

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2008

47TH ANNUAL GENERAL MEETING 24TH NOVEMBER 2008 - 8PM AT WILBERFORCE ROAD

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN!
EVERY MEMBER OR THEIR PARENT CAN VOTE.

IMMINENT FIXTURES

(Much more complete list of Winter and Spring fixtures inside)

Oct 5 th	R	Standalone 10k	Letchworth	Seniors
Oct 5 th	X	Ryston XC Grand prix 5k	Ryston	All
Oct 5 th	M	Frostbite league	St Neots	All
Oct 12 th	R	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 19 th	R	Leicester marathon	Leicester	Seniors
Oct 19 th	R	Abingdon marathon	Abingdon	Seniors
Oct 19 th	X	Amphill Trophy Cross Country	Amphill	All
Oct 26 th	X	Sunday XC league	Cheshunt	All over 16
Oct 26 th	R	Fenland 10 mile CRL, CC	Wisbech	Seniors
Nov 2 nd	R	Stevenage Half marathon	Stevenage	Seniors
Nov 2 nd	X	Dovedale Dash	Dovedale	Seniors
Nov 9 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All
Nov 9 th	M	Frostbite League	Bushfield (P'bro)	All
Nov 9 th	R	Stebbing 10	Dunmow	Seniors
Nov 16 th	R	St Neots Half Marathon	St Neots	Seniors
Nov 16 th	X	Sunday XC League	Digswell	All over 16
Nov 23 rd	R	Hadleigh 10	Hadleigh	Seniors
Nov 23 rd	M	Hereward Relays	Peterborough	All over 16
Nov 30 th	R	Norwich half Marathon	Norwich	Seniors
Dec 7 th	R	Luton marathon	Luton	Seniors
Dec 7 th	R	Nene Valley 10	Peterborough	All over 15
Dec 14 th	S	Cambs Sportshall League match 1	Chesterton	All under 15
Dec 14 th	M	Frostbite League	Hinchingsbrooke Park	All
Dec 14 th	X	Sunday XC league	Grovelands	All over 16
Dec 14 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All

WINTER TRAINING - STARTS FROM 25th SEPT - SEE DETAILS ON PAGE 2

*** Our congratulations to Will Clarke ***
14th place in the OLYMPIC Tri-athlon in Beijing

Winter training starts from September 25th – Note changes

We continue training all winter, even the track and field athletes! In January and February there will be some Indoor competitions for those who are fit.

- Summer training formally ends on Monday 22nd September
- There will be a rest break for young athletes for two weeks before commencing winter training at Chesterton.
- The Indoor training at Chesterton for Young athletes (Mondays) will continue only until Christmas.
- After Christmas – from Monday 12th January, the Young athletes training will be at the Wilberforce Road track under floodlights with the same session times as in the summer .

(As always Monday track (and sportshall) sessions are for young athletes and older athletes must give way to younger athletes if there is any capacity problem).

Mondays 13th October – 22nd December 6.00 – 7.00pm Chesterton College Sports Centre
Under 13 athletes indoor fitness session
(Open to athletes who will be aged less than 13 on 31st August 2009 only – year 6 & 7)

Mondays 13th October – 22nd December 7.00 – 8.00pm Chesterton College Sports Centre
Under 15 athletes indoor fitness session
(Open to athletes who will be aged less than 15 on 31st August 2009 only – year 8 & 9)
Other athletes – training from the sports centre (but not using the sportshall) by arrangement with their coaches but no warming up in the foyer please.

Tuesdays - 6.30 - 8.30pm Wilberforce Rd – Road Running Group plus Middle distance groups, and sprint groups for ages 14+ by arrangement with the coaches
Running fitness group for Field event athletes aged 13+ with James Brennand and Noel Moss

Thursdays from 25th September until 28th March – 6.00 - 8.00pm Chesterton College Sports Centre - Circuit and fitness training groups for Jumpers, Throwers, Sprinters and Hurdlers (for all those who will be aged 14 and over on 31st August 2009 – year 9 and above). Plus Middle and Long Distance running groups outside. No warming up in the foyer please.

Saturdays from 27th September- 10.30 - 12.30 Wilberforce Rd - Sprints, Throws, Jumps, Middle Distance – open to all ages by arrangement with your coach.
If you want to train on any of these sessions either go along and talk to the coach who is running it, or, for Saturdays ring your coach or go along and see if there is a group for you (ages and events will be limited). Not every coach can make it every Saturday but there is always someone there, usually including some of the following: Mike, Noel, James, Richard, David.

Note – only clean non-marking trainers in the gym at Chesterton. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it

Chair's chatterThe bad news first - we had hoped the floodlighting would have been in operation by the end of this month but that will not happen. We are still planning to train outside under floodlights in the New Year. If this has to change, we'll let everyone know via the Newsletter and/or web site.

The good news is that a number of members of the club and the club itself have been shortlisted for awards by England Athletics East. The East covers the six counties of Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire and Essex. To be shortlisted from all the clubs in that area is no mean feat. We will know if the shortlisted candidates have won after the awards dinner on Saturday 20th September. The candidates are: Young Volunteer of the Year, Lauren Sammout; Services to Club Development, Neil Costello; Participation Coach of the Year, Femi Akinsanya; Services to Coaching Development, James Brennand plus the club shortlisted as Junior Club of the Year. Junior refers to the clubs support of junior athletes.

This means that the club and the members shortlisted have been recognised by people who know about athletics as giving high quality beyond that given by other clubs and individuals. If we win any of the categories it will demonstrate outstanding achievement. The East's winners will be put forward, as representatives of the East, for national awards.

It is heartening to see this kind of recognition because it reflects the enormous amount of work that is put in to the club by many people, not just those shortlisted. They all deserve our sincere thanks.

The club continues to achieve athletics success too. C&C athletes performed well in the English Schools track and field championships and our top athletes have worn their vests in major championships this year. The road runners are becoming more of a force to be reckoned with. Many athletes have achieved personal bests this year, and that's as good as it gets for many of us. The club's road running teams are also beginning to appear in the results tables. We're not challenging for major honours yet but we do well in many local events.

But I think we tend to punch below our weight competitively. With the talent we've got we should do better in team competitions. I don't know why we don't do better. We have talented individuals, improving coaching and conscientious team managers. Sometimes athletes don't turn out and sometimes maybe they don't perform as well as they might. Success breeds success and competing at your absolute best is a real thrill, even if you get beaten by a better athlete on the day. It's down to all of us - it's our club - your club - don't you want to be part of a winning team? If you have any thoughts on how we might improve in team competitions, please talk to someone on the committee.

Finally, on Sunday 21st September the club will be helping out at the Cambridge and South Cambridgeshire event which celebrates the Paralympics handover to London. Dame Tanni Grey-Thompson and her husband, Ian Thompson who is also a well-known wheelchair athlete, will be part of the C&C team. The event is at Chesterton Sports Centre from 2.00-4.00 (for athletics). If you know anyone who might have any interest in paralympic sport, please ask them to go along.

Neil Costello September 2008

AGM Agenda - November 24th at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 26th November 2007
Matters arising from the minutes
Reports from the Chairman and Treasurer (Team reports in this Newsletter)

Other items to report
Subscriptions 2009
Any other motions tabled
Election of officers and committee 2009
Presentation of Track and Field awards, Road race awards, and record certificates.

**Nominations for President, Chairman, and Treasurer must be received by 25th October in Order to be eligible. (ie 4 weeks in advance of the meeting as per our constitution)
Nominations for other posts may be made at any time up to the meeting, but we would prefer to have these a few days in advance if possible so that we know if there are any contested posts.**

Minutes of the 46th Annual General Meeting held on Monday, 26th November, 2007 at Wilberforce Road.

Present: Barry Wallman (President), Neil Costello (Chairman) and 79 members
Apologies for absence: Ed Aston, Chris and Becky Flood, Hayley Ginn, Ella Houghton, Gerald Meah, Ann Negus, Michaela Smith, Alec Taylor, Claire Vane.

1. The Minutes of the AGM held on 20 November, 2006 were approved, proposed by Matt Witt and seconded by Barry Wallman.
2. Matters Arising from the Minutes. There were no matters arising from the Minutes.
3. Chairman's Report. The Chairman reported that membership was now 529 - 469 competing members, 45 assistants and 26 Vice Presidents. Of the 300 young athletes only 50 are regular volunteers for matches.
The Club were now looking into forming Cambridge & Coleridge Community Clubs. The aims of these clubs are to encourage youngsters in school years 3-6 to get interested in athletics. They can then join the main club later. There is already a club started at Cambourne with 25 members.
The Clubs Coaching Policy is being improved with a more structured approach to teaching youngsters and coaches
The Chairman reported on the position with regard to the floodlights. He thanked everybody for their support. There were 400 letters of support and a lot fewer of objections. The University had agreed that if permission is not given they would put up the lighting scheme that has already been approved, although his will be far more expensive.
The Committee are considering altering the Committee Structure in order to get different groups involved and not all the work being done by the Committee.
4. Treasurer's Report. The Treasurer's Report was circulated to the meeting.
There is an increase in income over the last year. We have had several grants for equipment and coaching courses.
We have been given an award from the East of England and this will be spent on producing a welcome booklet for new members - to include our policies and principles.
We received £2500 from Awards for All and £500 from England Athletics. Some of this is for expenditure on T shirts or sweat shirts for volunteers.
Report was accepted - proposed by Phil Lee and seconded by Matt Witt.
5. Subscriptions - The Club now have to pay £2 per member to England Athletics so subscriptions need to be increased to waged £45 and unwaged £35. These subscriptions are still substantially lower than most clubs. The change was approved - proposed by Phil Bramford and seconded by James Brennand.
6. Other Items to Report
There were no further items to report..
7. Constitution

The Constitution has been on the Web Site since September. Mark Chaplin picked up on a few points which the club will take into account. There were no further comments or questions. The Constitution has not been changed in spirit but just brought up to date. The finalised full Constitution will be on the web site in the new year.

8. Committee Structure

The new structure proposed for the Committee was discussed. Mark Chaplin said it was the way forward and that he fully agreed with it. There were no further comments or questions. The committee will report back to the AGM next year.

9. Election of Officers

President – Barry Wallman – proposed by Noel Moss and seconded by John Kazer.
 Chairman – Neil Costello – proposed by Phil Bramford and seconded by Matt Witt
 Treasurer – Nigel Poulter – proposed by Phil Bramford and seconded by Mary Holmes
 Committee Secretary – Mary Holmes – proposed by Noel Moss and seconded by Glyn Smith
 Barry thanked Neil and the Committee on behalf of the Club

Portfolio holders
 Coaching – James Brennan Track and Field – Noel Moss
 Endurance Running – Glyn Smith
 Welfare – Anna Bird Welfare Officer – Sonia Cox

10. Presentation of Track and Field Trophies

The awards and certificates were presented by the President Barry Wallmann.

Seasons Best performance Trophies 2007

BP - The seasons Ed Aston
 BP Veteran Joan lasenby
 BP Most Improved Robert Lasenby
 Simpson Trophy 400m Richard oppong-Konadu
 Senior Throw - Female Alice Forster
 Senior Throw male Gary Parsons
 Junior Throw Lauren Sammout
 Senior HJ Michaela Smith
 Junior HJ Beth Dixon
 B P Longjump Lauren Sammout
 BP Short Hurdles BU13 Adam Tapley
 BP Short Hurdles GU13 Ella Cave
 BP 13 - 17 Hurdles male Ben Kelk
 BP 13-17 Hurdles female Csepi Asztalos
 BP – sprints male Luke Crabb/Chris Morter
 BP - sprints female Juliet Powell
 BP - track >800m male Ed Aston
 BP - track >800m female Lucy Dowsett
 Peter Howard Marathon Trophy Glyn Smith

Track & Field champions 2007

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 Seb Howarth
 Under 13 Girls Ella Houghton
 Under 11 Boys Joseph Ebanks
 Under 11 Girls No award

League Trophies 2007

BP Vets league Male	Peter Howard	BP Vet League Female	Joan Lasenby
Young Athlete W&C Female	Natalie Richards	Young athlete W&C Male	Simon Pullen
SWL Most helpful	Michaela Smith	BP Male league	Martin Lawrence
BP League Female	Gemma Coe	SML Team Managers	Jack Huddlestone
Anglian League Managers	Alex Morter and Jennie Corbett		

Handicap Trophies 2007

110 yds Handicap	Not contested	440 yds handicap	Not contested
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Road Race Trophies 2007

Open 10 m RR Male	Michael Salt	Open 10 m RR Female	Emma Kretzer
Open 10 m RR Male vet	Giacomo Capetti	Open 10 m RR Fem Vet	Mary Jennings
10K RR - Male	Mark Chaplin	10K RR – Female	Rachel Roberts
Marathon – Male	Joad Raymond	Marathon – Female	Kim Masson
Half Marathon – Male	John Kazer	Half Marathon – Female	Karen Jordansen
Most Improved RR - Male	Simon Brightwell	Most Improved RR – Female	Mienou Simmons

9. Any other business

There was no further business so the President thanked everybody for coming and congratulated the award winners.

Do you hold a trophy from the 2007 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2007, that they should be returned to Mary Holmes by 28th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Mary Holmes or Neil Costello rather than rely on handing it to someone on a club night. **Please do not leave it until the AGM evening – we cant clean them and sort them for presentation quickly enough on the night.***

Would you like to help on the committee or assist us with other things such as team management, coaching or officiating

could you be the club general secretary, a team manager, Child welfare officer, or do another of the jobs?? All offers are welcome – the club officers positions should come up for formal elections each year.

We always appreciate offers to help with team management both for T&F and Crosscountry. We try to have as many team managers as possible each working with one agegroup in a league to make it light work, but currently we need additional help with both Eastern Young Athletes League and East Anglian League. Please offer your services.

Cambridgeshire AA AGM – Friday 28th November - 7.30pm at Hemingford Grey House

It would be nice to see a few of the members in attendance, and not just the trophy winners and athletes who have been awarded colours. You don't need an invitation – just turn up.

Come and shift the Christmas Turkey and make room for more!

Why not have a gentle run out on Boxing day morning. The annual club members event starts on Newnham Green in Fen Causeway, near the roundabout. All are welcome old and young and it can be a race (there is a trophy) or just a jog to shift the hangover or the Christmas Pud. The course is on the pavements to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. The start is at 11am - no entry fees - just turn up and run. Parents and relatives of members are most welcome as well and age should not be viewed as a barrier to entry. We have had members up to age 80 running. It gives you a better appetite for lunch, so lets see you there this year.

Road Running Bits

Excellent 6th and 7th places in the St Ives 10k for Noel Carroll and Geoff Weller, and a relative domination of the 5k league were the key features showing from the summer results. In the Kevin Henry 5K League - C&C took the all season's team honours. At the final fixture Tom Vickery won the mens race and Karin Jordansen was placed 2nd Female, and despite finishing 2nd on the day the Womens team did enough to take the trophy. We won the championships in all three categories, and I think everyone who ran in the series can be extremely proud. Well done all. (A Irvine)

Cross Country

This year we have again entered the Hertfordshire based Sunday League (there are no U13/U15/U17 age-groups in this league but athletes aged 16 and over can run as under 20's). John Kazer is the contact for those who want to run. This league offers more conventional cross-country distances when compared to the Ryston Runners series. The intention is to try to grow the participation in cross-country racing, which has declined in the club in recent years. We shall also participate as usual in the Ryston Runners Grand Prix series and in the multi-terrain Frostbite league. Both of these have races for the younger age-groups. We would also like to have a better turn out in the Cambs Cross-country championships this year, especially in the younger age-groups – there are medals to be won for both individuals and teams so its worthwhile entering – you could get a team medal even if you are not an individual medallist.

All of the dates are now shown in the fixture list in this issue of the newsletter and a championships entry request form is also enclosed for those who want to be entered for any of the team/individual championship events.

Fixtures 2008/2009

Contact Glyn Smith - 01223 571685 to run road or John Kazer 01223 308357 to run XC

Sept 28 th	R	Diss 15	Diss	Seniors
Sept 5 th	R	Saffron Walden 10k	Saffron Walden	Seniors
Sept 5 th	R	Tarpley 10	Bury St Eds	Seniors
Oct 5 th	R	Cologne Marathon	Cologne	Seniors
Oct 5 th	R	Standalone 10k	Letchworth	Seniors
Oct 5 th	X	Ryston XC Grand prix 5k	Ryston	All
Oct 5 th	M	Frostbite league	St Neots	All
Oct 5 th	R	Loch ness marathon	Inverness	Seniors
Oct 12 th	R	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 18/19 th	R	Multistage Road relays	Sutton Park	All
Oct 19 th	R	Leicester marathon	Leicester	Seniors
Oct 19 th	R	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors
Oct 19 th	R	Abingdon marathon	Abingdon	Seniors
Oct 19 th	X	Amphill Trophy Cross Country	Amphill	All
Oct 26 th	X	Sunday XC league	Cheshunt	All over 16
Oct 26 th	R	Fenland 10 mile CRL, CC	Wisbech	Seniors
Oct 26 th	R	BUPA Great South Run	Portsmouth	All over 16
Oct 26 th	R	Frankfurt Marathon	Frankfurt	Seniors
Oct 27 th	R	Dublin marathon	Dublin	Seniors
Nov 2 nd	R	Stevenage Half marathon	Stevenage	Seniors
Nov 2 nd	X	Dovedale Dash	Dovedale	Seniors
Nov 2 nd	R	New York Marathon	New York	Seniors
Nov 9 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All
Nov 9 th	M	Frostbite League	Bushfield (P' bro)	All
Nov 9 th	R	Stebbing 10	Dunmow	Seniors
Nov 16 th	R	St Neots Half Marathon	St Neots	Seniors
Nov 16 th	X	Sunday XC League	Digswell	All over 16
Nov 23 rd	R	Hadleigh 10	Hadleigh	Seniors
Nov 23 rd	M	Hereward Relays	Peterborough	All over 16
Nov 29 th	X	UK Cross challenge and European trials	Liverpool	Seniors/U20's
Nov 30 th	R	Norwich half Marathon	Norwich	Seniors
Dec 7 th	R	Luton marathon	Luton	Seniors
Dec 7 th	R	Nene Valley 10	Peterborough	All over 15
Dec 14 th	S	Cambs Sportshall League match 1	Chesterton	All under 15
Dec 14 th	M	Frostbite League	Hinchingsbrooke Park	All
Dec 14 th	R	Hastings Marathon	Hastings	Seniors
Dec 14 th	X	Sunday XC league	Grovelands	All over 16
Dec 14 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All
Dec 28 th	R	Buntingford year end 10	Buntingford	Seniors
Dec 31 st	R	Ely 10k	Little Downham	All over 16
Jan 1 st	R	Wymondham New year day 10k	Wymondham	All over 16
Jan 4 th	X	Sunday XC League	Royston	All over 16
Jan 4 th	X	Frostbite League	Ramsey	All
Jan 4 th	X	Eastern AA Cross country champs (Prov)	TBC	All
Jan 10 th	S	Cambs Sportshall league match 2 ??	TBC	All under 15
Jan 10/11 th	X	Cambs AA Crosscountry Champs	St Neots	All
Jan 11 th	IT&F	SEAA U15/U17 Indoor Combined events	Lee Valley?	U15/U17
Jan 11 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All
Jan 17/18 th	IT&F	SEAA Indoor Championships	Lee Valley ?	U15/U17
Jan 18 th	R	Fred Hughes 10	St Albans	Seniors

Jan 24 th	X	SEAA XC Championships	Hillingdon	All
Jan 31 st	X	SEAA Masters and SEAA Intercounties	Old Warden Park	Various
Feb 1 st	M	Frostbite League	Bourne Woods	All
Feb 8 th	X	Sunday XC League	Watford	All over 16
Feb 8 th ?	X	Ryston XC Grand prix 5k	Ryston	All
Feb 14 th	S	Eastern Regional Sportshall final	Norwich	County team
TBC	IT&F	English Senior Indoor Championships	TBC	Qual Stds
TBC	IT&F	National Indoor U15/U17/U20 Championships	TBC	Qualifying stds
TBC	IT&F	English U15/U17 Indoor Combined Events	TBC	U15/U17
Feb 21 st	X	National XC Championships	Parliament Hill	Club Teams
Mar 1 st	M	Frostbite League	Huntingdon	All
Mar 1 st	IT&F	ECAA Indoor Championships (Prov)	Chelmsford	All
Mar 7 th	X	CAU Intercounties XC	Nottingham	County team
Mar 8 th	R	Wymondham 20	Wymondham	Seniors
Mar 15 th	M	Turing Trail Relay	Ely-Cambridge-Ely	All over 16
Mar 15 th ?	X	Ryston XC Grand prix 6.5k	Ryston	All
Mar 21 st	X	English Schools XC	TBC	Schools select
Apr 26 th	R	London Marathon	London	Seniors

R = Road, M = Mutiterrain, X = Crosscountry, IT&F = Indoor Track and Field, S = Sportshall

Useful telephone numbers for winter 2008/9

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
James Brennand Coaching Secretary			01223 249410
Glyn Smith. Road running			01223 571685
John Kazer Cross Country			07900 897125
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

Review of Summer 2008 Track and Field

Southern Men's League – 10th in Division 2 (25 clubs)

The men achieved a good result this year after being promoted back into Div 2 last year after a year in Div 3. It was a slightly strange season because the team met all the lower clubs in the first four matches and most of the top clubs in the last two matches.

As a result after 4 matches the team was in 3rd place having won two matches and come second in two, but they didn't fare so well in the last two matches and dropped down the table to 10th.

That was probably just as well, because as the last two matches showed, the team doesn't have enough depth to cope if the top two athletes in some events are absent, and so it would have been a struggle if the team had been promoted to Div 1. Some excellent performances and a good team spirit this year. Even on the last two matches where we had a depleted team, we still took more athletes than we have on some occasions in the past. If we can build the depth of the team during the winter, with younger athletes coming through, it should be a good season next year.

Southern Women's League – 4th in Division 2 North (10 clubs)

This year the women were in the 10 club Division 2 North, where all 10 clubs compete at the same match. C&C won the first match at home and topped the league for a while, but the turnout for the next two away matches was disappointing and scores were low. Things improved for the 4th match where C&C finished with a much better points score, and they finished the season in 4th place in the league, only just behind 3rd placed Newham and Essex Beagles, and ahead of Hunts AC.

Eastern Veterans League

As in previous years, neither the Men nor the Women were able to fill all the events and so were at the bottom of the league tables.

The league did not have a final in September this year, but instead had three dates where there were two matches, with 4/5 clubs in each and then a match (at Cambridge) in August where all the 9 clubs attended. The net result of having all the clubs there was that the relays finished in the dark, and it running the back straight, it was all but impossible to see the runner at the 200m takeover until you almost hit them.

East Anglian league – the men keep their league title

A good season overall. In the league we won the Mens Trophy again this year, for the second year running (not because of our high quality performances, but we managed to fill the events most of the time and got good scores all-round.

C&C qualified for the final in 5 age-groups, the exceptions being the under 13 Girls for the 2nd year in succession, and the Under 15 Girls.

At the time of issue of this newsletter the final has not taken place because of the slightly later date this year, and it will be reported in the next issue.

Eastern Young Athletes league

Only a modest season this year, finishing in a disappointing 13th position and missing out on the Plate final.

Turn-out has generally been a little disappointing overall. A different age-group had a low turnout at each match which dragged the overall results down.

It's a great pity that the turnout wasn't consistently better in all agegroups, especially when you consider how many athletes we have at Monday training.

It really isn't very fair on the team managers who give up their time, and the coaches who are all volunteers, when athletes don't support the teams and their clubmates.

National Junior League – Team Cambridgeshire

The composite team in the national Under 20's league made up from C&C, Hunts AC, PAC and NVH. A good number of our athletes competed for the team again this year. The team was in the Southern Premier Division – about as hot as it can get in that league and they finished 6th and so just avoided having to take part in the qualifier match for next season this year. They finished on 13 match points, the same as Harrow AC but with 25 more scored points. So they continue in the Southern Premier Division next season. Harrow AC finished 2nd in the qualifier match and so keep their place in the Premier Division next season, and City of Norwich also got promotion. Congratulations to all the athletes who took part in one or more of the four matches.

Some new club records (up to 10th September)

Congratulations go to the following:

Morgan Young	Under 13 Boys	Javelin	31.90
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Richard Oppong-Konadu	Under 20 men	400m	48.84
Ed Aston	Senior Men	800m	1.48.57
Amy Pettitt	Under 11 Girls	600m	2.05.9
Lauren Sammout	Under 17 Women	Triplejump	10.89
Laura Bass	Under 17 Women	300m hurdles	46.23
Laura Bass	Under 17 Women	400m hurdles	69.1
Lucy Dowsett	Senior Women **	800m	2.09.05

** Set competing in a Senior Womens competition

National Schools Championships – a bronze for Alice

There was a bronze medal for Alice Forster in the U20 Womens Shot at the National schools, one of only three Cambridgeshire medallists.

Jake Cronin was 4th in the U15 Boys Javelin, David October was 7th in the final of the U15 Boys Longjump and Hayley Sayer was 8th in the final of the U17 Womens Hammer.

C&C supplied 11 of the 25 competitors from Cambridgeshire. Well done to all those athletes and their coaches.

Charlotte Cox – two silver in the DSE National Championships

Another big well done to Charlotte Cox, who went to the Disability Sport England National Championships at Blackpool again this year, and won two silver medals in her class at 100m and 200m.

Will Clarke – Beijing Opypics

Will Clarke was selected for the GB triathlon team at Beijing. Will is a longterm member of C&C having joined as a young athlete and competed in the EYAL etc. He is also now a member of Cambridge Triathletes club.

In Beijing 23 year old Will finished just under a couple of minutes down on the medal winners in 14th place in a time of 1hr50:22.07, with 50 athletes competing.

This is a fantastic performance and Will looks a strong candidate for a medal in London 2012 .

Sportshall athletics for Under 15's, Under 13's and under 11's.

The County will be running Sportshall Athletics competitions again during the winter season, and C&C hope to participate. Provisional dates are 14th December at Chesterton and probably 10th January (probably in Peterborough).

We need offers for people to act as team managers for these events (support will be given).

Results, Results, Results

ROAD

Colworth Half Marathon 22nd July

59 th	J Kazer	1.46.51
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Summer 5k League – Cambridge 3rd July

1st overall – 1st mens team, 1st ladies team – team standings overall 1st, men 1st, women 2nd

1 st M	N Carroll	16:32	2 nd M	N Burch	16:51
4 th M	C Flood	17:20	5 th M	G Weller	17:25
8 th M	A Coianiz	17:52	9 th M	E Anderson	17:54
12 th M	M Ward	18:19	13 th M	J Raymond	18:24
15 th M	S Bowen	18:33	16 th M	A Shields	18:35
18 th M	M Smith	18:43	25 th M	A Aldridge	19:38
26 th M	S Brightwell	19:39	27 th M	A Poole	19:39
29 th M	S Thoday	19:53	2 nd F	K Illum Jordansen	F 20:15
32 nd M	R Jackson	20:23	33 rd M	T Long	20:47

7 th	F	M Simmons	F	20:58	35 th	M	A Herne	21:08
10 th	F	K Samuelson-Dean	F	21:11	36 th	M	A Downie	21:12
38 th	M	A Howard		21:28	43 rd	M	D Yeneralski	21:51
48 th	M	P Garrett		23:03	50 th	M	M Kreetzer	23:17
51 st	M	J Lewy		23:22				

Histon Fun run – 6 miles - 5th July

5 th		L Stone		38.04	13 th		S Thoday	40:30
15 th		T Long		41:38	23 rd		A Downie	43:19
30 th		D Mail		44:32	48 th		A Lasseter (F)	51:44
					7 th		G Meah	22.35

Stratford Summer 6 – 6 miles – 5th July

79 ^m		K Samuelson-Dean	5 ^m F	42.46				
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Bushey 10k – Peterborough July 13th

3 rd		B Baldelli		34.50	114 th		K Samuelson-Dean (14 th F)	44.54
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Peterborough 5k Series – 16th July at Stamford

77 th		S Redfern		20.21				
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St Ives Dairy Crest 10k – 20th July – 551 finished

6 th		N Carroll		34:35	7 th		G Weller	35:16
15 th		J Ferguson	M40	37:01	16 th		G Capetti	M40 37:13
35 th		S Bowen	M50	39:22	42 nd		G Cinque	M45 39:58
57 th		A Aldridge		40:55	72 nd		R Jackson	M50 41:51
84 th		S Redfern	M40	42:37	90 th		K Jordansen	F 43:07
102 nd		M Simmons	F	43:31	108 th		C Brown	M45 43:41
110 th		G Meah	M50	43:53	114 th		T Long	M45 43:58
120 th		A Downie	M55	44:17	126 th		A Herne	M45 44:38
145 th		M DiFranco	M45	45:33	208 th		P Shenton	M50 47:59
251 st		A Lasseter	F	49:13	275 th		B McFadyean-Walsh	50:35
354 th		J Pashley	F	54:01	415 th		R Eadon	W40 56:28

Swiss Alpine Marathon – Davos – July 26th

554 th		A Irvine		5.53.12				
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Harlow 10 mile – July 27th

7 th		B Baldelli	2 nd M40	58.25				
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Peterborough 5k – Werrington – 30th July

62 nd		J Jenkins	2 nd M60	20.09				
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Newmarket 10k – 27th July

8 th		G Capetti		38:34	23 rd		G Cinque	43:40
33 rd		C Brown		45:22	47 th		A Downie	M60 47:19

Wibbly-Wobbly Log Jog – Brandon 1st August – 5 miles

49 th		T Long		35:05	62 nd		A Herne	36:02
66 th		K Samuelson-Dean	F	36:35	73 rd		A Downie	M60 36:54
121 st		F Murphy	F	40:47	146 th		C Stanier	F 42:27

Wellingborough 5mile, 3rd August

85 th		K Samuelson-Dean	F	35:57				
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Kevin Henry 5K League - Haverhill 7th August

Men 2 nd , still 1 st overall								
2 nd	M	N Carroll		16:22	3 rd	M	G Weller	17:15
6 th	M	J Kennard	17:48	10 th M			A Coianiz	18:10
12 th	M	J Ferguson		18:27	17 th	M	J Raymond	19:09
18 th	M	G Cinque		19:17	22 nd	M	S Barr	19:38
23 rd	M	A Aldridge		19:39	27 th	M	A Poole	20:05
29 th	M	S Kennard		20:18	38 th	M	G Meah	21:39
39 th	M	A Irvine		21:54	41 st	M	J Lewy	22:22
43 rd	M	M Kreetzer		22:40	44 th	M	P Scofield	23:23
45 th	M	P Garrett		23:33	48 th	M	N Costello	25:30

Women 1st, now = 1st overall

4 th	F	K Illum	Jordansen	20:31	5 th	F	M Simmons	21:12
6 th	F	R Parsons		21:15	8 th	F	K Samuelson-Dean	21:39
14 th	F	D Braverman		23:29	17 th	F	R Roberts	24:28

Wandlebury Cross-country 5 – August 10th

8 th		G Cinque		33:06	15 th		G Meah	M50 34:38
22 nd		C Brown		35:59	23 rd		S Redfern	36:06
37 th		P Scofield	38:18	40 th			D Braverman	38:32
84 th		E Currington		45:01				

Thorney Smile – 17th August

2 nd		N Carroll		27:46	33 rd		M Smith	32:21
37 th		R Jackson		32:48	52 nd		S Thoday	33:44
78 th		G Meah	M50	35:07	85 th		S Redfern	35:33
95 th		K Samuelson-Dean	F	36:19	96 th		T Long	36:20
106 th		A Irvine		37:00	137 th		A Lasseter	F 39:40

Ballysillan 5k – August 20th

36 th		G Meah	M50	20:49				
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“Help the Heroes” Honington 10k - 3rd September

104 th		S Redfern		43.24				
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Wissey Half Marathon – 7th September

78 th		G Meah		1.39.15				
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Summer 5k series – Saffron Walden – Sept 4th

Results – Men 1 st team, Women 2 nd team, overall 1 st team								
1 st	M	T Vickery		17:35	6 th	M	J Ferguson	18:54
9 th	M	A Coianiz	18:59	10 th	M	J Morley		19:10
13 th	M	A Shields		19:37	15 th	M	M Smith	19:47
16 th	M	S Bowen		19:49	18 th	M	A Aldridge	20:08
22 nd	M	A Poole		20:36	23 rd	M	S Barr	20:39
24 th	M	S Thoday		20:42	2 nd	F	K Jordansen	F 21:36
32 nd	M	S Redfern	21:47	33 rd	M	G Meah		21:48
36 th	M	A Herne		22:22	39 th	M	A Howard	22:43
40 th	M	A Downie		22:46	43 rd	M	M DiFranco	23:15
44 th	M	P Scofield	23:36	45 th	M	J Lewy		23:55
11 th	F	R Roberts	F 23:57	47 th	M	P Garrett		24:05
49 th	M	P Allen		24:10	12 th	F	F Murphy	F 24:20
14 th	F	C Stanier	F	24:33	51 st	M	M Kreetzer	24:35
15 th	F	D Braverman	F	24:48				

Final Result of 5k series – Overall 1st team, Men 1st team, Ladies 1st team

Grundy Fen Half Marathon – 14th September

35 th		J Raymond		1:24:15	42 nd		I Badr	1:25:57
46 th		S Brightwell		1:27:02	87 th		K Jordansen	F 1:33:13
104 th		S Barr		1:34:55	126 th		S Thoday	1:37:16
133 rd		D Yeneralski		1:37:58	151 st		S Redfern	1:39:54
161 st		T Long		1:40:46	171 st		K Samuelson-Dean	F 1:41:42
231 st		P Allen		1:47:53	276 th		A Howard	1:52:52

Robin Hood Half Marathon – Nottingham 14th September

374 th		A Poole		1.33.50	793 rd		M DiFranco	1.41.22
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TRACK & FIELD

Eastern Young Atletes league on 29th June at St Albans

Match result – 1 st St Alban 759, 2 nd Dacorum 717, 3 rd C&C 572, 4 th West Suffolk 339, 5 th Trent park 200, 6 th Harlow 157								
Under 17 men – 3 rd 80 pts								
100m		1A	J Stafford		12.0			
200m		1A	J Stafford		24.5			
1500m		4A	B Kennard		5.19.0			
Highjump		3A	D October		1.60			
Longjump		2A	D October		5.48	2B	J Stafford	5.24
Triplejump2A		D October		11.99				
Shot		1A	M Lawrence		12.05	1B	A Morter	7.41
Discus		1A	M Lawrence		33.47	2B	A Morter	21.72
Javelin		2A	A Morter		38.79			
Hammer		2A	M Lawrence		18.79			
Under 15 Boys – 3 rd – 91 pts								
100m		3A	M Dutton		13.1	5B	D Ebanks	13.7
200m		3A	M Dutton		26.7	5B	D Ebanks	28.40

400m	2A	S Pullen	57.00				
800m	2A	S Pullen	2.14.6				
1500m	2A	J Cochrane 4.52.2	1B	S Kennard	5.00.0		
Longjump	3A	D Ebanks	4.66	3B	S Szymanski	4.06	
Shot	1A	J Cronin	12.00	3B	J Carter	5.85	
Discus	4A	J Carter	17.58				
Javelin	1A	J Cronin	46.77	1B	O Bass	35.44	
Hammer	3A	J Carter	15.36				
4 x 100	3A	Cronin, Ebanks, Pullen, Dutton				50.6	
Under 13 Boys – 1 st 112 pts							
100m	1A	R Sheppard	13.8	1B	J Ebanks	14.3	
200m	1A	J Ebanks	28.9	1B	R Sheppard	29.4	
800m	4A	K O'Neil	2.45.2	2B	A Schumann	2.46.9	
1500m	1A	G Kendall	5.15.1				
Hurdles	3A	M Jones	18.00				
Longjump	1A	J Ebanks	4.12	1B	R Sheppard	4.00	
Highjump	2A	G Kendall	1.35	1B	M Taylor	1.25	
Shot	1A	D Warboys	8.39	1B	W Cox	6.43	
Discus	1A	D Warboys	20.19	1B	W Cox	15.46	
4 x 100 relay	1A	Taylor, O'Neil, Jones, Ebanks				57.4	
Under 17 Women – 3 rd 104 pts							
100m	1A	E Morris	13.1				
200m	1A	E Morris	27.0	2B	H Cox	28.4	
300m	3A	H Cox	46.3	2B	H Sheppard	47.7	
800m	2A	E Taylor	2.31.4	2B	H Sheppard	2.45.0	
1500m	2A	R Carter	5.20.3				
Highjump	1A	B Dixon	1.50				
Longjump	3A	B Dixon	4.64				
Shot	2A	L Sammout	9.05	1B	H Sayer	8.37	
Discus	2A	H Sayer	20.88				
Javelin	3A	L Sammout	20.54	2B	H Cox	12.04	
Hammer	1A	H Sayer	35.90				
4 x 100 relay	2A	Morris, Cox, Sheppard, Taylor				54.3	
Under 15 Girls – 4 th – 99pts							
100m	4A	M George	13.9	4B	S Baxter	14.9	
200m	4A	M George	29.4	2B	L Millichap	31.3	
300m	4A	M Turner	49.4	2B	S Baxter	52.6	
800m	3A	M Turner	2.50.5				
1500m	3A	A Dow	5.25.4				
Hurdles	1A	C Asztalos	12.3	3B	L Millichap	14.5	
Longjump	4A	A Dow	4.00	3B	M Turner	3.45	
Highjump	4A	R Davidson	1.20	3B	L Gillies	1.10	
Shot	5A	S Baxter	4.32				
Discus	4A	L Gillies	14.68	1B	R Davidson	13.32	
Javelin	2A	L Millichap	18.76	2B	R Davidson	10.50	
4 x 100	3A	George, Gillies, Millichap, Baxter				62.4	
Under 13 Girls – 3 rd – 86 pts							
100m	4A	A Young	14.8	4B	C Shorthall	16.3	
200m	4A	Z MacDonald	32.4	2B	A Young	31.5	
800m	5A	A Gray	3.10.0	4B	Z MacDonald	3.17.3	
1500m	2A	H Parker	5.38.2				
Hurdles	2A	K Bass	12.8				
Highjump	4A	A Gray	1.20	3B	A Goggin	1.20	
Longjump	3A	K Bass	3.77	1B	A Young	3.73	
Shot	3A	A Goggin	6.15	3B	Z MacDonald	5.28	
Discus	1A	A Goggin	16.68	1B	H Parker	9.92	
4 x 100	4A	Young, Shorthall, MacDonald, Goggin				63.8	
Eastern veterans league – Cambridge – 2nd July							
Men 4 th 57 pts,							
100m	3 rd M50	A Downie	16.2	1 st M60	N Moss	15.1	
400m	3 rd M50	A Downie	75.2				
1500m	3 rd M50	A Downie	5.51.9				
2km walk	4 th M50	G Meah	17.07-5				
Longjump	2 nd M50	G Meah	2.66	1 st M60+	N Moss	3.79m	
Polevault	1 st M50	N Moss	2.20				
Shot	2 nd M40	F Martin	6.52	2 nd M50	P Bramford	9.44	

Hammer	2 nd M40	F Martin	19.06	3 rd M60	N Moss	6.17	
Ladies 4 th 49pts				2 nd M50	P Bramford	28.61	
100m	2 nd W45	L Davis	17.3				
400m	4 th W35	R Roberts	74.0	2 nd W45	L Davis	80.5	
				1 st W55	M Holmes	91.2	
1500m	3 rd W35	R Roberts	5.55.2				
Shot	3 rd W35	R Roberts	6.01	1 st W45	R Martin	7.59	
Hammer	2 nd W35	R Roberts	17.97	2 nd W45	R Martin	22.64	
				1 st W55	A Bramford	23.39	
BMC Gold Standard – Watford July 2nd							
1500m Men	8 th in race 1	I Williamson	3.51.0				
National Disability Sport England Champs – Blackpool – July 5th/6th							
100m, 200m,		C Cox	100m 2 nd 17.0,	200m 2 nd		34.6	
British Masters, Birmingham, July 5th/6th							
400m W70	2 nd	M Holmes	92.87	800m	1 st	3.36.22	
3k Walk M65	2 nd	P Howard	19.05.94				
1500m W55	7 th	S Barnett	6.19.47				
Shot M55	6 th	P Bramford	8.95	Discus	6 th	32.29	
Javelin M55	4 th	P Bramford	35.53	Hammer	5 th	27.35	
Weight M55	6 th	P Bramford	9.16				
Shot W60	3 rd	A Bramford	6.45	Discus	3 rd	17.10	
Hammer W60	4 th	A Bramford	24.33	Weight	4 th	9.21	
Hungarian U23 Championships – 6th July							
400m	2 nd	I Asztalos	57.4				
Eastern AA Championships – Cambridge 6th July							
Sen Mens 800m	3 rd	M Bell	2.06.12				
Sen Mens Hammer	1 st	A Lee	41.63				
Sen Mens Polevault	2 nd	A Boyce	3.50				
U20 mens 100m	7 th	J Godden	12.19				
U20 mens 200m	7 th	J Godden	24.25				
U20 mens 1500m	2 nd	W Mycroft	4.23.07				
U17 Men 100m	5ht	J Stafford	12.23				
U17 men 200m	6ht	J Stafford	25.00				
U17 Men 1500m	5 th	N Burch	4.28.1	7 th	J Baslington	4.34./08	
U17 Men Hurdles	1 st	B Kelk	14.30				
U17 mens Shot	1 st	M Lawrence	11.77				
U17 Mens Discus	2 nd	M Lawrence	30.66				
U17 men Javelin	5 th	A Morter	40.42				
U15 Boys 1500m	6 th	J Cochrane 4.52.00					
U15 Boys Discus	5 th	J Carter	18.43				
U15 Boys Hammer	6 th	J Carter	15.04				
U20 Wom 100m	2 nd	C Lacey	13.94				
U20 Womens 800m	1 st	K Parker	2.36.13	2 nd	N Richards	2.59.80	
U20 Womens 1500m	1 st	C Arkell	6.14.83				
U20 Wom Shot	1 st	A Forster	11.15				
U20 Wom Hammer	1 st	A Forster	29.71				
U17 Women 100m	3 rd	E Morris	13.18 (13.15 in ht)				
U17 Womens 200m	3 rd	E Morris	27.42				
U17 Womens 300m	5 th	Z Kier	46.20				
U17 Women 1500m	1 st	R Carter	5.25.24				
U17 Wom 80m hds	3rd	Z Kier	13.01				
U17 Womens Hamm	2 nd	H Sayer	35.00				
U17 Womens Shot	2 nd	L Sammout	9.20	4 th	H Sayer	8.29	
U17 Womens HJ	3 rd	Z Kier	1.50	7 th	B Dixon	1.40	
U17 Womens LJ	2 nd	L Sammout	4.93	6 th	B Dixon	4.10	
U15 Girls 75m Hds	2 nd	C Asztalos	12.15				
U15 Girls 1500m	7 th	G Schweining	5.07.66				
U13 Girls 200m	6ht	N Rehakova	32.59				
U13 Girls 800m	9 th	H Parker	2.52.26	10 th	N Rehakova	2.56.71	
Southern Mens League at Luton on 12th July							
1 st Luton 130, 2 nd Brighton 118, 3 rd Thurrock 103, 4 th Hillington 100, 5 th C&C 86							
100m	5A	J Godden	12.1	5B	B Davies	12.4	
200m	5A	J Godden	24.5	5B	S Richards	25.8	
400m	4A	J Huddlestone	58.4	4B	A Taylor	60.5	
800m	4A	M Bell	2.04.6	4Bq	N Burch	2.16.1	

1500m	4A	M Bell	4.24.5	4B	N Burch	4.36.4
5000m	5A	A Howard	21.04.0			
3000S/C	5A	T Brennand	13.54.5			
110 hdls	4A	J Huddleston	19.2	5B	T Brennand	22.3
400hdls	5A	J Huddleston	60.9	1B	T Brennand	66.8
Highjump	4A	A Taylor	1.65	2B	S Richards	1.60
Longjump	3A	S Richards	6.06	4B	B Davies	5.55
Triplejp	4A	S Richards	11.74	3B	B Davies	11.34
Polevault	3A	A Boyce	3.40	1B	A Taylor	2.60
	N/S	N Moss	2.20			
Shot	2A	E Akinluyi	11.36	1B	G Parsons	10.99
	N/S	A Lee	10.52			
Discus	1A	G Parsons	35.46	1B	E Akinluyi	34.51
	N/S	A Lee				
Javelin	4A	A Taylor	33.47	5B	G Parsons	30.62
Hammer	1A	A Lee	41.60	1B	G Parsons	37.13
4 x 100	5A		47.7			
4 x 400	5A		4.02.1			

National Schools at Gateshead 11th/12th July

U20W Shot	3 rd	A Forster	11.48			
U20W 800m	4 th heat	L Dowsett	2.12.41			
U17W Hammer	8 th	H Sayer	35.69	(5 th with 35.44 in Pool A)		
U17W 300m Hdls	8 th Semi	L Bass	47.51	(5 th in Heat 46.68)		
U17W Triplejump	17 th	L Sammout	10.08			
U15 Girls Hdls	7 th heat	C Asztalos	12.11			
U20 Men 100m	7 th heat	C Morter	11.30			
U20 Men 400m	5 th heat	R Oppong-konadu	49.64			
U17 men hurdles	6 th heat	B Kelk	13.97			
U15 Boys Javelin	4 th	J Cronin	44.87			
U15 Boys Longjump	7 th	D October	5.89			

UK Trials – Birmingham – July 11/12th

800m	6 th	E Aston	1.51.59	(heats 1.49.99)		
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Eastern Young Atletes league on 13th July at Ipswich
Match result – 1st Peterborough 661½, 2nd Southend 613½, 3rd Ipswich 554½, 4th C&C 394½, 5th Colch & T 337, 6th Ryston/W Norf 42

Under 17 men – 1 st						
100m	4A	B Davies	12.1	2B	J Stafford	12.1
200m	4A	J Stafford	24.7	3B	J Cootes	26.3
400m	4A	J Cootes	56.8			
1500m	3A	B Whittle	4.32.5	2B	B Kennard	5.21.3
Highjump	3A	L Andrews	1.55	2B	J Cootes	1.40
Longjump	2A	B Davies	5.75	2B	J Stafford	5.08
Triplejump 2A	B Davies	10.98				
Shot	1A	M Lawrence	11.05	1B	J Stafford	9.40
Discus	2A	M Lawrence	33.44	1B	A Morter	25.92
Javelin	2A	A Morter	40.54	1B	L Andrews	26.28
	N/S	M Lawrence	30.23			
Hammer	1A	M Lawrence	19.76			
4 x 100	3A		48.6			
Under 15 Boys – 5 th						
100m	4A	J Cronin	12.7	4B	D Ebanks	13.3
	N/S	J Vane	13.9			
200m	3A	J Cronin	27.2			
	N/S	J Vane	30.2			
400m	1A	S Pullen	56.7			
800m	4A	S Pullen	2.11.5			
1500m	4A	J Cochrane	4.49.3	2B	S Kennard	4.59.3
Highjump	5A	J Vane	1.30	5B	C Ennis	1.20
Longjump	4A	D Ebanks	4.37	3B	C Ennis	3.86
Javelin	1A	J Cronin	41.67			
Under 13 Boys – 4 th						
100m	5A	J Ebanks	14.1	3B	M Taylor	15.2
	N/S	J Tofts	15.0	N/S	?	15.1
	N/S	J Rowsel	15.2	N/S	J Richards	15.2
200m	2A	J Ebanks	28.9	3B	L Webber	33.5
	N/S	B Tofts	32.8			

800m	5A	J Tofts	2.53.9			
Hurdles	6A	B Tofts	22.5			
Longjump	4A	J Ebanks	3.94	4B	L Webber	2.69
	N/S	J Richards	3.53	N/S	J Tofts	3.14
	N/S	J Rowsel	2.93			
Highjump	5A	M Taylor	1.15			
Shot	2A	D Warbouys	8.39	1B	W Cox	6.50
	N/S	M Taylor	5.40			
Discus	4A	D Warboys	18.83	3B	W Cox	14.23
4 x 100 relay	4A		59.9			
Under 17 Women – 4 th						
100m	5A	M Oliver	14.1			
	N/S	C Cox	16.1			
200m	5A	M Oliver	28.5	4B	H Cox	29.1
	N/S	C Cox	34.3			
300m	4A	E Taylor	46.4	3B	H Cox	47.6
800m	3A	E Taylor	2.35.6			
Highjump	4A	M Smith	1.35			
Longjump	2A	F Kumar	4.27	N/S	C Cox	2.04
Triplejump 2A	F Kumar	9.15				
Shot	4A	E Taylor	5.29			
Javelin	3A	H Cox	11.45			
4 x 100 relay	4A		56.1			
Under 15 Girls – 4 th						
100m	5A	M George	14.0	5B	I LaHausse	15.0
	N/S	S Baxter	15.1			
200m	5A	M George	30.1	3B	L Millichap	30.7
300m	2A	M Turner	49.2	4B	M George	49.5
Hurdles	2A	J Fox	13.1	1B	L Millichap	14.9
Longjump	2A	J Fox	4.39	1B	I LaHausse	3.73
Shot	4A	A Crabb	5.93	4B	S Baxter	4.63
Discus	5A	A Crabb	13.26	5B	I LaHausse	10.99
Javelin	3A	L Millichap	20.15			
4 x 100	4A		57.8			
Under 13 Girls – 5 th						
100m	5A	A Young	14.6			
200m	5A	A Young	33.4			
800m	4A	A Gray	3.19.2			
1500m	1A	H Parker	5.27.5			
Highjump	2A	A Gray	1.20			
Longjump	3A	A Young	3.75	3B	A Gray	3.48
Discus	3A	H Parker	12.35			

BMC Stretford July 19th

800m Men	3 rd	E Aston	1.49.41			
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Camb Devt meeting at St Ives – July 23rd

Hurdles	U13G	1 st	K Bass	12.6			
Hurdles	U15G	1 st	J Fox	13.8			
Hurdles	U17W	1 st	L Bass	13.6			
100m	U17W	1 st	E Morris	13.1	2 nd	L Bass	14.1
100m	U15G	1 st	J Wright	13.9			
100m	U13G	1 st	A Cooper	13.8	4 th	C Marriott	16.0
100m	U13B	2 nd	W Blackwell	14.8			
200m	U13G	1 st	A Cooper	28.1			
200m	U13B	1 st	W Blackwell	29.5			
1 Mile	Sen Men	1 st	M Bell	4.46.2	3 rd	D Pettit (M40)	5.44.3
1 Mile	U15B	3 rd	J Cochrane	5.16.9			
1 Mile	SW	2 nd	K Parker (U20)	6.00.1	3 rd	H Belbin	6.26.0
Polevault	Sen Men	1 st	A Boyce	3.50	2 nd	J Brennand	2.60
Javelin	U15B	1 st	O Bass	32.76			
Javelin	U13B	1 st	M Young	31.90	3 rd	C Jackman	19.60
Javelin	U17W	1 st	L Sammout	20.42			
Longjump	U20M	1 st	S Richards	5.68			

Longjump U17M	2 nd	B Davies	5.35				
Longjump U15B	2 nd	C Ennis	3.27				
Longjump U13B	2 nd	M Young	3.90				
Longjump U17W	2 nd	L Sammout	4.51				
Longjump U15G	2 nd	J Fox	4.26	4 th	F Kumar	3.93	
150m U11G	1 st	A Pettit	23.8				
400g Turbojav U11B	1 st	S Kumar	19.39				

Southern Womens League – Mile End, July 26th

Senior Women							
100m	4A	A Forster	13.8	4B	L Lesniak	15.6	
800m	1A	E Schofield	2.31.4				
Longjump	4A	L Sammout	5.05	5B	L Lesniak	3.58	
Triplejump3A	L Sammout	10.45	2B	L Lesniak	6.82		
Highjump	5A	L Lesniak	1.20				
Shot	2A	A Forster	10.93	4B	L Lesniak	5.91	
Discus	3A	L Sammout	26.97	2B	A Forster	19.58	
Hammer	3A	A Forster	35.42				
Under 15 Girls							
200m	4A	J Fox	29.4	4B	F Kumar	30.5	
Longjump	2A	F Kumar	4.41	1B	J Fox	4.23	
Highjump	4A	R Davidson	1.25				
Shot	1A	F Kumar	7.41	5B	J Fox	4.80	
Discus	7A	R Davidson	11.49				
Javelin	5A	R Davidson	12.64				

National Junior League – Eton July 27th – Team Cambridgeshire

Team Cambridgeshire 6 th – finish 6 th in Southern Premier Division							
U20 Men							
100m				7B	B Davies	12.09	
1500m				2B	W Mycroft	4.15.35	
Longjump	7A	S Richards	5.78	5B	B Davies	5.55	
Triplejump8A	S Richards	11.22	5B	B Davies	11.18		
Under 20 Women							
800m	1A	L Dowsett	2.12.25	6B	K Parker	2.39.20	
1500m	1A	L Dowsett	4.51.03				
100 Hdls	3A	K Motley	15.97				
Longjump	6A	L Sammout	4.74				
Triplejump3A	L Sammout	10.80					
Hammer				3B	A Forster	30.47	
Discus	5A	A Forster	23.90				
Shot	3A	A Forster	11.16				

Southern Mens League at Mile End on 2nd August

1 st VP&TH 149, 2 nd E&H 111, 3 rd Ilford 105, 4 th Met Police 94, 5 th C&C 76							
100m	5A	B Davies	11.7	5B	J Stafford	11.8	
200m	5A	J Huddleston	24.6	5B	J Stafford	24.7	
400m	5A	M Bell	51.0	5B	L Harper	66.0	
800m	1A	M Bell	2.01.0	2B	L Harper	2.09.2	
1500m	4A	W Mycroft	4.16.6	2B	J Morley	4.22.2	
	N/S	AHoward	5.36.6				
5000m							
3000S/C	5A	T Brennand	14.34.7	5B	J Brennand	15.11.4	
110 hdls	5A	J Huddleston	18.9	4B	T Brennand	18.8	
400hdls	2A	J Huddleston	60.4	2B	T Brennand	65.1	
Highjump	4A	A Taylor	1.70	4B	S Richards	1.50	
Longjump	5A	S Richards	6.00	5B	B Davies	5.67	
Triplejp	5A	S Richards	11.93	3B	J Brennand	11.19	
Polevault	3A	A Boyce	3.40	3B	J Brennand	2.60	
Shot	4A	G Parsons	11.09	2B	A Lee	10.76	
Discus	4A	G Parsons	34.97	3B	A Lee	28.65	
Javelin	5A	A Taylor	33.70	5B	G Parsons	23.72	
Hammer	1A	A Lee	42.27	1B	G Parsons	37.96	
4 x 100	5A		47.3				
4 x 400	5A		3.49.6				

Amsterdam Open meeting – 2nd August

800m	6 th	E Aston	1.49.84				
Eastern Young Athletes League – Cambridge - August 3rd							
Overall match result – 1 st Bedford 705, 2 nd Basildon 612, 3 rd Chelmsford 529, 4 th C&C 514, 5 th E&H 350, 6 th Thurrock 313, 7 th Harlow 117							
Under 17 men (2 nd)							
100m	4A	B Davies	11.8	2B	J Stafford	11.9	
200m	5A	J Stafford	24.7	6B	B Kennard	27.9	
400m	5A	N Burch	58.2	4B	B Kennard	63.3	
800m	3A	N Burch	2.11.4				
100m Hdls	2A	B Kelk	14.2				
Highjump	2A	B Kelk	1.70	2B	L Andrews	1.45	
Longjump	1A	B Davies	5.92	1B	J Lines	5.45	
Triplejump2A	J Lines	11.84	2B	L Andrews	10.27		
Shot	2A	M Lawrence	11.44	1B	J Lines	9.95	
	N/S	B Kennard	5.78	N/S	J Stafford	9.47	
Discus	4A	J MacGillivray	23.47	1B	A Morter	22.71	
Javelin	3A	A Morter	36.18	1B	B Kelk	29.78	
Hammer	3A	M Lawrence	18.90				
4 x 100	1A		46.3				
Under 15 Boys (4 th)							
100m	6A	D Ebanks	13.4	4B	J Vane	14.3	
	N/S	N Ward	12.6	N/S	C Riley	13.2	
200m	6A	A Bayliss	26.9	3B	N Ward	25.8	
	N/S	C Riley	27.0	N/S	D Ebanks	27.0	
	N/S	J Vane	30.9				
400m	3A	O Bass	56.9	2B	S Pullen	57.2	
800m	1A	O Bass	2.12.0	1B	S Pullen	2.19.9	
	N/S	D Serabula	2.40.9				
1500m	5A	S Kennard	4.59.0	3B	J Lewis	6.01.7	
80m Hurdles	3A	S Pullen	18.4				
Highjump	5A	C Ennis	1.20	3B	D October	1.20	
Longjump	1A	D October	5.89	3B	D Ebanks	4.63	
	N/S	C Ennis	3.90	N/S	J Vane	4.01	
Discus	3A	J Carter	15.17				
Hammer	3A	J Carter	18.37				
4 x 100	4A		51.2				
Under 13 Boys (3 rd)							
100m	3A	J Ebanks	13.8	2B	R Sheppard	13.9	
	N/S	J Rowsell	15.5	N/S	L Webber	15.5	
200m	3A	J Ebanks	29.0	2B	R Sheppard	29.2	
	N/S	L Rawlings	30.0	N/S	L Webber	31.8	
	N/S	J Rowsell	32.3				
800m	5A	A Schumann	2.49.0	4B	S Kumar	3.00.3	
	N/S	C O'Brien	3.13.6				
1500m	1A	G Kendall	5.05.6	2B	C Taylor	6.13.8	
75m Hurdles	3A	B Fullah	14.7	2B	H Cotton	15.0	
Highjump	7A	B Fullah	1.15	5B	G Kendall	1.10	
Longjump	3A	J Ebanks	4.23	3B	R Sheppard	4.10	
	N/S	J Rowsell	3.07	N/S	L Rawlings	4.30	
	N/S	L Webber	2.97	N/S	C O'Brien	2.80	
Shot Putt	3A	D Warboys	7.96	6B	C Jackman	4.42	
	N/S	A Schumann	4.59				
Discus	3A	D Warboys	19.68				
4 x 100 relay	4A		60.2				
Under 17 Women (4 th)							
100m	3A	M Oliver	13.7	3B	E Taylor	14.3	
	N/S	A Neve	14.0				
200m	4A	L Bass	27.5	2B	M Oliver	28.5	
300m	5A	H Sheppard	50.2				
800m	4A	E Taylor	2.35.9	3B	H Sheppard	2.46.3	
	N/S	R Carter	2.36.5				
Hurdles	1A	L Bass	12.3				
Highjump	3A	M Oliver	1.25				
Longjump	1A	L Sammout	5.01				
Triplejump1A	L Sammout	10.79					

Shot	1A	L Sammout	8.63	1B	H Sayer	8.39
Discus	3A	H Sayer	21.07	3B	H Sheppard	15.45
Javelin	2A	R Carter	15.34			
Hammer	1A	H Sayer	36.16			
4 x 100	4A		55.1			
Under 15 Girls (6 th)						
100m	5A	J Wright	13.8	4B	M George	14.1
	N/S	S Loker	15.0	N/S	S Baxter	15.1
200m	4A	M George	29.2	4B	L Millichap	30.9
	N/S	M Scott	31.2			
300m	5A	M George	48.1	5B	S Baxter	56.1
75m Hdls	2A	E Cave	12.4	4B	L Millichap	15.1
Longjump	4A	F Kumar	4.29	3B	S Loker	4.07
	N/S	A Dow	3.96			
Shot	4A	F Kumar	6.74	3B	S Baxter	4.27
Discus	5A	L Gillie-visser	15.50	3B	S Loker	13.17
Javelin	5A	L Gillie-visser	13.78			
4 x 100	5A		58.3			
Under 13 Girls (5 th)						
100m	4A	O Abbott	15.3	4B	S Dowsett	14.9
200m	6A	K Bass	30.7	4B	Z MacDonald	32.7
	N/S	O McGuire	29.9	N/S	N Abell	37.3
	N/S	O Abbott	33.4			
800m	6A	Z MacDonald	3.14.1	4B	O McGuire	2.53.2
1500m	3A	H Parker	5.29.3			
70m Hdls	1A	K Bass	12.1			
Highjump	4A	A Gray	1.10	3B	N Abell	1.10
	N/S	T McVey	1.10			
Longjump	4A	K Bass	3.97	4B	T McVey	3.47
Shot	4A	Z MacDonald	5.76	3B	O Abbott	4.64
Discus	4A	H Parker	12.99	5B	O McGuire	9.04
4 x 100	5A		62.4			
Eastern Veterans league at Cambridge – Aug 6th						
Men – 9 th 63 pts						
200m	M50	7 th	P Garrett	33.0	M60	5 th N Moss 32.0
800m	M40	8 th	M Kreetzer	2.54.9	M50	8 th P Garrett 2.53.6
3000m					M50	4 th G Meah 11.55.3
Mile walk	M40	5 th	P Howard	9.56.1	M50	9 th G Meah 13.13.7
Highjump					M50	4 th G Meah 1.10
Triplej'p	M50	5 th	G Meah	5.54	M60	6 th N Moss 6.81
Discus	M50	3 rd	P Bramford	33.60	M60	6 th N Moss 17.91
Javelin	M40	8 th	N Moss	16.87	M50	4 th P Bramford 32.13
Relay 4,2,2,4					M50	5 th 3.35.5
Women – 8 th 46 pts						
200m	W35	5 th	L Davies	35.2	W45	8 th S Barnett 38.2
800m	W45	6 th	M Holmes	3.36.4	W55	1 st S Barnett 3.08.2
3000m					W45	4 th S Barnett 14.24.9
Mile walk	W35	5 th	R Roberts	11.27.5	W45	6 th A Bramford 15.90
Discus	W35	7 th	R Roberts	15.86	W45	6 th C Morris 11.26
Javelin	W35	6 th	R Roberts	12.09	W55	3 rd M Holmes 15.89
Relay 4,2,2,4	W35	5 th		4.04.2		
Bigglewade Throws Fest – August 7th						
Hammer	U17W	1 st	H Sayer	37.11		
Shot	U17W	1 st	H Sayer	8.28		
Discus	U17W	3 rd	H Sayer	22.85		
England Athletics U15/U17 Championships at Birmingham on August 9/10th						
U17 Men 100m Hdls		B Kelk	14.32	8ht		
U15 Girls 75m hdls		C Asztalos	11.69	3ht	11.87	8f
U17W 300m hdls		L Bass	46.14	4Ht	46.14	7f
BMC final – Eton – August 9th						
1500m	U20W	L Dowsett	4.32.04			
Inter territorial U23 match – Derby 10th August						
800m Men	2nd	E Aston	1.50.31			
East Anglian League – Luton August 17th						

Overall match – 1 st CLuton, 2 nd Chelmsford, 3 rd C&C, 4 th Braintree, 5 th Leighton Buzzard, 6 th Ryston										
Senior Men - 2 nd C&C 149pts										
100m	3A	S Richards	12.7	2B	T Brennan	12.4				
200m	4A	J Huddleston	24.2	4B	M Bell	25.5				
400m	4A	W Mycroft	57.5	3B	T Brennan	63.3				
800m	4A	M Bell	2.02.4	2B	W Mycroft	2.06.3				
3000m	2A	J Morley	10.07.6	2B	D Pettit	11.42.8				
Hurdles	2A	J Huddleston	18.0	1B	T Brennan	19.0				
Longjump	3A	S Richards	5.78	2B	T Brennan	5.31				
	N/S	J Huddleston	5.69							
Triplejump3A	S Richards	11.64	2B	T Brennan	10.25					
Highjump	2A	S Richards	1.65	2B	J Huddleston	1.60				
Shot	2A	G Parsons	11.08	1B	A Lee	10.58				
	N/S	P Bramford	8.67							
Discus	3A	G Parsons	31.52	2B	A Lee	27.39				
	N/S	P Bramford	25.79							
Javelin	3A	G Parsons	33.08	2B	P Bramford	31.35				
	N/S	A Lee	23.49							
Hammer	1A	A Lee	43.94	2B	G Parsons	37.33				
	N/S	P Bramford	23.24							
4 x 100 relay	4A		48.7							
Under 17 Men – 3 rd with 81 pts										
100m	2A	B Kelk	12.3	2B	J Lines	12.0				
Hurdles	1A	B Kelk	14.1							
Longjump	2A	J MacGillivray	3.84							
Triplejump1A	J Lines	12.09								
Shot	1A	M Lawrence	11.80	2B	J MacGillivray	9.28				
Discus	1A	J MacGillivray	31.38	1B	M Lawrence	30.55				
Javelin	2A	J Lines	39.34							
Hammer	3A	M Lawrence	16.47							
4 x 100	3A		54.1							
Under 15 boys - 3 rd with 83 pts										
100m	3A	N Ward	12.9	2B	C Riley	13.1				
	N/S	D Ebanks	13.3	N/S	L Browning	14.5				
200m	3A	N Ward	26.7	3B	D Ebanks	28.4				
	N/S	S Pullen	26.4	N/S	C Riley	27.2				
	N/S	L Browning	29.7							
400m	1A	S Pullen	57.5							
800m	1A	O Bass	2.15.9	1B	S Pullen	2.18.9				
	N/S	D Serubola	2.36.1							
Longjump	3A	N Ward	4.83	1B	D Ebanks	4.30				
Shot	2A	O Bass	9.14							
Discus	3A	J Carter	16.24							
Javelin	1A	O Bass	36.70							
Hammer	3A	J Carter	21.38							
4 x 100 relay	2A		53.2							
Under 13 Boys – 4 th with 61pts										
100m	3A	J Ebanks	14.1	4B	J Richards	15.2				
	N/S	J Mair	14.0							
200m	3A	J Ebanks	29.2	1B	J Mair	29.1				
	N/S	W Blackwell	29.9							
Longjump	3A	J Richards	4.08	2B	J Ebanks	4.01				
Shot	3A	S Kumar	5.27	2B	J Richards	4.57				
Discus	3A	W Blackwell	13.02							
Javelin	1A	W Blackwell	25.35	N/S	S Kumar	19.83				
4 x 100	2A		58.4							
Under 11 Boys										
80m	1 st	LEbanks	12.4							
600m	5 th	L Ebanks	2.13.9							
Longjump	1 st	L Ebanks	3.23							
Senior Ladies - 3 rd with 126pts										
100m	3A	E Morris	13.4	3B	K Motley	13.7				
200m	3A	E Morris	27.7	2B	S Rogan	28.3				
	N/S	N Shaw (Guest)	26.5	N/S	L Dowsett	26.8				
300m (U17)	3A	L Bass	43.8							

400m	1A	L Dowsett	57.7	2B	S Rogan	65.4
	N/S	N Shaw (guest)	58.6			
800m	3A	R Carter	2.32.9			
1500m	2A	J Lasenby	5.14.4	2B	L Lesniak	6.53.4
80m Hurdles (U17)	2A	LBass	13.0			
100m Hurdles	2A	K Motley	17.3			
Highjump	3A	B Dixon	1.35	3B	L Lesniak	1.20
Longjump	5A	B Dixon	3.30	4B	L Lesniak	3.22
Triplejump4A	B Dixon	8.96	3B	L Lesniak	6.90	
Shot	5A	L Lesniak	5.99	3B	A Bramford	5.87
Discus	5A	A Bramford	19.46	5B	L Bass	13.60
Javelin	4A	E Morris	14.02	5B	A Bramford	11.55
4 x 100	2A		53.5			
Under 15 Girls – 3 rd with 65pts						
100m	3A	S Loker	15.6	3B	S Baxter	15.3
200m	3A	M Turner	31.1	3B	F Kumar	31.1
800m	3A	M Turner	2.49.6			
Longjump	2A	F Kumar	4.34	1B	S Loker	4.01
Shot	4A	F Kumar	6.68	3B	S Baxter	4.66
Discus	4A	M Turner	13.58	2B	S Loker	13.41
Javelin	5A	S Baxter	7.41			
4 x 100	3A		59.8			
Under 13 Girls - 4 th with 45 pts						
100m	3A	S Dowsett	15.5	4B	A Parker	16.9
200m	4A	S Dowsett	31.9			
800m	3A	H Parker	2.47.6			
Hurdles	4A	A Parker	15.8			
Longjump	3A	S Dowsett	3.67	3B	A Parker	3.15
Discus	3A	H Parker	13.13			
Javelin	4A	H Parker	9.61			
4 x 100	4A		64.9			
Under 11 Girls						
80m	2 nd	A Pettitt	12.6	7 th	E Dowsett	13.6
600m	1 st	A Pettitt	2.06.9	2 nd	E Dowsett	2.24.5
Longjump	1 st	E Dowsett	2.84			
BMC meeting – Eltham – 20th August						
1500m U20W		L Dowsett	4.34.37			
SEAA Under 15/U20 Intercounties match – Copthall August 24th						
Under 15 Boys	Javelin	J Cronin	41.54	4 th		
Under 20 men	Longjump	S Richards	5.99	10 th		
Under 20 Women	400m	L Dowsett	57.48	2 nd	(57.40 in ht)	
	Triplejump	L Sammout	10.00	6 th		
Marshall Peugeot Games – Peterborough – August 25th						
Sen men	400m Hdl	3 rd	J Huddlestone	58.9		
	110 Hdls	2 nd	J Huddlestone	18.0		
	800m	3 rd	M Bell	2.01.2		
	1500m	3 rd	D Pettit M40	4.25.1		
	Longjump	2 nd	S Richards	5.85		
	Shot	5 th	A Lee	10.50		
	Hammer	6 th	A Lee	43.66		
MU17	100m	4 th	B Davies	12.1		
	Longjump	3 rd	B Davies	5.68		
	Triplejump	1 st	J Lines	12.25		
	Discus	6 th	J MacGillivray	30.52		
BU15	1500m	3 rd	J Cochrane 5.04.0			
WU17	Triplejump	2 nd	L Sammout	10.59		
	Longjump	5 th	L Sammout	4.74		
	Discus	3 rd	L Sammout	26.60		
GU15	Hurdles	6 th	J Fox	13.5		
	Longjump	6 th	J Fox	4.10		
GU11	80m	1 st	A Pettitt	12.8		
	600m	1 st	A Pettitt	2.05.9		

U20 Inter-territorial match – Abingdon – 31st August

800m U20 Women 2nd L Dowsett 2.10.09

Southern Womens League – August 31st at Braintree

6th C&C 239pts

Seniors

100m	4A	S Rogan	13.3	1B	I Asztalos	12.9
	N/S	C Cox	16.0			
200m	2A	I Asztalos	25.8	1B	L Bass	27.7
	N/S	C Cox	34.3			
400m	3A	S Rogan	64.8	4B	K Waite	74.6
3000m	1A	J lasenby	11.22.1	5B	R Roberts	13.34.0
400m Hdls	2A	L Bass	69.1	1B	H Cox	88.4
4 x 100m	2A		52.8			
4 x 400m	4A	4.35.6				
Longjump	4A	L Sammout	4.74	8B	C Cox	2.10
Triplejump1A	L Sammout	10.50	2B	H Cox	7.71	
Shot	8A	I Asztalos	5.88	6B	S Rogan	4.83
Discus	2A	L Sammout	26.75	3B	R Roberts	15.05
Javelin	7A	R Roberts	11.86	4B	H Cox	10.67
Hammer	4A	R Roberts	20.19			
Under 15 girls						
200m	7A	J Fox	29.4			
75m Hurdles	5A	F Kumar	14.4			
Longjump	2A	J Fox	4.54	1B	F Kumar	4.33
Highjump	=2A	R Davidson	1.25	2B	J Fox	1.25
Shot	3A	F Kumar	7.42			
Discus	7A	R Davidson	10.55			
Javelin	5A	R Davidson	12.34			

ECAA Intercounties trophy meeting at Stevenage – Sept 7th (6 competing counties)

Senior Men (Cams 3rd)

100m				1B	C Morter	11.6
200m	2A	C Morter	23.2			
400m	5A	G Baker (Suffolk)	51.7	4B	M Bell	55.2
800m				1B	M Bell	2.02.5
1500m	4A	W Mycroft	4.16.1			
5000m	4A	N Carroll	16.25.0	3B	T Vickery	16.48.2
110m hurdles	3A	J Huddlestone	18.9			
400m hurdles				2B	J Huddlestone	60.2
S/C	3A	W Mycroft	11.01.2	1B	J Morley	11.28.4
Longjump				2B	S Richards	6.13
Polevault	4A	A Boyce	3.45			
Senior ladies (Cams 5 th)						
200m	3A	E Morris	27.7			
400m	2A	I Asztalos	58.7	1B	L Dowsett	57.5
1500m	4A	E Schofield	5.25.0			
Longjump	5A	L Sammout	4.70			
Triplejump4A	L Sammout	10.39				
Shot	5A	L Sammout	8.64			
Under 17 men (Cams 2 nd)						
100m				3B	J Stafford	12.3
200m				3B	J Stafford	25.0
400m Hurdles	1B	B Kelk	59.7			
100m hurdles	3B	B Kelk	15.9			
Longjump				2B	B Davies	5.50
Triplejump2A	J Lines	12.45	2B	D October	12.18	
Shot	5A	M Lawrence	11.68			
Discus				2B	M Lawrence	31.31
Javelin	4A	J Lines	42.21			
Hammer				2B	J MacGillivray	38.56
4 x 100	3A	October, Lines, Stafford, Davies				46.1

UK School Games – 30/31st August - Bath

100m Hurdles B Kelk (13.88 in ht)

Olympic Youth Challenge 2008 – A trip to the Beijing Olympics - Lauren Sammout



Nihao!
As soon as we entered the Bird's Nest Stadium for the first time, I knew that this trip was going to be life changing. We had only been in Beijing for 12hrs, after a long 10 hour flight and had already experienced the public and media frenzy of the Olympic Games.
As a group we even topped 1000 requests for photos with the public and had 2 live interviews for Chinese TV!!!



Watching the Opening Ceremony was an inspiring, emotional, exciting and unbelievable experience. One I shall never forget.
During the remainder of our stay, our visits included The Summer Palace, Tiananmen Square, Forbidden City, The Great Wall and Mutianyu Village, The 798 Art District and the Silk Street



Markets. We were even given an authentic Chinese cookery class! We visited the Athlete's Village and saw how our athletes live during their Olympic stay. We enjoyed lunching in the enormous dining room (the size of 4 football pitches!) and meeting a variety of athletes, coaches & officials from a number of countries. They are certainly treated

to a home from home in the village!

We took in various events, including Basketball, Beach Volleyball, Judo, Badminton, Diving, Gymnastics and Tennis, but the highlights for me were cheering our rowers to Gold and witnessing the most amazing men's 100m final ever! Usain Bolt was an awesome spectacle, an amazing athlete. It was a privilege to see such a historic race.

The whole trip has had a profound effect on me in terms of the sporting and cultural experiences I have taken in. It has given me an even greater desire to fulfil my dreams and as a School Sports Ambassador, to hopefully encourage and inspire our youngsters into sport.

In my role as Young Sports Ambassador, it has been a privilege and an honour to represent not only my School Sports Partnership and my club, but also Great Britain.



Lauren was selected as one of five Young Sports Ambassadors to visit Beijing as guests of the British Olympic Federation. The national selection process involved initial nomination by Netherhall school, then short-listing, followed by an interview in London.

Over the preceding years, Lauren has worked within the Netherhall family of Primary schools to promote sport and especially athletics, and the selections were primarily based on that work, as well as consideration of athletics achievements and potential.