys and the second-placed Senior Women. Stars of the day were Gemma Coe with a huge win by one and a half minutes in the Under 17 Women, James Tapley winning the Under 11's and in the Senior Mens race, Will Clarke finishing 2nd to Neil Speaight with Daniel Pettit in 3rd place. The three had pulled out a huge 2 minute lead over the rest of the field. Full details in the results section.

Pictures

Left – Leaders in the Mens race at 2½km
Below left – Will Mycroft
Below centre – Holly Sheppard



Below Right – Nathalie Richards



A small team of stalwarts went to the National Cross-country championships at Alton Towers but not enough to close a team in any age-group. The teams featured Chris Flood, John Morley, John Kazer, Will Mycroft, Diana Braverman, MaryHolmes and Natalie Richards
C&C athletes helped Cambs Schools to 3rd Senior Girls team place in the National Schools XC, with Lucy Dowsett leading the team home in 26th place in 16.27. Harriet Arbuckle was 3rd Cambs athlete in 45th place and Gemma Coe 4th Cambs athlete in 67th.

Road running

The Boxing day 4 mile 2007

50 finishers, one less than 2006, but a fast race this year, in excellent weather conditions. International Triathlete Will Clarke set the pace and won in 19.32 mins, the fastest time since the Tuck twins many years ago. Ian Williamson was 2nd home and Gemma Coe was the first female. Will is pictured here with just a few metres to run.



Ely New Years Eve 10k

Twenty-eight C&C runners made [the Ely New Year's Eve 10K](#) their last run of 2007, and a whole heap of fine results were the result. Highlight of the day was Glyn Smith's first place in the M60 category, confirming a superb comeback from surgery as recently as September. Also top-two in their categories were Janie and Karin.

Glyn Smith is pictured here on his way to his M60 win.

Thames Path Ultra 50

Katie S-D competed in the Thames Path fifty-mile trail race on Saturday Jan 21st, finishing in the top third of the field in 8 hours 56 minutes. Apparently (and



unsurprisingly) a fair bit of wading was involved! Rather than spend the next fortnight in bed, Katie ran the first (distinctly undulating) lap at Folksworth the next day... we are in awe. (A Irvine)

Tring2Town 40-mile ultra, which follows the Thames from rural Hertfordshire to Kew Bridge;

Katie S-D finished third female in 6 hours 36 minutes. Congratulations, Katie!

Valentines 30k A big squad of C&C runners went up to Stamford on February 10th for one of the toughest road races in the region, the St Valentines 30k. Kim Masson was third W40. Kim, Janie and Karin were first female team - well done them.

C&C Sweep the Mondri 15

Fantastic results from the [Mondri 15](#) at March, where C&C carted off half the trophy table. Ben Baldelli and Kim Masson made it a C&C clean sweep of the main prizes, winning the male and female races in 1:30:41 and 1:42:41 respectively, but that's not all; Sam Mawby was fourth female, Mary Jennings was first FV55, and the female team of Kim, Sam and Mary took the prize for first female team. Congratulations to all four of our heroes!

Indoor T&F Season

Ian Williamson was the first to make his mark this winter with the bronze medal in the Scottish Indoor Championships at 1500m. Ian has made a fantastic comeback during 2007 from his injuries and is all set for a super 2008 season.

Ed Aston also opened his Indoor season with a Gold medal in the SEAA Indoor championships Senior mens 800m. he made no mistakes, taking the lead emphatically after 400m and sprinting away from the field

Both Ed and Ian qualified for the Senior National Championships and World Trials, an excellent achievement in its own right, and both reached their event finals, but unfortunately neither made the medal places.

2nd Claim member and coach, Grace Clements had her first GB representative pentathlon on Feb 3rd, finished 2nd with 4237 points, a lifetime best, which put her 7th un the UK all-time womens rankings.

She also did personal bests in all five events.

In the England Athletics Under 20's National championship Richard Oppong Konadu ran a personal best 400m in 48.84 to take the bronze medal, and in doing so he broke one of the clubs longest standing records, which was set in 1962.

Richard (photograph) also won the Gold medal for Under 20 Mens 400m in the SEAA championships retaining C&C's grip on that title won last year by Tonderai Tomu.

Lauren Sammout took the SEAA Bronze medal in the Under 17 Womens Triple-jump in her first competition in that age-group.

Ian Williamson had to settle for 4th in the SEAA 1500m despite running 3.52.9.

It was C&C's biggest entry in the SEAA Championships for some years.

All the performances are given in the results section.



Sports Hall athletics

There were two County selection matches this winter, one in December at Cambridge and one in late January at St Ives. C&C won overall on aggregate, and retained the County title this year. Several of our athletes then went on to compete for Cambridgeshire in the Regional final at Norwich.

Cambs' best result was from Ben Davies who won two silver medals in 2 lap race and Standing Triplejump and one bronze in Shot and was the overall winner of the Under 15 Boys All-rounder event. As a result he has qualified individually for the National Final in April at Birmingham.

Martin Lawrence was the U15 Boys shot silver medallist for Cambs with 12.35m
Lauren Sammout was the Under 15 Girls Shot silver medal winner, and leading female scorer for Cambs.

Adam Tapley ran the Anglian Schools Cross-country race and then came to the Sportshall to compete. He entered the Highjump at his last seasons best, went on to clear 1.45m for a new personal best and the Bronze medal.

Dominic Ebanks also won the Bronze medal in the Standing Longjump with a jump of 2.29m. The picture shows Ben with his winners plaque, Lauren and some of the other Cambs team members

All the C&C athletes results are shown at the end of the newsletter.



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 year's 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 back in Division two of the Southern League having been promoted last season after one year in Div three, so we are back to the normal six matches. This year we go to Guildford, Norwich, Cambridge, Welwyn, Luton and Mile End, not bad for travelling – it could have been much worse. We hope to have a minibus for most fixtures except Cambridge but some cars will be needed as well.

The team is short of steeplechasers and 5000m runners, 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. Following yet another league re-organisation, the team is in Division 2 North. 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. This year's venues are Cambridge, Ipswich, Mile End and Braintree. Team Manager – Carl Woolf

Eastern Young athletes League

Our primary league for the young athletes. It has six age-groups, Under 13, Under 15 and under 17 male and female. To win we need to fill all the events in all the age-groups. Support is critical – it's not 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 East Anglia, so travelling is not too bad. This year the league has added hammer and Polevault events for the under 15 and under 17 ages on a one per event from each age-group basis.

There is always a coach (bus, not person), except to Cambridge and St Ives, 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 (£5).

Parents are encouraged on the coach as well and even other relatives if there is space. Team Managers are organised by Anna Bird, and we need offers of help please

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 on 20th April at Cambridge – a home fixture so no excuse not to come and have a warm-up before the County Championships. Team managers Noel Moss and Carl Woolf (plus vacancy for younger males age-groups.)

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. Venues are different this year, after a few years when they have been the same, and the structure of the league has changed a bit. We get 2 matches at Cambridge this year, but I understand that there will be no "final" in September. 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 enter a composite team into the National Junior (U20) League as Team Cambridgeshire. Cambridgeshire AA oversee the process. Last year the team managed to stay in the Southern premier Division. The target is to stay there again this year.

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, and it is a very good standard of competition.

The fixtures are at Cophall, Harrow, Cambridge and Eton, in that order, so travelling is not too excessive.

Team management will be led by Nigel Faben from Hunts AC with help from selected contacts in each club. **The 2007 performances of our eligible athletes will be passed to Nigel, but when he e-mails you, please reply quickly – it's very frustrating for team managers when athletes don't have the courtesy to reply to e-mails.**

Cambridgeshire AA County Track and field championships – Peterbro' MAY 10th

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 (We are current holders of three of the age-group trophies – let's keep them and win some more!). 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 2nd May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB22 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). Entry forms are enclosed but they can also be downloaded from www.cambsaa.org.uk.

READ THE ENCLOSED ENTRY FORM AND SEND IT IN NOW BEFORE YOU FORGET.

Eastern AA Championships – 6th July at Cambridge

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).

Basically covering the 6 East Anglian counties – ie England Athletics East Region.

Anyone who competed in the Cambridgeshire championships should consider having a go, especially as it's a "Home" match again this year.

Entry forms enclosed with this newsletter.

Entry forms will also be available from Noel Moss, by e-mail or as hard copy, and will be circulated to coaches, and will be posted on the England Athletics East website www.englandathletics.org/east There will also be entry details for this available at the county Championships.

South of England Championships

24/25th May for U15's & U17's

15/17th June for U20's and seniors

These championship cover most counties of Southern England. Stronger competition than the Eastern Championships. The Senior event at the home of English athletics, Crystal Palace on June 14th/15th – your chance to compete in a big stadium, and the Under 15/Under 17 event is at the Julie Rose stadium in Ashford, Kent (easy to reach via M20) on May 24th/25th.

Closing dates will be about 2 weeks before each championship.

Entry details will be circulated to coaches and copies can be obtained by contacting Noel Moss, or look on the South of England Competitions Ltd website.

Cambridgeshire Evening Open Development Meeting series

Cambs AA are again 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 proposals are:

Wed May 28th at St Ives - Sprint hurdles (U13–U17), 100m, 800m, 200m, 3000m, 3k walk, Hammer, Shot, Longjump. (plus U11's Longjump and 80m)

Wed June 11th at St Ives - 100m (2 rounds), 3/400m, 2k Walk, (plus BMC Regional races), Discus, Triple-jump, Shot (plus U11's Longjump and 80m)

Wed July 23rd at St Ives - Sprint Hurdles (U13-U17), 100m, 200m, 1 mile (county Championship event), 1 Mile walk, Javelin, Pole-vault, Long-jump, (plus U11's Turbo-Javelin and 150m)

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 28th and June 11th give extra opportunities to get the National Schools qualifying standards.

Entries can be made on the forms enclosed with this Newsletter, or forms can be downloaded from www.cambsaa.org.uk.

Entries for the BMC Regional races must be made directly to the BMC

We would like to see C&C athletes supporting these events as much as possible

Track & Field, Road and multi-terrain Fixtures for 2008 Outdoor

Road

Mar 30 th	Sandy 10	Sandy	All over 16
Mar 30 th	Thorney 10k CRL	Thorney	Seniors
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	EVAC road relays	Hemingford	Vets
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	Sawston Fun Run	Sawston	All
Apr 27 th	Shakespeare Marathon	Stratford	Seniors
May 1 st	Newmarket Heath run (XC 6k)	Newmarket	All over 16
May 4 th	Great East Anglia Run 10k	Kings Lynn	Seniors
May 4 th	Trieste Marathon	Trieste	Seniors
May 4 th	Breckland 10k	Croxton	Seniors
May 5 th	Belfast Marathon	Belfast	Seniors
May 5 th	Ashdon 10k and 3k	Ashdon	All
May 11 th	Eye 10k and 3k CRL	Eye	All
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
May 18 th	Windermere Marathon	Ambleside	Seniors
May 18 th	Stevington 12k	Stevington	Seniors
May 20 th	St Albans 10k	St Albans	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
June 15 th	Abbey 10k CRL CC	Ramsey	Seniors
July 6 th	EVAC 10k	Comberton	Veterans
July 13 th	Marham 10m	Marham	Seniors
July 13 th	Bushfield 10k CRL	Peterborough	Seniors
July 20 th	Dairy Crest 10k CRL	St Ives	Seniors
August 1 st	Wibbly Wobbly Log Jog 5m	Brandon	Seniors
August 3 rd	EVAC 5k	Granchester	Veterans
August 17 th	Thorney 5 mile CRL CC	Thorney	Seniors
August 20 th	NVH 5k CRL CC	Peterborough	Seniors
Sept 14 th	Ely Half Marathon CRL CC	Ely	Seniors
Sept 20 th	Round Norfolk Relay	Kings Lynn	All over 17
Sept 21 st	BMAF Marathon Champs	Anglesey	Veterans
Oct 5 th	Cologne Marathon	Cologne	Seniors
Oct 12 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 19 th	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors
Oct 26 th	Fenland 10 mile CRL, CC	Wisbech	Seniors
Nov 16 th	St Neots Half Marathon	St Neots	Seniors
Nov 30 th	Norwich Half Marathon	Norwich	Seniors
Dec 26 th	Club Boxing day 4 mile	All	Fen Causeway
Dec 31 st	Ely New Years Eve 10k	All over 16	Little Downham

CRL – Cambs Road League CC – Cambs County Championship included

Outdoor T&F

April 20 th	East Anglian league	All	Cambridge
April 27 th	National Junior League (Cambs clubs team)	U20's	Cophall
April 27 th	Eastern Young Athletes Lge	All under 17	Lee Valley
May 3 rd	Southern Mens League	Males 15+	Guildford
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May 10 th	Cambs AA Championships	All members	Peterborough
May 17 th	Southern mens league	Males 15+	Kings Lynn
May 18 th	East Anglian league	All	Colchester
May 25 th	National Junior League (Cambs clubs team)	U20's	Harrow
May 24/25 th	SEAA U20 Championships	All under 20	TBC
May 25/26 th	CAU Championships	County select	Bedford
May 28 th	Cambs AA Evening Devt meeting (1)	All	St Ives
May 31 st	Southern Womens League	All females	Cambridge
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+	Cambridge
June 8 th	Eastern Young athletes league	All under 17	St Ives
June 11 th	Cambs AA Evening Devt meeting (2)	All	St Ives
June 14 th	Cambridgeshire schools Champs	Schools select	Cambridge
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	Peterborough
June 22 nd	East Anglian league	All	Chelmsford
June 28 th	Southern Mens League	Males 15+	Welwyn
June 28 th	Southern Women's League	All Females	Ipswich
June 28 th /29 th	BMAF T&F Championships	Veterans	Birmingham
June 29 th	Eastern Young Athletes Lge	All under 17	St Albans
June 29 th	National Junior League (Cambs clubs team)	U20's	Cambridge
July 2 nd	Eastern veterans league	Veterans	Cambridge
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+	Luton
July 13 th	Eastern Young Athletes Lge	All under 17	Ipswich
July 23 rd	Cambs AA Evening Devt meeting (3)	All	St Ives
July 25 th /26 th	Crystal Palace Grand Prix	Spectators	Crystal Palace
July 26 th	Southern Women's League	All Females	Mile End
July 27 th	National Junior League (Cambs clubs team)	U20's	Eton
August 2 nd	Southern Mens League	Males 15+	Mile End
August 3 rd	Eastern Young Athletes Lge	All under 17	Cambridge
August 6 th	Eastern Veterans league	Veterans	Cambridge
August 9/10 th	AAA U15/U17 Championships	U15's/U17's	TBC
August 9 th	UK Challenge Final	Invitation	Abingdon
August 16/17 th	AAA U15/U17 combined events	U15's/U17's	TBC
August 17 th	East Anglian League	All	Luton
August 24 th (TBC)	SEAA Intercounties U20 & U15	County select	TBC
August 30 th	Southern Women's League	All Females	Braintree
Sept 7 th	ECAA Hibberd Trophy	County Select	TBC
Sept 13 th /14 th	BMAF Multievents Champs	Veterans	Oxford
Sept 14 th	Eastern Young Athletes Final	All under 17	TBC
Sept 21 st	East Anglian league Final	All	Bury St Edmunds
Sept 27/28 th	SEAA/ECAA/Cambs AA Multievents	All	Bedford

Age groups for competition in 2008

Under 13's must be aged 11 or over and aged under 13 on 31st August 2008.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2008.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2008.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2008.

For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2008.

For Championships, Seniors must be aged 17 or over on 31st August 2008

(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 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 (SWL) and East Anglian league U15 Girls		01223
881075			
James Brennand	Coaching Secretary		01223 249410
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		07900 897125
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)	noelmoss@btinternet.com
Road running unofficial website	http://ccac.aci-net.co.uk
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.ukathletics.net
Power of 10 database (you may be in it)	www.powerof10.info
Athletics data.com performance database (you may be in it)	
www.athleticsdata.com	
England athletics East website	www.englandathletics.org/east
England athletics Region East secretary (Alison Potts)	apotts@englandathletics.org
SEAA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	www.bournesports.com

Results, Results, Results

Road races

Emma and Toms Christmas run – Dec 12th – Melbourne - Australia

80 th	A Irvine	47.14	166 th	C McEniery	F	52.39
Boxing day 4 mile The fastest time for about 25 years (14 th – 17 th placings may not be in correct order)						
1 st	W Clarke	19.32	2 nd	I Williamson		21.08
3 rd	S Richards (Guest)	21.41	4 th	W Mycroft (U20)		21.53
5 th	E Aston	22.12	6 th	Nick Burch (U17)		23.09
7 th	C Mycroft	23.32	8 th	R Clarke	F	23.50
9 th	D Johnston (Guest)	23.58	10 th	R Oppong-Konadu (U20)		24.15
11 th	G Coe	U20W 24.31	12 th	L Barker	F	25.38
13 th	M Chaplin	M45 25.51	14 th	D Aston (Guest)		25.55
15 th	B Corbett	M50 25.57	16 th	J Ennis (U20)		26.03

17 th	P Dewison	M55	26.07	18 th	D Abbott	M50	26.11
19 th	L Stone	M50	26.29	20 th	Rog Jackson	M40	26.34
21 st	A Howard		26.41	22 nd	G Smith	M60	26.57
23 rd	A Downie	M55	26.59	24 th	K Toynton	F	27.02
25 th	A Dewison U17	27.20	26 th	M Ennis	M55	27.25	
27 th	E Schofield	F	27.50	28 th	J Cochrane U15B	27.51	
29 th	M Simmons	F	27.58	30 th	S Kennard	U15B	28.17
31 st	P Schofield M45	28.35	32 nd	J Jenkins	M60	29.06	
33 rd	F Murphy	F	29.30	34 th	B Kennard	(Guest)	29.49
35 th	R Roberts	W35	29.58	36 th	M DiFranco	M45	30.17
37 th	T Long	M45	30.17	38 th	N Richards U20W	30.31	
39 th	T Braverman	(Guest)	30.37	40 th	S Mycroft (Guest)	F	30.43
41 st	A Lasseter	F	31.06	42 nd	T Wicklow	F	31.48
43 rd	G Cinque	M45	31.49	44 th	M Warren	W40	31.53
45 th	D Braverman	W55	32.05	46 th	N Costello	M60	32.12
47 th	A Shields	M40	33.46	48 th	C Lasseter	F	34.15
49 th	M Holmes	W70	36.38	50 th	P Chaplin	M75	42.39

Buntingford Year End 10, 31st December 2007 - 10 miles, 443 runners.

145	P Schofield	1.15.57	267 th	M Kreetzer	M50	1:25.28
294 th	Ron Jackson		1.27.42			

Ely New Year 10k – 31st December 2007 549 finishers – 29 C&C – 1 less than last year!

38 th	J Ferguson		38:16	40 th	A Aldridge		38:21
47 th	A Shields		38:56	49 th	S Brightwell		39:03
51 st	I Badr		39:08	82 nd	J D'Alessandro	2 nd W40	41:24
87 th	B Corbett		41:40	91 st	P Dewison		42:17
93 rd	G Meah		42:29	101 st	K Illum Jordansen	2 nd W35	42:48
102 nd	G Smith	1 st M60	42:51	127 th	J Lewy		43:45
130 th	A Downie		43:51	138 th	A Herne		44:23
144 th	M Simmons	F	44:44	149 th	A Irvine		44:53
151 st	T Long		44:59	172 nd	K Samuelson-Dean		45:42
174 th	D Yeneralski		45:45	198 th	P Garrett		46:44
205 th	M DiFranco		47:22	212 th	C Stanier	F	47:33
237 th	S Moffatt	F	48:25	272 nd	M Kreetzer		49:56
366 th	S Costello	F	55:00	391 st	R Eadon	F	55:54
415 th	I McKay		57:16	418 th	E Currington	F	57:33
511 th	D Braverman	F	66:57				

Wymondham New Year's Day 10k

215 th	M Jennings	F	51.35				
51 st	K Samuelson-Dean	7 th Female	8.56.00				

Folksworth 15 Jan 20th – 435 ran

17 th	C Pyle		1:36:50	76 th	K Masson	2 nd W40	1:45:40
83 rd	A Poole		1:46:55	141 st	S Thoday		1:54:23
155 th	A Herne	M45	1:55:55	164 th	A Irvine	M40	1:56:51
269 th	D Yeneralski	M40	2:07:13	339 th	R Jackson	M50	2:16:13

Benfleet 15 – 27th Jan

67 th	K Masson	1 st W35	1.51.21				
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Watford Half marathon - 3rd Feb - 1954 finished

518 th	B Corbett	M50	1.39.53				
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Great Bentley Half Marathon 3rd Feb – 817 finished

540 th	M DiFranco	M45	1.53.44				
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Tring2Town – 40 Mile Ultra

3 rd Female	K Samuelson-Dean		6.36.0				
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Stamford Valentines 30 – 10th Feb 608 ran

56 th	A Shields		2:07:30	68 th	S Brightwell		2:08:44
87 th	K Masson	3 rd W40	2:10:57	106 th	C Clissold		2:13:04
122 nd	G Cinque		2:15:12	159 th	A Poole		2:19:02

160 th	J D'Alessandro	F	2:19:11	173 rd	K Jordansen	W35	2:20:09
269 th	A Irvine		2:29:22	275 th	K Toynton	F	2:29:52
282 nd	D Yeneralski		2:30:26	401 st	K Samuelson-Dean	F	2:44:11
438 th	M DiFranco		2:46:55	458 th	M Jennings	W	2:49:45
495 th	Ron Jackson		2:55:01				

Draycote Water 35 mile – 17th Feb

27 th	K Samuelson-Dean	3 rd F	4.54.57				
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Bungay Great East Run 20k – Feb 17th 542 finished

11 th	C Flood		1.13.59	135 th	K Toynton	F	1.30.42
138 th	S Mawby	F	1.31.08	163 rd	A Irvine		1:33.49

Bury Muscular Dystrophy 20 – Feb 24th

55 th	A Shields	M40	2.21.53	59 th	K Masson	7 th F	1 st W40	2.22.53
93 rd	G Cinque	M40	2.31.11	108 th	A Poole			2.34.21
113 th	A Herne	M40	2.35.21	167 th	K Samuelson-Dean	F		2.43.55
212 th	D Yeneralski	M40	2.50.36	221 st	A Irvine	M40		2.51.07
236 th	M DiFranco	M45	2.54.22	262 nd	M Jennings	W55		3.00.50
274 th	T WicklowW40		3.03.13					

Muscular Dystrophy Bury “Nearly”10 (9.4 miles) – Feb 24th

12 th	M Smith		59.25	23 rd	S Thoday			65.03
34 th	D Mail	M50	68.16	51 st	T Long	M40		72.17

Winslow 10k – Feb 24th

4 th	B Baldelli		35.19					
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Barcelona Marathon March 2nd

2359 th	A Poole	M35	3.33.34					
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Cambridge Boundary run – Marathon - march 2nd

56 th	M Jennings	W55	4.17.42	77 th	K Hills	F		5.17.44
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Cambridge Boundary run – Half Marathon - march 2nd

8 th	N Carroll		1.25.20	31 st	G Cinque	M40		1.36.46
78 th	M DiFranco	M45	1.53.43	116 th	T WicklowW40			2.05.01

Caumsett Park New York 50k – March 2nd

	S Redfern		5.01.30					
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Liverpool Half marathon – March 2nd

1835 th	Ron Jackson	M50	1.55.12					
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Lode Muddy Marvel 5 (5.25m) – March 2nd

4 th	N Beer		30.55	25 th	S Thoday			36.29
97 th	D Braverman	W55	45.06					

Wymondham 20 mile – 2nd March

72 nd	S Mawby	F	2.40.55					
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Ashby 20 mile – 9th March

411 th	K Samuelson-Dean		2.58.17					
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Brentwood Half Marathon – March 9th 2051 finished

66 th	A Shields		1.23.20	295 th	D Yeneralski			1.36.54
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Mondi 15 – March – 9th March – 15 miles

1 st	B Baldelli		1.30.41	20 th	K Masson	1 st F, 1 st W40		1.42.41
37 th	S Mawby	4 th F	1.48.17	89 th	M Jennings	1 st W55		2.09.10

Rome Marathon – 16th March – 10453 finished

3200 th	A Herne		3.42.45					
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Fleet Half Marathon

111 th	S Brightwell		1.25.28					
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Cross Country

Ryston Runners Grand Prix – 16th December 2007

U13 Boys - 3 km, 13 finishers.	2 nd	J Cochrane	10:55
U15 Girls - 3 km, 15 finishers.	3 rd	R Carter	11:36
U17 Girls - 6.5 km, 6 finishers.	2 nd	K Parker	29:18
V45 Men - 6.5 km, 11 finishers.	7 th	A Herne	29:08
V50 Men - 6.5 km, 15 finishers.			

4 th	G Meah	M45	26:24	9 th	M Kreetzer	M50	28:44
<i>V60 Men - 6.5 km, 10 finishers.</i>							
<i>V55 Women - 6.5 km, 6 finishers.</i>							
			5 th	M Holmes	W70	36:24	
Sunday league – Southgate – 16th December							
23 rd	D Braverman	W55	25:59	40 th	Sue Barnett	W55	28:20
Cambs AA Cross country Championships – 6th Jan 2008							
<i>U20/Senior/vet Ladies race - 30 finished</i>							
2 nd	H Edwards	1 st U20	22.18	5 th	L Dowsett	3 rd U20	23.03
13 th	D Braverman	W55	27.19	14 th	H Belbin		27.30
22 nd	S Barnett	W55	30.21	29 th	M Holmes	W65	34.16
<i>Under 17 Women 13 finished</i>							
1 st	G Coe		20.08	7 th	K Parker		23.41
12 th	N Richards	24.41		Incomplete team			
<i>Under 15 Girls 16 finished</i>							
3 rd	R Carter		17.22	11 th	H Sheppard		19.53
<i>Under 13 Girls 30 finished</i>							
13 th	H Parker		14.16	25 th	E Gray		16.31
<i>Under 11 Girls 18 finished</i>							
8 th	S Dowsett		8.10	Incomplete mens team, 10th Vets team.			
<i>U20/Senior/Vet Men - 87 finished</i>							
2 nd	W Clarke		33.17	23 rd	J Morley		38.52
53 rd	M Chaplin	M40	43.52	58 th	G Meah	M50	44.36
76 th	M Kreetzer	M50	50.05	3rd team			
<i>Under 17 men 13 finished</i>							
4 th	W Mycroft		20.36	9 th	N Burch		21.39
11 th	J Baslington		23.07	Incomplete team			
<i>Under 15 Boys 26 finished</i>							
20 th	Seb Kennard		18.06	1st team			
<i>Under 13 Boys 23 finished</i>							
1 st	J Cochrane	11.57	5 th	Seth Kennard		12.22	
6 th	A Tapley		12.29	7 th	A Ette		12.37
<i>Under 11 Boys 8 finished</i>							
1 st	J Tapley		6.41	3rd			
Rvstun Runners XC Grand prix Sunday 13th Jan							
<i>U11 Girls - 2 km, 26 finishers.</i>							
<i>U15 Girls - 3 km, 13 finishers.</i>							
7 th	E Taylor		12:37	10 th	H Sheppard		13:25
<i>U17 Women - 5 km, 6 finishers.</i>							
2 nd	G Coe		18:53	4 th	N Richards		22:52
<i>U17 Men - 5 km, 7 finishers.</i>							
<i>V45 Men - 5 km, 20 finishers.</i>							
Sunday league – Digswell – Jan 13th							
<i>Mens Race – 5 miles – 155 finishers</i>							
3 rd	M Salt		34:44	10 th	B Baldelli		35:31
94 th	G Meah		43:45	119 th	A Downie		46:52
142 nd	M Kreetzer		51:28	Women's Race - 3 miles, 70 finishers.			
18 th	D Braverman		26:52	32 nd	S Barnett		29:48
Southern Counties Cross Country – Parliament Hill– Jan 26th							
<i>Under 15 Girls</i>							
128 th	E Taylor		22.27	158 th	H Shepherd		24.10
<i>Under 17 Women</i>							
<i>Senior Women</i>							
242 nd	D Braverman	W55	48.08	323 rd	M Holmes	W70	60.07
<i>Under 13 Boys</i>							
71 st	J Cochrane	13.16	146 th	A Ette		14.09	
<i>Under 17 Men</i>							

65 th	W Mycroft	24.36	83 rd	N Burch		25.11	
Senior Men							
378 th	D Johnson	63.39	489 th	M Chaplin	M45	66.31	
Cambridgeshire Schools Cross-country Champs							
<i>Minor Boys</i>							
1 st	G Kendall	8.36	23 rd	K O'Neil		9.15	
7 th	H Tournant	16.36	12 th	A Tapley		16.54	
<i>Junior Boys</i>							
17 th	A Ette	17.22					
3 rd	A Dow	10.29	11 th	E Cave		10.54	
14 th	M Turner	11.05	20 th	M Larsson		12.05	
38 th	A Ellison	13.17					
<i>Inter Boys</i>							
4 th	N Burch	No time	13 th	J Baslington		No time	
14 th	B Whittle	No time					
<i>Inter Girls</i>							
2 nd	R Carter	No time	14 th	E Taylor		No time	
19 th	J Corbett	No time	30 th	H Sheppard		No time	
35 th	E Currington	No time	43 rd	F Tournant	No time		
<i>Senior Boys</i>							
9 th	J Jamieson	No time					
<i>Senior Girls</i>							
1 st	L Dowsett	No time	3 rd	G Coe		No time	
5 th	H Arbuckle	No time	7 th	K Parker		No time	
9 th	C Arkell	No time	10 th	N Richards	No time		
Anglian Schools Cross country Feb 2nd at Earlham Park							
<i>Minor Boys</i>							
16 th	G Kendall	12.21					
<i>Junior Boys</i>							
30 th	H Tournant	~16.00	41 st	A Tapley		No time	
<i>Junior Girls</i>							
23 rd	E Cave	12.52	30 th	A Dow		~13.00	
<i>Inter Boys</i>							
20 th	N Burch	21.15					
<i>Inter Girls</i>							
13 th	R Carter	15.48					
<i>Senior Boys</i>							
7 th	W Mycroft	22.26	49 th	J Jamieson		No time	
<i>Senior Girls</i>							
2 nd	L Dowsett	15.33	26 th	K Parker		17.00	
33 rd	C Arkell	No time	37 th	N Richards	No time		
South of England Veterans Championships - Feb 2nd							
Ladies	82 nd	S Barnett	W55	30.33	105 th	M Holmes	34.27
Ryston Runners Grand Prix – Shouldham Warren 10th Feb							
<i>U13 Boys - 3 km, 7 finishers.</i>							
1 st	J Cochrane	10:40					
<i>Senior Men - 9 km, 15 finishers.</i>							
9 th	M Smith		32:52				
Sunday League at Watford – 17th February							
<i>Women's Race - 66 finishers.</i>							
35 th	D Braverman	42:39	37 th	S Barnett		42:56	
EVAC XC – 17th February at Wimpole Hall							
25 th	G Meah	8 th M50	30.05	27 th	L Stone	5 th M45	30.44
English National Cross Country Championships – Feb 24th							
<i>Senior Men</i>							
336 th	C Flood	39.28	556 th	J Morley		42.47	
617 th	J Kazer	43.36					
124 th	W Mycroft	16.42					
<i>Senior Women</i>							
345 th	D Braverman	35.23	478 th	M Holmes		19.42	
<i>Under 17 Women</i>							
150 th	N Richards	19.32					
National Schools Cross Country Championships March 8th							
<i>Junior Boys</i>							
292 nd	H Tournant	15.03	321 st	A Tapley		15.27	
<i>Inter Boys</i>							
248 th	N Burch	22.48					
<i>Senior Boys</i>							
133 rd	W Mycroft	23.43					
<i>Junior Girls</i>							
217 th	A Dow	15.08					
<i>Inter Girls</i>							
150 th	R Carter	15.45					
<i>Senior Girls</i>							
26 th	L Dowsett	16.27	45 th	H Arbuckle		16.43	
67 th	G Coe	17.13	242 nd	K Parker		19.29	
CAU Intercounty cross country championships Cambs team (Fields of ca .300) 15th March							
Those marked ** were the first Cambs AA runner home in their age-group							
<i>Under 17 men</i>							
100 th	W Mycroft	22.18					
<i>Under 13 Boys</i>							
147 th	A Tapley	13.45	168 th	S Kennard		13.51	
188 th	A Ette	13.58					

Senior Women	80 th	H Edwards++	31.41	249 th	D Braverman	39.49
Under 15 Girls	218 th	R Carter	17.56	252 nd	E Taylor	18.40

Multi-terrain

4th Frostbite league at Ramsey – 14th January

383 finished – 4 th Team	Team	7 th overall of 15
31 st J Morley		32 nd A Aldridge
35 th M Collins		37 th J Ferguson
39 th A Shields		47 th M Smith
71 st L Stone		74 th J Ennis
88 th K Masson	2nd F	90 th J Kazer
147 th A Dewison		148 th A Irvine
159 th T Long		207 th C Stanier
248 th M Lasseter	F	

Junior Race

1 st J Baslington	8:23	11 th A Tapley	9:17
109 finished - 7 th Team	Team now	7 th overall	

5th Frostbite League at Bourne – 3rd February

26 th J Ferguson	30.50	34 th A Shields	31.10
69 th J Ennis	33.12	86 th K Masson	W40 34.01
110 th G Meah	34:54	140 th A Howard	36.22
156 th A Irvine	37:02		
363 finished	11 th team	Team now	9 th overall

Juniors

6 th J Cochrane	8.52	27 th A Tapley	10.01
101 finished	7 th team	Team now	6 th overall

6th Frostbite league – 2nd March

10 th M Salt	28.10	32 nd J Ferguson	30.07
37 th J Ennis	30.26	38 th M Smith	30.39
39 th M Collins	30.52	53 rd J Kazer	31.32
89 th L Stone	33.12	125 th A Herne	34.50
196 th C Stanier	F 37.55		

352 finished Team 11th on the day - Team finally finished 9th overall in 2007/8

Juniors

4 th J Baslington	8.59	12 th A Tapley	9.41
122 finished	Team 8 th on day - Team finally finished 7 th in 2007/8		

Turing Trail relays 16th March

Team Results (61 teams, winners 3:33:14 M/4:33:52 F)

5th C&C Fast Men 3:44:51 (M Collins, G Cinque, A Shields, J Ferguson, G Weller, C Flood)

13th C&C Old Codgers 4:19:13 (first vet team)

(L Stone, S Bowen, M Kretzer, A Downie, G Meah, B Corbett)

21st C&C Mixers 4:28:46 (S Thoday, J Ennis, D Willis, E Grant, T Long, M Nielsen)

28th C&C Fast Girls 4:40:40 (second female team)

(E Kretzer, C Stanier, K Illum Jordansen, F Murphy, M Lasseter, M Simmons)

Sports-hall Athletics

County Match - January 13th

Boys under 13

2 Lap Race	2 nd	D Ebanks	22.8	3 rd	J Carter	27.9
4 Lap race	2 nd	D Ebanks	48.7	5 th	R Mitchell	58.4
6 Lap race	1 st	J Ebanks	1.28.3	2 nd	M Mitchell	1.30.5
Paarlauf Relay (8 lap)	2 nd	1.39.7	4x2 Relay	2 nd	1.43.6	Circuit Relay 2 nd 1.22.9
Standing Long Jump	3 rd	D Ebanks	2.23	6 th	W Cox	1.65
Standing Triple Jump	2 nd	M Mitchell	5.05	3 rd	W Cox	4.83
	4 th	R Mitchell	4.83			
Vertical Jump	2 nd	J Ebanks	46cm	4 th	J Carter	36
Shot 3.25kg	4 th	J Carter	5.97	5 th	W Cox	4.78

Speed bounce	1 st	M Mitchell	74	2 nd	J Ebanks	64
	3 rd	R Mitchell		63		

Girls under 13

2 Lap Race	2 nd	E Houghton	24.0	3 rd	L Gillie-Visser	24.2
	4 th	A Goggin	26.0	5 th	Z Cocks	26.3
	6 th	L Weber	59.8			
4 Lap race	2 nd	Z Cocks	56.2	4 th	L Weber	59.8
6 Lap race	2 nd	Z MacDonald	1.31.5			
Paarlauf Relay (8 lap)	2 nd	1.45.4	4x2 Relay	1 st	1.43.6	Circuit Relay 2 nd 1.21.5
Standing Long Jump	1 st	E Houghton	1.98	3 rd	Z Cocks	1.87
Standing Triple Jump	1 st	L Gillie-Visser	5.72			
Speed Bounce	1 st	L Gillie Visser	71	3 rd	Z MacDonald	66
	4 th	L Weber	63			
Vertical Jump	1 st	E Houghton	44	4 th	A Goggin	41
Shot 2.72	2 nd	A Goggin	5.72	4 th	Z Macdonald	4.20

Boys Under 15

2 Lap Race	1 st	B Davies	22.3	2 nd	M Lawrence	22.8
4 lap race	3 rd	J Marsh	49.1	5 th	S Szymanski	51.0
Paarlauf Relay	1 st	1.39.4	4 x 2 relay	1 st	1.33.6	
Shot 4kg	1 st	M Lawrence	12.45	3 rd	B Davies	12.15
Speed Bounce	2 nd	J Marsh	67	3 rd	S Szymanski	66
Standing Triplejump	1 st	B Davies	7.95			
Standing Longjump	3 rd	M Lawrence	2.10	5 th	S Szymanski	1.92
Individual scores	= 1 st	B Davies	145	3 rd	M Lawrence	135
	6 th	S Szymanski	100	9 th	J Marsh (2 events)	85

Girls under 15

2 Lap Race	2 nd	L Sammout	24.0	4 th	C Greed	24.3
	5 th	S Baxter	25.6			
4 Lap Race	1 st	C Asztalos	52.2	2 nd	A Midgley	53.0
	3 rd	R Carter	53.0			
Paarlauf Relay	1 st	1.43.2	4x2 lap Relay	1 st	1.39.1	
Shot	1 st	L Sammout	9.92	2 nd	A Midgley	8.53
	4 th	S Baxter	6.28			
Speed Bounce	1 st	C Greed	81	2 nd	C Asztalos	74
	3 rd	R Carter	73			
Vertical Jump	4 th	C Greed	41cm	6 th	C Asztalos	39cm
	7 th	S Baxter	34cm			
Standing Longjump	1 st	L Sammout	2.08	3 rd	A Midgley	1.99
	3 rd	S Baxter	1.79			

Individual scores

1 st	L Sammout	145	2 nd	A Midgley	135	3 rd	C Greed	120
5 th	C Asztalos	115	6 th	S Baxter	105	8 th	R Carter	85

Girls under 11

4 x 2 lap relay	2 nd	C&C	1.47.9	4 th	Cambourne	1.59.8
Circuit Relay	2 nd	C&C	1.24.6	3 rd	Cambourne	1.28.3
Standing long jump	1 st	H Banu	1.80	4 th	R Humann	1.54
	9 th	B Collett (Camb'n)	1.38	13 th	E Berrington (Camb'n)	1.44
Vertical jump	4 th	T Mcvey	38cm	7 th	M Molloy (Camb'n)	36cm
	8 th	C Shortall	33cm	10 th	L Hodge (Camb'n)	31cm
Ball throw 2kg	1 st	C Shortall	7.97	2 nd	T McVey	7.52
	3 rd	B Collett (Camb'n)	7.32	4 th	E Berrington (Camb'n)	6.85
Speed Bounce	3 rd	R Humann	50	4 th	H Banu	49
	9 th	M Molloy (Camb'n)	45	11 th	L Hodge (Camb'n)	44

Boys U11

Circuit Relay	3 rd	C&C	1.28.9	4 th	Cambourne	1.29.0
4 x 2 lap relay	3 rd	C&C	1.49.6	4 th	Cambourne	1.54.7
Ball throw 2kg	2 nd	C Jackman	7.38	3 rd	J Tofts	6.73

Standing Long jump	5 th	B Myers (Camb'n)	6.13	12 th	R Mears (Camb'n)	4.81
	3 rd	A Prescott (Camb'n)	1.67	5 th	B Tofts	1.65
	6 th	I Stephenson	1.64	12 th	S Ruffles (Camb'n)	1.36
Vertical jump	1 st	I Stephenson	39	5 th	B Myers (Camb'n)	30
	7 th	R Mears (Camb'n)	25			
Speed Bounce	4 th	A Prescott (Camb'n)	51	6 th	J Tofts	48
	8 th	B Tofts	44	9 th	S Ruffles (Camb'n)	44

Match results

C&C U13 Boys 1st, U13 Girls 1st, U15 Boys 1st, U15 Girls 1st, U11 Boys 2nd, U11 Girls 1st
 Cambourne U11 Boys 4th, U11 Girls 4th (7 teams competed)

Match points – combined agegroups – C&C 37, Hunts AC 30, PAC 29.

Series result

Ist C&C 71pts, 2nd PAC 61pts, 3rd HAC 46pts, 4th Cambourne 14pts, 5th Cottenham PS A 11pts, 6th CPS B

Regional finals at Norwich (Cams AA) - Feb 2nd

Under 13 Girls (Cams 5th in the match)

L Gillies-Visser	2 lap race	=8 th	24.6	Standing Triplejump	8 th	5.88m
E Houghton	2 Lap race	5 th	24.6	Standing Longjump	9 th	1.88m
M Turner	4 Lap race	9 th	54.2	Speed Bounce	=5 th	73
M Larsson	6 Lap race 6 th	1.27.6		Standing Triplejump	9 th	5.83m
Zoe Macdonald	6 Lap race 10 th	1.36.2		Vertical jump	12 th	39cm
A Goggin	Shot 11 th	5.84m				

Under 13 Boys (Cams 5th in the match)

D Ebanks	2 lap race	5 th	23.5	Standing Longjump	3 rd	2.29m
E Houghton	6 Lap race	7 th	1.22.5	Speed Bounce	7 th	66
W Cox	Standing Triplejump	11 th	4.95			
A Tapley	6 Lap race	4 th	1.20.7	Highjump	3 rd	1.45m
J Tapley	Speed Bounce	=9 th	62			

Under 15 Girls (Cams 4th in the match)

L Sammout 110pts	1 st in shot 10.77,	13 th in 2 Lap race	24.7,	9 th in Standing Longjump	2.13m
E Taylor	15 th in Shot 5.94m	10 th in 4 Lap race	52.1,	13 th in Standing Longjump	2.02m
J Corbett	9 th in Verticaljump 52cm,	10 th in Speed Bounce 73,	12 th in 4 Lap race		52.5
C Greed	=4 in Speed Bounce 80,	13 th in Verticaljump 47cm,	9 th in 2 Lap race		24.3
A Midgley	5 th in Shot 7.97m,	=7 th in Standing Longjump 2.14m,	15 th in 4 Lap race		53.9

Under 15 Boys (Cams 5th in the match)

B Davies 142pts	Overall winner				
	3 rd in shot 11.66	2 nd in 2 lap race	21.8	2 nd in S Triplejump	7.96m
M Lawrence	2 nd in Shot 12.35,	=13 th in S Longjump	2.16m	15 th in 2 Lap race	23.4
S Szymanski	=8 th in Speed Bounce 67,	13 th in 4 Lap race	52.5,	15 th in S Triplejump	5.88m

Track and field Athletics

SECTA Throws Pentathlon – 8th Dec 2007

M55 1st (2212) P Bramford Hammer 24.23, Shot 8.78, Discus 27.08, Javelin 27.86, Weight 7.38
 W55 1st (1787) A Bramford Hammer 22.50, Shot 5.79, Discus 12.56, Javelin 10.14, Weight 5.89

Scottish Indoor Championships Jan 12/13th

1500m Sen Men 3rd I Williamson 3.59.7

SEAA Indoor Championships – Jan 19th/20th

Sen men	400m	J Huddleston	5ht	54.76		
	800m	E Aston	1 st	1.54.84		
	1500m	I Williamson	4 th	3.52.9		
U20 Men	60m	J Baxter	6ht	7.61		
	200m	G Baker	4ht	24.13	J Godden	6ht 25.36
	400m	R Oppong-Konadu	1 st	50.44		
	1500m	W Mycroft	8 th	4.16.25		
	Longjump	S Richards	14 th	5.91		
U17 Men	60Hdls	B Kelk	4 th	8.6		
	1500m	N Burch	7 th	4.31.41		
	Longjump	B Davies	10 th	5.17m		

Triplej'p	B Davies	W/D	9.66m		
U20 Women 60 Hdls	K Motley	4sf	9.55		
Triplej'p	R Mackay	10 th	10.58		
U17 Women Hdls	L Bass	4sf	9.84 (9.80 in ht)		
Triplej'p	L Sammout	3 rd	10.15m		
Shot	L Sammout	10 th	8.95m		
U15 Girls 60m	S Baxter	6ht	9.42		
60 Hdls	C Asztalos	4sf	9.55	G Bristow	6sf 10.16

Kings Lynn Indoor Open meeting January 20th

U20 W Triplejump R Mackay 1st 10.93
 U15 Girls 60m S Baxter ht 9.4
 U20 Men 60m J Baxter 2nd 7.6

SECTA Throws Pentathlon – 26th January

M55 1st (2559) P Bramford Hammer 23.39, Shot 9.31, Discus 30.07, Javelin 31.99, Weight 9.93
 W55 1st (1427) A Bramford Hammer 3NT, Shot 6.05, Discus 14.46, Javelin 11.12, Weight 6.50

Bunel Open – Jan 26th/27th

Under 17 Women L Sammout Longjump 1st 4.84 Triplejump 1st 10.24
 Under 17 men B Davies Longjump 8th 5.31 Triplejump 4th 10.77

England Athletics Representative match – Bratislava – 31st Jan

800m 2nd E Aston 1.50.62

Combined Events International Feb 3rd – Sheffield

Grace Clements (2nd claim and one of our YA coaches) 2nd with personal best 4237pts
 60m Hdls 8.77, Shot 12.66, HJ 1.78m, Longjump 5.87m, 800m 2.21.03 – All personal bests

National Championships and World trials 8th/9th Feb at Sheffield

800m E Aston 3rd in heat 1.52.78, 6th in final 1.52.34
 1500m I Williamson 6th in heat 3.51.02 (PB), 10th in final 3.51.74

Varsity Field events and relays – Lee Valley Feb 17th

A Lee Hammer 1st 41.10, Shot 4th 10.36, Discus 6th 27.75

Bunel Indoor Open – Feb 18th

Under 17 Women L Sammout Longjump 4th 4.64 Triplejump 3rd 10.00
 Under 17 men B Davies Longjump 6th 5.29 Triplejump 2nd 11.43

England Athletics U20/U17/U15 Indoor championships 23/24th Feb - Birmingham

60m U20 Men C Morter 5th ht 7.26 L Crabb 5th ht 7.27
 J Baxter 7th ht 7.46
 400m U20 men R Oppong-Konadu BRONZE 48.84 (CR)
 60m Hdls U17 men B Kelk 4th ht 8.70
 60m Hdls U20W K Motley 7th ht 9.36
 60m Hdls GU15 C Asztalos 6th sf 9.54 G Bristow 7th ht 10.16

EVAC Indoor championships – 10th February – Lee Valley

800m W55 S Barnett 1st 3.08.7 1500m 1st 6.30.3
 Shot M55 P Bramford 2nd 9.81 W55 A Bramford 1st 6.66

BMAF Indoor Pentathlon Championships – 10th Feb – Lee Valley

M35 A Taylor 2nd 2557pts
 (60m Hdls 10.5, Longjump 5.21m, Shot 8.02m, Highjump 1.69m, 800m 3.28.9)

British Masters Indoor championships 23rd/24th Feb – Lee Valley

S Barnett W55 800m 2nd 3.10.05 1500m 3rd 6.26.35
 A Bramford W55 Shot 4th 6.67m Weight 2nd 8.42m
 Discus 1st 11.42m Hammer 1st 26.57m
 P Howard M60 3k Walk 3rd 19.36.73
 A Taylor M35 Highjump 1st 1.70m Longjump 5th 5.30
 P Bramford M55 Shot 4th 9.43 Discus 2nd 31.60
 Weight 2nd 9.34 Hammer 3rd 24.10
 Javelin 2nd 33.49

Special Olympics – Lee Valley – 1st/2nd March

C Cox 200m 1st 34.2 Standing LJ 1st 1.47

Cams AA Throws meeting – March 16th at Cambridge

Hammer	Sen men	A Lee	40.17	Sen men	G Parsons	36.14
Discus	Sen men	G Parsons	32.73			
Shot	Sen Men	G Parsons	9.75	U17M	M Lawrence	11.65
Javelin	U17 M	A Morter	37.09			
Hammer	U17 W	H Sayer	30.16			
Discus	U17 W	L Sammout	24.40	U17W	H Sayer	18.30
Shot	U17 W	L Sammout	8.69	U17W	H Sayer	8.39

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