

# Cambridge & Coleridge Athletics Club

Newsletter Christmas 2008

President - B J Wallman  
Chairman - N Costello

## Major Regional awards successes for C&C



**C&C win the East Region Junior Club of the Year Award, plus individual awards for Neil Costello, James Brennand and Femi Akinsanya.**

**C&C win the Radio Cambridgeshire/Living Sport Community Club of the Year award**

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

- **TRAINING IN JANUARY AT CHESTERTON STARTS AGAIN ON THURSDAY 8<sup>TH</sup> JANUARY AND MONDAY 12<sup>TH</sup> JANUARY, AND AT THE TRACK ON TUESDAY 6<sup>TH</sup> AND SATURDAY 10<sup>TH</sup>.**
- **SUMMER TRACK TRAINING - STARTS MONDAY 30<sup>TH</sup> MARCH**

**There is a long list of 2009 fixtures inside**

### Chairman's chatter

I think most people will know that the club was awarded Junior Club of the Year by England Athletics East and Community Club of the Year by Living Sport/BBC Radio Cambridgeshire. I have the trophies currently sitting on my window sill but I hope they will soon move to a new trophy cabinet at Wilberforce Road which the University have given us permission to put up. We have been asking for permission to have a trophy cabinet for a little while; now we need to fill it.

The latest success for the club is the senior men's road running team's second place in the Cambridgeshire road league. This is a season long event and it's the first time we've featured in the awards. Success requires good quality running and consistency. More of the same, please!

These successes reflect well on the club and particularly on the volunteers who give their time unstintingly to support its activities. Over 50 volunteers support the club in different ways each season and without them the club wouldn't exist. Christmas is the time to thank people for their help but this is not just a routine thing. The volunteers are unsung heroes and deserve a huge thank you. I hope young and old members who benefit from the club don't forget to say thank you to those who support them. Sometimes people feel a bit taken-for-granted and 'Thanks, coach' after a training session, or a word of thanks to the team manager after a competition, goes down very well!

The best reward, of course, is to see athletes turning out and performing the best they can, for their circumstances, and to see this reflected in success for the club (and maybe some trophies for the new cabinet). We should build on 2008's successes and go into 2009 with a real bang.

A new venture for the club, which will be launched in January, is the Cambridge Festival of Running. This has two elements, a 10K race on 5<sup>th</sup> April 2009 and an 'Expo' on 1<sup>st</sup> February which includes training tips for new and experienced runners, sessions by physios and international athletes plus training runs and more. For more information go to [www.cambridgefestivalofrunning.com](http://www.cambridgefestivalofrunning.com). The site is still being developed but it contains lots of information about the events.

The Boxing Day 4 mile run isn't necessarily a place to go with a bang but it's an enjoyable event which has been run pretty well every year since the club was founded. Why not come along and waddle four miles this year to get rid of some of the Christmas excesses. Everyone of all standards is welcome, including guests.

Merry Christmas and a Happy New Year  
Neil

### Brief report on the Annual general meeting - held on November 24<sup>th</sup> 2008

About 110 members/parents attended this year, a big increase on last year.

The Chairman reported that the club had had a successful year and has continued to grow slightly year on year. As a result of progressive policies, the club was awarded the East Region Junior club of the year award for our approach to coaching and development of younger athletes, and Neil Costello, James Brennand and Femi Akinsanya all received individual awards. The club was also awarded the Living Sport, Club of the Year award for which C&C was nominated by South Cambs Dist. Council.

Competing Membership is now ca 480 members, plus coaches, officials, other members and Vice-presidents making a total of ca 538.

The club has a growing number of young coaches, but we still desperately need volunteers for team management and officiating.

Despite the growing membership C&C tend to “punch below our weight” in T&F league matches, especially at young athlete level, and the committee are trying to understand the factors which influence this.

The Chairman reported on the proposed Cambridge festival of running and in particular the new 10k race planned at Cambourne on April 5<sup>th</sup>. Assistance was requested with the on-day running of the event.

The Treasurer went through the accounts – The club showed a small deficit for the financial year ending April 2008, mainly due to exceptional items, but has a healthy overall balance. The treasurer recommended that subscriptions remain at the same levels for 2009.

As Nigel Poulter has decided to step down as treasurer after a long service to the club, due mainly to his commitments to scouting and work pressures, the Chairman presented him with a bottle of Champagne in recognition of his work over the past 23 years.

After the presentation of trophy awards, the formal meeting ended. Ca 170 AAA standard certificates and Norwich Union Shine Award certificates have been prepared for young athletes (11-16) and some of these were collected at the AGM. The remainder will be handed out over the coming weeks..

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

#### Presenting the Year 2009 main committee

President	Barry Wallman	Chairman	Neil
Costello			
Committee secretary	Mary Holmes	Treasurer	Chris Flood
T&F Portfolio holder	Noel Moss	Young Athlete administration	Anna Bird
Coaching Portfolio holder	James Brennand	Endurance Portfolio holder	Adam Poole
Additional Members (without specific portfolio)	Hilary Vogel		

Two/Three further additional members are likely to be co-opted by the committee

#### Who won the trophies?

The seasons overall best performance		Ed Aston	
B P Veteran	Mary Holmes	Most Improved athlete	Sam Richards
Simpson Challenge Trophy	Richard Oppong-K	B P 13-16 Hdls M	Ben Kelk
B P 13-16 Hdls F	Csepi Asztales	B P Hurdles BU13	Harry Cotton
B P Hurdles GU13	Katrina Bass	Senior Throw male	Andrew Lee
Senior Throw - Female	Alice Forster	Junior Throw	Jake Cronin
BP Senior HJ	Ben Kelk	BP Junior HJ	Guy Kendall
BP Sprints male	Chris Morter	BP Longjump	David October
BP Sprints Female	Ellie Morris	BP 800m+ male	Ed Aston
BP 800m+ Female	Lucy Dowsett		

#### Track & Field champions

Senior Men	James Brennand	Senior Female	Louise Lesniak
Junior (U20) male	Sam Richards	Junior (U20) Female	Katie Parker
Veteran Men	Alec Taylor	Veteran Female	Rachel Roberts
Under 17 men	Ben Davies	Under 17 Ladies	Lauren Sammout
Under 15 Boys	David October	Under 15 Girls	Jessica Fox
Under 13 Boys	Simon Kumar	Under 13 Girls	No award
Under 11 Boys	Joseph Ebanks	Under 11 Girls	Amy Pettit

#### League Trophies

BP Vets league Male	Noel Moss	BP Vet League Female	Mary Holmes
BP Male league	William Blackwell	BP League Female	Lucy Dowsett
SML Team award	Tom Brennand	SWL Team award	Jessica Fox
Anglian League awards	Chris Ennis, and Laura & Katrina Bass		
EYAL team awards	Sumin Baxter and Ben Davies		

#### Road race trophies

Open 10 mile RR Male	Ben Baldelli	Open 10 mile RR Female	Rachel Roberts
Open 10 mile RR Male vet	Alex Downie	Open 10 Mile RR Female Vet	Fiona Murphy
Open 10k Road Race Male	Will Clarke	Open 10k Road race Female	Jaline D' Alessandro
Half Marathon Male	Giacomo Capetti	Half Marathon Female	Kim Masson
Marathon Male	Ben Baldelli	Marathon Female	Kim Masson
Most improved Male	Andrew Herne	Most improved Female	Amanda Lassester
Peter Howard Marathon Trophy	Dave Yeneralski		

Handicap trophies 110 yds Handicap & 440 yds handicap Not Contested in 2008

#### Cambridgeshire AA AGM held on November 26<sup>th</sup>

Adrian Martin was re-elected Chairman. Barry Wallman remains as President and Keith Flint as Secretary, Nigel Faben as Treasurer. There is a vacancy for T&F team manager for U17 mens and U15 Boys T&F teams if anyone wants to take them on, and also a vacancy for a trophies secretary. Nigel Faben reported on the success of the NJL Team Cambridgeshire, remaining in the Southern Premier Division (this is a composite team from C&C, HAC, PAC and NVH)

The Cambs Devt group reported on the various successful activities including coach education evenings, County squads, and evening Development competitions and community sports coaching activities.

Despite a lack of team managers Cambs AA managed to put teams into all the normal competitions last year.

Alice Forster was awarded the Trophy for the best performance by an Under 20 Female, for her bronze medal in the National Schools Shot. There was a discussion about the restructuring of England Athletics, and the new Clubs networks proposals, and the apparent haste with which they had been initiated without consultation. The meeting voted to approve that the County AA should contact England Athletics with a proposal that a County Network, led by the County AA, would be the best way for Cambridgeshire rather than fragmenting the County, because it is relatively small. The Gen Sec. will send a letter to J Graves to initiate this as a possibility.

#### East Anglian league final

C&C did well in the East Anglian league final at Bury St Edmunds on Sept 21<sup>st</sup>, winning the under 13 Boys age group, to add another trophy to the League trophy won by the Men.

William Blackwell threw a new club record in the Under 13 Boys javelin, throwing 32.75m to



beat the record set earlier in the year by Morgan Young.

Chris Morter did the double in the mens sprints, winning both 100m and 200m – no mean feat with the competition he had.

The C&C runner in the picture on the left is James Ebanks winning his “B” 100m race.



#### What's happening about floodlights at the track?

(A continuation to the piece under the same title in the 2007 Christmas newsletter!!)

The proposals eventually went before the planning committee during the summer, i.e. much later than originally planned, and they were duly passed.

This was despite the suggestion that they would disturb the bats – which was dismissed by the planning committee vice-chair with the comment that the floodlights would be used mainly in winter when bats hibernate, and anyway they navigate by radar rather than vision so they wouldn't be affected by the light.

Since then we had been informed that the University wanted to get the lights installed by Christmas, but that proved again to be too optimistic. Additional landscaping proposals had to be developed etc. The latest news is that the installation work is expected to be undertaken during the late spring or early summer, so with a little leeway allowed for delays we could have lights available for next winters training.

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

Our teams in the Eastern Young athletes League and the East Anglian League are managed by teams of volunteers. The Eastern Young Athletes League managers are coordinated by Anna Bird and Martin Crabb, and the East Anglian League managers by Noel.

The ideal is to have a person recruiting and looking after one or two age-groups (there are 6 age-groups in each league). Could you help with this?? We still need additional help for both leagues. All that you have to do, is recruit a team of about a dozen athletes for the age-group which you agree to manage for each of 5 matches per season and sort out their events and numbers etc on the match day. To recruit, you can catch them at the track during training nights and also ring them/their parents. We supply phone numbers and addresses, and will pay reasonable phone-call costs if required.

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

#### **Our athletes in the United Kingdom Age-group top 50 Ranking lists for 2008 T&F**

Under 23 Mens	800m	Ed Aston	14 <sup>th</sup> Senior	5 <sup>th</sup>	1.48.57
Under 23 Mens	400m	Ed Aston		36 <sup>th</sup>	49.0
Under 20 Mens	400m	Richard Oppong Konadu		25 <sup>th</sup>	48.84
Under 20 Mens	100m	Chris Morter		47 <sup>th</sup>	11.0
Under 17 Mens	100m Hdls	Ben Kelk		19 <sup>th</sup>	13.78
Under 15 Boys	Triplejump	David October		13 <sup>th</sup>	12.20
Under 15 Boys	Longjump	David October		21 <sup>st</sup>	5.95
Under 15 Boys	Javelin	Jake Cronin		7 <sup>th</sup>	46.77
Under 13 Boys	Javelin	William Blackwell		26 <sup>th</sup>	32.75m
Under 13 Boys	Javelin	Morgan Young		31 <sup>st</sup>	31.90m
Under 20 Womens	800m	Lucy Dowsett		9 <sup>th</sup>	2.08/89
Under 20 Womens	Shot	Alice Forster		20 <sup>th</sup>	11.48
Under 20 Womens	400m	Lucy Dowsett		30 <sup>th</sup>	57.4
Under 20 Womens	Triplejump	Rosanne Mackay		36 <sup>th</sup>	10.94
Under 20 Womens	Hammer	Alice Forster		37 <sup>th</sup>	35/49
Under 17 Women	Hammer	Hayley Sayer		15 <sup>th</sup>	37.48
Under 17 Womens	300m Hurdles	Laura Bass		25 <sup>th</sup>	46.14
Under 17 Women	Triplejump	Lauren Sammout		25 <sup>th</sup>	10.89
Under 17 Women	Shot	Lauren Sammout		47 <sup>th</sup>	9.70
Under 17 Womens	80m Hurdles	Laura Bass		50 <sup>th</sup>	12.3
Under 15 Girls	75m Hurdles	Csepi Asztalos		23 <sup>rd</sup>	11.69
Under 13 Girls	Hurdles	Katrina Bass		35 <sup>th</sup>	12.1

#### **National Junior League – “Team Cambridgeshire”**

In 2006, in order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire agreed to enter a composite team into the National Junior (U20) League as Team Cambridgeshire. Cambridgeshire AA ran the team and it duly won the local division and then won the promotion match into the Southern Premier division. In 2008 the team finished 6<sup>th</sup> of 8 clubs in the Southern Premier, to retain their place in the elite division.

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

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

Who is eligible! All Under 20 athletes in C&C, PAC, HAC and NVH. Athletes who are in the under 17 age-group may also compete, and the league has the advantage that it includes events such as Hammer and Pole-vault.

Nigel Faben (Hunts AC) will act as team manager again 2009 with help from selected contacts in each club.

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

#### **INDOOR TRACK & FIELD COMPETITIONS**

**Note** - Indoor season age groups are based on your age at 31<sup>st</sup> August 2009 (or 31<sup>st</sup> December 2009 for under 20's) .

#### **EASTERN ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS**

1<sup>st</sup> March at Chelmsford Indoor centre.

U13, U15, U17, U20 and Senior events. 60m, 60m Hurdles, Longjump, Highjump, Shot.

Entries close 11<sup>th</sup> February

Entry forms are enclosed with this newsletter to all eligible athletes. but if you need a copy, please either e-mail Noel at [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) or give me a ring on 01223 833470.

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

#### **SOUTH OF ENGLAND INDOOR U15 and U17 MULTIEVENTS CHAMPIONSHIPS**

**PLUS INDIVIDUAL 300M/400M and 800M CHAMPIONSHIPS.**

10<sup>th</sup>/11<sup>th</sup> JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.

Under 15, & U17 multievents plus U15, U17, U20 and Senior individual track events.

Entries close 16<sup>th</sup> December

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

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

#### **SOUTH OF ENGLAND INDOOR CHAMPIONSHIPS**

**FIELD EVENTS, HURDLES, SPRINTS AND 1500M**

17<sup>th</sup>/18<sup>th</sup> JANUARY AT LEE VALLEY ATHLETIC CENTRE, EDMONTON, N9 0AS.

Under 15, U17, U20 and Senior events. Full range of indoor events plus 60m hurdles, 60m, 200m, 1500m.

Entries close 6<sup>th</sup> January. Send form plus fee to the address on the form.

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

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

#### **SOUTH OF ENGLAND U20 AND SENIOR MULTIEVENTS 10<sup>th</sup>/11<sup>th</sup> JANUARY**

AT the ENGLISH INSTITUTE OF SPORT, SHEFFIELD (with the ENGLAND ATHLETICS

MULTIEVENTS CHAMPIONSHIPS)

Entries close 22<sup>nd</sup> December

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

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

#### **ENGLAND ATHLETICS NATIONAL INDOOR CHAMPIONSHIPS**

For Under 20, U17 and U15's at NIA Birmingham 14/15<sup>th</sup> February.

Under 15, U17, and U20 events. 60m, 60m Hurdles, 200m, 3/400m, 800m, 1500m, PV, HJ, LJ, TJ, Shot. There are entry standards.

Entries close 28<sup>th</sup> January. Send form plus fee to the address on the form.

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

### **West Norfolk Indoor open meeting at Kings Lynn on January 25<sup>th</sup>**

All age groups inc Under 11's – 60m and Longjump  
U13's up to Seniors -60m Hurdles, Highjump, Shot, Polevault  
U17's up to Seniors – Triplejump  
Note that this clashes with the SEAA XC Championships weekend  
Entry forms from C&C coaches, Noel, or [www.westnorfolkac.co.uk](http://www.westnorfolkac.co.uk). Closing date 12<sup>th</sup> January

### **Sports-hall athletics**

C&C won the first round of the County Sportshall athletics at Chesterton on Dec 14<sup>th</sup>.  
Now we need to win the 2<sup>nd</sup> round at Peterborough on January 10<sup>th</sup>, to get the 2009 County title.  
All the C&C and Cambourne results are at the back of the newsletter  
The second round of the competition will be held on January 10<sup>th</sup> at the Bushfield Sports Centre in Peterborough from ca 13.00 to 17.00. C&C will have teams for under 11's, under 13's and under 15's.  
The final selections for Cambridgeshire teams for the U13/U15 Anglia Regional final on 14<sup>th</sup> February will be selected from this match.

### **Team managers**

Under 15 Boys Ben Davies – e-mail [benjaminluke@hotmail.com](mailto:benjaminluke@hotmail.com)  
Under 11 and under 13 Girls & Boys and Under 15 Girls please contact Noel Moss 01223 833470  
e-mail [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)

**We want as many people as possible to compete so that C&C win the County trophy this year.**  
(Note that all competitors have to pay a £1 match fee on the day to Cambs AA to help offset the cost of the Sportshall - don't forget to bring it.)

**If you want to compete and haven't already been asked, return the reply slip (at the back) or telephone/e-mail the appropriate team manager.**

If you have already said you will come, then no need to contact us again – we will expect you, but other athletes will be welcome  
Come and have a go and get into the Cambridgeshire County team!!

### **CROSS COUNTRY COMPETITIONS**

### **RACE ENTRIES - CONTACT NIGEL BURCH NOW IF YOU WANT TO BE ENTERED IN ANY CROSS COUNTRY CHAMPIONSHIPS**

Cross country entries are based on your age on 31<sup>st</sup> August 2008

### **Cambridgeshire Cross-Country Championships - Sunday 11th January at St Neots**

Non-championship U11's at 11.00, U13 G 11.30, 3k, U13 B 11.35, 3k  
Sen/Jun M 12.00, 10k, U17 W 12.55, 5k, U17 M 13.00, 6k  
Sen/Jun W 13.25, 6k, U15 G 13.55, 4.3k, U15 B 14.00, 4.3k  
Sen/Jun/Vet run together but count separately for individual medals (and together for team scores)  
Top 8 finishers get invited to represent Cambridgeshire in the CAU National Intercountries Championships on March 15<sup>th</sup>.  
<http://www.streetmap.co.uk/streetmap.dll?G2M?X=519140&Y=260925&A=Y&Z=3>  
Please let Nigel Burch know if you want to run by 20<sup>th</sup> Dec using the request for you have been sent.  
Its also on the C&C website, or e-mail Noel [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) for a copy.

To be entered in any of the Cross-country championships you must complete and return a request for to Nigel Burch – word of mouth via your coach is no longer adequate.  
The reason for adopting this more formal request procedure is that in 2006/7 there was a very significant expenditure on entries where athletes then failed to turn up at the event to race. This resulted in a considerable waste of club funds.

### **ROAD RUNNING**

### **In Praise of the Older Runner...and WAVA %**

Sent in by our senior citizen correspondent, V. Oldman

"I like running.... Running is the opposite of being still. If you think about death as being completely

still and movement as a sign of life, then the fastest movement possible is the biggest sign of life. So then running fast is like the exact opposite of death - it's an example of aliveness."- Martin Creed, creator of a work in the Tate, in which athletes run up and down the Duveen Galleries at 30 second intervals(!)

Well, be that as it may, perhaps in order to maintain that illusion of aliveness, there exists in the multifaceted membership of the Club a veritable group of venerable golden oldies, whose natural modesty prevents them relating their past glories (2:45 marathons, sub 80 Halves, sub 60 10milers, GB internationals etc), unless sorely pressed to do so.

These guys and gals, declining slowly over the years, will have found themselves outpaced by a steady stream of young whippersnappers, and will have suffered the indignity of sliding down the C+C rankings with grim inevitability. Ah, the arrogance, immortality, and invincibility of youth! How well I remember it! Up to the age of 30/35, we humans believe ourselves virtually limitless. As one gnarled old Club specimen put it, "I used to think that as you got older, you just needed to practise a bit harder to maintain speed." A sad shake of the grizzled locks, "Not any more!"

So what can an old guy do? (cept the same ol rock'n'roll thing.) Well precisely that, just keep rockin' up and rollin' on as long as the pins will allow. Look after the various vulnerable joints. Cut down the mileage (and say goodbye to marathons...) Take up bridge, knitting and gentler pursuits in between. Yes, yes, yes, so much, so obvious, but what about motivating the poor old thing, especially vis a vis the bright young things?

Well, the sheer pride taken in still being able to get the legs going at all at such advanced ages may go a long way to helping him or her keep going. Others swear by striving for an annual best at a particular distance.

But the potential for the most far-reaching satisfaction is to be found from the age-and-gender-related WAVA percentages, available on the Club website, and used as the basis for the Eastern Veterans (EVAC) Grand Prix - and now the C+C Grand Prix. The general idea of these is to convert your own time at a particular distance to a % of the world best at that distance for all ages (and all genders.) So, even when PBs are a thing of the past, and indeed an endless succession of PWs loom ahead, times are looking grim...literally in terms of absolute times, then maybe, just maybe, you can hang on to your WAVA scores. This may only be arid statistical solace, but at least theoretically it can help to level the playing field for all runners, and convince the ancient one that his/her times are not so dire after all!

Or maybe we agree with Adrian Searle, commenting on the Creed work, "It is gloriously pointless, a repeated explosion of vitality, a sort of extension of the idea of taking a line for a walk.....Creed's work will only really come alive when the runners encounter Tate Britain's everyday visitors, dodging tourists, sidestepping school parties, and hurtling past the elderly"..... [incidentally, not a bad description of the Chariots of Fire Relay]....."Creed's runners leave a vortex in their wake, in our heads and in the space." Hmm, I quite like that idea I think, but I'm not sure it would make me get out of bed and run.....gotta go and create that vortex now....no doesn't really work for me.....

Alex Downie (who is 59 but, let it be said, has never achieved such stonking times as those mentioned above.)

### **Round Norfolk Relay - Report by Andy Irvine**



Well, we did it. C&C Open-class team round in 23 hours 38 minutes and 28 seconds, and the joint C&C/Ely women's team in 28:30:17. The Open team (no restrictions on age/gender or club, hence a speedy category) were eighth in class and 13<sup>th</sup> quickest overall of the 48 teams, whilst the women had the honour of winning the inaugural Ladies Casual class. Outstanding individual performance was by Kim Masson, who was first female in the eleventh stage from Geldeston to Scole. Full results are up - in full at the RNR website.

Andy was absolutely overwhelmed by the willingness of everyone to help out, even at the darkest hour (in both senses!), whether by supporting the whole 193 miles, by sorting out their own logistics to/from their stages, by driving/cycling runner backup, but ferrying bits and bobs (and people) to various lay-bys and fields around Norfolk, or just by being there in case of disaster. Thanks all, but a special mention to Glyn, Carmel, Fiona and the amazing women's team organiser, Rachel, who is probably slept for a week afterwards.

*C&C haven't entered this event for a few years now. It takes an incredible amount of organisation and this year's effort was a credit to the club and to all those who took part, in whatever role. Ed.*

### **Great Eastern Run - team result**

Following much confusion, the Great Eastern Run organisers have confirmed that C&C were second in the men's team standings, which is a great result in such a high-profile race.

### **Dovedale Dash (Andy Irvine)**



It was a seriously filthy Dovedale Dash this year, with many of us needing Land Rover extraction from the bog that was the Thorpe Pasture car park. Still, no-one was sucked under the mud permanently, and the River Dove failed to drown anyone to my knowledge, so we had a magnificent race. First C&C to conquer the mud, rock and steep climbs was Mike, but only by a second from Steve.

**Old enough to know better perhaps, but what an effort. Well done Mary – you deserve a medal.**



**Splash! Who missed the stepping stones across the river Dove then!**

### **Hereward Relays – The Italians steal the show for C&C**

This year the club fielded 4½ teams in this event, under a variety of names (see results) C&C didn't win the first Ladies team award this year, but what a super result from all the C&C teams.

Congratulations to The Italian Job team for their excellent seventh place (115 teams finished), which surely confirms Cambridge's reputation as capital of Italian distance running (Giulio Cinque, Alessandro Coianiz, Giacomo Capetti, Benvenuto Baldelli). Well done everyone who made it through the snow, ice, hail, rain, wind, mud and slush (supporters and runners).

### **Congratulations to the C&C men who took 2<sup>nd</sup> team place in the Cambs Road league**

C&C men were 2<sup>nd</sup> mens team in the Cambridgeshire road league this year. The leading C&C runners were S Thoday with 182 pts from 5 races, S Redfern with 275 pts from 5 races, M Smith with 84pts from 4 races, N Carroll with 11 pts from 3 races and B Baldelli with 13pts from 3 races. ( These are scored 1 point for first, 2 for second etc). This is a first time for C&C in the Road Race League awards.

### **Frostbite League (or death by drowning??) – 1<sup>st</sup> race at St Neots – Andy Irvine**

Well, that was probably the nastiest, wettest day we could possibly have asked for. Fourteen seniors and four juniors risked exposure and drowning in mud (and a couple of unexpected water jumps) to put in high-calibre team performances. The juniors placed highly with Adam Tapley in fourth place and George Schwiening first girl and sixth overall, and finished seventh team. The seniors took seven of the top fifty places, including Will M's second place and Ben B's tenth, and also finished seventh. Another junior and another senior female would have been the icing on the cake and gained us a few places, but getting anyone out at all was impressive - well done all. For the first time I can remember, the results on the day were cancelled due to bad weather! Thanks to the several C&C Frostbite debutants: it's not usually that bad!

### **Frostbite League– 2<sup>nd</sup> race at Bushfield– Andy Irvine**

A good result from the Bushfield Frostbite. The seniors were third on the day, and move up to fifth in the league after the poor start at St Neots. Mike Salt, Ben B and Will M led us in, and again we "packed well", with our seven male scorers all in the top 54. Kim was the first C&C female, in 121st. On the other hand, this is traditionally a race for a high turnout, and we need more depth in the squad, especially on the female side, though the quality throughout is excellent. The junior race was a mixture of very good and very bad news. George S was again superb, in 7th place and again first girl, but in the absence of some squad regulars, she was the only C&C representative. 10th out of 12 on the day drops the juniors to eighth overall.

**Frostbite league -The third race** in Hinchingbrooke Park, Huntingdon, was on an excellent, testing and often horrendously muddy course. The juniors were again one short of a full team, but managed seventh place thanks to some excellent runs. Georgina Schweining was again first girl, finishing fourth in all, just behind the boys' winner. The team remains in eighth place overall. The seniors were next up; particularly noteworthy were Noel Carroll, Mike Salt, the long-lost John Bowstead (all placing top 20) and Carol Stanier, first C&C female. A creditable fifth place on the day kept us in fifth overall.

### **Cambridge Festival of running**

This is a new venture between C&C and various partners and consists of two events. An expo, or seminar on aspects of endurance running, on 1<sup>st</sup> February, and the Cambridge Cambourne 10k on 5<sup>th</sup> April.

C&C used to run a 10k roadrace in conjunction with the Wildlife trust, but eventually it had to be stopped because of issues with the course in and around Cambridge.

Neil Costello has identified a new course in Cambourne and has worked with various partners to set up the new race, and the training day which precedes it.

Quoting from the race website [www.festivalofrunning.com](http://www.festivalofrunning.com),

“We hope that the brand new Cambridge Cambourne 10k will appeal to runners of all levels: from new runners who want something more than just a fun run, to those with more experience. The distance is long enough to be challenging, but short enough to be accessible to anyone with the determination to put in a bit of training.

Ideal London Marathon warm-up

We can offer experienced runners a high quality event with an accurately measured and well-marshalled course with chip timing. The date is highly suitable for Flora London Marathon entrants who want a sharp run in good conditions as they taper for the Marathon.

Lovely rural course

The course passes through wooded areas and alongside lakes. It is almost entirely off road on proper footpaths, which are better for your legs than tarmac. The whole course is traffic-free with a finish that must be one of the most inspiring in the country.

About our chosen charities

Our chosen charities reflect wide local interests. We are supporting the help given to local children by East Anglia's Children's Hospices and the care given to our local environment by the Wildlife

Trust. The Cambridge & Coleridge Athletics Trust supports athletes in Cambridge & South Cambridgeshire; helping to provide the best facilities, training and equipment to everyone who wishes to take part in athletics"

We must congratulate Neil, our Chairman, and everyone else who has helped him drive this project through. It takes a lot of effort and dedication, and we now need all C&C endurance runners to support the race, and for other members to offer to help with marshalling etc on the day.

### **C and C on tour by Alex Downie ( from his personal viewpoint)**

#### **1. Round Norfolk Relay 20th - 21st September 2008.**

{ 17 stages, each needing bike and/or car support. }

Not so much a tour as a tour-de-force. Can't begin to detail the almost superhuman mental and physical input [not to mention wear and tear on cars and bikes] by the organisers - Andy, Carmel, Glyn, Fiona, and Rachel. Neither is it possible to praise in full the exertions of the runners themselves, where there were some outstanding performances. A strong team spirit emerged, eg Adam helping out the girls' team, Janie stepping in at the last moment, not to mention Mike S's babysitting skills with Amalia. Also notable was the first joint venture between C+C and Ely Runners, brokered mainly by Rachel, in the form of the Casual Ladies Team, winners in their category, [though wooden spoonists for the accuracy of their estimated time taken!]

Many questions for the future could be posed:-

a) How frequently can/should we be involved in this event in the light of the huge organisational burden?

b) If we do it again, what do we learn from this year's experience?

c) And why just Norfolk? What about Rutland? What about Yorkshire?

#### **2. Richmond Castle 10k Yorkshire, 19th October**

A group of about 10 C+Cers travelled up to this picturesque town in the Dales to run the eponymous 10k. We were royally treated at Helen and Ian's "Westend" B+B, and I apologise if this sounds like an advert, but it really is a superb place to stay.

Of course, "picturesque" usually equates to "hilly" in running terms, and Ian had warned us that the 10k would provide us with a few challenges. He wasn't wrong. The third major incline was probably the worst. And like all such beasts, it started innocuously enough. But you know the sort of hill that goes on after you think you've got to the brow, the sort of hill that, as you round a bend, gets even steeper? Well this was a classic of its kind. To paraphrase the Cockney Rebel song, it posed the question "should I walk or should I run?" Being a purist, I felt I should....er "keep on running," but I think the walkers were faster.

As its title hints, the race ends in the grounds of Richmond Castle. The drawbridge was down, and nobody fired arrows at us or poured boiling tar on our heads, so that was a plus.

A scenic, challenging and generally fun course, and very good if you want another PW - oh and did I mention there was a beer festival on at the same weekend?

#### **3. Dovedale Dash - Derbyshire, 2nd November**

Rain causes both fun and havoc in this race. Mud seems to increase exponentially with rain up there. The river gets deeper...stronger....colder. [You have to cross the River Dove in the race - it's one of the 'highlights'.] And with more mud, people fall over more often, and slide further, which of course is hilariously funny, and/or can have more serious consequences.

But this year, the rain caused horrible havoc in the car park, which is a field. And fields turn to quagmires when wet. And vehicles sink in quagmires. Which is basically what happened up there on that day, unless you were a seasoned rally driver. Marshals struggled to align the vehicles in rows, being too busy extricating the stuck and sinking, with the result that getting out was even more dangerous than getting in.

So, yes, the race itself was riskier this year, but that's ok. We're adults, we can make choices....Not to do it at all, do it more slowly and carefully, go for it and enjoy the fun...whatever. But we have less choice about where to park, and there were, I feel, some genuine health and safety issues about that.

#### **4. Hereward Relay - Peterborough - Ely, in 4 stages. 23rd November**

(With apologies to the Great McGonagle)

'Twas in the year 2008

That hundreds of runners met their fate.

In dreadful conditions they came for this Relay.

They really did not want there to be any delay.

Because the weather was snow and wind and hail,

They hoped their previous stage runner would not fail

To arrive on time to get them going and a bit hot

Instead of just standing around and freezing to the spot.

This year was especially bad 'cos of all the snow and slush.

The woeful weather had turned everything to mush.

There were no runners who could really rush!

So off they went from Peterborough Town,

A doubtful candidate for jewel in the crown.

And after rounding some curves and swerves,

They came to that famous place known as Turves,

Heading for March, well-known for its Young People,

On towards Ely, whose cathedral has a tower, not a steeple!

But I missed out Welney, how could I?

Whose Washes, this year, were relatively dry.

Yet the bad, boggy track near the end was in a right mess.

As bad and boggy as ever, it still caused stress.

But, and here it must be noted, I digress....

WELL DONE to all those brave souls who completed.

And, as ever, all C+C teams really competed,

{Despite being, this year, a little depleted.}

### **AWARDS GALORE**

#### **England Athletics East Awards Dinner on Saturday 20th September**

C&C won Junior Club of the Year (this refers to work with junior athletes not the status of the club), Volunteer of the Year for contribution to Coaching Development (James Brennand),



Volunteer of the Year for contribution to Club Development (Neil Costello) and Development Coach of the Year (Femi Akinsanya). Lauren Sammout was a runner up in the Young Volunteer of the Year category. This is a brilliant outcome for the club.

The East winners now go forward as nominees from the region for national awards. Congratulations to all. Unfortunately there is a tinge of regret in this success. Femi is leaving to go to a new job at the Athletics High Performance Centre in Birmingham. It is an outstanding opportunity for Femi and much deserved. We wish him well, and thank him for all his efforts for the club. We are going to miss him.

*James looks wary in that photo above – any captions for this one ?*

### **Living Sport/BBC Radio Cambridgeshire awards**

To quote from the Living Sport website "During a glittering ceremony, hosted by BBC Radio Cambridgeshire with support from Cambridge News, winners were awarded a trophy, plus prize and goodies, for their achievements. They were also put forward to the regional finals to be hosted by BBC East in December 2008. Runners-up and nominees in eight categories were also

rewarded with a certificate presented to them on the night.”

Cambridge & Coleridge Athletics Club won the John Lewis Community Club of the Year award for, among other achievements, building links with local authorities and schools, having been nominated by South Cambs District council.

Our chairman, Neil Costello is quoted as having said: "It's down to good partnerships, teamwork and a lot of volunteers. We have a lot of people who more than pull their weight,"

Other nominees included Cambridge Korfball Club, Cambridge Diamonds FC, Cambridge Diving Development Centre, Happidojo Judo Club, Peterborough Athletics Club, City of Peterborough Swimming Club, and Werrington Joggers.

In the Cambridge Building Society Young Community Volunteer Lauren Sammout was one of two runners-up for her work as a schools sports ambassador..

### **Well done Lauren - Cambridge News community awards**

At the Cambridge News Community awards, Lauren Sammout was awarded the young achiever of the year award for her achievements including her efforts as a Schools sports ambassador in the Netherhall Schools partnership.

Lauren was presented with a trophy and an X Box 360, and will also receive a drum-kit from Millers music. Lauren does play the drums at school, but this may result in a more fraught James and Caroline in the future.

### **Useful telephone numbers for 2009**

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 742088
Anna Bird	Young Athletes Team coordinator		01223 352541
Sonia Cox	Welfare		01223 264889
Carl Woolf	Ladies and East Anglian league U13/U15's		01223 881075
James Brennand	Coaching Secretary		01223 249410
Adam Poole	Endurance running		07932 622892
John Kazer	Cross Country running		01223 308357
Carole Morris	Veterans T&F team manager		01638 742024

### **Useful E-Mail and website addresses**

C&C Club Main Website	<a href="http://www.cambridgeandcoleridge.org.uk">www.cambridgeandcoleridge.org.uk</a>
E-mails about C&C membership and other admin issues	<a href="mailto:info@cambridgeandcoleridge.org.uk">info@cambridgeandcoleridge.org.uk</a>
Amendments/items for website	<a href="mailto:webmaster@cambridgeandcoleridge.org.uk">webmaster@cambridgeandcoleridge.org.uk</a>
To join the C&C e-mail information group, e-mail your request to	<a href="mailto:johnkazer@hotmail.com">johnkazer@hotmail.com</a>
Newsletter editor (for your results and articles to publish)	<a href="mailto:noelmoss@btinternet.com">noelmoss@btinternet.com</a>
C&C Road running website	<a href="http://ccac.aci-net.co.uk">http://ccac.aci-net.co.uk</a>
Cambridgeshire AA website	<a href="http://www.cambsaa.org.uk">www.cambsaa.org.uk</a>
UKA website	<a href="http://www.ukathletics.org.uk">www.ukathletics.org.uk</a>
Power of 10 database (you may be in it)	<a href="http://www.powerof10.info">www.powerof10.info</a>
Athletics data.com performance database (you may be in it)	<a href="http://www.athleticsdata.com">www.athleticsdata.com</a>
England athletics website	<a href="http://www.englandathletics.org">www.englandathletics.org</a>
SEAA website	<a href="http://www.seaa.org.uk">www.seaa.org.uk</a>
Living Sport Cambridgeshire	<a href="http://www.livingsport.co.uk">www.livingsport.co.uk</a>

### **Provisional Fixtures Spring/Summer 2009(some details are not yet available)**

#### **Indoor T&F and Sportshall**

Jan 10 <sup>th</sup>	Cambs Sportshall league match 2	Peterbro (Bushfield)	All under 15
Jan 11 <sup>th</sup>	SEAA U15/U17 Indoor Combined events	Lee Valley	U15/U17
Jan 17/18 <sup>th</sup>	SEAA Indoor Championships	Lee Valley	U20/Senior
Jan 25 <sup>th</sup>	West Norfolk Indoor Open meeting	Kings Lynn	All
Jan 31 <sup>st</sup> /Feb 1 <sup>st</sup>	Birmingham Games	Birmingham	U15 and above
Feb 1 <sup>st</sup>	London Indoor Games	Lee Valley	All
Feb 14 <sup>th</sup>	Eastern Regional Sportshall final	Norwich	County team
Feb 22 <sup>nd</sup>	EVAC Indoor Champs and BMAF Pentathlons	Lee Valley	Veterans

Feb 9/10 <sup>th</sup>	English Senior Indoor Championships	NIA	Qual Stds
Feb 19 <sup>th</sup>	BMAF Pentathlons and EVAC Champs	Lee Valley	Veterans
Feb 14/15 <sup>th</sup>	National Indoor U15/U17/U20 Champs	Sheffield	Qualifying stds
Feb 14/15 <sup>th</sup>	UK Senior Championships and Eur. trials	Sheffield	Qualifying standards
Mar 1 <sup>st</sup>	ECAA Indoor Championships	Chelmsford	All
Mar 7/8 <sup>th</sup>	BMAF Indoor championships	Lee valley	Veterans
Mar 7/8 <sup>th</sup>	English U15/U17 Indoor Combined Events	Sheffield	U15/U17

#### **Road**

Dec 26 <sup>th</sup>	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 <sup>st</sup>	Ely 10k	Ely	All over 16
Jan 1 <sup>st</sup>	Wymondham New year day 10k	Wymondham	All over 16
Jan 18 <sup>th</sup>	Fred Hughes 10	St Albans	All over 16
Jan 18 <sup>th</sup>	Folksworth 15	Folksworth	All over 16
Jan 25 <sup>th</sup>	Gloucester 50k	Gloucester	Seniors
Feb 1 <sup>st</sup>	Watford Half Marathon	Watford	Seniors
Feb 8 <sup>th</sup>	Great Bentley Half Marathon	Great Bentley	Seniors
Feb 15 <sup>th</sup>	Valentines day 30k	Stamford Lincs	Seniors
Feb 15 <sup>th</sup>	Bungay 20k Great East Run	Bungay	Seniors
Feb 22 <sup>nd</sup>	Bury nearly 10 and 20	Bury St Eds	Seniors
Mar 8 <sup>th</sup>	Wymondham 20 and 10	Wymondham	All over 16
Mar 8 <sup>th</sup>	Duchy Marathon	Redruth Cornwall	Seniors
Mar 15 <sup>th</sup>	Brentwood Half marathon	Brentwood	Seniors
Mar 15 <sup>th</sup>	Paphos Marathon	Cyprus	Seniors
Mar 22 <sup>nd</sup>	Rome Marathon	Rome	Seniors
Mar 29 <sup>th</sup>	Joe Cox Stowmarket Half Marathon	Stowmarket	Seniors
Mar 29 <sup>th</sup>	Sandy 10	Sandy	All over 16
April 5 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
Apr 5 <sup>th</sup>	Paris Marathon	Paris	Seniors
Apr 8 <sup>th</sup>	North Pole Marathon ( a challenge)	North pole Camp Russia.	
Apr 26 <sup>th</sup>	London Marathon	London	Seniors
Apr 19 <sup>th</sup>	Bungay black Dog marathon	Bungay	Seniors
Apr 19 <sup>th</sup>	Vienna Marathon	Austria	Seniors
Apr 19 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
May 3 <sup>rd</sup>	Great East Anglia Run 10k	Kings Lynn	Seniors
May 4 <sup>th</sup>	Langtoft 10k	Nr Peterbro	Seniors
May 4 <sup>th</sup>	Belfast Marathon	Belfast	Seniors
May 10 <sup>th</sup>	Halstead Marathon	Halstead	Seniors
May 10 <sup>th</sup>	Geneva Marathon	Switzerland	Seniors
May 16 <sup>th</sup>	BMAF road relays	Sutton Park	Veterans
May 23 <sup>rd</sup> – 25 <sup>th</sup>	Tour of the Derwent valley	Derbyshire	All over 16
May 31 <sup>st</sup>	Edinburgh Marathon	Edinburgh	Seniors
June 27 <sup>th</sup>	Santa's Artic Circle Marathon	Rovaniemi Finland	Seniors
Sept 20 <sup>th</sup>	Berlin Marathon	Berlin	Seniors

#### **Cross country/Multi-terrain**

Jan 4 <sup>th</sup>	ECAA cross country Championships	Theford	All
Jan 4 <sup>th</sup>	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Jan 4 <sup>th</sup>	Frostbite League	Ramsey	All
Jan 11 <sup>th</sup>	Cambs AA Crosscountry Champs	St Neots	All
Jan 11 <sup>th</sup>	Ryston XC Grand prix 9k/4.5k	Ryston	All
Jan 24 <sup>th</sup>	SEAA XC Championships	Hillingdon	All
Jan 31 <sup>st</sup>	SEAA Intercouates and Masters Champs	Old warden	Veterans
Feb 1 <sup>st</sup>	Frostbite League	Bourne Woods	All
Feb 8 <sup>th</sup>	Sunday league XC (Senior/U20 races only)	Watford	All over 16
Feb 8 <sup>th</sup>	Ryston XC Grand prix 5k	Ryston	All
Feb 8 <sup>th</sup>	EVAC XC Champs	Arrington	Veterans
Feb 21 <sup>st</sup>	National XC Championships	Parliament Hill	Club Teams
Feb 28 <sup>th</sup>	ESAA Intercounties matches	various	Schools

Mar 1 <sup>st</sup>	Frostbite League		Huntingdon	All
Mar 7 <sup>th</sup>	CAU Intercounties XC	Nottingham	County team	
Mar 15 <sup>th</sup> ?	Ryton XC Grand prix 6.5k	Ryton	All	
Mar 15 <sup>th</sup>	Turing trail relay		Ely – Camb- Ely	Seniors
Mar 21 <sup>st</sup>	English Schools XC		Kegworth	Schools select
March 21 <sup>st</sup>	BMAF XC Championships		Ruthin	Veterans

### Outdoor T&F

April 19 <sup>th</sup>	Eastern Young Athletes Lge		All under 17	Cambridge
April 25 <sup>th</sup>	Southern Women's League		All Females	TBC
April 26 <sup>th</sup>	East Anglian league		All	TBC
May 2 <sup>nd</sup>	Southern Mens League		Males 15+	TBC
May 6 <sup>th</sup> evening	Eastern vets league		Veterans	TBC
May 9 <sup>th</sup>	Cambs AA Championships		All members	TBC
May 16 <sup>th</sup>	Southern mens league		Males 15+	TBC
May 24 <sup>th</sup>	National Junior League (Cambs clubs team)		U20's	Copthall
May 23/24 <sup>th</sup>	SEAA U20 Championships		All under 20	TBC
May 24/25 <sup>th</sup>	CAU Championships		County select	Bedford
May 30 <sup>th</sup>	Southern Womens League		All females	TBC
May 31 <sup>st</sup>	Bedford International Games 2009		Spectators	Bedford
June 3 <sup>rd</sup> evening	Eastern vets League		Veterans	Poss Cambridge
June 6 <sup>th</sup>	Southern Mens League		Males 15+	TBC
June 7 <sup>th</sup>	Eastern Young athletes league		All under 17	Ipswich
June 13/14 <sup>th</sup>	National Combined events		Senior/U20	Birmingham
June 13 <sup>th</sup>	Cambridgeshire schools Champs		Schools select	Peterbro
June 14 <sup>th</sup>	National Junior League (Cambs clubs team)		U20's	Eton
June 20 <sup>th</sup>	Anglian Schools		School select	TBC
June 20/21 <sup>st</sup>	SEAA Senior Championships		Seniors	TBC
June 21 <sup>st</sup>	East Anglian league		All	TBC
June 27/28 <sup>th</sup>	AAA Under 20/Under 23 Champs U20/U23's			Bedford
June 27 <sup>th</sup>	Southern Mens League		Males 15+	TBC
June 27 <sup>th</sup>	Southern Women's League		All Females	TBC
June 28 <sup>th</sup>	Eastern Young Athletes Lge		All under 17	Peterborough
July 4/5 <sup>th</sup>	BMAF T&F Championships		Veterans	Birmingham
July 5 <sup>th</sup>	ECAA Championships	All		Cambridge
July 10 <sup>th</sup> /11 <sup>th</sup>	English Schools		Qual	Sheffield
July 11 <sup>th</sup>	Southern Mens League		Males 15+	TBC
July 11-12 <sup>th</sup>	UKA Senior Championships		Seniors	Birmingham
July 12 <sup>th</sup>	Eastern Young Athletes Lge		All under 17	Chelmsford
July 19 <sup>th</sup>	East Anglian league		All	Cambridge
July 19 <sup>th</sup>	Eastern vets league		Veterans	TBC
July 25 <sup>th</sup> /25 <sup>th</sup>	Crystal Palace Grand Prix		Spectators	Crystal Palace
July 25 <sup>th</sup>	Southern Women's League		All Females	TBC
June 26 <sup>th</sup>	National Junior League (Cambs clubs team)		U20's	Blackheath
August 1 <sup>st</sup>	Southern Mens League		Males 15+	TBC
August 2 <sup>nd</sup>	East Anglian League		All	TBC
August 8/9 <sup>th</sup>	AAA U15/U17 Championships		U15's/U17's	TBC
August 9 <sup>th</sup>	UK Challenge Final		Invitation	TBC
August 15/16 <sup>th</sup>	AAA U15/U17 combined events		U15's/U17's	Birmingham
August 16 <sup>th</sup>	Eastern Young Athletes Lge		All under 17	Cambridge
August 16 <sup>th</sup>	National Junior League (Cambs clubs team)		U20's	Lee Valley
August 23 <sup>rd</sup>	ECAA Hibberd Trophy		County Select	TBC
Sept 5/6 <sup>th</sup>	UK School Games		Schools select	Cardiff
Sept 5 <sup>th</sup>	Southern Women's League		All Females	TBC
Sept 6 <sup>th</sup>	Eastern vets league final		Qualifying clubs	TBC
Sept 13 <sup>th</sup>	Eastern Young Athletes Final		Qualifying clubs	TBC
Sept 20 <sup>th</sup>	East Anglian league Final		All	Bury St Edmunds
Sept 26/27 <sup>th</sup>	ECAA Mulitevents		All	Bedford

- For both Indoor and Outdoor T&F Championships, age groups are based on age at 31<sup>st</sup> August 2009 except U20's when it is age at 31<sup>st</sup> Dec 2009.

### Results, results and more results

#### TRACK/INDOOR

##### BMAF Decathlon

A Taylor (W/D after 4 events) 100m 12.96, Longjump 5.15, Shot 7.91, HJ 1.60

East Anglian League Finals – Bury Sept 21<sup>st</sup> – 8 teams in each age-group

Senior Men – 1<sup>st</sup> Ipswich 166, 2<sup>nd</sup> NVH 162, 3<sup>rd</sup> Ryston 135, 4<sup>th</sup> C&C 134, 5<sup>th</sup> PAC 118, 6<sup>th</sup> Luton 98  
7<sup>th</sup> Hunts AC 76, 8<sup>th</sup> West Norfolk 47

100m	1A	C Morter	11.4	2B	T Deas	12.0
200m	1A	C Morter	22.8	2B	T Deas	24.3
400m	4A	J Huddlestone	54.8	3B	M Bell	55.0
800m	2A	M Bell	2.02.4			
3000m	2A	W Mycroft	9.13.8	6B	A Howard	11.59.6
110m Hdls	6A	J Brennand	21.5			
Highjump	5A	A Taylor	1.60	6B	J Huddlestone	1.20
Longjump	2A	S Richards	5.85	7B	J Brennand	4.72
Triplejump 5A	S Richards	11.76	6B	J Brennand	10.59	
Shot	3A	G Parsons	11.22	4B	A Lee	10.30
Discus	4A	G Parsons	35.82	4B	A Lee	29.65
Javelin	5A	A Taylor	34.11	4B	G Parsons	29.36
Hammer	3A	A Lee	38.75	1B	G Parsons	38.03
4 x 100	2A		46.2			

Under 17 Men – 1<sup>st</sup> Ipswich 163/ Luton 163, 3<sup>rd</sup> NVH 141, 4<sup>th</sup> Chelmsford 125, 5<sup>th</sup> C&C 71, 6<sup>th</sup> PAC 69, 7<sup>th</sup> Yarmouth 51, 8<sup>th</sup> Colch harr 48

100m	6A	B Davies	12.1	3B	J Stafford	12.2
200m	7A	J Stafford	24.7			
400m	6A	B Kennard	65.3			
800m	7A	B Kennard	2.30.7			
1500m	3A	J Baslington	4.28.8	3B	B Whittle	4.32.7
Highjump	7A	J Lines	1.50			
Longjump	5A	B Davies	5.49	3B	J Stafford	5.10
Triplejump 4A	J Lines	11.91				
Shot	5A	B Davies	10.52			
Discus	4A	A Morter	24.70			
Javelin	3A	J Lines	39.92	2B	A Morter	35.88
4 x 100	5A		47.2			

Under 15 Boys – 1<sup>st</sup> Norwich 163½, 2<sup>nd</sup> PAC 143, 3<sup>rd</sup> NVH 140½, 4<sup>th</sup> Chelmsford 124, 5<sup>th</sup> Ipswich 110, 6<sup>th</sup> Colch & Tend 101, 7<sup>th</sup> C&C 91, 8<sup>th</sup> Luton 59

100m	4A	N Ward	12.6	5B	M Dutton	13.1
200m	6A	N Ward	26.9	5B	M Dutton	27.6
400m	1A	S Pullen	56.4	1B	O Bass	58.1
800m	1A	O Bass	2.11.0			
1500m	6A	S Kennard	5.00.0			
Hurdles	2A	D October	12.6	5B	C Ennis	18.3
Highjump	8A	D Ebanks	1.40	8B	J Vane	1.10
Longjump	3A	D October	5.61	6B	D Ebanks	4.66
Triplejump 1A	D October	12.00	4B	C Ennis	8.77	
Discus	8A	J Carter	15.35			
Javelin	1A	O Bass	40.00			
4 x 100	4A		51.5			

Boys under 13 – 1<sup>st</sup> C&C 110½, 2<sup>nd</sup> Ipswich 107, 3<sup>rd</sup> PAC 99½, 4<sup>th</sup> Chelmsford 99, 5<sup>th</sup> NVH 81, 6<sup>th</sup> Colch & Tend 66, 7<sup>th</sup> Diss 53½, 8<sup>th</sup> Luton 44½

100m	3A	R Sheppard	13.1	1B	J Ebanks	14.0
200m	3A	J Ebanks	28.7	1B	J Mair	29.5
800m	1A	H Cotton	2.27.5	5B	J Mackeown	2.54.9
1500m	2A	G Kendall	5.05.7	4B	C Taylor	5.55.2
Hurdles	8A	H Cotton	16.2	5B	B MacKeown	18.0
Longjump	4A	J Richards	4.15	1B	J Ebanks	4.06
Highjump	5A	G Kendall	1.25	4B	J Richards	1.10



Shot	2A	D Warboys	8.83	2B	W Cox	6.51
Discus	4A	D Warboys	19.75			
Javelin	3A	W Blackwell	32.75			
4 x 100	2A		56.1			
Ladies – 1 <sup>st</sup> Chelmsford 176½, 2 <sup>nd</sup> NVH/Ipswich 141, 4 <sup>th</sup> West Suff 136, 5 <sup>th</sup> C&C 116, 6 <sup>th</sup> PAC 114, 7 <sup>th</sup> Norwich 88½, 8 <sup>th</sup> Colch Harr 31						
100m	3A	E Morris	13.0	4B	L Bass	13.8
200m	3A	I Asztalos	26.4	1B	E Morris	27.4
300m	U17 4A	L Bass	43.9	5B	H Cox	47.5
400m	1A	I Astalos	57.2	2B	S Rogan	63.8
800m	4A	R Carter	2.42.4	5B	L Lesniak	3.10.6
1500m	7A	K Parker	5.28.0	6B	L Lesniak	6.42.3
80m Hurdles U17	3A	L Bass	13.4			
Highjump	6A	B Dixon	1.35	7B	L Lesniak	1.10
Longjump	3A	L Sammout	4.88	7B	B Dixon	3.36
Triplejump3A	L Sammout	10.36	6B	L Lesniak	6.81	
Shot	5A	H Sayer	8.99			
Discus	5A	L Sammout	27.60	3B	H Sayer	21.71
Javelin	8A	R Carter	13.21	6B	H Sayer	12.64
4 x 100	2A		52.8			

### Biggleswade Open meeting – Sandy School – 27<sup>th</sup> September

Under 15 Girls						
Hammer	5 <sup>TH</sup>	J Richards	22.90			
U17 Women						
Hammer	3 <sup>rd</sup>	H Sayer	35.30			
Shot	2 <sup>nd</sup>	H Sayer	8.50			
Discus	6 <sup>th</sup>	H Sayer	21.96			
U20 Women						
800m	6 <sup>th</sup>	N Richards	2.53.3			
U15 Boys						
Longjump	4 <sup>th</sup>	C Ennis	3.82			
Triplejump3 <sup>rd</sup>	C Ennis	8.81				
U17 men						
Discus	5 <sup>th</sup>	J MacGillivray	28.92			

### SEAA/Eastern AA/Cambs AA multievents – 27/28<sup>th</sup> September

Under 15 Girls pentathlon (38 competed)						
19 <sup>th</sup>	J Fox	2182pts	(15 <sup>th</sup> EC, 3 <sup>rd</sup> Camb)	LJ 4.48, Hdns 13.27, Shot 4.29, HJ 1.42, 800m 2.44.8		
30 <sup>th</sup>	F Kumar	1854pts	(22 <sup>nd</sup> EC, 5 <sup>th</sup> Cambs)	4.01 14.43 6.58 1.18 2.46.06		
Under 13 Boys minithon (22 competitors)						
8 <sup>th</sup>	S Kumar	35 pts	(1 <sup>st</sup> Cambs)	Jav 19.03, LJ 3.58, 800m 2.59.71		
Under 15 Boys Pentathlon						
2 <sup>nd</sup>	D October	1935pts	(1 <sup>st</sup> EC, 1 <sup>st</sup> Cambs)	Hdns 12.38, Shot 7.77, LJ 5.65, HJ 1.52, 800m 2.19.24		
14 <sup>th</sup>	A Tapley	1751pts	(10 <sup>th</sup> EC, 2 <sup>nd</sup> Cambs)	Hdns 15.51, Shot 5.64, LJ 4.82, HJ 1.55, 800m 2.25.73		
Senior Mens Decathlon						
11th	J Brennand	2946pts	(8 <sup>th</sup> EC, 1 <sup>st</sup> Cambs)	100m 13.67, LJ 5.05, Shot 7.34, HJ 1.49, 400m 64.72 Hdns 20.40, Disc 19.46, PV 2.40, Jav 25.94, 1500m 6.23.7		

### Brunel Jumps series – November 30<sup>th</sup>

Longjump	4 <sup>th</sup> Senior	S Richards	6.02	3 <sup>rd</sup> U17	B Davies	5.41
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## ROAD

### Round Norfolk relays – 20<sup>th</sup>/21<sup>st</sup> Sept (Womens team was C&C+Ely)

<i>Leg 1 - King's Lynn to Hunstanton - 16.32 miles (accurate), 48 finishers. Winner: 1:32:32 M, 1:57:48 F.</i>						
18th	Cole Clissold	1:59:50	43rd	Claire Law (Ely)	2:30:49	
<i>Leg 2 - Hunstanton to Burnham Overy - 14.06 miles (accurate), 48 finishers. Winner: 1:30:40 M, 1:39:57 F.</i>						
11th	Andrew Shields	1:37:15	43rd	Hayley Tooke (Ely)	2:12:15	
<i>Leg 3 - Burnham Overy to Wells-next-the-Sea - 5.39 miles (accurate), 48 finishers. Winner: 33:25 M, 36:18 F.</i>						
13th	Andrew Herne	40:02	30th	Mary Gates (Ely)	47:15	
<i>Leg 4 - Wells-next-the-Sea to Salthouse - 12.76 miles (accurate), 48 finishers. Winner: 1:11:52 M, 1:25:41 F.</i>						
25th	Tim Long	1:42:57	26th	Natalie Etches (Ely)	1:44:23	
<i>Leg 5 - Salthouse to Cromer - 8.61 miles (accurate), 48 finishers. Winner: 53:19 M, 1:00:03 F.</i>						
25th	Claire Irons (Ely)	1:15:09	32nd	Phil Garrett	1:16:32	

<i>Leg 6 - Cromer to Mundesley - 7.86 miles (accurate), 47 finishers. Winner: 46:52 M, 54:23 F.</i>						
12th	Steve Thoday	57:08	43rd	Samantha Collins-Shirley (Ely)	1:19:28	
<i>Leg 7 - Mundesley to Lessingham - 9.24 miles (accurate), 48 finishers. Winner: 49:34 M, 1:01:23 F.</i>						
24th	Alex Downie	1:10:55	32nd	Jo Ball	1:12:55	
<i>Leg 8 - Lessingham to Horsey - 7.52 miles (accurate), 47 finishers. Winner: 41:19 M, 45:31 F.</i>						
8th	Mike Smith	47:16	40th	Mary Jennings	1:09:48	
<i>Leg 9 - Horsey to Great Yarmouth - 11.30 miles (accurate), 48 finishers. Winner: 1:04:41 M, 1:20:29 F.</i>						
6th	Stewart Fishwick	1:13:53	40th	Amanda Lasseter	1:39:05	
<i>Leg 10 - Great Yarmouth to Geldeston - 15.08 miles (accurate), 48 finishers. Winner: 1:26:26 M, 1:50:29 F.</i>						
33rd	Dave Yeneralski	2:03:17	37th	Fiona Murphy	2:08:55	
<i>Leg 11 - Geldeston to Scole - 19.60 miles (accurate), 47 finishers. Winner: 1:57:55 M, 2:20:32 F.</i>						
13th	Kim Masson 1st F	2:20:32	24th	Adam Poole	2:26:24	
<i>Leg 12 - Scole to Theftord - 19.67 miles (accurate), 48 finishers. Winner: 1:52:43 M, 2:28:29 F.</i>						
13th	Joad Raymond	2:14:50	42nd	Emma Greaves (Ely)	2:55:41	
<i>Leg 13 - Theftord to Felthwell - 13.25 miles (accurate), 48 finishers. Winner: 1:17:54 M, 1:28:17 F.</i>						
25th	Brian Corbett	1:37:44	45th	Lisa Redman (Ely)	1:57:33	
<i>Leg 14 - Felthwell to Wissington - 8.80 miles (accurate), 48 finishers. Winner: 48:09 M, 1:07:17 F.</i>						
7th	John Ferguson	56:03	41st	Rachel Roberts	1:17:03	
<i>Leg 15 - Wissington to Downham Market - 7.20 miles (accurate), 48 finishers. Winner: 42:15 M, 49:18 F.</i>						
22nd	John Lewy	55:39	35th	Hannah Shiell (Ely)	1:02:36	
<i>Leg 16 - Downham Market to Stowbridge - 5.49 miles (accurate), 46 finishers. Winner: 30:56 M, 34:49 F.</i>						
23rd	Andy Irvine	42:10				
<i>Leg 17 - Stowbridge to King's Lynn - 11.73 miles (accurate), 48 finishers. Winner: 1:06:05 M, 1:13:57 F.</i>						
12th	Ishmail Badr	1:16:33	39th	Jalanie D'Alessandro	1:39:26	

### Team Results:

Cambridge & Coleridge 23:38:28 - 13th overall, 8th in Open class.

Cambridge & Coleridge and Ely Runners Ladies 28:30:17 - 44th overall, 1st in Casual Ladies class.

### Copped Hall 5 mile – Sept 28<sup>th</sup>

1 <sup>st</sup>	B Baldelli	29.46				
<b>JW Ultra-distance – 30 miles 28<sup>th</sup> Sept</b>						
16 <sup>th</sup>	K Samuelson-Dean	4th F	4:34:15	31 <sup>st</sup>	S Redfern	5:14:47
<b>Saffron Walden 10k – 28th September</b>						
<b>381 finished</b>						
16 <sup>th</sup>	G Capetti	4 <sup>th</sup> M40	37:32	19 <sup>th</sup>	P Cunningham	5 <sup>th</sup> M40 38:41
21 <sup>st</sup>	L Stone	2 <sup>nd</sup> M50	39:09	28 <sup>th</sup>	S Bowen	3 <sup>rd</sup> M50 39:44
29 <sup>th</sup>	G Cinque	8 <sup>th</sup> M40	40:02	34 <sup>th</sup>	A Aldridge	40:47
46 <sup>th</sup>	A Poole		42:03	53 <sup>rd</sup>	S Barr	42:30
60 <sup>th</sup>	S Thoday		43:17	69 <sup>th</sup>	K Illum Jordansen	1 <sup>st</sup> W40 43:50
85 <sup>th</sup>	G Meah		45:05	100 <sup>th</sup>	A Downie	45:42
121 <sup>st</sup>	J Lewy		46:37	125 <sup>th</sup>	M DiFranco	46:46
150 <sup>th</sup>	A Irvine		47:49	170 <sup>th</sup>	F Murphy 9 <sup>th</sup> W40	48:42
185 <sup>th</sup>	D Braverman	4 <sup>th</sup> W50	49:59	194 <sup>th</sup>	C Stanier	F 50:42

### Berlin Marathon – 28<sup>th</sup> September

1665 <sup>th</sup>	J Ferguson	3:02:41	2351 <sup>st</sup>	S Brightwell	3:08:53
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### Standalone 10k – Letchworth – Oct 5<sup>th</sup>

7 <sup>th</sup>	G Weller	35.18	28 <sup>th</sup>	A Parmenter	37.45
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### Cologne Marathon – October 5<sup>th</sup>

418 <sup>th</sup> M	C Clissold	3.11.58	422 <sup>nd</sup> M	I Badr	M40 3.12.05
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### Gt Abingdon 10k – 5<sup>th</sup> October

<b>156 finishers</b>						
8 <sup>th</sup>	G Capetti	M40	38.09	12 <sup>th</sup>	G Cinque	40.00
33 <sup>rd</sup>	A Herne		43:54	67 <sup>th</sup>	E Alexander	F 48:31
73 <sup>rd</sup>	J Schultz	F	50:06			

### Great Eastern Run – ½ Marathon 12<sup>th</sup> October

22 <sup>nd</sup>	B Baldelli	M40	1:15:10	23 <sup>rd</sup>	G Weller	1:15:19
66 <sup>th</sup>	C Pyle		1:21:32	67 <sup>th</sup>	J Raymond	1:21:36
111 <sup>th</sup>	G Cinque		1:26:00	134 <sup>th</sup>	S Brightwell	1:27:07
161 <sup>st</sup>	A Poole		1:28:25	240 <sup>th</sup>	S Thoday	1:31:14
273 <sup>rd</sup>	S Barr		1:32:26	525 <sup>th</sup>	M DiFranco	1:39:33
2 <sup>nd</sup> mens team.						

### Tiptree 10 mile – 12<sup>th</sup> October

86 <sup>th</sup>	A Herne		1.12.25				
<b>Amsterdam Half Marathon Oct 19<sup>th</sup></b>							
954 <sup>th</sup>	Fem S Costello		1.59.26				
<b>Abingdon marathon – October 19<sup>th</sup></b>							
224 <sup>th</sup>	D Yeneralski		3.28.19	291 <sup>st</sup>	K Samuelson-Dean	F	3.38.06
<b>Richmond Castle 10k – October 19<sup>th</sup></b>							
60 <sup>th</sup>	A Poole		43:07	117 <sup>th</sup>	T Long	M45	46:13
145 <sup>th</sup>	A Downie	M55	47:32	155 <sup>th</sup>	A Irvine	M40	47:59
204 <sup>th</sup>	P Garrett	M50	50:10	232 <sup>nd</sup>	F Murphy	W40	51:29
250 <sup>th</sup>	R Roberts	W35	52:26	297 <sup>th</sup>	C McEniery	W35	55:15
364 <sup>th</sup>	I McKay	M45	59:29				

#### Istanbul Marathon – 26<sup>th</sup> October

34 <sup>th</sup>	M J Raymond	2 <sup>nd</sup>	M40	2:58:57			
<b>The Stickler – Blandford Forum, Oct 26<sup>th</sup> (10.1miles)</b>							
39 <sup>th</sup>	S Brightwell			1:16:17			

#### Fenland 10 mile – Wisbech – October 26<sup>th</sup>

10 <sup>th</sup>	A Coianiz	59:29	15 <sup>th</sup>	G Capetti			1:01:06
18 <sup>th</sup>	A Pritchard		1:01:48	19 <sup>th</sup>	J Ferguson		1:01:50
30 <sup>th</sup>	A Shields		1:03:44	38 <sup>th</sup>	M Smith		1:04:41
42 <sup>nd</sup>	G Cinque		1:05:00	44 <sup>th</sup>	S Bowen		1:05:12
75 <sup>th</sup>	S Thoday		1:08:54	87 <sup>th</sup>	C Pritchard	9 <sup>th</sup>	F 1:10:23
91 <sup>st</sup>	A Herne		1:10:47	101 <sup>st</sup>	G Meah		1:11:40
105 <sup>th</sup>	A Downie		1:12:22	160 <sup>th</sup>	S Redfern		1:17:52
161 <sup>st</sup>	P Shenton	1:17:53	176 <sup>th</sup>	C Stanier		F	1:19:25
239 <sup>th</sup>	J Pashley	F	1:27:39				

#### Stevenage Half Marathon – 2<sup>nd</sup> November- 757 finished

98 <sup>th</sup>	O Seger		1:30:54	146 <sup>th</sup>	O Jones		1:34:19
270 <sup>th</sup>	M DiFranco		1:42:58				

#### Stebbing 10 November 9<sup>th</sup>

21 <sup>st</sup>	G Capetti		1.00.57	71 <sup>st</sup>	G Cinque		1.07.13
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#### Stevenage 5k series – Nov 12<sup>th</sup>

19 <sup>th</sup>	B Baldelli	3 <sup>rd</sup>	M40	16.51	190 <sup>th</sup>	S Barnet	2 <sup>nd</sup>	W55 23.53
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#### St Neots Half Marathon - November 16<sup>th</sup>

15 <sup>th</sup>	A Coianiz	1:18:43	29 <sup>th</sup>	A Pritchard			1:21:36
37 <sup>th</sup>	J Ferguson		1:22:37	49 <sup>th</sup>	G Cinque	M40	1:24:37
60 <sup>th</sup>	M Smith		1:24:56	67 <sup>th</sup>	S Brightwell	M40	1:26:07
109 <sup>th</sup>	O Seger		1:28:59	119 <sup>th</sup>	S Barr		1:29:33
150 <sup>th</sup>	S Thoday	M35	1:31:57	154 <sup>th</sup>	K Jordansen	W40	1:31:58
174 <sup>th</sup>	K Ferrin	F	1:33:19	188 <sup>th</sup>	A Herne		1:33:59
199 <sup>th</sup>	G Meah	M50	1:34:44	225 <sup>th</sup>	T Long	M45	1:36:11
226 <sup>th</sup>	D Yeneralski	M40	1:35:57	242 <sup>nd</sup>	J Lewy	M45	1:36:38
243 <sup>rd</sup>	A Downie		1:36:50	247 <sup>th</sup>	K Samuelson-Dean	F	1:37:21
292 <sup>nd</sup>	K Toynton	F	1:39:06	315 <sup>th</sup>	A Irvine	M40	1:39:48
321 <sup>st</sup>	P Scofield	1:40:11	326 <sup>th</sup>	M DiFranco			1:40:16
330 <sup>th</sup>	P Shenton	1:41:14	384 <sup>th</sup>	S Culit		F	1:43:11
395 <sup>th</sup>	C Stanier	F	1:43:34	453 <sup>rd</sup>	P Allen		1:45:59
457 <sup>th</sup>	S Redfern	1:46:16	476 <sup>th</sup>	R Roberts		W35	1:47:11
592 <sup>nd</sup>	J Pashley	F	1:53:45	694 <sup>th</sup>	C Cooke		1:58:53
702 <sup>nd</sup>	S Costello	F	2:00:08				

#### Herward Relays – 23<sup>rd</sup> November (Peterborough to Ely)

##### Peterborough to Whittlesey - 6.1

12 <sup>th</sup>	A Shields		41:28	16 <sup>th</sup>	S Brightwell		41:49
21 <sup>st</sup>	G Cinque		43:04	29 <sup>th</sup>	S Bowen		44:45
49 <sup>th</sup>	A Irvine		47:26				

##### Whittlesey to March - 11.6 miles

5 <sup>th</sup>	A Coianiz	1:12:15	18 <sup>th</sup>	I Badr			1:21:29
24 <sup>th</sup>	S Thoday		1:23:18	81 <sup>st</sup>	J Lewy		1:34:54

##### March to Welney - 10.3 miles

10 <sup>th</sup>	G Capetti		1:13:25	16 <sup>th</sup>	J Ferguson		1:15:03
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26 <sup>th</sup>	C Clissold		1:17:58	83 <sup>rd</sup>	C Stanier		1:32:16
86 <sup>th</sup>	P Garrett		1:33:17				

##### Welney to Ely - 9.6 miles

5 <sup>th</sup>	B Baldelli		1:02:55	21 <sup>st</sup>	J Raymond		1:10:51
29 <sup>th</sup>	B Corbett		1:13:25	51 <sup>st</sup>	D Yeneralski		1:17:13

##### Final team results C&C) – 115 teams finished

7 <sup>th</sup>	The Italian Job	4:11:39	(Giulio Cinque, Alessandro Coianiz, Giacomo Capetti, Benvenuto Baldelli)
15 <sup>th</sup>	The Runaways	4:31:46	(Andrew Shields, Ish Badr, Cole Clissold, Joad Raymond)
43 <sup>rd</sup>	Sultans of Swing	5:00:13	(Andy Irvine, Steve Thoday, Carol Stanier, Dave Yeneralski)
55 <sup>th</sup>	Not Fade Aways	5:06:21	(Simon Bowen, John Lewy, Phil Garrett, Brian Corbett)

#### Stevenage 5k series Nov 26<sup>th</sup>

161 <sup>st</sup>	S Barnett	2 <sup>nd</sup>	W55	23:27
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#### Wolverton 54 – Milto Keynes Nov 29<sup>th</sup> - 5 miles

23 <sup>rd</sup>	B Baldelli	3 <sup>rd</sup>	M40	27:28
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#### Norwich Half Marathon – Dec 1<sup>st</sup> – 2040 finishers

178 <sup>th</sup>	O Seger		1:32:31	424 <sup>th</sup>	M Simmons	F	1:41:29
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#### Nene Valley 10 - Dec 7<sup>th</sup>

16 <sup>th</sup>	A Coianiz	58:47	68 <sup>th</sup>	O Seger			1:06:12
142 <sup>nd</sup>	T Long		1:14:57	188 <sup>th</sup>	C Cooke		1:21:44

#### Grim 8 – Aldershot Dec 7<sup>th</sup> – 8 miles

111 <sup>th</sup>	S Thoday	M35	1:02:41
276 <sup>th</sup>	D Yeneralski	M40	1:08:01
698 <sup>th</sup>	P Garrett	M50	1:17:18

#### Stevenage 5k series Dec 10<sup>th</sup>

132 <sup>nd</sup>	S Barnett	1 <sup>st</sup>	W55	23:58
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### CROSSCOUNTRY

#### Ryston Runners Grand prix series - October 12<sup>th</sup>

U11 Girls - 2 km,	5 <sup>th</sup>	Amy Pettitt	9:24
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Senior Women - 5 km,	5 <sup>th</sup>	Nathalie Richards	21:12
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W55 Womens - 5 km,	3 <sup>rd</sup>	Mary Holmes	27:41
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V40 Men - 5 km,			
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4 <sup>th</sup>	David Pettitt	18:50	9 <sup>th</sup>	Mark Vile	19:54
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V50 Men - 5 km,					
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4 <sup>th</sup>	Gerald Meah	20:05	6 <sup>th</sup>	Mark Chaplin	20:16
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V60 Men - 5 km,			9 <sup>th</sup>	Peter Chaplin	34:48
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#### Sunday League – Broxbourne Oct 26<sup>th</sup>

20 <sup>th</sup>	D Braverman	2 <sup>nd</sup>	W55	43:33	37 <sup>th</sup>	S Barnett	5 <sup>th</sup>	W55	46:23
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#### Ryston Runners Grand prix series – November 9<sup>th</sup>

U11 Girls - 2 km,	5 <sup>th</sup>	Amy Pettitt	9:13
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U17 Women - 4.5 km,	4 <sup>th</sup>	Rebecca Carter	19:17
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W55 Women - 9 km,	4 <sup>th</sup>	Mary Holmes	49:45
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U15 Boys - 3 km,	4 <sup>th</sup>	Hannes Whittington	10:36
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U20 Men - 9 km,	1 <sup>st</sup>	Anthony Mulligan	32:13
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V40 Men - 9 km,	2 <sup>nd</sup>	David Pettitt	33:22
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#### Sunday League – Digswell – Nov 16<sup>th</sup>

6 <sup>th</sup>	M Salt	33:12	160 <sup>th</sup>	D Braverman	2 <sup>nd</sup>	W55	46:17
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187 <sup>th</sup>	S Barnett	4 <sup>th</sup>	W55	48:12			
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### FELL RUNNING

#### Dovedale Dash – 2nd November - 4.75 miles (not all times available)

99 <sup>th</sup>	M Smith	36:21	100 <sup>th</sup>	S Thoday	36:22
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204 <sup>th</sup>	A Herne	39:59	210 <sup>th</sup>	A Poole	40:04
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216 <sup>th</sup>	A Irvine	40:12	223 <sup>rd</sup>	G Meah	40:32
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285 <sup>th</sup>	J Lewy	M45	301 <sup>st</sup>	D Yeneralski	41:45
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304 <sup>th</sup>	A Downie	M60	41:58	416 <sup>th</sup>	C Stanier	F	45:00
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440 <sup>th</sup>	F Murphy	F	45:15	538 <sup>th</sup>	N Costello	M60	47:37
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651 <sup>st</sup>	I McKay		51:30		T Long		
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	R Roberts	F			M Jennings	F	
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M Holmes W70

**MULTITERRAIN**

**Frostbite League - Oct 5<sup>th</sup> St Neots**

Seniors - 328 finished - 7<sup>th</sup> team

2 <sup>nd</sup>	W Mycroft	27:57	10 <sup>th</sup>	B Baldelli	29:02
22 <sup>nd</sup>	J Morley	30:37	27 <sup>th</sup>	A Coianiz	31:07
34 <sup>th</sup>	J Baslington	31:49	36 <sup>th</sup>	L Stone	31:54
50 <sup>th</sup>	M Smith	32:39	97 <sup>th</sup>	J Kazer	34:57
146 <sup>th</sup>	S Wallis	37:22	147 <sup>th</sup>	A Irvine	37:23
174 <sup>th</sup>	J Lewy	38:23	192 <sup>nd</sup>	C Stanier	F 38:57
253 <sup>rd</sup>	J Pashley	F 42:58	325 <sup>th</sup>	D Bayles	60:52

Junior Race - 93 finishers - 5<sup>th</sup> team.

4 <sup>th</sup>	A Tapley	7:17	6 <sup>th</sup>	G Schwiening	1 <sup>st</sup> F 7:22
22 <sup>nd</sup>	J Tapley	8:41	64 <sup>th</sup>	A Stone	10:37

**Frostbite League - Nov 9<sup>th</sup> - Peterborough**

Senior race - 489 finishers - 3<sup>rd</sup> team, now 5<sup>th</sup> overall

8 <sup>th</sup>	M Salt	M35 27:46	9 <sup>th</sup>	B Baldelli	M40 27:56
11 <sup>th</sup>	W Mycroft	U20 28:10	22 <sup>nd</sup>	A Pritchard	29:23
29 <sup>th</sup>	J Ferguson	M40 30:04	43 <sup>rd</sup>	L Stone	M50 30:35
54 <sup>th</sup>	A Shields	M45 30:56	66 <sup>th</sup>	A Aldridge	31:27
67 <sup>th</sup>	S Bowen	M55 31:28	76 <sup>th</sup>	S Brightwell	M40 31:50
90 <sup>th</sup>	J Morley	32:23	122 <sup>nd</sup>	K Masson	W45 33:23
123 <sup>rd</sup>	G Meah	M50 33:30	150 <sup>th</sup>	C Pritchard	F 34:20
176 <sup>th</sup>	S Wallis	M35 35:24	178 <sup>th</sup>	A Irvine	M40 35:26
226 <sup>th</sup>	C Stanier	F 36:57	317 <sup>th</sup>	A Moindrot	F 40:11
487 <sup>th</sup>	D Bayles	59:00			

Junior Race - 122 finishers - 10<sup>th</sup> team, now 8<sup>th</sup> overall

7 <sup>th</sup>	G Schwiening	1 <sup>st</sup> F 7:54			
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**Frostbite League - Huntingdon - December 14<sup>th</sup>**

Seniors - 5<sup>th</sup> team - overall 5<sup>th</sup> team

7 <sup>th</sup>	N Carroll	29:26	10 <sup>th</sup>	M Salt	29:56
17 <sup>th</sup>	J Bowstead	30:49	31 <sup>st</sup>	L Stone	32:23
50 <sup>th</sup>	A Shields	33:27	74 <sup>th</sup>	S Thoday	34:51
109 <sup>th</sup>	J Kazer	36:30	117 <sup>th</sup>	B Corbett	36:53
137 <sup>th</sup>	A Irvine	37:34	142 <sup>nd</sup>	D Yeneraliski	37:48
233 <sup>rd</sup>	A Lasseter	F 43:13	237 <sup>th</sup>	N Costello	43:23
243 <sup>rd</sup>	C McEniery	F 43:35	253 <sup>rd</sup>	J Pashley	F 44:22
337 <sup>th</sup>	D Bayles	69:47			

Juniors - 7<sup>th</sup> team overall 8<sup>th</sup> team

4 <sup>th</sup>	G Schwiening	F 11:29	10 <sup>th</sup>	A Tapley	12:32
18 <sup>th</sup>	J Tapley	13:21	60 <sup>th</sup>	A Stone	15:45

**SPORTSHALL**

**Under 11 Regional event - Norwich 15<sup>th</sup> November**

Balance test	4 <sup>th</sup> Boy	R MacDonald	38secs		
Standing Longjump	17 <sup>th</sup> Boy	R MacDonald	1.59m	16 <sup>th</sup> Girl	K Reynolds 1.54m
Speed Bounce	12 <sup>th</sup> Girl	K Reynolds	44		

**December 14<sup>th</sup> at Chesterton**

Boys under 13

2 Lap Race	2 <sup>nd</sup>	J Ebanks	23.1	4 <sup>th</sup>	J Biggs	24.5
	5 <sup>th</sup>	W Blackwell	25.3	10 <sup>th</sup>	L Moden	31.2
4 Lap race	2 <sup>nd</sup>	M Jones	50.1	5 <sup>th</sup>	N Farboud	56.2
	7 <sup>th</sup>	J Rowsell	57.0	8 <sup>th</sup>	S Kumar	57.4
6 Lap race	1 <sup>st</sup>	L Rawlings	81.4	4 <sup>th</sup>	J Mckeown-Tofts	88.2
	5 <sup>th</sup>	O Heeks	90.7	6 <sup>th</sup>	B McKeown-Tofts	91.2
Paarlauf Relay (8 lap)	1 <sup>st</sup> /3 <sup>rd</sup>	1.44.6/1.45.9	4x2 Relay	1 <sup>st</sup> /2 <sup>nd</sup>	1.42.8/1.52.9	
Circuit Relay	1 <sup>st</sup> /3 <sup>rd</sup>	1.16.9/1.20.1				

Standing Long Jump	2 <sup>nd</sup>	J Ebanks	2.15	6 <sup>th</sup>	B McKeown-Tofts	1.73
	8 <sup>th</sup>	J McKeown-Tofts	1.64	9 <sup>th</sup>	S Kumar	1.64
	10 <sup>th</sup>	J Rowsell	1.63	11 <sup>th</sup>	L Moden	1.04
Standing Triple Jump	3 <sup>rd</sup>	M Jones	6.04	4 <sup>th</sup>	J Biggs	5.71
	5 <sup>th</sup>	L Rawlings	5.65	7 <sup>th</sup>	N Farboud	5.04
Vertical Jump	1 <sup>st</sup>	M Carter	54	6 <sup>th</sup>	J Mckeown-Tofts	42
	7 <sup>th</sup>	W Blackwell	42	10 <sup>th</sup>	L Moden	38
	11 <sup>th</sup>	B Mckeown-Tofts	38	12 <sup>th</sup>	J Rowsell	37
Shot 3.25kg	1 <sup>st</sup>	M Carter	8.35	3 <sup>rd</sup>	W Blackwell	6.39
Speed bounce	1 <sup>st</sup>	J Ebanks	52	3 <sup>rd</sup>	J Biggs	49
	4 <sup>th</sup>	N Farboud	44	9 <sup>th</sup>	S Kumar	41

Girls under 13

2 Lap Race	4 <sup>th</sup>	M Jones	28.7	5 <sup>th</sup>	L Baker	31.4
4 Lap race	3 <sup>rd</sup>	A Goggin	56.5	5 <sup>th</sup>	Z MacDonald	57.4
6 Lap race	1 <sup>st</sup>	H Parker	88.5			
Paarlauf Relay (8 lap)	2 <sup>nd</sup>		1.51.1	4 x 2 Relay	2 <sup>nd</sup>	1.54.1
Circuit Relay	2 <sup>nd</sup>		1.29.3			
Standing Long Jump	4 <sup>th</sup>	M Jones	1.56			
Standing Triple Jump	3 <sup>rd</sup>	I Hyde	4.46	4 <sup>th</sup>	LBaker	4.22
Speed Bounce	2 <sup>nd</sup>	Z MacDonald	48	5 <sup>th</sup>	M Jones	38
Vertical Jump	2 <sup>nd</sup>	Z MacDonald	48	3 <sup>rd</sup>	A Goggin	45
Shot	1 <sup>st</sup>	A Goggin	7.25	2 <sup>nd</sup>	I Hyde	7.11

Boys Under 15

2 Lap Race	2 <sup>nd</sup>	A Tapley	24.4	3 <sup>rd</sup>	J Tapley	26.6
4 lap race	1 <sup>st</sup>	D October	47.8	3 <sup>rd</sup>	S Pullen	52.5
Paarlauf Relay	1 <sup>st</sup>		1.39.4			
4 x 2 Lap relay	1 <sup>st</sup>		1.47.9			
Shot 4kg	3 <sup>rd</sup>	A Tapley	6.31	4 <sup>th</sup>	J Tapley	5.09
Speed Bounce	1 <sup>st</sup>	D October	59	3 <sup>rd</sup>	S Pullen	33
Standing Triplejump	1 <sup>st</sup>	D October	7.95	3 <sup>rd</sup>	A Tapley	6.20
Standing Longjump	3 <sup>rd</sup>	J Tapley	1.78			
Individual scores	=1 <sup>st</sup>	D October	150	4 <sup>th</sup>	A Tapley	125
	=5 <sup>th</sup>	J Tapley	120			

Girls under 15

2 Lap Race	1 <sup>st</sup>	L Gillie-Visser	24.6	4 <sup>th</sup>	F Kumar	25.7
	6 <sup>th</sup>	S Baxter	27.1			
4 Lap Race	1 <sup>st</sup>	J Fox	52.1	5 <sup>th</sup>	B Petersen	58.4
Paarlauf Relay	1 <sup>st</sup>	F Kumar/J Fox	No time recorded			
4x2 lap Relay	2 <sup>nd</sup>		1.44.4			
Shot	1 <sup>st</sup>	F Kumar	7.19	7 <sup>th</sup>	S Baxter	4.89
Speed Bounce	2 <sup>nd</sup>	L Gillie-Visser	50	3 <sup>rd</sup>	J Fox	49
	7 <sup>th</sup>	B Petersen	39			
Vertical Jump	6 <sup>th</sup>	S Baxter	40			
Standing Longjump	1 <sup>st</sup>	L Gillie-Visser	2.16	2 <sup>nd</sup>	J Fox	2.08
	3 <sup>rd</sup>	F Kumar	1.91	7 <sup>th</sup>	B Petersen	1.28
Individual scores	1 <sup>st</sup>	L Gillie-Visser	145	2 <sup>nd</sup>	J Fox	135
	=4 <sup>th</sup>	F Kumar	125	=12 <sup>th</sup>	S Baxter/B Petersen	70

Girls under 11

4 x 2 lap relay	2 <sup>nd</sup>	C&C	1.50.4			
Circuit Relay	2 <sup>nd</sup>	C&C	1.29.1			
Standing long jump	2 <sup>nd</sup>	T Gomperts-Willis	1.87	6 <sup>th</sup>	A Walsh	1.61
	7 <sup>th</sup>	J Evans	1.61	8 <sup>th</sup>	L Parker	1.60
Vertical jump	3 <sup>rd</sup>	L Parker	38	4 <sup>th</sup>	T Gomperts-Willis	37
Ball throw	3 <sup>rd</sup>	M Cassidy	6.37	12 <sup>th</sup>	A Walsh	4.22
Speed Bounce	4 <sup>th</sup>	J Evans	46	6 <sup>th</sup>	M Cassidy	45
	10 <sup>th</sup>	L Parker	44	12 <sup>th</sup>	A Walsh	43

Boys U11

Circuit Relay	1 <sup>st</sup>	C&C	1.23.8
4 x 2 lap relay	1 <sup>st</sup>	C&C	1.45.7

Ball throw	1 <sup>st</sup>	R MacDonald	6.50	2 <sup>nd</sup>	N Monck	6.49
	3 <sup>rd</sup>	S Walsh	5.92			
Standing Long jump	1 <sup>st</sup>	M Carter	1.66	4 <sup>th</sup>	S Walsh	1.52
Vertical jump	4 <sup>th</sup>	R MacDonald	31	5 <sup>th</sup>	A Van Enis	31
Speed Bounce	1 <sup>st</sup>	N Monck	52	2 <sup>nd</sup>	M Carter	47
	6 <sup>th</sup>	A Van Enis	42			

**Overall Boys U 13**

C&C A	120	8
C&C B	78	7
Abbey Col	67	6
HAC	47½	5
PAC	41	4
Ely	31½	3

**Overall Boys U 15**

C&C	575	8
PAC	150	7
Riv R	135	6
HAC	120	5

**Overall Boys U 11**

C&C	478	8
Ely	429	7
Cott Blade	389	6
Cott Storm	287	5
PAC	219	4

**Overall Girls U 13**

C&C	103	8
HAC	91	7
PAC	46	6
Ely	12	5

**Overall Girls U 15**

HAC	575	8
C&C	565	7
PAC	95	6

**Overall Girls U 11**

PAC A	452	8
C&C	436	7
Cott Dia	404	6
Ely	380	5
Cott pearls	318	4
Cott sapp	276	3
PAC B	138	2
HAC	112	1

**Combined match result under 11/under 13/under 15's**

1 <sup>st</sup>	C&C	46	2 <sup>nd</sup>	PAC	35
3 <sup>rd</sup>	HAC	26	4 <sup>th</sup>	Ely SSP	20
5 <sup>th</sup>	Cott "A"	12	6 <sup>th</sup>	Cott "B"	9
7 <sup>th</sup>	C&C B	7	8 <sup>th</sup>	Abbey Coll	6
9 <sup>th</sup>	Cott "C"	3	10 <sup>th</sup>	PAC B	2

**Pictures - Cambs AA Under 11 Regional sportshall teams**



**THE C&C COMMITTEE WISH YOU A VERY GOOD  
CHRISTMAS & SUCCESS IN YOUR ATHLETICS IN 2009**

**CAMBRIDGESHIRE SPORTS-HALL ATHLETICS CHAMPIONSHIPS**

**The second round** is on 13 In January at Bushfield Sports centre, Peterborough. Doors open at 1pm and we finish at 5pm  
It is a team competition for Under 15 's, Under 13's and Under 11 's based on your age on 31st August 2008 - ie as for last summers Track and Field.  
Under 15's do a multi-event type competition and everyone does a 2 or 4 lap race, and 2 field events plus a relay  
Under 13's do up to three events and a relay, in a two per event format, with three track events, 5 field events plus relays  
Under 11's have a 4 per team format and everyone does 2 relays plus two field events  
Come along and have a go – C&C won the first round. It's a bit of noisy fun, you will score points for the team, and maybe get selected for the Cambs team in the Regional finals at Norwich on February 14<sup>th</sup>, and if Cambs do well, maybe the National final.

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

Contact Noel Moss on 01223 833470 or e-mail noelmoss@btinternetcom

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

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

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

Date of Birth .....

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

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

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

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