

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

## Newsletter

March 2009

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

#### 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	Hemel Hempsted
April 26 <sup>th</sup>	East Anglian league	All	Peterborough
May 2 <sup>nd</sup>	Southern Mens League	Males 15+	Cambridge
May 6 <sup>th</sup> evening	Eastern vets league	Veterans	TBC
May 9 <sup>th</sup>	Cambs AA Championships	All members	Cambridge
May 16 <sup>th</sup>	Southern mens league	Males 15+	Croydon
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	Ashford
May 24/25 <sup>th</sup>	CAU Championships	County select	Bedford
May 30 <sup>th</sup>	Southern Womens League	All females	Horsham
May 31 <sup>st</sup>	Bedford International Games 2009	Spectators	Bedford

#### Local Road Events

April 5 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
Apr 19 <sup>th</sup>	Bungay black Dog marathon	Bungay	Seniors
Apr 19 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
May 3 <sup>rd</sup>	Great East Anglia Run 10k	Kings Lynn	Seniors
May 3 <sup>rd</sup>	Langtoft 10k	Nr Peterbro	Seniors
May 4 <sup>th</sup>	Ashdon 10k	Ashdon	All
May 4 <sup>th</sup>	Breckland 10k	Croxton	Seniors
May 10 <sup>th</sup>	Sawston Fun Run	Sawston	All
May 10 <sup>th</sup>	Eye 10k and 3k	Eye	All
June 3 <sup>rd</sup>	Peterborough 5k grand prix	Ferry meadows	All over 16
June 14 <sup>th</sup>	Abbey 10k	Ramsey	Seniors
June 17 <sup>th</sup>	Peterborough 5k grand prix	Thorney	All over 16
June 28 <sup>th</sup>	Sutton Feast beast 7	Sutton, Nr Ely	Seniors

### Young Athlete Parents Coffee Evening, Cross-Country Trophy Awards presentations and a Special General Meeting - April 27<sup>th</sup> (see inside for details)

### Summer training starts Monday March 30<sup>th</sup> at track (see page 3)

**Subs are due on the anniversary of your last payment. Please pay on Monday evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND.**

**£45 for wage earners and £35 for non-earners. (Reminders enclosed where appropriate)**

Note – the club will not pay UKA affiliation fees for anyone who subs are in arrears on 1<sup>st</sup> April in any calendar year. Subs paid late are still credited from the date on which they were originally due.

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

### Chair's chatter

The track and field season starts up again in the middle of April and we go into it with some good winter results. Ed Aston has been the club's leading performer with some superb running indoors and his winner's celebration featured in a photograph in Athletics Weekly. Well done, Ed. Good to see the C&C vest featured prominently. The men's cross country team also performed reasonably in the National Championships finishing 55<sup>th</sup>. The National is a tough event and to finish well up the list of clubs is creditable. C&C used to be a top cross country club but we've been bedevilled by the lack of a suitable league locally in the last few years. We can do better than 55<sup>th</sup> but that was a good start. There may be a new local league soon and there's an increasing sense of self confidence and competitiveness around the senior endurance runners – winter 2009-10 could be worth waiting for.

**There will be a parents' evening at the track on Monday 27<sup>th</sup> April. This will incorporate the awarding of cross-country trophies and a Special General Meeting.** The trophy awards will begin at 6.50 for under 15 athletes, then 7.00 for under 13 and older athletes including seniors. This timing is to avoid disrupting the juniors' training sessions. Please come along and applaud your successful club mates.

The parents' evening is to explain things happening at the club and to answer any questions parents may have about the track and field leagues and other competitions. There will be a short talk after the awards have been presented followed by Q&A.

Finally, there will be a Special General Meeting at 8.00. It will be largely formal and should take only a few minutes but it is important and I hope members will stay to take part in it. The committee is seeking community amateur sports club status for the club (usually referred to as CASC). This provides major benefits financially and in effect gives the club charitable status. There are responsibilities which go with this too and the club will have to behave according to the requirements of the Charity Commissioners – but this is positive – it will ensure we perform properly and that club members' interests are well protected. The Charity Commissioners require some formal changes to the club's constitution in order to approve CASC status and the Special General Meeting is to approve those changes, if members agree they are beneficial. If you want to know more about CASC, details can be found at [www.cascinfo.co.uk](http://www.cascinfo.co.uk). The proposed constitutional clauses are below.

Good luck for the new T&F season.

Neil

### **Proposed clauses:**

'The club exists with the objects of:

The promotion of community participation in healthy recreation for the benefit of the inhabitants of Cambridge and the surrounding districts by the provision of facilities for athletics'.

We are also required to add an 'amendments clause':

'No alteration or addition to this constitution shall be made except at a General Meeting of the organisation called for such purpose. No alteration shall be made to Clauses 1, 18 or this clause without the prior written approval of the Charity Commission, and no alteration shall be made which would cause the organisation to cease to be a charity in law. Alterations or additions to the constitution shall receive the assent of not less than two thirds of members present and voting at a General Meeting.'

The current constitution is available on the club web site [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)

### Summer training – Important information

Young athletes commence outdoor training at Wilberforce road on Monday March 30th  
This year, the training sessions will be similar to last year with under 13's training from 18.00 until ca 19.10 and under 15's training from ca 19.10 until 20.30  
Tuesday and Thursday training sessions on the track will also commence that week.

### April 27<sup>th</sup> - Young Athlete Parents Coffee Evening and the XC Trophy Awards presentations

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

The presentation of the annual Cross-Country awards will take place between 6.50 and 7.15pm.

Special General meeting. At 8pm there will be a Special General Meeting to approve changes to the club constitution in order to accommodate charitable status (see Chairs chatter).

### Cambs AA Cross-country championships

At Priory Park, St Neots, again this year and the weather remained dry all day.  
C&C fared better than last year.

There were top 3 finishes for several athletes this year. Lucy Parker and Amy Pettit took 1<sup>st</sup> and 2<sup>nd</sup> in the U11 girls Open race. Good potential for the future!

Holly Parker just missed a medal in the Under 13 Girls in 4<sup>th</sup> place while Guy Kendall took silver in the U13 Boys, and with Mark and Robert Mitchell, took the 2<sup>nd</sup> team place.

Georgie Schweining took Gold in the Under 15 Girls by a big margin to also get them 2<sup>nd</sup> team place while James Cochrane, Adam Tapley and Hannes Whittingham finished 4<sup>th</sup>, 5<sup>th</sup> and 7<sup>th</sup> in the U15 Boys for the 2<sup>nd</sup> team place

Emily Kier was Bronze medallist in the under 17 Women with Rebecca Carter in 4<sup>th</sup>, and with Jenni Corbett took 1<sup>st</sup> team medals.

Joan Lasenby, Diana Braverman and Sue Barnett finished first veteran Ladies team, and Will Mycroft was 5<sup>th</sup> in the Mens event and 2<sup>nd</sup> Under 20 man, with Tom Vickery 8<sup>th</sup> overall in the emns race.

High-class C&C running at the South of England AA Cross Country, in appallingly wet and muddy conditions at Hillingdon. Guy Kendall in the U13s, Nick Burch at U17 and Will Mycroft in the U20s all managed top-half finishes against some of the country's best. Well done everyone

### English National Cross-Country Championships

A strong C&C team acquitted itself well at the Nationals on the notoriously tough Parliament Hill course on Saturday, against the best runners in the country. Amongst many good results, 250th-placed Noel Carroll led a group of talented young C&C runners in the senior event (55th-placed team), and Georgie Schwiening recorded our highest placing, 30th in the U15 girls. Well done everyone.

In the CAU Championships, several C&C athletes were selected for Cambridgeshire. Will Mycroft produced the best C&C performance of the day with a 64<sup>th</sup> place in the Under 20 Mens event.  
All the C&C athletes results are given in the results section

### Road running highlights

#### The Boxing day 4 mile 2008

48 finishers, two less than 2008, but a fast race this year, in excellent weather conditions.  
International Triathlete Will Clarke set the pace and won in 19.31 mins, the fastest time since the Tuck twins many years ago and beating his last years time by one second. Ian Williamson was 2<sup>nd</sup> home and Martin Bell third. Full results at the back of the newsletter.

#### Ely New Years Eve 10k

Thirty two C&C runners made the Ely New Year's Eve 10k their last run of 2008, and a lot of good results. Highlight of the day was the 14<sup>th</sup> place and 1<sup>st</sup> M40 for Alessandro Coianiz and the 2<sup>nd</sup> W40 for Karen Jordanson. Leon Stone took the 2<sup>nd</sup> M50 spot and Alex Downie was 3<sup>rd</sup> M60

#### Folksworth 15

There's plenty of good news to report from the presentation. Nick Beer was second overall in 1:26 - an outstanding achievement in a high-quality race. On top of that, both the men's team and the women's team won their events. Well done Nick, Chris Pyle, Adam Poole, Meinou Simmons, Katie Toynton and Carol Stanier. Lots of C&C present - well done everyone.

Good news from the Frostbite presentation - the Folksworth 15 gives a prize for the first club amongst the Frostbite League teams, and our team of Nick Beer, Chris Pyle, Adam Poole and Katie Toynton won it. It's a very nice trophy! Congrats to all.

#### Bungay 20k

A superb second place for Ben Baldelli at the Elgood's Brewery Great East Run in Bungay.

Congratulations Ben and well done all the other C&C runners.

#### Thames Path Ultra 50

A very big weekend for our Ultra Katie. Main event was the Thames Path Ultra, no less than fifty miles along the Thames from Reading to Shepperton. Katie completed it in a superb nine hours 23 minutes.

Logically, running a 12K race the next day, Not The Roman IX, would be simple by comparison, but you'd need to be made of stern stuff to try it! Congratulations, Katie! (A Irvine)

#### Tring2Town 40-mile ultra,

Ultra Katie is racing further than the rest of the club combined!

Latest adventure is the Tring2Town, which involves a 40-mile race route from rural Hertfordshire to West London, with the option of racing back again the next day. Have a guess what Katie chose.

Congrats Katie on finishing second female over the two days. Congrats on *finishing*, actually!

#### Bury Nearly 10 and Bury 20

No fewer than 23 C&Cs took part. Alessandro took C&C honours in the 20, finishing ninth in 2:07, one place ahead of Giacomo, and the pair were second and third vet 40s. Giulio made it an Italian 1-2-3 (not for the first time!). Our first female was Andrea, making an impressive return as ninth female



overall and first female veteran, and our second was Meinou. John K pipped Paul D for the honours in the Nearly 10. A really tough day out for everyone - well done all, especially those who weren't forced to do it for marathon purposes! **Pictures – the Italian Trio** courtesy of James Ennis

#### Belvoir Challenge 15 Mile

Well done John Ferguson – 2<sup>nd</sup> place overall in a time of 1.45.07

### Turing Trail relays

3<sup>rd</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> teams overall, 1<sup>st</sup> Womens team and 1<sup>st</sup> Mens vets team – excellent results. Also stage wins for Ben Baldelli and Dave Pell.

### In Praise of the Busy Runner. By Alex Downie

Firstly, I think praise is due to any runner or exerciser because, sadly, that makes you probably the exception rather than the rule in the UK at the present time. It will confer on you many well-attested health benefits, as well as a greater sense of well-being than your average couch potato will ever know. (Ah, those endorphins!) Well, well, and well again....you will almost certainly also pick up some adverse effects, such as aches, pains, and injuries; also, some doubts and questions, such as when is an ache or a pain an injury? Can I run through it? And if I take up extreme knitting instead, will I incur a repetitive strain injury?

A question frequently heard from non-runners, is the plaintive, “Well, yes, I’d quite like to run, but when? Where on earth would I find the time?” The short answer to that is that you become creative and make time, and the long answer would be to ask Club runners how they manage to juggle their lives to include regular slots for running.

Above the tap it said “Run a long time to get hot water, so I ran round the room for a really long time, but I didn’t get any hot water.”- Michael Rosen.

With apologies to lovers of our feline friends, there are many ways to skin a cat, and every runner will provide a different, and no doubt very detailed, answer as to how to fit everything in, without getting into hot water, sic. C+C members are famed for their affable, amiable and articulate natures, and would be only too happy to oblige, (try stopping them!), but the pattern emerging would be as varied and labyrinthine as the wrinkles on an elephant’s bottom.

I personally am in awe of the way in which some of us manage to fit in family, work and running, yea even unto that ultimate expression of running that is the Marathon. The way people committed time to the Round Norfolk Relay is another recent case in point. Finding windows of opportunity to train regularly can mean getting up at unmentionably early hours in the morning, or fitting in a lunchtime run at work, always assuming there are showers available! It may mean carving out time for evening runs via complicated child-care swap arrangements. And what about the 8am weekend runs that a dedicated bunch of die-hards have been doing to drag down their dreaded Marathon times?

We are not professional athletes. We all have loads of other commitments. Yet, we find time, and perform near- miracles regularly. I just think that’s worth saying occasionally.

### Indoor T&F Season

#### Southern Indoor Championships

Ed Aston won the Senior 800m at the SEAA championships on Jan 11<sup>th</sup>, in a high class field (where Ed was ranked 3rd fastest) Ed kicked away with over a lap and a half to go, and kicked again with a lap to go to build a lead that was not going to be broken down!

Ed also beat the championship record (He now has the Junior and Senior records) running 1m52.22, which is even more promising considering the heat was 1hr40mins before the final.

The time put Ed at the top of the UK rankings for 2008/9 indoor season at that time, and was his first race of the season, running over 2 seconds faster than his first race last year (Where he also won the South of England title)

#### Ed Aston wins this year in Bratislava

Ed produced a time of 1.49.09 to win for GB & NI in Elan in Bratislava. In doing so he beat Damien Moss, the other GB runner, and left himself in 5<sup>th</sup> place in the 2009 indoor rankings to date.

#### Ed Aston wins National Senior 800m Indoor Title

For those who missed the coverage on TV, Ed Aston won the 800m at the national indoor senior championships. Ed ran 1.50.65 to win heat 1 to qualify for the final. The top 5 800m runners in the

country got through to the Sunday final, joined by the top Irish 800m runner.

Ed was ranked 5th on seasons bests, and 6th on personal bests. Ed positioned himself well throughout the race, and kept out of trouble, to hit the front with 250m to go, which he held until the end of the back straight, and then held Joe Thomas from Wales all the way around the bend, and maintained his form to pass through the line in an indoor personal best of 1.48.82.



Ed was selected to compete in the UK GP in Birmingham on the following weekend. This time he was racing Olympic 800m champion Wilfred Bungei from Kenya. Ed tried to take it on from the start, with a target to get the European Indoor Qualifier, but after the first lap, the pace of the Olympic Champion was too much for him and he dropped back through the field to finish 7<sup>th</sup> in the race in 1.49.88

Photo – Ed winning in Sheffield.

### Sports Hall athletics

There were two County selection matches this winter, one in December at Cambridge and one in late January at Peterborough. C&C won the first match and PAC won the 2<sup>nd</sup> match, with PAC just winning overall this year.



Several of our athletes then went on to compete for Cambridgeshire in the Regional final at Norwich, but unfortunately due to a clash with the England athletics Under 15 Championship, some were not able to take part.

Hollie Parker won the U13 Girls 6 lap race and Alex Young the standing Longjump.

Joseph Ebanks too bronze medals in the 2 lap race and Standing Longjump for U13 Boys.

Flavia Kumar was 2<sup>nd</sup> in the U15 Girls shot and Simon Pullen was 2<sup>nd</sup> in the U15 Boys 4 lap race.

The pictures show the Regional team and the medallists.

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

### Summer Track and Field competition – the club wants all young members to be involved

Athletics is a sport which is based around competition, either as an individual, or as a team event.

It’s all about trying to improve your own level of performance, and to have a measurement of it.

That’s why athletes train – simply to improve their performance.

Our coaches (all unpaid volunteers) work very hard in order to help you improve, and to prepare you for competition, but they can't do it for you. Only you can experience the feeling of satisfaction which you get from a personal best, or a close competition.

Of course, not everyone can win the event – so as well as competing against others, you are also competing against yourself, trying to improve during the season (or in the case of the veterans, to get as close as possible to last years performance!). Gradual improvement must be the main target for everyone, and the satisfaction which that gives you, whatever your own standard.

C&C have teams in a number of leagues in order that all our athletes have the chance to compete during the season on a number of occasions, and the club encourages you to take that opportunity whenever possible. For those who have not competed before, the leagues provide opportunities for non-scoring competitors, as well as those scoring for the team.

By competing either as a scorer, or a non-scorer, you have accurate performances recorded, which allow you to compare with others, and with the AAA standards, or then you can measure the improvements gained from training.

The club keeps a ranking list of everyone's best competition performances, and these are used by the team managers when selecting who should be the scorers in the next match. Even if you are not selected as one of the scoring competitors at a match, you should compete as a non-scorer whenever possible; otherwise the team managers won't know that you are improving.

With at least two leagues available for all athletes, the opportunity is there for everyone to compete.

Full details of all the leagues and championships are given in the C&C 2009 T&F competition handbook, enclosed with this newsletter, and also posted on the website. The handbook gives full details of who can/should compete in which leagues and championships, and details of how the leagues work. If you need your UKA competition license No. for an entry and haven't received your card, Neil Costello is able to access their database and find your number.

### **Cambridgeshire AA County Track and field championships – Cambridge May 9<sup>th</sup>**

An entry form is enclosed with the newsletter. The County Champs are not for elite athletes, they are for all club members to have a go. Who knows you might win a medal or certificate, and you might get a personal best. There are a full range of events. Under 13's - under 17's can enter three events and under 20's five. Senior Ladies can enter 5 events, and Senior men as many as they are physically able to do.

Why not have a crack at it this year. All entries will be included in the team competition (We are current holders of three of the age-group trophies – lets keep them and win some more!). The six best competitors in each event score for the team and in many field events and distance races there sometimes are less than six competitors, so you will certainly help the team if you enter.

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

**Entries to be sent to Noel Moss before the 1<sup>st</sup> May on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB22 4RE. Cost is £2.50 for your first event and £2.00 for each additional one. Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more. Cheques are payable to Cambs AA (not to Noel). Entry forms are enclosed but they can also be downloaded from [www.cambsaa.org.uk](http://www.cambsaa.org.uk).**

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

### **Eastern AA Championships – 5<sup>th</sup> July at Cambridge**

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

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

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

Entry forms are enclosed with this newsletter.

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

### **South of England Championships**

#### **23/24<sup>th</sup> May for U15's & U17's**

#### **20/21<sup>st</sup> June for U20's and seniors**

These championship cover most counties of Southern England. Stronger competition than the Eastern Championships. The Senior event is at Watford on June 20/21<sup>st</sup>, and the Under 15/Under 17 event is at the Julie Rose stadium in Ashford, Kent (easy to reach via M20) on May 23/24<sup>th</sup>.

Closing dates will be about 2 weeks before each championship.

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

### **Cambridgeshire Evening Open Development Meeting series**

Cambs AA are again running a series of three Development meetings held on Wednesday evenings during May-July.

They are open to everyone and will include a limited number of graded track events, and field events at each. All three events will be held at St Ives Track as it is central in the county.

**Wed May 27<sup>th</sup>** at St Ives - Sprint hurdles (U13-U17), 100m, 800m, 200m, 3000m, Hammer, Shot, Longjump. (plus U11's Longjump, 80m, 150m)

Will incorporate a round of the Eastern Sprints Grand prix for U20's and Seniors.

**Wed June 10<sup>th</sup>** at St Ives - 100m (2 rounds), 3/400m, (plus BMC Regional races), Discus, Triple-jump, Shot (plus U11's Turbojavelin, 80m and 300m)

**Wed July 22<sup>nd</sup>** at St Ives - Sprint Hurdles (U13-U17), 100m, 200m, 1 mile (county Championship event), Javelin, Pole-vault, Long-jump, (plus U11's Longjump, 150m and 600m)

Open to all age-groups from Under 13's upwards (subject to UKA age-group rules) with entry either in advance or on the night. Cost is £2.00 for each event. The plan is to start at 7.00 and finish about 9 - 9.30 (Numbers will be limited in the field events so best to enter in advance by post)

The events on May 28<sup>th</sup> and June 11<sup>th</sup> give extra opportunities to get the National Schools qualifying standards.

Entries can be made on the forms enclosed with this Newsletter, or forms can be downloaded from [www.cambsaa.org.uk](http://www.cambsaa.org.uk).

Entries for the BMC Regional races must be made directly on the BMC website and are charged at a higher rate

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

### **UKA Anti-Doping Facts (an edited summary)**

Doping in sport is defined as the administration of a prohibited substance and/or method to enhance performance or recovery. Doping is cheating and is against the ethics of sport. For sport to allow the use of prohibited substances or methods would be to allow science to decide who wins or loses, essentially taking the athlete out of athletics.

UK Athletics (UKA) has traditionally taken a strong stand against doping in athletics and we are determined to continue our fight against drugs in sport. Subsequently, UKA runs a program of both in and out-of-competition testing as well as a comprehensive education program.

Whilst the majority of testing is conducted on national and international athletes, participation in any athletics event (at any level) carries with it implied consent to be available for in-competition drug testing, if requested. Of course, UKA also runs a full program of out-of-competition testing aimed at national and international standard athletes who are notified in writing of their selection for the out-of-competition testing register.

### **Prohibited Substances**

There are 3 criteria for inclusion on the World Anti Doping Agency (WADA) prohibited list, with the substance or method fulfilling at least 2 of the criteria in order to be included.

- that the substance or method is performance enhancing

- that the substance or method represents an actual or potential health risk .
- that use of the substance or method violates the spirit of sport

UKA adopts as its list the IAAF's list of prohibited substances and methods, which is based on the WADA list but specific to athletics.

A link to the current list of prohibited substances and methods can be found on the UKA website.

Anti-doping regulations are based on the principle of strict liability, which means that athletes are responsible for what is found in their sample (blood and/or urine samples are currently collected for analysis. Strict liability means that the only issues in a doping matter are whether the prohibited substance or its derivatives were found in the sample and that the sample is the athlete's sample. There is no need to prove intention or negligence on the part of the athlete.

If an athlete is asked to give a sample he or she must always do so. Athletes can be banned for up to two years (for a first offence) if they refuse. If the athlete is under the age of 18 he or she should always insist that a parent or guardian is present. A UKA Anti-Doping Representative may also be present and if so will be able to advise as to how the testing procedure should be carried out.

#### **Therapeutic Use Exemptions (TUE)**

In certain situations there is a medical requirement for an athlete to use prescribed medication containing a prohibited substance. Registration of prescribed use must be done and accepted by UKA before the medication is used or immediately its use begins.

A common example of this is the use of inhalers to control asthma. Some inhalers contain Beta2 agonists which are included in the prohibited list. However, it would be inappropriate to prevent the use of these products where there is a clear medical indication. If an athlete uses a Beta-2 agonist, the athlete must register its use by completing a simple inhaler registration form (obtainable from the UKA website at [www.ukathletics.net/anti-doping/medical-advice--information](http://www.ukathletics.net/anti-doping/medical-advice--information) .

Once the form is received by UKA, the details of the athlete are placed on a register held by UKA so that in the event of a positive finding for that substance during drug testing, there will already be evidence of the prescribed use of that substance. As a result, no further action will be taken. Acknowledgment of the registration is sent out by UKA to the athlete. Registration of use must be renewed every four years and also every time the prescription changes.

The same principle for registration of inhalers applies to the use of other medication prescribed by the athlete's doctor where the medication contains a prohibited substance. Should there be no alternative to this course of treatment UKA should be advised immediately (before the treatment takes place, although in emergencies this is not always possible) so that this can be checked, appropriate action taken, if necessary, to allow continuing participation, and a record kept for reference should an adverse finding arise.

The most important thing to remember is that athletes are responsible for anything found in their system no matter how it got there. It is no defence that it is medication that a Doctor or even a team Doctor prescribed. Athletes should also beware of products that are sold over the counter as they can contain prohibited substances. Information on how to check if your medication contains a prohibited substance can be found at the end of this sheet.

#### **Information Sources**

There are many sources of information available for athletes to access (a list of which is found on the UKA website [www.ukathletics.net](http://www.ukathletics.net)) but the most important include the Anti-Doping department of UKA (which is supported by a qualified Medical Officer), and the Drug Information Database (DID) [www.didglobal.com](http://www.didglobal.com) which is an online database, run by UK Sport.

The DID provides immediate information on the status of medication and I would strongly recommend that every athlete has this resource saved as a "favourite" on their computer!

The Drug Free Sport section of the UK Sport website [www.uksport.gov.uk](http://www.uksport.gov.uk) is also full of useful information about drugs and AD procedures. Athletes and support personnel should regularly visit both the UKA and UKS websites to keep up-to-date with developments within anti-doping.

Not everyone has access to the website so all information/ forms/ leaflets mentioned in this fact sheet can also be provided by the AD department of UKA. Full contact details are:

#### **David Herbert, Anti Doping Manager**

UK Athletics, Athletics House, Central Boulevard, Blythe Valley Park, Solihull, B90 8AJ

Office phone: 0121 7138 432

Mobile phone: 07803 671978

Email: - [dherbert@ukathletics.org.uk](mailto:dherbert@ukathletics.org.uk)

#### **Sharon Morris, Anti-Doping Administrator**

Office phone: 0121 7138 466

Fax: 0121 7138 451

Email: [smorris@ukathletics.org.uk](mailto:smorris@ukathletics.org.uk)

There is also a separate anti doping email address, which is [antidoping@ukathletics.org.uk](mailto:antidoping@ukathletics.org.uk) which can be used for enquiries.

If you require any further information about registration of any medications please contact UKA.

### **Track & Field, Road and multi-terrain Fixtures for 2009 Outdoor**

#### **Road**

April 5 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
Apr 5 <sup>th</sup>	Paris Marathon	Paris	Seniors
Apr 5 <sup>th</sup>	SEAA 12 and 6 stage road relays	Milton Keynes	Seniors
Apr 5 <sup>th</sup>	Rotterdam Marathon	Rotterdam	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>	EVAC road relays	Hemingford	Vets
Apr 19 <sup>th</sup>	Vienna Marathon	Austria	Seniors
Apr 19 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
Apr 19 <sup>th</sup>	Lochaber Marathon	Fort William	Seniors
Apr 26 <sup>th</sup>	Shakespeare Marathon	Stratford	Seniors
May 3 <sup>rd</sup>	Great East Anglia Run 10k	Kings lynn	Seniors
May 3 <sup>rd</sup>	Langtoft 10k	Nr Peterbro	Seniors
May 4 <sup>th</sup>	Belfast Marathon	Belfast	Seniors
May 4 <sup>th</sup>	Ashdon 10k	Ashdon	All
May 4 <sup>th</sup>	Breckland 10k	Croxton	Seniors
May 4 <sup>th</sup>	Blackpool Marathon	Blackpool	Seniors
May 10 <sup>th</sup>	Prague Marathon	Prague	Seniors
May 10 <sup>th</sup>	Halstead Marathon	Halstead	Seniors
May 10 <sup>th</sup>	Geneva Marathon	Switzerland	Seniors
May 10 <sup>th</sup>	Sawston Fun Run	Sawston	All
May 10 <sup>th</sup>	Eye 10k and 3k	Eye	All
May 16 <sup>th</sup>	BMAF road relays	Sutton Park	Veterans
May 17 <sup>th</sup>	Windermere Marathon	Ambleside	Seniors
May 17 <sup>th</sup>	Stevington 12k	Stevington	Seniors
May 24 <sup>th</sup>	Copenhagen Marathon	Copenhagen	Seniors
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 3 <sup>rd</sup>	Peterborough 5k grand prix	Ferry meadows	All over 16
June 7 <sup>th</sup>	EVAC 5 mile	Reach	Veterans
June 13 <sup>th</sup>	South Downs Marathon	Sussex	Seniors
June 14 <sup>th</sup>	Abbey 10k	Ramsey	Seniors
June 14 <sup>th</sup>	St Albans Half marathon	St Albans	Seniors
June 17 <sup>th</sup>	Peterborough 5k grand prix	Thorney	All over 16
June 27 <sup>th</sup>	Santa's Artic Circle Marathon	Rovaniemi	Finland Seniors
June 28 <sup>th</sup>	Sutton Feast beast 7	Sutton, Nr Ely	Seniors
July 1 <sup>st</sup>	Peterborough 5k grand prix	Eye	All over 16
July 12 <sup>th</sup>	Bushfield 10k	Peterborough	Seniors
July 12 <sup>th</sup>	Marham 10m	Marham	Seniors
July 15 <sup>th</sup>	Peterborough 5k grand prix	Stamford	All over 16
July 19 <sup>th</sup>	Dairy Crest 10k	St Ives	Seniors
July 29 <sup>th</sup>	Peterborough 5k grand prix	Werrington	All over 16
August 16 <sup>th</sup>	Thorney 5 mile	Thorney	Seniors

Aug 19 <sup>th</sup>	Isle of Man marathon	IOM	Seniors
Sept 13 <sup>th</sup>	Grunty Fen Half Marathon	Ely	Seniors
Sept 19 <sup>th</sup>	Round Norfolk Relay	Kings Lynn	All over 17
Sept 19 <sup>th</sup> /20 <sup>th</sup>	SEAA Fell running championships	Ventnor (IOW)	Seniors
Sept 20 <sup>th</sup>	Berlin Marathon	Berlin	Seniors
Sept 27 <sup>th</sup>	New Forest marathon	Hampshire	Seniors
Oct 4 <sup>th</sup>	Loch ness marathon	Inverness	Seniors
Oct 11 <sup>th</sup>	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 25 <sup>th</sup>	Fenland 10 mile	Wisbech	Seniors
Nov 1 <sup>st</sup>	Dovedale dash	Dovedale	Seniors
Nov 15 <sup>th</sup>	St Neots Half Marathon	St Neots	Seniors
Nov 29 <sup>th</sup>	Norwich half Marathon	Norwich	Seniors
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	All	Fen Causeway
Dec 31 <sup>st</sup>	Ely New Years Eve 10k	All over 16	Little Downham

### 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	Hemel Hempsted
April 26 <sup>th</sup>	East Anglian league	All	Peterborough
May 2 <sup>nd</sup>	Southern Mens League	Males 15+	Cambridge
May 6 <sup>th</sup> evening	Eastern vets league	Veterans	TBC
May 9 <sup>th</sup>	Cambs AA Championships	All members	Cambridge
May 16 <sup>th</sup>	Southern mens league	Males 15+	Croydon
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	Ashford
May 24/25 <sup>th</sup>	CAU Championships	County select	Bedford
May 30 <sup>th</sup>	Southern Womens League	All females	Horsham
May 31 <sup>st</sup>	Bedford International Games 2009	Spectators	Bedford
June 3 <sup>rd</sup> evening	Eastern vets League	Veterans	Cambridge
June 6 <sup>th</sup>	Southern Mens League	Males 15+	Perivale
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	Watford
June 21 <sup>st</sup>	East Anglian league	All	Colchester
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+	Watford
June 27 <sup>th</sup>	Southern Women's League	All Females	Abingdon
June 28 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Peterborough
July 1 <sup>st</sup> evening	Eastern vets league	Veterans	TBC
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+	Guildford
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 25 <sup>th</sup>	Southern Women's League	All Females	Cambridge
July 26 <sup>th</sup>	National Junior League (Cambs clubs team) U20's		Blackheath
August 1 <sup>st</sup>	Southern Mens League	Males 15+	Basingstoke

August 2 <sup>nd</sup>	East Anglian League	All	Braintree
August 5 <sup>th</sup> evening	Eastern Vets league	Veterans	TBC
August 8/9 <sup>th</sup>	AAA U15/U17 Championships	U15's/U17's	Bedford
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	Ipswich
August 30 <sup>th</sup>	SEAA Intercounties U15/U20	County select	Watford?
Sept 5 <sup>th</sup>	Southern Women's League	All Females	West London
Sept 13 <sup>th</sup>	Eastern vets league final	Qualifying clubs	TBC
Sept 13 <sup>th</sup>	Eastern Young Athletes Final	Qualifying clubs	Chelmsford/
Sept 20 <sup>th</sup>	East Anglian league Final	All	Bury St Edmunds
Sept 26/27 <sup>th</sup>	ECAA Multievents	All	Bedford

### Age groups for T&F competition in 2009

Under 13's must be aged 11 or over and aged under 13 on 31st August 2009.  
Under 15's must be aged 13 or over and aged under 15 on 31st August 2009.  
Under 17's must be aged 15 or over and aged under 17 on 31st August 2009.  
Under 20's must be aged 17 or over and aged under 20 on 31st December 2009.  
For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2009.  
For Championships, Seniors must be aged 17 or over on 31st August 2009  
(note in a senior league or championship, equipment will be senior specification only).  
Veterans must be alive, and aged at least 35 on the day of the match

### Useful telephone numbers for 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
Martin Crabb	Young Athletes Team coordinator		01954 203187
Sonia Cox	Welfare		01223 264889
Carl Woolf	Ladies (SWL) and East Anglian league U15 Girls		01223 881075
James Brennand	Coaching Secretary		01223 249410
Adam Poole	Road running		07932 622892
John Kazer	Cross Country		07900 897125
Carole Morris	Veterans T&F team manager		01638 742024
Chris Flood	Treasurer		01223 319549

### Useful E-Mail and website addresses

C&C Club 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>
Road running unofficial 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.net">www.ukathletics.net</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 East 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>
Athletics kit and shoes by internet or mail order	<a href="http://www.bournesports.com">www.bournesports.com</a>
Athletics equipment (Stadia Sports online)	<a href="http://www.clicksports.co.uk">www.clicksports.co.uk</a>

## Results, Results, Results

### Road races

#### Bedford harriers Half Marathon – 14<sup>th</sup> Dec

680<sup>th</sup> M DiFranco 1:49:30

#### Hastings Marathon – 14<sup>th</sup> Dec

154<sup>th</sup> K Masson F 3:23:45

738<sup>th</sup> P Allen 4:18:53

#### Boxing day 4 mile

The fastest race for about 25 years (24<sup>th</sup> – 28<sup>th</sup> placings may not be in correct order)

1 <sup>st</sup>	W Clarke	19.31	2 <sup>nd</sup>	I Williamson	20.01
3 <sup>rd</sup>	M Bell	22.09	4 <sup>th</sup>	W Mycroft	U20 22.39
5 <sup>th</sup>	N Burch	U20 22.39	6 <sup>th</sup>	E Aston	22.40
7 <sup>th</sup>	A Shields	M40 22.41	8 <sup>th</sup>	L Stone	M50 24.11
9 <sup>th</sup>	J Raymond	M40 24.39	10 <sup>th</sup>	S Brightwell	M40 24.42
11 <sup>th</sup>	Rog Jackson	M40 25.29	12 <sup>th</sup>	S Thoday	M35 25.54
13 <sup>th</sup>	D Aston	(Guest) 26.24	14 <sup>th</sup>	O Francis	26.26
15 <sup>th</sup>	J Tucker	M45 26.56	16 <sup>th</sup>	B Corbett	M50 27.09
17 <sup>th</sup>	N Richards	1 <sup>st</sup> F U20W 27.16	18 <sup>th</sup>	A Downie	M60 27.19
19 <sup>th</sup>	T Long	M45 28.03	20 <sup>th</sup>	G Meah	M50 28.12
21 <sup>st</sup>	A Dow	U17W 28.15	22 <sup>nd</sup>	H Macey	(Guest) 28.15
23 <sup>rd</sup>	R Roberts	W35 28.26	24 <sup>th</sup>	S Kennard	U15B 28.43
25 <sup>th</sup>	B Kennard	U17M 28.43	26 <sup>th</sup>	M Stanislawski	(Guest) 28.48
27 <sup>th</sup>	A Howard	28.52	28 <sup>th</sup>	P Garrett	M50 29.02
29 <sup>th</sup>	P Shenton	M50 29.10	30 <sup>th</sup>	P Allen	M35 29.28
31 <sup>st</sup>	M DiFranco	M45 29.31	32 <sup>nd</sup>	P Schofield	M45 29.37
33 <sup>rd</sup>	J Schultz	F 29.49	34 <sup>th</sup>	S Rogan	U20W 30.00
35 <sup>th</sup>	F Downie	W40 30.04	36 <sup>th</sup>	S Barnett	W55 30.28
37 <sup>th</sup>	J Lewy	M45 31.42	38 <sup>th</sup>	N Costello	M60 33.00
39 <sup>th</sup>	A Costello	F 33.00	40 <sup>th</sup>	A Chambers	F 35.52
41 <sup>st</sup>	M Holmes	W70 36.00	42 <sup>nd</sup>	K Kendall	F(Guest) 36.38
43 <sup>rd</sup>	G Kendall	U15B 36.38	44 <sup>th</sup>	L Greenhaugh	F 38.20
45 <sup>th</sup>	M Brightwell	M40 38.20	46 <sup>th</sup>	Y Lindsay	F 39.25
47 <sup>th</sup>	G O'Donnell	(Guest) 39.25	48 <sup>th</sup>	D Bayles	46.33

#### Buntingford Year End 10, 28<sup>th</sup> December 2008 - 10 miles, 419 runners.

89<sup>th</sup> A Goymour F 1:10:40 111<sup>th</sup> J Tucker 1:12:23

217<sup>th</sup> M DiFranco 1:20:44

#### Sale Harriers festive 5 mile – Dec 28<sup>th</sup>

105<sup>th</sup> K Samuelson-Dean 18<sup>th</sup> F 33.47

#### Ely New Years Eve 10k – 31<sup>st</sup> December 2008

14 <sup>th</sup>	A Coianiz	1 <sup>st</sup> M40 35:25	24 <sup>th</sup>	J Ferguson	3 <sup>rd</sup> M40 37:27
28 <sup>th</sup>	A Shields	4 <sup>th</sup> M40 37:46	31 <sup>st</sup>	L Stone	2 <sup>nd</sup> M50 38:18
32 <sup>nd</sup>	A Aldridge	38:24	49 <sup>th</sup>	A Poole	39:49
54 <sup>th</sup>	S Barr	40:12	57 <sup>th</sup>	S Thoday	40:35
60 <sup>th</sup>	S Brightwell	M40 40:52	81 <sup>st</sup>	J Kazer	41:51
86 <sup>th</sup>	K Illum Jordansen	2 <sup>nd</sup> W40 42:06	109 <sup>th</sup>	K Samuelson-Dean	11th F 42:58
113 <sup>th</sup>	A Herne	M45 43:07	120 <sup>th</sup>	A Downie	3 <sup>nd</sup> M60 43:25
124 <sup>th</sup>	K Toynton	14th F 43:30	126 <sup>th</sup>	B Corbett	M50 43:41
129 <sup>th</sup>	A Irvine	M40 43:57	141 <sup>st</sup>	J Lewy	M50 44:20
142 <sup>nd</sup>	M Simmons	17th F 44:20	144 <sup>th</sup>	S Redfern	M45 44:27
146 <sup>th</sup>	T Long	44:30	154 <sup>th</sup>	G Meah	M50 44:58
188 <sup>th</sup>	P Garrett	M50 46:19	194 <sup>th</sup>	C Stanier	30th F 46:32
216 <sup>th</sup>	S Rogan	34th F 47:31	219 <sup>th</sup>	C Cooke	47:35
226 <sup>th</sup>	A Howard	47:41	247 <sup>th</sup>	F Murphy	48th F 48:47
281 <sup>st</sup>	C McEniery	W35 50:35	320 <sup>th</sup>	S Costello	W35 52:30
329 <sup>th</sup>	J Pashley	84th F 52:44	333 <sup>rd</sup>	A Baldock	M60 52:52

#### Wymondham New Year's Day 10k

95<sup>th</sup> A Irvine 44.42 226<sup>th</sup> C McEniery F 52.04

299<sup>th</sup> M Jennings F 58.45

#### Coventry Godivas New year 5 mile – 1<sup>st</sup> January

75<sup>th</sup> K Samuelson-Dean F 34.51

#### Sizihawan Marathon – Taiwan Jan 11<sup>th</sup>

206<sup>th</sup> Man S Redfern M40 3.58.30

#### Thamespath Ultra distance – 50 miles – 17<sup>th</sup> January

63<sup>rd</sup> K Samuelson-Dean 7<sup>th</sup> Female 9.23.59

#### Not the Roman 1X – Jan 18<sup>th</sup> Stratford on Avon

187<sup>th</sup> K Samuelson-Dean 58.01

#### Folksworth 15 Jan 18<sup>th</sup> – 417 ran

2 <sup>nd</sup>	N Beer	1:26:11	12 <sup>th</sup>	C Pyle	1:32:52
33 <sup>rd</sup>	A Poole	1:40:30	98 <sup>th</sup>	S Thoday	1:49:28
126 <sup>th</sup>	K Toynton	F 1:53:28	130 <sup>th</sup>	T Long	1:53:44
146 <sup>th</sup>	M Simmons	F 1:55:32	165 <sup>th</sup>	S Redfern	1:57:33
170 <sup>th</sup>	D Yenersalski	1:58:16	176 <sup>th</sup>	A Irvine	1:59:07
226 <sup>th</sup>	M DiFranco	2:05:36	255 <sup>th</sup>	C Stanier	F 2:08:36
259 <sup>th</sup>	C McEniery	F 2:09:02	269 <sup>th</sup>	C Cooke	2:10:08
384 <sup>th</sup>	M Jennings	F 2:29:30			

#### Tring2Town – 40 Mile Ultra distance – 2 races - 31<sup>st</sup> Jan and 1<sup>st</sup> February

Town2Tring - 40 miles, 51 finishers. 23<sup>rd</sup> K Samuelson-Dean 2<sup>nd</sup> F 6:38:00

Tring2Town - 40 miles, 39 finishers. 21<sup>st</sup> K Samuelson-Dean 5<sup>th</sup> F 7:08:00

#### Great Bentley Half marathon – 8<sup>th</sup> Feb

174<sup>th</sup> A Herne 1.33.37

#### Stamford Valentines 30 km – 15<sup>th</sup> Feb 629 ran

58 <sup>th</sup>	A Poole	2:07:38	69 <sup>th</sup>	Il Badr	2:08:49
99 <sup>th</sup>	J Ferguson	2:13:42	126 <sup>th</sup>	K Illum Jordansen	F 2:17:04
167 <sup>th</sup>	S Thoday	2:21:46	168 <sup>th</sup>	K Samuelson-Dean	F 2:21:49
181 <sup>st</sup>	S Redfern	2:23:03	218 <sup>th</sup>	D Yenersalski	2:26:46
251 <sup>st</sup>	J Tucker	2:29:32	333 <sup>rd</sup>	A Irvine	2:37:10
408 <sup>th</sup>	C McEniery	F 2:44:19	428 <sup>th</sup>	C Cooke	2:46:43
438 <sup>th</sup>	F Downie	F 2:48:08			

#### Bungay Great East Run 20k m– Feb 15<sup>th</sup> 409 finished

2<sup>nd</sup> B Baldelli 1:12:35 70<sup>th</sup> P Dewison 1:28:45

82<sup>nd</sup> T Long 1:29:52 100<sup>th</sup> G Smith M60 1:32:17

198<sup>th</sup> R Roberts W35 1:40:36 287<sup>th</sup> A Lasseter F 1:49:54

311<sup>th</sup> D Braverman W55 1:52:16

#### Bury nearly 10 – Feb 22<sup>nd</sup>

20<sup>th</sup> J Kazer 1:07:25

23<sup>rd</sup> P Dewison 1:08:16

41<sup>st</sup> D Mail 1:12:19

64<sup>th</sup> C Pritchard F 1:15:48

81<sup>st</sup> T Long 1:18:40

#### Bury 20 – Feb 22<sup>nd</sup>

9<sup>th</sup> A Coianiz 2:07:18 10<sup>th</sup> G Capetti 2:09:00

32<sup>nd</sup> G Cinque 2:19:49 48<sup>th</sup> M Smith 2:23:40

51<sup>st</sup> A Poole 2:24:18 59<sup>th</sup> S Barr 2:27:02

61<sup>st</sup> O Seger 2:28:07 68<sup>th</sup> A Hill 9<sup>th</sup> F 1<sup>st</sup> W40 2:30:39

124<sup>th</sup> M Simmons F 2:41:36 143<sup>rd</sup> S Thoday 2:45:11

159<sup>th</sup> M DiFranco 2:48:19 174<sup>th</sup> J Lewy 2:50:02

195<sup>th</sup> S Culit F 2:52:46 197<sup>th</sup> P Shenton 2:52:53

200<sup>th</sup> A Irvine 2:53:09 215<sup>th</sup> C McEniery F 2:54:57

225<sup>th</sup> P Garrett 2:56:26 312<sup>th</sup> C Stanier F 3:21:49

#### Belvoir Challenge 15 mile – Feb 28<sup>th</sup>

2<sup>nd</sup> J Ferguson 1.45.07 73<sup>rd</sup> B Corbett 2.14.20

#### Thanet 20 – March 1<sup>st</sup>

113<sup>th</sup> K Toynton 13<sup>th</sup> F 2.35.44

Malta Half Marathon March 1<sup>st</sup> 381<sup>st</sup> A Lasseter F 1:50:09 382<sup>nd</sup> T Long 1:50:10

**Cambridge Boundary run – Marathon - march 1<sup>st</sup>**

13 <sup>th</sup>	K Masson	F	3:32:11	18 <sup>th</sup>	J Raymond		3:35:13
58 <sup>th</sup>	M Brightwell	F	4:26:33	61 <sup>st</sup>	S Redfern		4:33:31

**Cambridge Boundary run – Half Marathon - march 1<sup>st</sup>**

7 <sup>th</sup>	A Coianiz		1:19:36	20 <sup>th</sup>	B Baldelli		1:27:28
21 <sup>st</sup>	G Cinque		1:27:18	74 <sup>th</sup>	K Masson	F	1:42:43
90 <sup>th</sup>	J Raymond		1:43:53	157 <sup>th</sup>	S Redfern		1:52:02
234 <sup>th</sup>	D Braverman	F	2:03:31	256 <sup>th</sup>	M Brightwell	F	2:07:00
273 <sup>rd</sup>	A Herne		2:10:44				

**Wymondham 20 – March 8<sup>th</sup>**

78 <sup>th</sup>	A Herne		2:35:41	81 <sup>st</sup>	A Irvine		2:37:07
103 <sup>rd</sup>	C McEniery	F	2:43:24	133 <sup>rd</sup>	L Kerr	F	2:50:18
137 <sup>th</sup>	P Garrett		2:50:59	180 <sup>th</sup>	C Cooke		3:03:02

**Milton Keynes half marathon – March 8<sup>th</sup>**

295 <sup>th</sup>	K Jordansen	F	1.31.57
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**Banbury 15 – 8<sup>th</sup> March**

295 <sup>th</sup>	K Jordansen		1.31.57
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**Cross Country****Ryston Runners Grand Prix – 14<sup>th</sup> December 2008**

<i>U15 Boys - 3 km, 11 finishers</i>	3rd	J Cochrane	10:39
<i>U15 Girls - 3 km, 9 finishers.</i>	4th	M Turner	12:19
<i>V40 Men - 6.5 km, 13 finishers.</i>	3rd	D Pettitt	25:04
<i>Senior Ladies - 6.5 km, 9 finishers</i>	3rd	N Richards	28:17
<i>V55 Ladies - 6.5 km, 3 finishers.</i>	2nd	M Holmes	34:52

**Sunday league – Ryston 4<sup>th</sup> January 2009**

4 <sup>th</sup>	M Salt	33:00	5 <sup>th</sup>	J Bowstead	33:01
185 <sup>th</sup>	D Braverman	W55 48:13	194 <sup>th</sup>	S Barnett	W55 48:45

**Cambs AA Cross country Championships – 10<sup>th</sup> Jan 2009**

U20/Senior/vet Ladies race - 44 finished	3 <sup>rd</sup> team, 6 <sup>th</sup> team, 1 <sup>st</sup> Vets team		
11 <sup>th</sup> N Shaw	25.48	12 <sup>th</sup> J Lasenby	1 <sup>st</sup> W45 25.50
15 <sup>th</sup> N Richards	6 <sup>th</sup> U20 26.25	20 <sup>th</sup> D Braverman	1 <sup>st</sup> W55 29.21
22 <sup>nd</sup> S Barnett	2 <sup>nd</sup> W55 29.30	35 <sup>th</sup> M Holmes	W70 34.11

Under 17 Women 15 finished	1 <sup>st</sup> team		
3 <sup>rd</sup> E Kier	21.42	4 <sup>th</sup> R Carter	21.59
14 <sup>th</sup> J Corbett	25.22	15 <sup>th</sup> H Sheppard	26.03

Under 15 Girls 24 finished	2 <sup>nd</sup> team, 3 <sup>rd</sup> team		
1 <sup>st</sup> G Schweining	16.02	8 <sup>th</sup> E Cave	17.19
9 <sup>th</sup> A Dow	17.27	10 <sup>th</sup> M Turner	17.47
12 <sup>th</sup> A Sharpe	17.53	13 <sup>th</sup> E Dickenson	18.09

Under 13 Girls 24 finished	Incomplete team
4 <sup>th</sup> H Parker	13.10

Under 11 Girls 17 finished			
1 <sup>st</sup> L Parker	7.07	2 <sup>nd</sup> A Pettit	7.27

U20/Senior/Vet Men - 94 finished	2 <sup>nd</sup> team, 6 <sup>th</sup> team, 3 <sup>rd</sup> vets team		
5 <sup>th</sup> W Mycroft	2 <sup>nd</sup> U20 36.04	8 <sup>th</sup> T Vickery	36.24
13 <sup>th</sup> N Carroll	37.29	18 <sup>th</sup> M Bell	37.57
27 <sup>th</sup> J Fergusson	M40 39.42	32 <sup>nd</sup> L Stone	M50 40.53
33 <sup>rd</sup> J Morley	41.22	39 <sup>th</sup> D Pettit	M40 42.07
41 <sup>st</sup> J Kazer	42.46	56 <sup>th</sup> S Thoday	44.17
68 <sup>th</sup> A Irvine	M40 47.14	72 <sup>nd</sup> B Corbett	M50 48.12

Under 17 men 17 finished	3 <sup>rd</sup> team		
8 <sup>th</sup> N Burch	22.09	9 <sup>th</sup> J Baslington	22.28
16 <sup>th</sup> B Kennard	27.31	17 <sup>th</sup> L Tansley	30.34

Under 15 Boys 21 finished	2 <sup>nd</sup> team		
4 <sup>th</sup> J Cochrane	15.32	5 <sup>th</sup> A Tapley	15.44
7 <sup>th</sup> H Whittingham	15.56	10 <sup>th</sup> S Kennard	16.17

Under 13 Boys 20 finished	2 <sup>nd</sup> team		
2 <sup>nd</sup> G Kendall	12.12	11 <sup>th</sup> M Mitchell	13.31
15 <sup>th</sup> R Mitchell	14.41		

Under 11 Boys 5 finished	
4 <sup>th</sup> A Stone	8.16

**Cambridgeshire Schools Cross-country Champs Jan 14<sup>th</sup> (No times taken)**

Minor Boys 6 <sup>th</sup> J Biggs?		6 <sup>th</sup> O Abbott	
Minor Girls 2 <sup>nd</sup> H Parker		29 <sup>th</sup> L Weber	
24 <sup>th</sup> T McVey		6 <sup>th</sup> H Tourmant	
Junior Boys 2 <sup>nd</sup> A Tapley		16 <sup>th</sup> A Ette	
8 <sup>th</sup> G Kendall		6 <sup>th</sup> M Turner	
Junior Girls 3 <sup>rd</sup> E Cave		34 <sup>th</sup> L Millichap	
7 <sup>th</sup> E Dickson		41 <sup>st</sup> S Pullen	
Inter Boys 9 <sup>th</sup> B Whittle		7 <sup>th</sup> R Carter	
Inter Girls 2 <sup>nd</sup> A Dow		18 <sup>th</sup> E Taylor	
9 <sup>th</sup> A Sharpe		25 <sup>th</sup> C Greed	
23 <sup>rd</sup> J Corbett			
Senior Boys 30 <sup>th</sup> H Sheppard		5 <sup>th</sup> N Burch	
3 <sup>rd</sup> W Mycroft			
8 <sup>th</sup> J Baslington			
Senior Girls 6 <sup>th</sup> N Richards		8 <sup>th</sup> K Parker	

**Southern Counties Cross Country – Hillingdon – Jan 25<sup>th</sup>**

U13 Boys 52 <sup>nd</sup> G Kendall	13:06		
U15 Boys 219 <sup>th</sup> S Kennard	19:06		
U17 Men 71 <sup>st</sup> N Burch	23:31	127 <sup>th</sup> B Whittle	24:59
128 <sup>th</sup> J Baslington	25:01	169 <sup>th</sup> B Kennard	28:35
U20 Men 44 <sup>th</sup> W Mycroft	31:18		
U20 Women 42 <sup>nd</sup> N Richards	27:18		

**South of England Veterans Championships - Jan 31<sup>st</sup>**

Ladies 82 <sup>nd</sup> D Braverman	30 <sup>th</sup> W45 30.32	88 <sup>th</sup> S Barnett	33 <sup>rd</sup> W55 30.55
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**Sunday League at Watford – 8<sup>th</sup> February**

<i>Women's Race - 65 finishers.</i>			
31 <sup>st</sup> D Braverman	1 <sup>st</sup> W55 52.13	32 <sup>nd</sup> S Barnett	2 <sup>nd</sup> W55 52.18

**Ryston Runners Grand Prix – Shouldham Warren 15<sup>th</sup> Feb**

<i>U11 Girls - 2 km,</i>	10th Amy Pettit	9:57
<i>V40 Men - 9 km,</i>	2nd David Pettit	33:43

**English National Cross Country Championships – Feb 21<sup>st</sup>**

<i>U15 Boys - 398 finishers.</i>	229 <sup>th</sup> J Cochrane	18:45	
<i>U15 Girls - 315 finishers.</i>	30 <sup>th</sup> G Schwiening	16:00	
170 <sup>th</sup> Abigail Dow	17:58	245 <sup>th</sup> E Cave	19:12
<i>U17 Men - 285 finishers..</i>			
130 <sup>th</sup> N Burch	23:26	171 <sup>st</sup> J Baslington	24:11
<i>Junior Men - 173 finishers.</i>		57 <sup>th</sup> W Mycroft	38:04
<i>Junior Women - 109 finishers.</i>		82 <sup>nd</sup> N Richards	24:10

**Senior Men - 1455 finishers. 55<sup>th</sup> team of 112**

250 <sup>th</sup> N Carroll	46:10	318 <sup>th</sup> T Vickery	47:15
492 <sup>nd</sup> M Bell	49:45	650 <sup>th</sup> J Morley	51:54
797 <sup>th</sup> M Salt	54:07	946 <sup>th</sup> M Chaplin	56:41

**Senior Women - 546 finishers.**

484 <sup>th</sup> D Braverman	48:48	545 <sup>th</sup> M Holmes	1:01:38
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**CAU Intercountry cross country championships Cambs team (Fields of ca .300) 7<sup>th</sup> March****Those marked \*\* were the first Cambs AA runner home in their age-group**

Senior Men 228 <sup>th</sup> N Carroll	44.32		
Under 20 men 64 <sup>th</sup> W Mycroft	28.52		
Under 17 Men 182 <sup>nd</sup> N Burch	23.31	249 <sup>th</sup> J Baslington	24.53
U15 Boys 154 <sup>th</sup> H Whittingham **	16.59	234 <sup>th</sup> J Cochrane	17.32
300 <sup>th</sup> A Tapley	20.21		



Under 13 Boys	202 <sup>nd</sup>	G Kendall	14.13			
Under 20 Women	144 <sup>th</sup>	N Richards	29.30			
Under 17 Women	137 <sup>th</sup>	E Kier	22.00	144 <sup>th</sup>	R Carter	22.08
Under 15 Girls	272	E Cave	18.54			
Under 13 Girls	115 <sup>th</sup>	H Parker	15.02			

### Multi-terrain

#### 4th Frostbite league at Ramsey – 4<sup>th</sup> January

389 finished – 10 <sup>th</sup> Team						
		Team	7 <sup>th</sup> overall			
21 <sup>st</sup>	W Mycroft	30:25	41 <sup>st</sup>	J Ferguson		32:01
52 <sup>nd</sup>	L Stone	32:35	74 <sup>th</sup>	J Baslington		33:51
100 <sup>th</sup>	J Kazer	34:44	105 <sup>th</sup>	P Dewison		34:59
142 <sup>nd</sup>	B Corbett	36:41	163 <sup>rd</sup>	A Downie		37:22
165 <sup>th</sup>	A Irvine	37:29	196 <sup>th</sup>	C Stanier	F	38:25
291 <sup>st</sup>	C McEniery	F	43:07	301 <sup>st</sup>	A Howard	43:43
389 <sup>th</sup>	D Bayles		61:50			

#### Junior Race

111 finished - 10 <sup>th</sup> Team							
		Team now	8 <sup>th</sup> overall				
7 <sup>th</sup>	G Schwiening	F	8:45	57 <sup>th</sup>	J Corbett	F	11:42

#### 5<sup>th</sup> Frostbite League at Bourne – 1<sup>st</sup> February

11 <sup>th</sup>	N Carroll		29:24	29 <sup>th</sup>	J Morley		31:22
30 <sup>th</sup>	J Ferguson		31:24	53 <sup>rd</sup>	S Brightwell		32:49
87 <sup>th</sup>	J Kazer		34:33	102 <sup>nd</sup>	K Masson	F	35:03
122 <sup>nd</sup>	L Stone		36:14	147 <sup>th</sup>	T Long		37:19
177 <sup>th</sup>	A Howard		38:17	185 <sup>th</sup>	A Irvine		38:35
190 <sup>th</sup>	C Pritchard	F	38:51	203 <sup>rd</sup>	G Meah		39:26
218 <sup>th</sup>	C Stanier	F	40:14	263 <sup>rd</sup>	C McEniery	F	42:48
274 <sup>th</sup>	A Lassester	F	43:12	338 <sup>th</sup>	I Johnson		47:27
365 <sup>th</sup>	V Sidney	F	50:12	389 <sup>th</sup>	D Bayles		60:07

389 finished 6<sup>th</sup> team Team now 7<sup>th</sup> overall

#### Juniors

None competed Team now 9<sup>th</sup> overall

#### 6th Frostbite league – 1st March - Huntingdon

6 <sup>th</sup>	G Weller		27:15	7 <sup>th</sup>	M Salt		27:47
24 <sup>th</sup>	A Pritchard		29:25	34 <sup>th</sup>	J Baslington		29:52
40 <sup>th</sup>	L Stone		30:17	83 <sup>rd</sup>	S Thoday		32:26
115 <sup>th</sup>	J Kazer		33:09	131 <sup>st</sup>	E Kretzer	F	34:07
144 <sup>th</sup>	G Smith	M60	34:33	157 <sup>th</sup>	D Yenersalski		34:47
166 <sup>th</sup>	A Irvine		35:17	172 <sup>nd</sup>	M Kretzer		35:29
213 <sup>th</sup>	C Pritchard	F	36:43	221 <sup>st</sup>	A Howard		37:07
268 <sup>th</sup>	C McEniery	F	39:05	279 <sup>th</sup>	C Stanier	F	39:29
315 <sup>th</sup>	J Pashley	F	40:58	371 <sup>st</sup>	I Johnson		44:30
418 <sup>th</sup>	D Bayles		53:46				

422 finished 6<sup>th</sup> team Team 7<sup>th</sup> overall

#### Turing Trail relays 15<sup>th</sup> March

Team Results (47 teams, winners 3.29.37 M/4:10.57 F)

3 <sup>rd</sup>	C&C Fast Men	3:38.37	(D Pell, A Coianiz, M Branco, B Baldelli, G Cinque, A Poole)
8 <sup>th</sup>	C&C Mens B team	4:06.1	(T Johnson, J Raymond, P Shenton, D Mail, J Kazer, J Tucker)
10 <sup>th</sup> (1 <sup>st</sup> W)	C&C Women	4:10.57	(F Downie, E Kretzer, K Jordansen, H Zenner, K mason, J D'Alessandro)
12 <sup>th</sup> (1 <sup>st</sup> vets)	C&C Vet Men	4:19:13	(A Downie, M Kretzer, G Smith, P Dewison, S Bowen, L Stone)

Stage winners – Stage 1 Dave Pell, Stage 4 B Baldelli. 2<sup>nd</sup> place – Stage 2 M Branco

### Sports-hall Athletics

#### County Match - January 10<sup>th</sup>

##### Boys under 13

2 Lap Race	1 <sup>st</sup>	M Jones	22.8	5 <sup>th</sup>	W Blackwell	24.1
	7 <sup>th</sup>	J Biggs	24.7	9 <sup>th</sup>	J Rowsell	25.6

4 Lap race	10 <sup>th</sup>	N Farboud	25.8			
	2 <sup>nd</sup>	M Jones	49.1	5 <sup>th</sup>	J Mair	52.4
	6 <sup>th</sup>	B Mckeown-Tofts	52.8			
6 Lap race	1 <sup>st</sup>	L Rawlings	79.8	3 <sup>rd</sup>	J Mckeown-Tofts	87.3
	5 <sup>th</sup>	N Farboud	88.2			
Paarlauf Relay (8 lap)	1 <sup>st</sup>	1.48.0	3 <sup>rd</sup>	1.48.3		
4x2 Relay	3 <sup>rd</sup>	1.46.4	4 <sup>th</sup>	1.40.0		
Circuit Relay	1 <sup>st</sup>	11.16.5	4 <sup>th</sup>	1.19.0		
Standing Long Jump	4 <sup>th</sup>	J Mair	2.02	6 <sup>th</sup>	M Carter	1.98
	10 <sup>th</sup>	S Kumar	1.70	11 <sup>th</sup>	J McKeown-Tofts	1.61
	12 <sup>th</sup>	J McKeown-Tofts	1.60			
Standing Triple Jump	3 <sup>rd</sup>	M Jones	6.33	4 <sup>th</sup>	L Rawlings	5.82
	6 <sup>th</sup>	J Biggs	5.53	6 <sup>th</sup>	W Cox	5.06
Vertical Jump	1 <sup>st</sup>	M Carter	51	4 <sup>th</sup>	W Blackwell	41
	8 <sup>th</sup>	J Rowsell	33	10 <sup>th</sup>	W Cox	29
Shot 3.25kg	1 <sup>st</sup>	M Carter	9.49	3 <sup>rd</sup>	W Blackwell	7.35
	4 <sup>th</sup>	W Cox	6.98	6 <sup>th</sup>	S Kumar	6.16
Speed bounce	3 <sup>rd</sup>	J Biggs	49	4 <sup>th</sup>	N Farboud	47
	6 <sup>th</sup>	J Mckeown-Tofts	46	7 <sup>th</sup>	B Mckeown-Tofts	45
	8 <sup>th</sup>	J Rowsell	44			

##### Girls under 13

2 Lap Race	5 <sup>th</sup>	I Hyde	29.2	7 <sup>th</sup>	N Kelleway	36.8	
4 Lap race	3 <sup>rd</sup>	Z Macdonald	56.0				
6 Lap race	2 <sup>nd</sup>	H Parker	84.5				
Paarlauf Relay (8 lap)	2 <sup>nd</sup>	1.49.6	4x2 Relay	3 <sup>rd</sup>	1.57.1	Circuit Relay	-
Standing Long Jump	4 <sup>th</sup>	H Parker	1.80				
Standing Triple Jump	3 <sup>rd</sup>	I Hyde	4.52				
Speed Bounce	3 <sup>rd</sup>	Z MacDonald	48	8 <sup>th</sup>	N Kelleway	26	
Vertical Jump	3 <sup>rd</sup>	Z Macdonald	50	6 <sup>th</sup>	N Kelleway	30	
Shot 2.72	1 <sup>st</sup>	I Hyde	6.90				

##### Boys Under 15

2 Lap Race	3 <sup>rd</sup>	M Dutton	22.5	5 <sup>th</sup>	A Tapley	24.3
	6 <sup>th</sup>	C Ennis	25.8			
4 lap race	2 <sup>nd</sup>	N Ward	48.8	3 <sup>rd</sup>	S Pullen	49.0
Paarlauf Relay	2 <sup>nd</sup>	1.40.7	4 x 2 relay	2 <sup>nd</sup>	1.35.5	
Shot 4kg	4 <sup>th</sup>	N Ward	8.45	7 <sup>th</sup>	A Tapley	6.38
Standing Triplejump	3 <sup>rd</sup>	C Ennis	6.03			
Standing Longjump	5 <sup>th</sup>	J Tapley	1.96	6 <sup>th</sup>	S Pullen	1.84
	7 <sup>th</sup>	C Ennis	1.84			

##### Girls under 15

2 Lap Race	1 <sup>st</sup>	L Gillie-visser	24.3	6 <sup>th</sup>	F Kumar	26.4		
4 Lap Race	1 <sup>st</sup>	J Fox	50.8					
Paarlauf Relay	1 <sup>st</sup>	1.50.6	4x2 lap Relay			-		
Shot	1 <sup>st</sup>	F Kumar	6.76					
Speed Bounce	2 <sup>nd</sup>	L Gillie-visser	53	3 <sup>rd</sup>	J Fox	53		
Vertical Jump	1 <sup>st</sup>	J Fox	52					
Standing Longjump	1 <sup>st</sup>	L Gillie Visser	2.12	2 <sup>nd</sup>	F Kumar	1.88		
Individual scores								
1 <sup>st</sup>	L Gillie-visser	145,	2 <sup>nd</sup>	J Fox	145,	4 <sup>th</sup>	F Kumar	120

##### Girls under 11

Standing long jump	10 <sup>th</sup>	L Parker	1.50			
Vertical jump	4 <sup>th</sup>	L Parker	39cm			
Ball throw	6 <sup>th</sup>	M Cassidy	6.61			
Speed Bounce	3 <sup>rd</sup>	M Cassidy	46			

##### Boys U11

4 x 2 lap relay	3 <sup>rd</sup>	C&C	1.48.7			
Ball throw 2kg	5 <sup>th</sup>	N Monck	7.17	13 <sup>th</sup>	M Carter	6.17
	19 <sup>th</sup>	R Macdonald	5.01			

Standing Long jump 6<sup>th</sup> M Carter 1.64  
 Speed Bounce 1<sup>st</sup> N Monck 51

**Match results**

C&C U13 Boys 1<sup>st</sup>, U13 Girls 3<sup>rd</sup>, U15 Boys 2<sup>nd</sup>, U15 Girls 2<sup>nd</sup>, U11 Boys 8<sup>th</sup>, U11 Girls 10<sup>th</sup>  
 Match points – combined agegroups – PAC 57, C&C 41, HAC 27.

**Series result**

Ist PAC 104pts, 2<sup>nd</sup> C&C 99pts, 3<sup>rd</sup> HAC 63pts, 4<sup>th</sup> Ely SSP 45pts, 5<sup>th</sup> Cott PS 28pts

**Regional finals at Norwich (Cambs AA) - Feb 14<sup>th</sup>**

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

Anna Goggin Shot 6<sup>th</sup> 6.82m  
 Hollie Parker 6 Lap race 1<sup>st</sup> 1.32.0 Vertical Jump 7<sup>th</sup> 42cm  
 Halima Banu Vertical jump 6<sup>th</sup> 45cm  
 Alex Young Standing Longjump 1<sup>st</sup> 2.31m

Under 13 Boys (Cambs 2<sup>nd</sup> in the match)

Joseph Ebanks 2 Lap race 3<sup>rd</sup> 24.8 Standing Longjump 3<sup>rd</sup> 2.21  
 William Cox Shot 5<sup>th</sup> 6.97  
 William Blackwell Highjump 6<sup>th</sup> 1.30m  
 Joe Biggs Highjump 4<sup>th</sup> 1.30m  
 Ben Mckeown-Tofts Speed Bounce 7<sup>th</sup> 68 Standing Longjump N/S 1.89  
 Joe Mckeown-Tofts Vertical Jump 6<sup>th</sup> 45cm 6 Lap race 8<sup>th</sup> 1.35.1

Under 15 Girls (Cambs 2<sup>nd</sup> in the match)

Jessica Fox =4 in Vertical jump 50cm, 5<sup>th</sup> in 4 lap race 57.8, =6 in Speed Bounce 71  
 Flavia Kumar 2<sup>nd</sup> in Shot 7.20m, 8<sup>th</sup> in 2 lap race 27.4, =8 in Standing Longjump 1.93

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

Simon Pullen 2<sup>nd</sup> in 4 lap race 51.6, 8<sup>th</sup> in speed bounce 63, 8<sup>th</sup> in standing longjump 1.95m.

**Track and field Athletics**

**SECTA Weights decathlon Nov 22<sup>nd</sup> at Rochester**

M55 1<sup>st</sup> (4356) P Bramford Shot 8.58, Discus 31.52, Javelin 30.82, Hammer 24.76, Brick 5.99, Slingball 34.58, Club 49.35, Minishot 18.21, 1HHT 14.11, heavy hammer 10.38  
 W60 3<sup>rd</sup> (3314) A Bramford Shot 6.18, Discus 11.98, Javelin 11.46, Hammer 28.17, Brick 6.07, Slingball 24.50, Club 20.25, Minishot 11.33, 1HHT 13.851, Heavy hammer 10.64

**Data connection open meeting – Lee valley Dec 7<sup>th</sup>**

800m M Crabb 3.03.9

**SEAA Multievents – January 11<sup>th</sup>**

U17 Women – Flavia Kumar – 11<sup>th</sup> 1784pts  
 60m Hdls 12.05, Highjump 1.23, Shot 5.24, Longjump 4.89. 800m 3.05.74

**SEAA Indoor championships – 11<sup>th</sup> Jan**

Senior Mens 800m 1<sup>st</sup> E Aston 1.52.22 (CBP)

**SEAA Indoor Championships – Jan 17<sup>th</sup>/18<sup>th</sup>**

U20 Men 1500m W Mycroft 6<sup>th</sup> 4.12.99 9<sup>th</sup> N Burch 4.33.82  
 60m Hdls B Kelk 3<sup>rd</sup> 8.26  
 U15 Boys 60 Hdls D October 1<sup>st</sup> 9.26  
 Longjump D October 1<sup>st</sup> 5.55  
 U17 W 60m Hdls C Asztalos 4ht 9.83  
 U15 Girls Longjump J Fox 15<sup>th</sup> 4.02

**Midland Counties Open throws – Birmingham January 24<sup>th</sup>**

Hammer U17W H Sayer 3<sup>rd</sup> 33.92

**Kings Lynn Indoor Open meeting January 25<sup>th</sup>**

U17 Women 60m Hdls C Asztalos 3<sup>rd</sup> 9.6  
 U20 Men 60m J Baxter 1st 7.7

**SECTA Throws Pentathlon – 25<sup>th</sup> January**

M55 1<sup>st</sup> (2475) P Bramford Hammer 25.36, Shot 8.91, Discus 29.61, Javelin 29.27, Weight 9.14  
 W60 (DNF) A Bramford Hammer 24.71, Shot 6.69, Discus 18.01, Ret'd

**London Games – February 1<sup>st</sup> at Lee Valley**

60m Hdls U20 men B Kelk Race 1 8.33 Race 2 8.29  
 U17 W C Asztalos Race 2 9.56  
 400m U20W L Bass 62.73  
 Longjump U17W F Kumar 3.73

**GB & NI Representative match – Bratislava – 5<sup>th</sup> Feb**

800m 1<sup>st</sup> E Aston 1.49.09

**National Championships and World trials 14<sup>th</sup>/15<sup>th</sup> Feb at Sheffield**

800m E Aston 1<sup>st</sup> in heat 1.50.65, 1<sup>st</sup> in final 1.48.82

**England Athletics U20/U17/U15 Indoor championships 14/15<sup>th</sup> Feb - Birmingham**

60m U20 Men C Morter 5<sup>th</sup> ht 7.18 J Baxter 7<sup>th</sup> ht 7.39  
 60m Hdls U20 men B Kelk 5<sup>th</sup> ht 8.40  
 1500m U20W L Dowsett 2<sup>nd</sup> 4.32.68  
 60m Hdls U17W C Asztalos 6<sup>th</sup> ht 9.35  
 Triplejump U17W L Sammout 7<sup>th</sup> 10.13  
 60m Hdls U15B D October 4<sup>th</sup> 9.14  
 Longjump U15B D October 2<sup>nd</sup> 5.77

**Aviva Grand Prix – Birmingham Feb 21<sup>st</sup>**

800m 7<sup>th</sup> E Aston 1.49.88

**EVAC Indoor championships – 22<sup>nd</sup> February – Lee Valley**

800m W55 S Barnett 1<sup>st</sup> 3.07.33 1500m 1<sup>st</sup> 6.26.10  
 Shot M55 P Bramford 3<sup>rd</sup> 9.32 W60 A Bramford 1<sup>st</sup> 6.70

**Varsity Field events and relays – Lee Valley Feb 28<sup>th</sup>**

A Lee Hammer 1<sup>st</sup> 43.45, Shot 2<sup>nd</sup> 11.00,  
 E Akinluyi Shot 1<sup>st</sup> 11.96 Discus 5<sup>th</sup> 33.60  
 D Smith 60m Women 2<sup>nd</sup> 8.16

**ECAA Indoor – Chelmsford March 1<sup>st</sup>**

60m U13B J Richards 3<sup>rd</sup> in ht 9.1  
 60m U15G J Fox 3<sup>rd</sup> in ht 8.8  
 60m U17W L Sammout 5<sup>th</sup> in ht 8.9  
 60m Sen Men J Godden 4<sup>th</sup> 7.9  
 60m Hurdles U17W C Asztalos 2<sup>nd</sup> in ht 9.6 Did not contest final  
 Longjump U13B J Richards 3<sup>rd</sup> 4.11  
 Longjump U20M S Richards 3<sup>rd</sup> 6.17  
 Longjump U17W L Sammout 6<sup>th</sup> 4.72  
 Longjump U15G J Fox 7<sup>th</sup> 3.82  
 Shot U17W L Sammout 1<sup>st</sup> 8.66

**British Masters Indoor championships 7/8<sup>th</sup> March – Lee Valley**

S Barnett W55 800m 7<sup>th</sup> 3.05.88 1500m 7<sup>th</sup> 6.20.39  
 A Bramford W60 Shot 4<sup>th</sup> 6.94m Weight 2<sup>nd</sup> 10.23m  
 Discus 2<sup>nd</sup> 17.27m Hammer 4<sup>th</sup> 21.41m  
 P Howard M65 3k Walk 3<sup>rd</sup> 19.43.01  
 P Bramford M55 Shot 5<sup>th</sup> 9.11 Discus 3<sup>rd</sup> 35.73  
 Weight 4<sup>th</sup> 9.29 Hammer 5<sup>th</sup> 25.89  
 Javelin 1<sup>st</sup> 33.26

**Cambs AA Throws meeting – March 15<sup>th</sup> at Cambridge**

Hammer Sen men A Lee 45.44 (PB)  
 Discus Sen men E Akinluyi 31.53  
 Shot Sen Men A Lee 11.11 Sen Men E Akinluyi 10.77  
 Javelin U17 Men A Morter 33.06 U15 Boys M Young 30.63  
 Hammer U17 W H Sayer 33.09 U17W J Richards 22.70  
 Discus U17 W L Sammout 26.20 U17W H Sayer 18.54  
 Shot U20 W A Forster 11.13  
 U17 W L Sammout 8.73 U17W H Sayer 8.12  
 Javelin U17 W L Sammout 21.50

**BUCS Championships – Sheffield March 14/15<sup>th</sup>**

400m Sen men E Aston 4<sup>th</sup> 48.75 in hts

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