

# Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

## Newsletter

Easter 2010

**Ed Aston represents GB at the World Indoor Championships in Doha.**

**Charlotte Cox selected for the GB team for the 2010 World Championships for Athletes with Down Syndrome and for the 2011 Special Olympics World Games**

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

#### Outdoor T&F

April 24 <sup>th</sup>	Southern Women's League	All Females	Walthamstow (tbc)
April 25 <sup>th</sup>	National Junior League (Cambs clubs team)	U20's	Colchester/Braintree
April 25 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Peterborough
May 1 <sup>st</sup>	Southern Mens League	Males 15+	Cambridge
May 5 <sup>th</sup> evening	Eastern vets league	Veterans	Bedford
May 8 <sup>th</sup>	Cambs AA Championships	All members	St Ives
May 15 <sup>th</sup>	Southern mens league	Males 15+	Stevenage
May 16 <sup>th</sup>	East Anglian league	All	Cambridge
May 22 <sup>nd</sup>	Southern Womens League	All females	Mile End
May 23 <sup>rd</sup>	National Junior League (Cambs clubs team)	U20's	Ware
May 29/30 <sup>th</sup>	SEAA U17/U15 Championships	All under 17	Ashford
May 30/31 <sup>st</sup>	CAU Championships	County select	Bedford

#### Local Road Events

April 11 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
April 11 <sup>th</sup>	Sandy 10m	Sandy	Seniors
Apr 18 <sup>th</sup>	Bungay black Dog Marathon/Half	Bungay	Seniors
Apr 18 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
May 2 <sup>nd</sup>	Bartlow Challenge	Bartlow	All over 16
May 2 <sup>nd</sup>	Great East Anglia Run 10k	Kings Lynn	Seniors
May 3 <sup>rd</sup>	Ashdon 10k	Ashdon	All
May 3 <sup>rd</sup>	Breckland 10k	Croxton	Seniors
May 9 <sup>th</sup>	Sawston Fun Run	Sawston	All
May 9 <sup>th</sup>	Eye 10k	Hatfield Forest	Seniors

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.

£50 for wage earners and £40 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.

#### Chair's chatter

We have seen some major achievements by club members over the last few months. Ed Aston represented Great Britain in the World Indoor Championships, Charlotte Cox has been selected to go to Athens to represent GB in the Special Olympics World Games in 2011, one of only 10 athletes selected for the athletics disciplines, and to represent GB in the first World Games for athletes with Down Syndrome in Mexico in September 2010. Ben Kelk finished 3rd in the 60m Hurdles at the Aviva England Athletics, Under 20 Indoor Championships, his first National Championships as an Under 20, in which he achieved a new indoor PB of 8.05 secs placing him 20th on the UK All Time list. Congratulations must go to them and to their coaches and family/supporters who have made it all possible.

It feels good when club mates achieve this kind of success and we're all proud to say that we have trained alongside, coached, or just know successful athletes. We can build on their success and maybe aim higher ourselves because we know, all things considered, that they're not all that different from us, and if they can do it, maybe we can too in our own way.

It has made me reflect on what makes success and how we handle it and encourage it. I've bumped into a number of international athletes over the last few months, some I know well and others are just acquaintances, for example, Paul Evans, one of our best ever marathon runners who hails from Norfolk and comes along to C&C from time to time with wonderful stories and coaching advice, Charlie Spedding who still holds the England record for the marathon, winner of the London Marathon and our last Olympic medallist at this distance – he gave a talk at the recent Festival of Running Expo, our own Will Clarke, Olympic triathlete who broke the record for the Boxing Day race this year and recently Sam Boden, one time C&C runner who was coached by me, and later by Barry Matthews, and has a GB vest from the World Cross country Championships in 1999. He has come back to Cambridge and now runs a sports injury clinic here. All of these athletes are talented but none is overflowing with natural ability in the mould of Usain Bolt or Michael Johnson. What they have in common is an absolute determination to succeed. It's their mental approach alongside their undoubted ability which has set them apart and made them into special athletes.

I think we're becoming a successful club, we're well respected and people are now joining because they want to be at C&C, not just because we're the local club. That's great but I don't think we've got it yet (as the papers say about bankers with big bonuses). I include myself in this comment – I don't think I've focused enough on trying to make us excellent at actually doing the sport. We don't do absolute determination well enough in my view. I think we should all be trying to be the best we can, within the constraints of the rest of our lives, and, if you'll excuse the philosophising, I think that's a metaphor for life too, which athletics gives us.

There are competition, training and coaching opportunities available at the club and we should be using them to be as good as we can get, whatever our roles. There is the most unbelievable feeling of satisfaction in reaching for the stars and (almost) getting there. Some of my fondest athletics memories, right back to times that are now in history books, are of pushing myself as hard as I could and getting close to the things I wanted to do. My athletic talent is, and was, trivial compared with many, many people but I think I got close to getting the best I could out of what I'd got. I could have done better maybe but I got pretty close. I'd really like all my club mates to discover those same feelings. We've got the examples to follow – if you've not tried it yet, how about aiming to be the next Ed, or Charlotte, or Ben, or Will or Sam..... or just doing the *best* you possibly can.

Neil Costello

#### Summer training – Important information

Saturday training sessions end on March 27<sup>th</sup>, and Thursday fitness sessions at Chesterton end on March 25<sup>th</sup>. Thursday sessions at the track commence on April 1<sup>st</sup> (6.30pm)

Mondays 6.20 – 8.30 – young athlete training (Under 13's at 6.20, Under 15's at 7.30)

Tuesdays 6.30 – 8.30 – Endurance runners and all ages Track and Field (Under 13's by prior arrangement with coaches only). Check with coaches about which events are available

Thursdays 6.30 – 8.30 – Endurance runners and all ages Track and Field (Under 13's by prior arrangement with coaches only). Check with coaches about which events are available

### Endurance running highlights

#### Cambs AA Cross-country championships

At Priory Park, St Neots, again this year. Cold but dry with frost in the ground and a slight thaw of the cm or so of lying snow.

C&C did very well this year.

There were top 3 finishes for a good number of C&C athletes this year. Thomas Heylen, James Cochrane and Georgie Schweining all won their age-groups. There were silver medals for Claire Wilson, Millie Turner, Rebecca Carter, James Tapley, and Bronze for Susannah Cassidy, Hollie Parker, Olivia McGurk, Nathalie Richards and Guy Kendall. Kim Masson and Joan Lasenby took Gold and Bronze in the W45 category and Diana Braverman and Sue Barnett finished first and second in W55.

#### SEAA Championships at Parliament Hill. – Christof Schweining

This was a high-class event, but despite that we had a fair few prominent finishers amongst our strong squad.

The day started bright and cold, with plenty of car drivers who could have done with spikes on their tyres. By the start of the first race Parliament Hill had warmed-up just enough to turn the puddles of ice to a rather nice, slippery cold paste.

There were some excellent performances on what is one of the toughest of cross country courses. Will Clarke got a respectable 11<sup>th</sup> place, George Schweining 12<sup>th</sup> and James Cochrane and Nathalie Richards came in 24<sup>th</sup> and 27<sup>th</sup> place respectively. Frankly, on that course, anyone who finished was a winner.

#### English National Cross-Country Championships – Christof Schweining

Well done to everyone who competed at Roundhay Park, Leeds, in the English Nationals XC. If the toughness of a course can be measured by the number of young competitors crying at the end of a race, this wins for sure. The Nationals are just that, the best of the best, the competition was fierce. Great performances from the entire C&C squad. James Cochrane (45<sup>th</sup>), Hollie Parker (218<sup>th</sup>), Charlotte Murphy (129<sup>th</sup>), Nathalie Richards (69<sup>th</sup>), Mary Holmes (518<sup>th</sup>), Diana Braverman (309<sup>th</sup>), Thomas Heylan (117<sup>th</sup>), John Baslington (108<sup>th</sup>), Gerald Meah (1343<sup>rd</sup>), Will Clarke (23<sup>rd</sup>), George Schweining (18<sup>th</sup>). Anyone who managed to run up that slope, even once at the end of a race, deserves a medal.

#### CAU Cross country – March 13<sup>th</sup> at Birmingham

The Inter-counties are one of the highest level cross-country event in the country. Only the top eight/nine, runners from each county, in each age group qualify (including Wales, Northern Ireland and Scotland). This year they were at a new venue after being at Wollaton Park in Nottingham for the past 10 years or so.

The course in Birmingham was very compact, right next to the old car plants in Longbridge, in Cofon Park. Whilst it was undulating and boggy in places it had far less drama than in the English Nationals at Leeds.

Best result of the day was probably Will Clark's 39<sup>th</sup> place in the Senior men, although he apparently dropped several places near to the end of the race.

Georgie Schweining matched that, taking a creditable 23<sup>rd</sup> in the Under 15 Girls race and Hollie Parker was 49<sup>th</sup> home in the Under 13 Girls. All the C&C athletes results are shown in the results section.

#### The Rvston Cross Country Series

This year C&C were awarded the trophy for the most improved club. Our small contingent has grown over the season and recorded several age-group wins. Well done to all those who took part.

#### The Boxing day 4 mile 2009

48 finishers again this year, running in very slippery conditions, but a fast race again this year.

International Triathlete Will Clarke set the pace and won in 18Mins 32 secs, the fastest time that we are aware of recorded for the course. Please tell us if you know otherwise.

Full results at the back of the newsletter.

#### Elv New Years Eve 10k

Thirty C&C runners made the Ely New Year's Eve 10k their last run of 2009, with a lot of good results. Highlight of the day was the course record and win by Will Clarke, with Bob Watson winning the M45 class and John Oakes the M50

4<sup>th</sup> Frostbite League - Ramsey Jan 17<sup>th</sup> – Andy Irvine

Well, the wind held off this year, but the mud was extra-filthy for this year's Ramsey Frostbite. A brave band of C&C runners kept our title challenge going, and though Nene Valley pipped us by one place, we're just two points behind going into the last two fixtures.

Things started excellently thanks to a fine fourth place by our junior team, which took them to fourth overall, ahead of the strong Bourne squad. Hollie Parker and Claire Wilson starred, finishing second and third girls, with Thomas Heylan in between, eighth boy.

In the senior race, Katie Toynton's glorious form continued, and she finished third female. Alessandro Coianiz is also flying, taking ninth place. Miguel Branco and Alan Pritchard also featured in the top 20, whilst just outside it a trio of Johns finished in sequence; 22nd, 23rd and 24th. Good packing at the sharp end earned us third place on the day, and though we're likely to need to beat Nene Valley twice, we've put a nice gap between us and third-placed Fenland.

5<sup>th</sup> Frostbite League - Bourne February 7th

Well done everyone who made the long trip to Bourne for the fifth Frostbite, one which was even muckier than last year's mud bath. I think the turnout was impressive in the circumstances. The juniors were excellent again, finishing fifth on the day but unluckily slipping a place to fifth overall. In the seniors, well, I don't think any club could have beaten the awesomely strong Nene Valley Harriers squad today, and we didn't, but third place on the day consolidates our second place overall, and we still have an outside chance of taking the title next month at BRJ.

Individually we had some outstanding performances, and Steve Watterson's first place is well worth celebrating. Not far behind, Mike Salt took third place and Noel Carroll made it three C&Cs in the first four, easily the best set of results at the sharp end I can remember. Congratulations, chaps. Alan Pritchard (17th) and John Ferguson (22nd) also featured prominently. First C&C female was Jemma Clarry, 16th-placed female.

In the junior event, Hollie Parker was in fine form again, replicating her result from Ramsey and finishing ninth overall and second girl. Matt Rogen was close behind in 16th, just ahead of a fine battle between Lucy Parker and Charlotte Murphy for 18th.

6<sup>th</sup> and final Frostbite league – March 7<sup>th</sup>

The race run by BRJ is basically a road race. It was a very close finish in the senior race - Martin Reid and Mike Salt finished together, both within a second of the winner! Noel Carroll was close behind in fourth, with Ben Baldelli and Diarmuid Ó Séaghdha on the finishing straight in ninth and tenth. Also in the top 20 were Alan Pritchard (16th) and John Oakes (20th).

The female team was, as too often, short-staffed, but the bare-minimum of three we had were lightning around the streets of Huntingdon so we got away with it. Thanks and well done to Jemma Clarry (10<sup>th</sup> female), Kim Masson (12<sup>th</sup>) and Caz Pritchard (13<sup>th</sup>).

It's been a cracking season, and second place is our best ever, so well done to everyone who made it to BRJ or any of the other five races this season.

The Junior team once again did us proud, and were once again competitive with the very best. Hollie Parker led us in, seventh overall and first girl, with Thomas Heylan (11<sup>th</sup>), Lucy Parker (13<sup>th</sup> h/3<sup>rd</sup> girl), Charlotte Murphy (14<sup>th</sup> /4<sup>th</sup>) and Claire Wilson (17<sup>th</sup> /5<sup>th</sup>) packing the top 20. Great running once again by Lauren Murphy, Alex Stone and Maisie Cassidy. All of those runners have turned out again and again for the club in all weather, and I think they'll be challenging for the top honours next season. Its important to remember that many of the runners in the Junior race were a year or two older than the C&C runners this year, so it looks good for next year.

CAMBRIDGE PARK RUN – a new free weekly time trial

Cambridge park-run is a new FREE weekly 5km event for runners of all standards, which will take place every Saturday at 9am in Milton Country Park, starting on 30th January.

Details are at <http://www.parkrun.org.uk/cambridge/> or you can talk to Simon Redfern.

It is not a race against other runners, but a 5k timed run and it can really be whatever you want it to be, whether that's for fun or as part of a training plan.

It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy this beautiful park and get physically active into the bargain. We want to encourage people to jog or run together irrespective of their ability – this event is truly open to all and best of all it really is FREE!

Taking part is easy – just register in advance by 6pm on the Friday before your first ever parkrun here. The great thing is that you only ever need to do this once. Then just set your alarm for Saturday morning and get yourself there.

After the run, if you don't have to get off straight away, there will be the chance to socialise with everyone at the Milton Country Park Café to maybe swap stories about your run that day, chat to other runners over a cup of tea or coffee and just be an important part of this new running community.

C&C athletes have competed and done very well in the first half dozen races – why not have a go yourself – you don't need to be the worlds fastest runner to enjoy a run in the park.

The C&C results are in the results section under multi-terrain but you can find all the race results on the Cambridge Parkrun website.

#### HEADING OUT INTO THOSE NICE WINTER NIGHTS - Alex Downie

It's the time of year when the sheer addiction of a runner to running really shows up. You know, it's possible if you're an ordinary member of the public out for a country drive catching sight of a runner moving along a pretty little path perhaps next to a meandering river, it IS just possible to momentarily think, "Hmmm yes, that looks like a good thing to be doing...." But in the winter, most people peering out of their car windows into the cold, wind, rain and sleet would pity the poor pounder of the streets, and indeed it can test runners' resolve a bit.

So, if we're honest, sometimes a sneaky dread hangs over the day when a winter evening run is planned. Running may not be the worst torture known to man, but who wouldn't rather slob in an armchair with a glass of wine, TV and home entertainment at hand?

Winter routes are necessarily much more restricted than summer ones, and when we do get out there, we often end up using the same or similar ones. They are therefore easier to compare, and I would like to report that they get easier as fitness improves. Sadly, this appears not to be the case. It never seems easier. It never seems shorter. But then, I guess, exercise being hard is, you know, pretty much the point.

But there's hard and there's harder. June/July runs can be bearable, but then there's January. Inevitably, we'll encounter cold and wind and wet, and possibly all 3 together. When the howling wind gets fierce enough, it's like running headlong into an upright mattress. It feels as if you're burning twice the calories for half the distance, and it's especially galling for being an invisible foe. Hardly ever conscious that the atmosphere is churning like a smoothie in a blender, people in cars glance disdainfully at you thinking, "Wow, you're so SLOW!"

Likewise, a gentle rain in summer can "drop like mercy," whereas winter torrents can be miserably demoralising. The lamentable business of making forward progress generally staves off hypothermia, but it can be a "close-run" thing. And I don't recommend running when there's ice about either. Too high a falling-down-on-bottom factor.

Yet, there is an up-side to terrible conditions; it's called self-pity. I know it gets a bit of a bad press, but just ignore this...wallow in it, embrace it and it can be quite delicious. Then, when you're back, there's the warm, rosy glow of self-satisfaction of having triumphed, sort of, against the elements. Yes, I know, smugness also has a bad press....

Another plus of forcing yourself outside is that you do get to engage with the changing conditions in a way that people trapped in 4 walls all day may not. Out there, it does rain, it can be windy, temperatures go up and down, the Earth orbits the Sun, the Moon comes and goes and changes shape, and really everything happens!

Yet another advantage is the sheer contrast of stressful job/simple jog – the mental serenity induced by regular, rhythmic running compared to the demands of gainful employment. Of course, there can be impediments to this contemplative scenario. A high TAPIR (Traffic and Pedestrian Interference Ratio) will slow you down, necessitate wasted energy, and disrupt mental de-stressing. Traffic is noisy, polluting, dangerous and nasty, but at least it has to conform to rules, even at rush hour, and is therefore reasonably predictable.

Not so pedestrians. It's bad enough approaching them head-on, where you often get into some sort of ludicrous dance routine with them, but approaching them from behind brings home how seldom humans walk in straight lines. We lurch. We lunge. We are seized with uncontrollable urges to wobble off to the left...or the right. Perhaps we need to introduce compulsory Pedestrian Re-Education Classes (eg "How to Walk Well," "Polite Pavement Behaviour" or "Kerbside Consideration.")

Another bane of running is....other runners, particularly those of the other gender. The problem here, guys, is that women seem to believe that we get plunged into a massive ego crisis if passed by a mere girl. Apparently, we feel it necessary to overtake her, then we slow down.....Far from admiring our magnificent physical prowess and thinking, "Gosh, what a great hunter –gatherer he'd make, what with his impressive bursts of speed, and powerful calf muscles. Must mate with him on the spot!" they actually think it's um, er....tedious. Another example of how they've moved on from the cave-person era, and we.....er haven't.

Be that as it may, there are usually fewer runners and pedestrians about when conditions are inclement; all such problems are minimised, so stop reading this and get out there!

NB this piece was inspired by Lionel Shriver's article in the Observer Magazine,2009.

### Indoor T&F Season

#### Southern Indoor Championships

Ed Aston retained his Senior 800m at the SEAA championships on Jan 10<sup>th</sup>, in a quality field.

Ed just failed to beat his own Senior championship record.

On 17<sup>th</sup> January, Ian Williamson won Bronze in the SEAA 1500m. It was his first serious outing since surgery on his calf muscles, and after winning his heat impressively in a sub 4 minutes time, he just missed out in a sprint for the line in the final

Ben Kelk was unlucky to hit a hurdle in the final of the U20 mens 60m Hurdles, after impressively winning his semi-final in the same time as the winning time in the final.

#### Ed just misses out on retaining his National Senior 800m Indoor Title

Ed Aston just missed out by 0.4 secs in his bid to retain his National Indoor 800m title. He finished 3<sup>rd</sup> for the bronze medal with 1.50.58, just a few hundredths behinds 2<sup>nd</sup> place. The winner ran 1.50.21 and the whole six man field was separated by only 0.6 secs. It was his seasons best and he was then selected to run in the Indoor Grand Prix.

He finished 5<sup>th</sup> in the Grand Prix 800m and 2<sup>nd</sup> GB runner in a time which qualified him to go to the World Indoor championships in Doha in March

#### Ed's World Championships bid in Doha

Ed was drawn in heat 2, lane 4 running against Sudanese runner Abubaker Kaki, David Bustos of Spain, Fabiano Pecanha, of Brazil and Edgar Cortez of Nicaragua.

Kaki set the pace from the gun going through 400m in 52.59 and won in 1.47.48 with Bustos 2<sup>nd</sup> and Pecanha 3<sup>rd</sup>, Ed 4<sup>th</sup>, while Cortez brought up the rear with a personal best of 1.58.47 (how did he qualify?).

Pecanha's time, a new personal best of 1.48.29 and close to Ed's personal best, qualified him as a fastest loser in what proved to be the 2<sup>nd</sup> fastest heat of the day, but unfortunately Ed's time wasn't fast enough to qualify for the semi-finals. Some other C&C men and under 17's may take heart that they can run faster than Samoan Iulio Lafai who clocked a PB of 2.07.08.

**Ian Williamson takes Gold for Scotland in the Celtic International in Cardiff**

Ian ran his seasons best indoor time of 3.52.14 to win the 1500m in the Celtic International for his home country of Scotland in a very tight finish. The three front runners were separated by just 0.33 secs.

**Ben Kelk takes 3<sup>rd</sup> in the U20 Mens English Championships**

Congratulations to Ben Kelk who finished 3<sup>rd</sup> in the 60m Hurdles at the Aviva England Athletics, Under 20, Indoor Championships. In his first National Championships as an Under 20, he set a new indoor PB of 8.05 secs which places him 20<sup>th</sup> on the UK All Time Indoor Best list.

**Charlotte Cox takes Silver**

Charlotte took the silver medal in the Special Olympics Indoor Championships in Cardiff with a time of 34.15.

### 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 both matches and won overall this year regaining the title from PAC.

Several of our athletes then went on to compete for Cambridgeshire in the Regional final at Norwich.

There were medals for several C&C athletes

Joseph Ebanks (2 gold), Holly Parker (gold), Catriona Marriott (gold), Joseph Wood (silver), Myles Carter (silver), Jessica Fox (silver), Martha George (silver), Jake Mair (bronze), Katie Reynolds (bronze),

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.

This year we hope to be able to put all results and the ranking lists on the club website, but please don't expect them to be updated instantly after each match – it takes a bit of time.

Full details of all the leagues and championships are given in the C&C 2010 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 or Noel will be able to find out for you.

#### Cambridgeshire AA County Track and field championships – Cambridge May 8<sup>th</sup>

An entry form is enclosed with the newsletter. Entry forms can also be found on the club website under Track and field, Championships. 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 seven 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.

Note – this year the 3000m championships for U20M, U17M, U15B, SW, U17W and U15G will be held at the Evening Devt meeting on Wed May 26<sup>th</sup> at St Ives.

Also the Steeplechase and 1 mile Championships will be held at the Evening Devt meeting on Wed 21<sup>st</sup> July at St Ives.

You must enter in advance for all the championship events.

Entries to be sent to Noel Moss before the 30<sup>th</sup> April 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 have been circulated but can also be downloaded from [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk) or [www.cambsaa.org.uk](http://www.cambsaa.org.uk).

You can enter the 3000m, steeplechase and mile at the same time if you wish, and get them for £2 if you are entering other events as well. (They do not count towards your 3 event limit on May 8<sup>th</sup>)

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

#### Eastern AA Championships – 17<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 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 Club website under Track and Field, Championships. Entry forms will also be available from <http://www.easternaa.co.uk>. There will also be entry details for this available at the County Championships.

### South of England Championships

29/30<sup>th</sup> May for U15's & U17's

12/13<sup>th</sup> June for U20's and seniors

These championships cover most counties of Southern England. Stronger competition than the Eastern Championships. The Senior event is at Crystal Palace on June 12<sup>th</sup>/13<sup>th</sup>, and the Under 15/Under 17 event is at the Julie Rose stadium in Ashford, Kent (easy to reach via M20) on May 29/30<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 via the Club website, or look on the South of England Competitions Ltd website

[http://www.seaa.org.uk/index.php?option=com\\_content&view=article&id=59&Itemid=67](http://www.seaa.org.uk/index.php?option=com_content&view=article&id=59&Itemid=67).

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

This year the 3000m, is a county championship event this year. You must enter in advance to be eligible for the Championship, but there will also be "Open" entries on the night (not eligible for County medals).

Wed June 9<sup>th</sup> at St Ives - 100m (2 rounds), 3/400m, 800m and 1500m BMC Regional races, Discus, Triple-jump, Shot (plus U11's Turbojavelin, 80m and 300m)

Wed July 21<sup>st</sup> Steeplechases (inc County Championships), 100m, 200m, 1 mile (inc. county Championship), Javelin, Pole-vault, Long-jump, (plus U11's Longjump, 150m and 600m)

You must enter the steeplechases and the Mile in advance to be eligible for the Championship, but there will also be "Open" entries on the night (not eligible for County medals).

The events are 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 (Championship events £2.50, BMC races £4.00). 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 26<sup>th</sup> and June 9<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 the C&C website (Track and field, Championships) or from [www.cambsaa.org.uk](http://www.cambsaa.org.uk).

Entries for the BMC Regional races must be made on-line on the BMC website but payment is made at registration on the night (£4.00)

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

### Track & Field, Road and multi-terrain Fixtures for 2010 Outdoor

#### Road

Apr 10 <sup>th</sup>	SEAA 12 and 6 stage road relays	Sutton park	Seniors
April 11 <sup>th</sup>	Rotterdam Marathon	Rotterdam	Seniors
April 11 <sup>th</sup>	C&C Cambourne 10k	Cambourne	All
April 11 <sup>th</sup>	Sandy 10m	Sandy	Seniors
April 17 <sup>th</sup>	Derwent Dambuster 10 mile	Derwent	Seniors
Apr 18 <sup>th</sup>	Bungay black Dog Marathon/Half	Bungay	Seniors
April 18 <sup>th</sup>	Brighton Marathon	Brighton	Seniors

April 18 <sup>th</sup>	Turn Marathon	Turin Italy	Seniors
Apr 18 <sup>th</sup>	Flitwick 10k	Flitwick	Seniors
Apr 18 <sup>th</sup>	Vienna Marathon	Austria	Seniors
Apr 18 <sup>th</sup>	Lochaber Marathon	Fort William	Seniors
April 25 <sup>th</sup>	Madrid Marathon	Madrid	Seniors
Apr 25 <sup>th</sup>	London Marathon	London	Seniors
Apr 25 <sup>th</sup>	Shakespeare Marathon	Stratford	Seniors
May 2 <sup>nd</sup>	Bartlow Challenge	Bartlow	All over 16
May 2 <sup>nd</sup>	Great East Anglia Run 10k	Kings Lynn	Seniors
May 3 <sup>rd</sup>	Belfast Marathon	Belfast	Seniors
May 3 <sup>rd</sup>	Ashdon 10k	Ashdon	All
May 3 <sup>rd</sup>	Breckland 10k	Croxton	Seniors
May 9 <sup>th</sup>	Prague Marathon	Prague	Seniors
May 9 <sup>th</sup>	Halstead Marathon	Halstead	Seniors
May 9 <sup>th</sup>	Geneva Marathon	Switzerland	Seniors
May 9 <sup>th</sup>	Sawston Fun Run	Sawston	All
May 9 <sup>th</sup>	Eye 10k	Eye	All
May 15 <sup>th</sup>	BMAF road relays	Sutton Park	Veterans
May 16 <sup>th</sup>	Windermere Marathon	Ambleside	Seniors
May 16 <sup>th</sup>	Stevington 12k	Stevington	Seniors
May 22 <sup>nd</sup>	White peak marathon and half	Matlock	Seniors
May 23 <sup>rd</sup>	Copenhagen Marathon	Copenhagen	Seniors
May 28 <sup>th</sup> – 30 <sup>th</sup>	Tour of the Derwent valley	Derbyshire	All over 16
May 23 <sup>rd</sup>	Edinburgh Marathon	Edinburgh	Seniors
May 30 <sup>th</sup>	Woodland half marathon	Bourne	Seniors
May 31 <sup>st</sup>	Hatfield Broad Oak 10k	Hatfield Forest	Seniors
May 31 <sup>st</sup>	Chester Marathon	Chester	Seniors
June 3 <sup>rd</sup>	Kevin Henry 5k league	Cambridge	All over 16
June 9 <sup>th</sup>	Peterborough 5k grand prix	Ferry meadows	All over 16
June 13 <sup>th</sup>	Abbey 10k	Ramsey	Seniors
June 13 <sup>th</sup>	Stortford 10	Bishops Stortford	Seniors
June 23 <sup>rd</sup>	Peterborough 5k grand prix	Eye	All over 16
June 27 <sup>th</sup>	Sutton Feast beast 7	Sutton, Nr Ely	Seniors
July 1 <sup>st</sup>	Kevin Henry 5k league	Saffron Walden	All over 16
July 4 <sup>th</sup>	March Spud run 5	March	Seniors
July 7 <sup>th</sup>	Peterborough 5k grand prix	Thorney	All over 16
July 10 <sup>th</sup>	Histon Feast Run	Histon	All over 16
July 11 <sup>th</sup>	Bushey 10k	Peterborough	Seniors
July 18 <sup>th</sup>	St Ives 10k	St Ives	Seniors
July 18 <sup>th</sup>	Fairlands valley Challenge	St Albans	Seniors
July 21 <sup>st</sup>	Peterborough 5k grand prix	Stamford	All over 16
July 31 <sup>st</sup>	Swiss Alpine Marathon	Davos	Seniors
August 4 <sup>th</sup>	Peterborough 5k grand prix	Werrington	All over 16
August 5 <sup>th</sup>	Kevin Henry 5k league	Haverhill	All over 16
Aug 8 <sup>th</sup>	Isle of Man marathon	Ramsey IOM	Seniors
August 15 <sup>th</sup>	Thorney 5 mile	Thorney	Seniors
August 18 <sup>th</sup>	NVH 5k	Ferry meadows	Seniors
Sept 2 <sup>nd</sup>	Kevin Henry 5k league	Newmarket	All over 16
Sept 12 <sup>th</sup>	Grunty Fen Half Marathon	Ely	Seniors
Sept 19 <sup>th</sup>	Great North Run	Gateshead	Seniors
Sept 26 <sup>th</sup>	Saffron Walden 10k	Saffron Walden	Seniors
Sept 26 <sup>th</sup>	Bourne 10k	Bourne	All over 16
Sept 26 <sup>th</sup>	New Forest marathon	Hampshire	Seniors
Oct 3 <sup>rd</sup>	Loch ness marathon	Inverness	Seniors
Oct 3 <sup>rd</sup>	Jersey Marathon	Jersey	Seniors
Oct 10 <sup>th</sup>	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 24 <sup>th</sup>	Fenland 10 mile	Wisbech	Seniors
Nov 7 <sup>th</sup>	Dovedale dash	Dovedale	Seniors
Dec 5 <sup>th</sup>	Luton marathon	Luton	Seniors
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 <sup>st</sup>	Ely New Years Eve 10k	Little Downham	All over 16

#### Cross Country

Nov 28 <sup>th</sup>	ECAA Cross Country Champs	All	TBC
----------------------	---------------------------	-----	-----

#### Outdoor T&F

April 24 <sup>th</sup>	Southern Women's League	All Females	Walthamstow (tbc)
April 25 <sup>th</sup>	National Junior League (Cambs clubs team) U20's)		Colchester/Braintree
April 25 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Peterborough
May 1 <sup>st</sup>	Southern Mens League	Males 15+	Cambridge
May 5 <sup>th</sup> evening	Eastern vets league	Veterans	Bedford
May 8 <sup>th</sup>	Cambs AA Championships	All members	St Ives
May 15 <sup>th</sup>	Southern mens league	Males 15+	Stevenage
May 16 <sup>th</sup>	East Anglian league	All	Cambridge
May 22 <sup>nd</sup>	Southern Womens League	All females	Mile End
May 23 <sup>rd</sup>	National Junior League (Cambs clubs team) U20's		Ware
May 29/30 <sup>th</sup>	SEAA U17/u15 Championships	All under 17	Ashford

May 30/31 <sup>st</sup>	CAU Championships	County select	Bedford
June 2 <sup>nd</sup> evening	Eastern vets League	Veterans	Cambridge
June 5 <sup>th</sup>	Southern Mens League	Males 15+	Swindon
June 6 <sup>th</sup>	Eastern Young athletes league	All under 17	Cambridge
June 5/6 <sup>th</sup>	National Combined events	Senior/U20	Stoke
June 12 <sup>th</sup>	Cambridgeshire schools Champs	Schools select	Cambridge
June 12/13 <sup>th</sup>	SEAA Senior/U20 Championships	U20/Seniors	Crystal Palace
June 19 <sup>th</sup>	Anglian Schools	School select	TBC
June 20 <sup>th</sup>	East Anglian league	All	Braintree
June 19/20 <sup>th</sup>	AAA Under 20/Under 23 Champs	U20/U23's	Bedford
June 25/26/27 <sup>th</sup>	UKA Senior Championships	Seniors	Birmingham
June 26 <sup>th</sup>	Southern Mens League	Males 15+	Guildford
June 26 <sup>th</sup>	Southern Women's League	All Females	St Ives
June 27 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	St Albans
June 27 <sup>th</sup>	National Junior League (Cambs clubs team)	U20's	Bedford
July 3/4 <sup>th</sup>	BMAF T&F Championships	Veterans	Birmingham
July 4 <sup>th</sup>	East Anglian league	All	Colchester
July 7 <sup>th</sup> (evening)	Eastern vets league	Veterans	Sandy
July 9/10 <sup>th</sup>	English Schools	Qual	Birmingham
July 10 <sup>th</sup>	Southern Mens League	Males 15+	Ipswich
July 11 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Basildon
July 17 <sup>th</sup>	ECAA Championships	All	Cambridge
July 17/18 <sup>th</sup>	English Senior Championships	Seniors	Gateshead
July 24/25 <sup>th</sup>	SEAA Combined events	All	Cophthall
July 25 <sup>th</sup>	National Junior League (Cambs clubs team)	U20's	Cambridgeshire
July 31 <sup>st</sup>	Southern Mens League	Males 15+	Cambridge
Aug 4 <sup>th</sup> (evening)	Eastern Vets League	Veterans	Milton keynes
August 7 <sup>th</sup>	Southern Women's League	All Females	Lee Valley
August 8 <sup>th</sup>	East Anglian League	All	Norwich
Aug 13/14 <sup>th</sup>	Crystal Palace Grand Prix	Spectators	Crystal Palace
Aug 15 <sup>th</sup>	Bedford International Games 2009	Spectators	Bedford
August 15 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Lee Valley
August 7/8 <sup>th</sup>	AAA U15/U17 combined events	U15's/U17's	Stoke
August 21/22 <sup>nd</sup>	AAA U15/U17 Championships	U15's/U17's	Bedford
August 28 <sup>th</sup>	UK Challenge Final	Invitation	Cardiff
August 28 <sup>th</sup>	SEAA U20/U15 intercounties	County select	Cophthall
Sept 3-5 <sup>th</sup>	UK School Games	Schools select	Gateshead
Sept 4 <sup>th</sup>	Southern Women's League	All Females	Colchester
Sept 11 <sup>th</sup>	Hibbard Trophy match	Cambs AA select	Harlow
Sept 12 <sup>th</sup>	Eastern Young Athletes Final	Qualifying clubs	TBC
Sept 19 <sup>th</sup>	East Anglian league Final	All	Bury St Edmunds
Sept 25/26 <sup>th</sup>	ECAA combined events Champs	All	Bedford (prov)

#### Age groups for T&F competition in 2010

Under 13's must be aged 11 or over and aged under 13 on 31st August 2010.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2010.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2010.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2010.

For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2010.

For Championships, Seniors must be aged 17 or over on 31st August 2010

(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 2010

Mary Holmes - President	01223 860189	Neil Costello – Chairman	01223 524428
Noel Moss	T&F competition, and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 742088
Martin Crabb	Young Athletes coordinator		01954 203187
Sonia Cox	Welfare Officer		01223 264889
James Brennand	Coaching Secretary		01223 249410
Adam Poole	Road running		07932 622892
Carole Morris	Veterans T&F team manager		01638 742024
Chris Flood	Treasurer		01223 319549

#### Useful E-Mail and website addresses

C&C Club Website

[www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)

E-mails about C&C membership and other admin issues [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk)

Amendments/items for website [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk)

To join the C&C e-mail information group, e-mail your request to [johnkazer@hotmail.com](mailto:johnkazer@hotmail.com)

Newsletter editor (for your results and articles to publish) [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)

Road running website [www.runcambridge.org.uk](http://www.runcambridge.org.uk)

Cambridgeshire AA website [www.cambsaa.org.uk](http://www.cambsaa.org.uk)

UKA website [www.ukathletics.net](http://www.ukathletics.net)

Power of 10 database (you may be in it) [www.thepowerof10.info](http://www.thepowerof10.info)

Athletics data.com performance database (you may be in it) [www.athleticsdata.com](http://www.athleticsdata.com)

England athletics website [www.englandathletics.org](http://www.englandathletics.org)

SEAA website [www.seaa.org.uk](http://www.seaa.org.uk)

Living Sport Cambridgeshire [www.livingsport.co.uk](http://www.livingsport.co.uk)

Athletics kit and shoes by internet or mail order [www.bournesports.com](http://www.bournesports.com)

Athletics equipment (Stadia Sports online) [www.clicksports.co.uk](http://www.clicksports.co.uk)

## Results, Results, Results

### Road races

Boxing day 4 mile The fastest race for about 30 years

1 <sup>st</sup>	W Clarke (Course Rec)	18.32	2 <sup>nd</sup>	N Beer	21.33
3 <sup>rd</sup>	N Carroll	21.37	4 <sup>th</sup>	S Dobin (Camb Uni)	21.47
5 <sup>th</sup>	M Bell	21.54	6 <sup>th</sup>	A Aston	22.42
7 <sup>th</sup>	J Baslington	22.56	8 <sup>th</sup>	A Pritchard	23.16
9 <sup>th</sup>	J Cochrane	24.08	10 <sup>th</sup>	J Evans	24.21
11 <sup>th</sup>	S Brightwell	24.54	12 <sup>th</sup>	V Bolton	25.34
13 <sup>th</sup>	L Beer (Guest)	25.51	14 <sup>th</sup>	J Tucker	25.55
15 <sup>th</sup>	A Howard	26.01	16 <sup>th</sup>	A Shield	26.18
17 <sup>th</sup>	W Mycroft	26.19	18 <sup>th</sup>	C Brown	26.20
19 <sup>th</sup>	N Richards	1 <sup>st</sup> F 27.14	20 <sup>th</sup>	J Corbett	2 <sup>nd</sup> F 27.46
21 <sup>st</sup>	A Downie	27.48	22 <sup>nd</sup>	A Beer (Guest)	27.54
23 <sup>rd</sup>	G Meah	27.55	24 <sup>th</sup>	D Yeneralski	27.59
=25 <sup>th</sup>	R Cantrill (Guest)	28.09	=25 <sup>th</sup>	O Cantrill	BU15 28.09
27 <sup>th</sup>	J Clarry	3 <sup>rd</sup> F 28.32	28 <sup>th</sup>	M Pritchard (Guest)	28.35
29 <sup>th</sup>	T Long	28.38	30 <sup>th</sup>	A Costello	F 28.39
31 <sup>st</sup>	J Lewy	28.42	32 <sup>nd</sup>	G Smith	28.47
33 <sup>rd</sup>	C Pritchard	F 29.10	34 <sup>th</sup>	F Downie	F 29.35
35 <sup>th</sup>	M Brightwell	F 30.24	36 <sup>th</sup>	A Scott (Camb Uni)	F 31.10
37 <sup>th</sup>	P Garrett	31.14	38 <sup>th</sup>	P Schofield	31.22
39 <sup>th</sup>	T Braverman (Guest)	31.57	40 <sup>th</sup>	E Braverman (Guest)	F 32.12
41 <sup>st</sup>	D Braverman	F 32.14	42 <sup>nd</sup>	P Howard	34.14
43 <sup>rd</sup>	B Corbett	34.15	44 <sup>th</sup>	M Holmes	W70 36.03
45 <sup>th</sup>	B Beer (Guest)	36.15	=46 <sup>th</sup>	I Hornsey (Guest)	37.23
=46 <sup>th</sup>	S Barnett	F 37.23	48 <sup>th</sup>	C Beer (Guest)	38.34

Unidentified finisher – possibly L Beer – 31.08

Buntingford Year End 10, 28<sup>th</sup> December 2009 - 10 miles, 428 runners.

2 <sup>nd</sup>	S Watterson	54.35	19 <sup>th</sup>	V Knight	1 <sup>st</sup> F 62.18
59 <sup>th</sup>	S Bowen	M50 68.44	126 <sup>th</sup>	M Simmons	F 74.41

Ely New Years Eve 10k – 31<sup>st</sup> December 2009 500 finishers

1 <sup>st</sup>	Will Clarke†	30:05	12 <sup>th</sup>	Alessandro Coianiz	2 <sup>nd</sup> M40 35:22
16 <sup>th</sup>	Alan Pritchard	35:42	17 <sup>th</sup>	Bob Watson	1 <sup>st</sup> M45 35:48
22 <sup>nd</sup>	John Oakes	1 <sup>st</sup> M50 36:25	34 <sup>th</sup>	Simon Brightwell	3 <sup>rd</sup> M45 39:43
42 <sup>nd</sup>	Andrew Shields	9 <sup>th</sup> M40 40:14	63 <sup>rd</sup>	Katie Toynton	41:49
69 <sup>th</sup>	Viv Bolton	8 <sup>th</sup> M45 42:05	79 <sup>th</sup>	Joseph Tucker	10 <sup>th</sup> M50 42:31
93 <sup>rd</sup>	Katie Samuelson-Dean	F 42:58	103 <sup>rd</sup>	Adam Poole	43:33
113 <sup>th</sup>	Alejandra Pascual Garrido	43:48	121 <sup>st</sup>	Caroline Pritchard	44:00
131 <sup>st</sup>	Dave Yeneralski	M40 44:16	133 <sup>rd</sup>	Andy Irvine	M40 44:23
143 <sup>rd</sup>	Alex Downie	3 <sup>rd</sup> M60 44:56	154 <sup>th</sup>	Rebecca Parsons	45:49
155 <sup>th</sup>	Nick Tosca	45:50	160 <sup>th</sup>	Glyn Smith	4 <sup>th</sup> M60 45:56
198 <sup>th</sup>	Carmel McEniery	W35 47:47	199 <sup>th</sup>	Simon Redfern	M45 47:52
216 <sup>th</sup>	Mike DiFranco	M45 48:43	230 <sup>th</sup>	Phil Scofield	M50 49:20
232 <sup>nd</sup>	John Lewy	M50 49:26	239 <sup>th</sup>	Maria Brightwell	W45 49:42
242 <sup>nd</sup>	Phil Garrett	M50 49:54	263 <sup>rd</sup>	Andrea Martinelli	W35 51:04
284 <sup>th</sup>	Iona Graham Hagg	W45 51:39	341 <sup>st</sup>	Alan Baldock	M60 54:23

Riverbank Rollick – 8.7 miles - Thornbury – 17<sup>th</sup> January

36 <sup>th</sup>	S Brightwell	66.11	192 <sup>nd</sup>	M Brightwell	F 91.14
------------------	--------------	-------	-------------------	--------------	---------

Folksworth 15 Jan 24<sup>th</sup> – 416 finished

24 <sup>th</sup>	C Pyle	1:37:44	91 <sup>st</sup>	K Toynton	1:49:25
108 <sup>th</sup>	C Pritchard	F 1:51:00	113 <sup>th</sup>	M Simmons	F 1:51:23
139 <sup>th</sup>	D Yeneralski	1:54:50	187 <sup>th</sup>	A Irvine	1:58:39
223 <sup>rd</sup>	C McEniery	F 2:04:18	287 <sup>th</sup>	H Turton	F 2:12:07
316 <sup>th</sup>	P O'Brien	2:16:30			

C&C - 1<sup>st</sup> Womens team

Great Bentley Half marathon – 7<sup>th</sup> Feb

26 <sup>th</sup>	J Oakes	2 <sup>nd</sup> M50 1:18:18	115 <sup>th</sup>	D Edwards	7 <sup>th</sup> M50 1:27:47
35 <sup>th</sup>	D Braverman	2 <sup>nd</sup> W55 1:42:31			

Stamford Valentines 30 km – 14<sup>th</sup> Feb 633 finished

89 <sup>th</sup>	A Shields	2:11:29	90 <sup>th</sup>	S Brightwell	2:11:30
114 <sup>th</sup>	A Pritchard	2:14:11	115 <sup>th</sup>	J Ferguson	2:14:13
186 <sup>th</sup>	K Samuelson-Dean	F 2:21:40	221 <sup>st</sup>	D Yeneralski	2:24:19
226 <sup>th</sup>	C Pritchard	F 2:24:54	327 <sup>th</sup>	D Mail	2:32:09
347 <sup>th</sup>	C McEniery	F 2:34:13	355 <sup>th</sup>	A Irvine	2:34:42
362 <sup>nd</sup>	M Brightwell	F 2:35:51	366 <sup>th</sup>	A Martinelli	2:36:01
420 <sup>th</sup>	H Turton	F 2:42:02	620 <sup>th</sup>	D Carter	F 3:28:15

Bungay Great East Run 20k m– Feb 21<sup>st</sup> 426 finished (Chip times)

86 <sup>th</sup>	A Irvine	1:31:32	131 <sup>st</sup>	T Long	1:35:51
149 <sup>th</sup>	A Downie	4 <sup>th</sup> M60 1:38:35	193 <sup>rd</sup>	C McEniery	3 <sup>rd</sup> W35 1:43:54
206 <sup>th</sup>	F Downie	4 <sup>th</sup> W45 1:44:57	230 <sup>th</sup>	A Lasseter	F 1:47:59
313 <sup>th</sup>	R Roberts†	W35 1:56:37	343 <sup>rd</sup>	B Thomson	2:01:44

Bungay Great East Run 10k m– Feb 21<sup>st</sup> 426 finished (Chip times)

2 <sup>nd</sup>	J Oakes	1 <sup>st</sup> M50 37.13			
-----------------	---------	---------------------------	--	--	--

Barcelona Marathon March 7<sup>th</sup>

7453 <sup>rd</sup>	M Difranc	4.07.08			
--------------------	-----------	---------	--	--	--

Wymondham 20 – March 7<sup>th</sup>

53 <sup>rd</sup>	A Ciruela	2:24:11	111 <sup>th</sup>	M Simmons	F 2:36:10
145 <sup>th</sup>	C McEniery	F 2:43:40	252 <sup>nd</sup>	D Carter	F 3:24:24

Milton Keynes half marathon – March 7<sup>th</sup>

202 <sup>nd</sup>	S Bowen	1.28.51	399 <sup>th</sup>	T Chew	1.35.25
-------------------	---------	---------	-------------------	--------	---------

<b>Paris Half marathon March 7th</b>						
3440 <sup>th</sup>	D Yeneralski		1:40:00	4652 <sup>nd</sup>	T Long	1:39:15
9152 <sup>nd</sup>	A Lasseret	F	1:49:42	13223 <sup>rd</sup>	R Roberts	F 2:02:46
<b>Thanet 20 – 7<sup>th</sup> March</b>						
96 <sup>th</sup>	K Toynton		F	2.33.41		
<b>Lode Muddy Marvel 5 – March 14<sup>th</sup></b>						
1 <sup>st</sup>	B Baldelli	1 <sup>st</sup> M40	29:36	9 <sup>th</sup>	J Oakes	1 <sup>st</sup> M40 32:30
20 <sup>th</sup>	S Kennard		34:55	28 <sup>th</sup>	J Raymond	36:29
35 <sup>th</sup>	S Thoday		37:42	40 <sup>th</sup>	G Meah	38:08
91 <sup>st</sup>	B Thomson		48:46			
<b>Silverstone half marathon – 14<sup>th</sup> March</b>						
165 <sup>th</sup>	E Perrin		1.31.19	2956 <sup>th</sup>	C Stanier	F 2.04.14
<b>Orion 15 – March 20<sup>th</sup></b>						
34 <sup>th</sup>	J Oakes		1:51:48	93 <sup>rd</sup>	D Edwards	2:02:29
222 <sup>nd</sup>	D Braverman	W55	2:23:38			
<b>Rhayader Round the lakes 20 – March 20<sup>th</sup></b>						
167 <sup>th</sup>	D Mail		2.51.47	234 <sup>th</sup>	K Samuelson-Deane	F 3.02.30
<b>Brentwood Half Marathon – March 21<sup>st</sup></b>						
1146 <sup>th</sup>	P O'Brien		2.02.28 (chip time)			
<b>Ashby 20 – March 21<sup>st</sup></b>						
29 <sup>th</sup>	A Pritchard		2.11.38	68 <sup>th</sup>	D Pell	2.19.30
<b>Clavering 10k and 5k – March 21<sup>st</sup></b>						
1 <sup>st</sup>	B Baldelli		37:09	4 <sup>th</sup>	G Anderson	41:31
6 <sup>th</sup>	C Nielsen		42:50			
5k - 1 <sup>st</sup>	S Kennard	20:40				
<b>Hastings Half Marathon – March 21<sup>st</sup></b>						
648 <sup>th</sup>	J D'Alessandro		1.41.16			
<b>Braintree 5 mile – March 28<sup>th</sup></b>						
11 <sup>th</sup>	J Oakes		29.16			
<b>Oakley 20 miles – March 28<sup>th</sup></b>						
162 <sup>nd</sup>	A Allsopp		2:34:34	211 <sup>th</sup>	M Simmons	F 2:38:24
269 <sup>th</sup>	C McEniery	F	2:42:53	346 <sup>th</sup>	A Irvine	2:49:14
447 <sup>th</sup>	K Samuelson	F	2:56:56	533 <sup>rd</sup>	H Turton	F 3:05:41
727 <sup>th</sup>	D Carter	F	3:38:07			
<b>Thorney 10k – March 28<sup>th</sup></b>						
45 <sup>th</sup>	K Toynton	F	42.18	53 <sup>rd</sup>	S Thoday	42.53
59 <sup>th</sup>	D Yeneralski		43.54			

#### Cross Country

##### Sunday league – Ryston 3<sup>rd</sup> January 2010

4 <sup>th</sup>	N Carroll		32:14	5 <sup>th</sup>	M Salt	32:30
20 <sup>th</sup>	J Oakes	3 <sup>rd</sup> M50	35:50	56 <sup>th</sup>	S Penny	M40 38:37
97 <sup>th</sup>	D Edwards	M50	41:52	179 <sup>th</sup>	D Braverman	1 <sup>st</sup> W55 46:09
196 <sup>th</sup>	A Downie	3 <sup>rd</sup> M60	47:11	228 <sup>th</sup>	G Meah	M50 50:05

##### Cambs AA Cross country Championships – 9<sup>th</sup> Jan 2010

###### *U11 Girls - 1.5 km, 17 finishers. Winner: 7:20 .*

3 <sup>rd</sup>	S Cassidy		7:56	7 <sup>th</sup>	J Rehakova	8:27
10 <sup>th</sup>	F Marriott		8:55			

###### *U13 Girls - 3 km, 32 finishers. Winner: 12:18 .*

2 <sup>nd</sup>	C Wilson		12:29	3 <sup>rd</sup>	H Parker	12:51
4 <sup>th</sup>	L Parker		13:00	5 <sup>th</sup>	C Gilliard	13:06
10 <sup>th</sup>	A Pettitt		13:47	14 <sup>th</sup>	C Murphy	14:09
16 <sup>th</sup>	O Abbott		14:22	23 <sup>rd</sup>	A Newcombe	15:39
30 <sup>th</sup>	M Cassidy		18:04	31 <sup>st</sup>	A Deeks	18:15

###### *U13 Boys - 3 km, 27 finishers; Winner: 12:24*

1 <sup>st</sup>	T Heylen		12:24	2 <sup>nd</sup>	J Tapley	12:26
4 <sup>th</sup>	J Biggs		12:39	7 <sup>th</sup>	M Mitchell	13:28
9 <sup>th</sup>	R Mitchell		13:53	26 <sup>th</sup>	A Stone	17:14

###### *U15 Girls - 4.3 km, 15 finishers. Winner: 15:44*

1 <sup>st</sup>	G Schwiening		15:44	2 <sup>nd</sup>	M Turner	17:03
3 <sup>rd</sup>	O McGurk		17:12	5 <sup>th</sup>	Z MacDonald	17:41
11 <sup>th</sup>	N Rehakova		18:26			

###### *U15 Boys - 4.3 km, 18 finishers; Winner: 14:28 M.*

1 <sup>st</sup>	J Cochrane		14:28	3 <sup>rd</sup>	G Kendall	15:
7 <sup>th</sup>	A Tapley			18 <sup>th</sup>	S Kennard	17:13

###### *U17 Women - 5 km, 12 finishers. Winner: 20:28 F.*

2 <sup>nd</sup>	R Carter		20:40	6 <sup>th</sup>	A Sharpe	21:57
-----------------	----------	--	-------	-----------------	----------	-------

###### *U17 Men - 6 km, 14 finishers; Winner: 19:40 M.*

14 <sup>th</sup>	B Kennard		26:55			
------------------	-----------	--	-------	--	--	--

###### *U20/Senior/Vet Women - 6 km, 44 finishers. Winner: 21:25*

3 <sup>rd</sup>	H Branco (2 <sup>nd</sup> claim)		21:53	9 <sup>th</sup>	K Masson	1st W45 24:06
14 <sup>th</sup>	J Lasenby	3 <sup>rd</sup> W45	24:44	17 <sup>th</sup>	N Richards	3 <sup>rd</sup> U20 25:03
24 <sup>th</sup>	D Braverman	1 <sup>st</sup> W55	26:06	34 <sup>th</sup>	S Barnett	2 <sup>nd</sup> W55 30:16

###### *U20/Senior/Vet Men - 10 km, 114 finishers. Winner: 32:24 M.*

9 <sup>th</sup>	M Salt		34:53	10 <sup>th</sup>	N Carroll	34:57
12 <sup>th</sup>	W Mycroft	3 <sup>rd</sup> U20	35:27	14 <sup>th</sup>	M Branco(2 <sup>nd</sup> claim)	35:40
36 <sup>th</sup>	J Baslington	5 <sup>th</sup> U20	39:02	63 <sup>rd</sup>	L Stone	4 <sup>th</sup> M50 41:51
70 <sup>th</sup>	S Thoday		43:14	71 <sup>st</sup>	M Chaplin	6 <sup>th</sup> M50 43:19
73 <sup>rd</sup>	C Schwiening	M40	43:23	87 <sup>th</sup>	A Irvine	M40 45:37
88 <sup>th</sup>	B Corbett	M50	45:53	110 <sup>th</sup>	P Howard	M60 54:53

##### Ryston Runners Grand Prix – Shouldham Warren 17<sup>th</sup> Jan

U9 Boys - 0.8 km				23 <sup>rd</sup>	W Newcombe	4:18
------------------	--	--	--	------------------	------------	------

<i>U11 Girls - 2 km,</i>	3 <sup>rd</sup>	A Newcombe	9:48	7 <sup>th</sup>	J Rehakova	10:46
<i>U13 Boys - 3 km,</i>				10 <sup>th</sup>	R Madonald	13:40
<i>U13 Girls - 3 km,</i>				5 <sup>th</sup>	A Pettitt	12:31
<i>U15 Boys - 3 km,</i>				1 <sup>st</sup>	J Cochrane	10:09
<i>U15 Girls - 3 km,</i>	6 <sup>th</sup>	Z MacDonald	12:10	9 <sup>th</sup>	N Rehakova	12:58
<i>Vet Men 50 - 5 km,</i>				8 <sup>th</sup>	G Meah	22:20
<i>Senior Ladies - 5 km,</i>				3 <sup>rd</sup>	N Richards	20:40
<i>Vet Ladies 55 - 5 km,</i>				2 <sup>nd</sup>	M Holmes	26:30

**Cambridgeshire Schools Cross-country Champs Jan (No times taken)**

Minor Boys	3 <sup>rd</sup>	T Heylen				
Minor Girls	3 <sup>rd</sup>	C Murphy				
Junior Boys	1 <sup>st</sup>	G Kendall		4 <sup>th</sup>	S Reynolds	
	7 <sup>th</sup>	W Taylor		10 <sup>th</sup>	L Rawlings	
	15 <sup>th</sup>	B Littledyke		35 <sup>th</sup>	M Rogan	
Junior Girls	2 <sup>nd</sup>	H Parker		4 <sup>th</sup>	C Gillard	
	13 <sup>th</sup>	O Abbott		15 <sup>th</sup>	L Weber	
Inter Boys		6 <sup>th</sup> H Whittingham		12 <sup>th</sup>	H Tournant	
	13 <sup>th</sup>	K Doherty		29 <sup>th</sup>	A Tapley	
Inter Girls		1 <sup>st</sup> G Schweining		2 <sup>nd</sup>	M Turner	
	3 <sup>rd</sup>	O McGurk		5 <sup>th</sup>	A Sharpe	
Senior Boys	9 <sup>th</sup>	J Baslington		10 <sup>th</sup>	B Whittle	
Senior Girls	1 <sup>st</sup>	R Carter		3 <sup>rd</sup>	H Rees	
	13 <sup>th</sup>	J Corbett				

**Southern Counties Cross Country – Parliament Hill January 30<sup>th</sup>**

U13 Boys	53 <sup>rd</sup>	T Heylen	12.44			
U15 Boys	24 <sup>th</sup>	J Cochrane	16.48	68 <sup>th</sup>	G Kendall	17.36
U20 Men	82 <sup>nd</sup>	J Baslington	33.39			
Senior Men	11 <sup>th</sup>	W Clarke	52.50	95 <sup>th</sup>	M Salt	58.30
	112 <sup>th</sup>	N Beer	59.11	540 <sup>th</sup>	M Chaplin	73.10
	612 <sup>th</sup>	S Thoday	77.05	771 <sup>st</sup>	T Long	89.29
U 13 Girls	37 <sup>th</sup>	C Wilson	13.39			
U15 Girls	12 <sup>th</sup>	G Schweining	15.42	106 <sup>th</sup>	O McGurk	18.06
U17 Women	43 <sup>rd</sup>	R Carter	22.34			
U20 Women	27 <sup>th</sup>	N Richards	28.33			
Senior Women	208 <sup>th</sup>	D Braverman	41.13			

**Anglian Schools Cross-country – Feb 5<sup>th</sup>**

Minor Girls	11 <sup>th</sup>	A Pettit	10.38	12 <sup>th</sup>	C Murphy	10.39
	28	E Bliss	11.10			
Minor Boys	15 <sup>th</sup>	T Heylen	12.22			
Junior Girls	9 <sup>th</sup>	H Parker	15.05	12 <sup>th</sup>	C Wilson	15.20
	15 <sup>th</sup>	C Gilliard	15.22	28 <sup>th</sup>	Z MacDonald	15.56
	47 <sup>th</sup>	L Weber	16.52	51 <sup>st</sup>	O Abbott	17.10
Junior Boys	2 <sup>nd</sup>	G Kendall	14.50	23 <sup>rd</sup>	S Reynolds	15.52
	24 <sup>th</sup>	L Rawlings	15.52	63 <sup>rd</sup>	B Littledyke	17.57
Inter Girls		1 <sup>st</sup> G Schweining	16.08	7 <sup>th</sup>	M Turner	16.47
	24 <sup>th</sup>	O McGurk	17.24	26 <sup>th</sup>	A Sharp	17.30
	51 <sup>st</sup>	K Parker	18.50			
Inter Boys		42 <sup>nd</sup> H Tournant	20.10	60 <sup>th</sup>	H Whittingham	21.03
Senior Girls	5 <sup>th</sup>	R Carter	19.29	6 <sup>th</sup>	H Rees	19.39
	7 <sup>th</sup>	E Kier	19.46	43 <sup>rd</sup>	J Corbett	23.45
Senior Boys	24 <sup>th</sup>	J Baslington	25.52	31 <sup>st</sup>	B Whittle	26.20

**Ryston Runners Grand Prix – Shouldham Warren 14<sup>th</sup> Feb**

<i>U11 Girls</i>	1 <sup>st</sup>	L Parker	8:11	5 <sup>th</sup>	A Newcombe	9:21
	10 <sup>th</sup>	J Rehakova	10:20	12 <sup>th</sup>	L Murphy	10:31
<i>U13 Girls</i>	1 <sup>st</sup>	H Parker		11:05	2 <sup>nd</sup> A Pettitt	11:59
	3 <sup>rd</sup>	C Murphy	12:13			
<i>U15 Girls</i>	4 <sup>th</sup>	Z MacDonald	11:57	5 <sup>th</sup>	N Rehakova	12:13
	6 <sup>th</sup>	K Pywell	12:29			
<i>Senior Men</i>	11 <sup>th</sup>	J Kazer	35:08			
<i>Senior Women</i>	5 <sup>th</sup>	N Richards	37:28			
<i>Vet Women 55</i>	4 <sup>th</sup>	M Holmes	48:14			

**Sunday League at Watford – 21st February**

<i>Women's Race - 74 finishers.</i>			51 <sup>st</sup>	Sue Barnett	62:59
<i>Mens race – 167 finishers</i>			161 <sup>st</sup>	Peter Howard	67:33

**English National Cross Country Championships – Feb 27th**

<i>Under 15 Male - 4.5 km, 387 finishers.</i>			45 <sup>th</sup>	J Cochrane	15:02
<i>Under 20 Female - 6 km, 91 finishers.</i>			69 <sup>th</sup>	N Richards	28:02
<i>Under 13 Female - 3 km, 417 finishers.</i>					
129 <sup>th</sup> C Murphy	14:01	218 <sup>th</sup>	H Parker	14:43	
<i>Senior Men - 12 km, 1428 finishers.</i>					
<i>Under 20 Male - 10 km, 204 finishers.</i>		108 <sup>th</sup>	J Baslington	38:20	
<i>Senior Women - 8 km, 543 finishers.</i>					
309 <sup>th</sup> D Braverman	38:30	518 <sup>th</sup>	M Holmes	49:14	
<i>Under 15 Female - 4 km, 360 finishers.</i>		18 <sup>th</sup>	G Schwiening	15:09	
<i>Under 13 Male - 3 km, 374 finishers.</i>		117 <sup>th</sup>	T Heylen	13:02	

**CAU Intercountry cross country championships Cambs team (Fields of ca .300) 13<sup>th</sup> March**

Those marked \*\* were the first Cambs AA runner home in their age-group

Senior Men	39 <sup>th</sup> ++	W Clarke	37.27	168 <sup>th</sup>	M Salt	40.42
Under 20 men	148 <sup>th</sup>	J Baslington	30.18	159 <sup>th</sup>	N Burch	30.48
U15 Boys	277 <sup>th</sup>	A Tapley	17.54			
Under 13 Boys	188 <sup>th</sup> ++	T Heylen	11.54	222 <sup>nd</sup>	J Biggs	12.09
	280 <sup>th</sup>	J Tapley	12.49	291 <sup>st</sup>	M Mitchell	13.27
Senior Women	232 <sup>nd</sup>	J Clarry (Suffolk)	35.33			
Under 20 Women	94 <sup>th</sup>	N Richards	26.19			

Under 17 Women	231 <sup>st</sup>	A Sharpe	23.59			
Under 15 Girls	23 <sup>rd</sup> ++	G Schweining	16.12	95 <sup>th</sup>	M Turner	16.58
	215 <sup>th</sup>	O McGurk	18.05	222 <sup>nd</sup>	Z Macdonald	19.09
Under 13 Girls	49 <sup>th</sup> ++	H Parker	12.00	71 <sup>st</sup>	C Wilson	12.07
	157 <sup>th</sup>	C Gillard	12.42	240 <sup>th</sup>	A Pettitt	13.16
SEAA Masters Cross Country – March 14 <sup>th</sup>						
3 <sup>rd</sup> W55		D Bravernam	29.40			
English Schools Cross Country March 20 <sup>th</sup>						
Junior Boys	8 <sup>th</sup>	G Kendall	13.12			
Inter Boys		301 <sup>st</sup> H Tournant		22.52		
Sen Boys	238 <sup>th</sup>	J Baslington	28.18			
Junior Girls	67 <sup>th</sup>	C Wilson	10.51	140 <sup>th</sup>	C Gillard	11.16
	224 <sup>th</sup>	Z MacDonald	11.39			
Inter Girls	35 <sup>th</sup>	G Schweining	14.22	75 <sup>th</sup>	M Turners	14.50
	266 <sup>th</sup>	O McGurk		16.20		
Sen Girls	92 <sup>nd</sup>	R Carter	17.48			
Ryston Runners Grand Prix – Shouldham Warren 21 <sup>st</sup> March						
U11 Girls	1 <sup>st</sup>	L Parker	8:10	4 <sup>th</sup>	A Newcombe	9:18
	6 <sup>th</sup>	L Murphy	9:48			
U13 Girls	1 <sup>st</sup>	H Parker	11:00	4 <sup>th</sup>	C Murphy	12:09
U15 Boys	1 <sup>st</sup>	J Cochrane	9:47			
V45 Men	6 <sup>th</sup>	D Pettitt	25:42			
V50 Men	6 <sup>th</sup>	G Meah	28:13			
Senior Women	3 <sup>rd</sup>	N Richards	27:47			

### Multi-terrain

#### 4th Frostbite league at Ramsey – 17<sup>th</sup> January

404 finished – 3 <sup>rd</sup> Team		Team 2 <sup>nd</sup> overall				
9 <sup>th</sup>	A Coianiz	30:34	11 <sup>th</sup>	M Branco		30:44
14 <sup>th</sup>	A Pritchard	31:18	22 <sup>nd</sup>	J Ferguson		32:05
23 <sup>rd</sup>	J Oakes	32:22	24 <sup>th</sup>	J Baslington		32:24
26 <sup>th</sup>	G Anderson	32:28	68 <sup>th</sup>	L Stone		35:13
87 <sup>th</sup>	K Toynton	3rd F 36:13	106 <sup>th</sup>	S Thoday		36:56
120 <sup>th</sup>	T Johnson	37:16	185 <sup>th</sup>	T Long		39:35
190 <sup>th</sup>	A Downie	39:47	206 <sup>th</sup>	R Haworth	F	40:19
250 <sup>th</sup>	F Downie	F	42:07	253 <sup>rd</sup> C McEnery	F	42:16
279 <sup>th</sup>	P O'Brien	44:23	297 <sup>th</sup>	C Stanier	F	45:32
403 <sup>rd</sup>	D Bayles	65:08				

#### Junior Race

124 finished - 4 <sup>th</sup> Team		Team now 4 <sup>th</sup> overall				
9 <sup>th</sup>	H Parker	2nd F 9:34	10 <sup>th</sup>	T Heylan		9:39
14 <sup>th</sup>	C Wilson	3rd F 10:03	28 <sup>th</sup>	C Murphy	F	11:01
70 <sup>th</sup>	A Stone	12:31	89 <sup>th</sup>	M Cassidy	F	13:06
94 <sup>th</sup>	L Murphy	F 13:29				

#### Wellingborough 5k series race 1 – Jan 17<sup>th</sup>

6 <sup>th</sup>	G Schweining	1 <sup>st</sup> F 18.12				
Cambridge Park run January 30 <sup>th</sup> – 5k						
2 <sup>nd</sup>	A Coianiz	2nd M 17:32	13 <sup>th</sup>	C Brown	13th M	19:44
14 <sup>th</sup>	B Cocker	14th M 19:57	16 <sup>th</sup>	L Stone	16th M	20:15
24 <sup>th</sup>	K Samuelson-Dean	1st F 26:08	29 <sup>th</sup>	C Stanier	2nd F	26:42
67 <sup>th</sup>	M Jennings	18th F 34:15				

#### Cambridge Park run February 6<sup>th</sup> – 5k

2 <sup>nd</sup>	A Coianiz	18:07	3 <sup>rd</sup>	G Anderson		18:24
5 <sup>th</sup>	J Ferguson	18:45	17 <sup>th</sup>	J Escalante-Phillips		20:57

#### 5<sup>th</sup> Frostbite League at Bourne – 7<sup>th</sup> February

413 finished 3 <sup>rd</sup> team		Team now 2 <sup>nd</sup> overall				
1 <sup>st</sup>	S Watterson	27:15	3 <sup>rd</sup>	M Salt		27:49
4 <sup>th</sup>	N Carroll	27:56	17 <sup>th</sup>	A Pritchard		29:53
22 <sup>nd</sup>	J Ferguson	30:20	44 <sup>th</sup>	A Shields		32:13
49 <sup>th</sup>	J Evans	32:34	60 <sup>th</sup>	B Cocker		33:05
67 <sup>th</sup>	J Morley	33:26	69 <sup>th</sup>	M Smith		33:28
70 <sup>th</sup>	S Penny	33:32	93 <sup>rd</sup>	T Johnson		34:31
98 <sup>th</sup>	A Howard	34:53	127 <sup>th</sup>	L Stone		36:14
141 <sup>st</sup>	J Kazer	36:30	151 <sup>st</sup>	A Stimson		36:39
155 <sup>th</sup>	J Clarry	16 <sup>th</sup> F 36:52	161 <sup>st</sup>	C Pritchard	F	37:05
178 <sup>th</sup>	A Irvine	37:40	224 <sup>th</sup>	T Long		39:06
239 <sup>th</sup>	K Masson	F 39:41	263 <sup>rd</sup>	C McEnery	F	40:36
309 <sup>th</sup>	M Lasseter	F 43:53	310 <sup>th</sup>	C Stanier	F	43:57
360 <sup>th</sup>	B Thomson	47:38	369 <sup>th</sup>	S Moon	F	48:33
411 <sup>th</sup>	D Bayles	58:44				

#### Junior Race

5 <sup>th</sup> team – now 5 <sup>th</sup> overall						
9 <sup>th</sup>	H Parker	2nd F 8:42	16 <sup>th</sup>	M Rogan		9:08
18 <sup>th</sup>	L Parker	F 9:17	19 <sup>th</sup>	C Murphy	F	9:18
67 <sup>th</sup>	L Murphy	F 11:10	72 <sup>nd</sup>	M Cassidy	F	11:29
100 <sup>th</sup>	A Stone	12:44				

#### Cambridge Park run February 13<sup>th</sup> – 5k

2 <sup>nd</sup>	B Baldelli	16:48	4 <sup>th</sup>	G Anderson		18:10
5 <sup>th</sup>	J Oakes	18:49	7 <sup>th</sup>	B Cocker		19:16
11 <sup>th</sup>	J Escalante-Phillips	20:12	19 <sup>th</sup>	D Edwards		20:55
20 <sup>th</sup>	J Jones	1st F 21:16	21 <sup>st</sup>	S Thoday		21:19
23 <sup>rd</sup>	K Samuelson-Dean	2nd F 21:21	44 <sup>th</sup>	C Stanier	7th F	24:46
48 <sup>th</sup>	A Marshall	26:07				

Cambridge Park run February 20<sup>th</sup> – 5k

3 <sup>rd</sup>	C Pyle	17:47	5 <sup>th</sup>	B Cocker	18:42
11 <sup>th</sup>	J Escalante-Phillips	19:48	13 <sup>th</sup>	J Ferguson	20:15
16 <sup>th</sup>	S Thoday	20:52	18 <sup>th</sup>	C Pritchard	21:34
25 <sup>th</sup>	K Samuelson-Dean	22:24	49 <sup>th</sup>	P O'Brien	26:19

Cambridge Park run February 27<sup>th</sup> – 5k

2 <sup>nd</sup>	C Pyle	17:45	5 <sup>th</sup>	J Oakes	18:19
11 <sup>th</sup>	J Escalante-Phillips	20:08	25 <sup>th</sup>	K Samuelson-Dean	22:15
31 <sup>st</sup>	S Redfern	22:54	45 <sup>th</sup>	P O'Brien	26:32
50 <sup>th</sup>	A Herne	27:30			

Cambridge Park Run March 6<sup>th</sup> 5k

3 <sup>rd</sup>	J Escalante-Phillips	18:47	7 <sup>th</sup>	A Coianiz	19:31
16 <sup>th</sup>	C Brown	20:49	18 <sup>th</sup>	K Samuelson-Dean	22:07
22 <sup>nd</sup>	A Downie	22:42	34 <sup>th</sup>	F Downie	24:12
39 <sup>th</sup>	A Herne	25:04			

6th Frostbite league – 7<sup>th</sup> March - Huntingdon

2<sup>nd</sup> team on the day and Overall

2 <sup>nd</sup>	M Reid	26:17	3 <sup>rd</sup>	M Salt	26:17
4 <sup>th</sup>	N Carroll	26:24	9 <sup>th</sup>	B Baldelli	26:55
10 <sup>th</sup>	D Ó Séaghdha	26:56	16 <sup>th</sup>	A Pritchard	27:59
20 <sup>th</sup>	J Oakes	28:24	53 <sup>rd</sup>	J Morley	30:36
67 <sup>th</sup>	S Penny	31:10	69 <sup>th</sup>	M Smith	31:12
83 <sup>rd</sup>	T Johnson	31:48	95 <sup>th</sup>	T Evans	32:24
100 <sup>th</sup>	A Howard	32:29	117 <sup>th</sup>	J Clarry	33:15
123 <sup>rd</sup>	J Tucker	33:29	125 <sup>th</sup>	K Masson	33:33
126 <sup>th</sup>	S Thoday	33:37	127 <sup>th</sup>	C Pritchard	33:39
138 <sup>th</sup>	L Stone	33:53	173 <sup>rd</sup>	M Kreetzer	35:00
199 <sup>th</sup>	G Smith	35:55	318 <sup>th</sup>	B Thomson	42:14
401 <sup>st</sup>	D Bayles	54:00			

Junior Race

4<sup>th</sup> team overall

7 <sup>th</sup>	H Parker	1st F	9:09	11 <sup>th</sup>	T Heylan	9:32
13 <sup>th</sup>	L Parker	3rd F	9:45	14 <sup>th</sup>	C Murphy	9:46
17 <sup>th</sup>	C Wilson	5th F	10:03	51 <sup>st</sup>	L Murphy	11:19
91 <sup>st</sup>	A Stone		12:44	95 <sup>th</sup>	M Cassidy	13:00

Cambridge Park run – March 13<sup>th</sup>

2 <sup>nd</sup>	M Branco	17:23	10 <sup>th</sup>	J Escalante-Phillips	19:10
22 <sup>nd</sup>	K Samuelson	F	21:31	42 <sup>nd</sup>	A Herne
43 <sup>rd</sup>	M Applegate	24:27	52 <sup>nd</sup>	P O'Brien	25:19
58 <sup>th</sup>	D Braverman	W55	26:10		

Cambridge Park Run – March 20<sup>th</sup>

5 <sup>th</sup>	B Watson	18:04	6 <sup>th</sup>	J Oakes	18:13
8 <sup>th</sup>	A Coianiz	19:03	13 <sup>th</sup>	J Escalante-Phillips	19:28
27 <sup>th</sup>	S Redfern	22:15	31 <sup>st</sup>	A Downie	22:32

Cambridge Park Run – March 27<sup>th</sup>

3 <sup>rd</sup>	G Anderson	17:57	7 <sup>th</sup>	J Escalante-Phillips	18:50
10 <sup>th</sup>	J Ferguson	19:18	12 <sup>th</sup>	C Brown	20:13
18 <sup>th</sup>	B Womack	21:39	19 <sup>th</sup>	K Samuelson	21:48
24 <sup>th</sup>	M Strain	22:12	37 <sup>th</sup>	M Applegate	23:30
44 <sup>th</sup>	D Mail	24:27			

Sports-hall Athletics

County Match - January 9<sup>th</sup>

Boys under 13

2 Lap Race	1 <sup>st</sup>	J Ebanks	22.5	2 <sup>nd</sup>	D Pennytoure	23.6
	3 <sup>rd</sup>	I Wright	23.6	6 <sup>th</sup>	N Monck	24.1
	7 <sup>th</sup>	B Mckeown-Tofts	24.4	9 <sup>th</sup>	J Mckeown-Todts	24.6
	10 <sup>th</sup>	T Mila	24.7	15 <sup>th</sup>	S Kumar	25.3
	16 <sup>th</sup>	A Slack	25.7			
4 Lap race	2 <sup>nd</sup>	B Mckeown-Tofts	53.0	5 <sup>th</sup>	J Mckeown-Tofts	54.9
	6 <sup>th</sup>	S Cassidy	54.9			
6 Lap race	2 <sup>nd</sup>	J Biggs	83.5			
Paarlauf Relay (8 lap) 2 <sup>nd</sup>	1.47.6	4x2 Relay 1 <sup>st</sup>	1.35.1	Circuit Relay 1 <sup>st</sup>	1.17.6	
Standing Long Jump 1 <sup>st</sup>	J Ebanks	2.50	2 <sup>nd</sup>	D Pennytoure	1.98	
	4 <sup>th</sup>	J Biggs	1.96	5 <sup>th</sup>	T Mila	1.94
Standing Triple Jump 1 <sup>st</sup>	J Biggs	5.82	4 <sup>th</sup>	S Cassidy	3.28	
Vertical Jump	4 <sup>th</sup>	I Wright	50	7 <sup>th</sup>	S Kumar	45
	8 <sup>th</sup>	T Mila	45	10 <sup>th</sup>	A Slack	38
Shot 3.25kg	3 <sup>rd</sup>	S Kumar	7.12	4 <sup>th</sup>	A Slack	6.39
Speed bounce	2 <sup>nd</sup>	N Monck	76	3 <sup>rd</sup>	J Ebanks	75
	4 <sup>th</sup>	D Pennytoure	70	8 <sup>th</sup>	B McKeown-Tofts	65
	9 <sup>th</sup>	J McKeown-Tofts	59			

Girls under 13

2 Lap Race	5 <sup>th</sup>	C Marriott	26.6	6 <sup>th</sup>	S Bruman	26.5
4 Lap race	3 <sup>rd</sup>	M Cassidy	61.6			
6 Lap race	2 <sup>nd</sup>	I Parker	85.3			
Paarlauf Relay (8 lap) 3 <sup>rd</sup>	1.47.9	4x2 Relay 2 <sup>nd</sup>	1.43.2	Circuit Relay 2 <sup>nd</sup>	1.21.3	
Standing Long Jump 2 <sup>nd</sup>	M Cassidy	1.56				
Standing Triple Jump 2 <sup>nd</sup>	L Parker	6.01				
Speed Bounce	3 <sup>rd</sup>	L Parker	70	4 <sup>th</sup>	M Cassidy	69
Vertical Jump	2 <sup>nd</sup>	C Marriott	47	5 <sup>th</sup>	S Brumann	32
Shot 2.72	2 <sup>nd</sup>	C Marriott	6.10	5 <sup>th</sup>	S Brumann	4.65

Boys Under 15



2 Lap Race	2 <sup>nd</sup>	M Carter	22.9	3 <sup>rd</sup>	W Cox	25.4
4 lap race	1 <sup>st</sup>	J Mair	46.8	3 <sup>rd</sup>	J Wood	49.3
Paarlauf Relay	1 <sup>st</sup>	1.39.0	4 x 2 relay	1st	1.36.1	
Shot 4kg	2 <sup>nd</sup>	J Wood	8.22	3 <sup>rd</sup>	W Cox	8.02
Speed Bounce	1 <sup>st</sup>	M Carter	64	2 <sup>nd</sup>	J Mair	64
Standing Triplejump	1 <sup>st</sup>	M Carter	7.18	3 <sup>rd</sup>	J Mair	6.42
Standing Longjump	1 <sup>st</sup>	J Wood	2.40	3 <sup>rd</sup>	W Cox	1.83

#### Girls under 15

2 Lap Race	1 <sup>st</sup>	M George	24.0	3 <sup>rd</sup>	G Newton-Livens	26.7
4 Lap Race	1 <sup>st</sup>	E Cave	51.3			
Paarlauf Relay	1 <sup>st</sup>	1.39.9		4x2 lap Relay		-
Shot	2 <sup>nd</sup>	M George	6.60			
Speed Bounce	3 <sup>rd</sup>	E Cave	69	4 <sup>th</sup>	G Newton-Livens	61
Vertical Jump	2 <sup>nd</sup>	M George	48	5 <sup>th</sup>	E Cave	43
Standing Longjump	2 <sup>nd</sup>	G Newton-Livens	1.76			

#### Girls under 11

Circuit Relay	1 <sup>st</sup>	1.22.2	4x2 Relay	1 <sup>st</sup>	1.45.2	
Standing long jump	1 <sup>st</sup>	F Marriott	1.88	2 <sup>nd</sup>	M Oddie	1.82
Vertical jump	2 <sup>nd</sup>	M Oddie	38	9 <sup>th</sup>	A Jones	30
Ball throw	1 <sup>st</sup>	F Marriott	6.70	2 <sup>nd</sup>	H Todd	6.45
Speed Bounce	6 <sup>th</sup>	H Todd	44	8 <sup>th</sup>	A Jones	40

#### Match results

##### C&C

U13 Boys 1<sup>st</sup>, U13 Girls 2<sup>nd</sup>, U15 Boys 1<sup>st</sup>, U15 Girls 1<sup>st</sup>, U11 Girls 1<sup>st</sup>

Match points – combined agegroups –C&C 49, PAC 40, Werr 31, HAC 30 .

#### Series result

1<sup>st</sup> C&C 107pts, 2<sup>nd</sup> PAC 76pts, 3<sup>rd</sup> HAC 51pts, 4<sup>th</sup> Werrington 34, 5<sup>th</sup> Abbey 32pts

#### Regional finals at Norwich (Cambs AA) – Jan 30<sup>th</sup>

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

Finlay Marriott	Standing Longjump	8 <sup>th</sup>	1.80			
Catriona Marriott	Standing Triplejump	1 <sup>st</sup>	6.86			
Maisie Cassidy	Vertical Jump	8 <sup>th</sup>	41cm			
Hollie Parker	6 Lap race	=1 <sup>st</sup>	1.28.4	Shot	6 <sup>th</sup>	5.74
Katie Reynolds	Highjump	=3 <sup>rd</sup>	1.35			

##### Under 13 Boys (Cambs 3<sup>rd</sup> in the match)

Joseph Ebanks	2 Lap race	1 <sup>st</sup>	23.7	Standing Longjump	1 <sup>st</sup>	2.52
Joe Biggs	6 Lap race	7 <sup>th</sup>	1.34.0	Standing Triplejump	8 <sup>th</sup>	5.93
Dennis Pennytoure	2 lap race	5 <sup>th</sup>	25.0	Standing Longjump	4 <sup>th</sup>	2.18
Ben Mckeown-Tofts	Vertical Jump	6 <sup>th</sup>	45cm			
Joe Mckeown-Tofts	6 Lap race	8 <sup>th</sup>	1.35.7	Highjump	5 <sup>th</sup>	1.20
Oliver Cantrill	4 lap race	7 <sup>th</sup>	55.0	Standing Triplejump	10 <sup>th</sup>	5.38
Nathan Monck	Speed Bounce	8 <sup>th</sup>	70			

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

Jessica Fox (5 <sup>th</sup> OA)	2 lap race	2 <sup>nd</sup>	25.5	S Bounce	6 <sup>th</sup>	78	S Longjump	=5 <sup>th</sup>	2.04
Grace Newton-Livens	4 lap race	7 <sup>th</sup>	61.6	S Bounce	8 <sup>th</sup>	67	S Longjump	11 <sup>th</sup>	1.78
Martha George	2 lap race	6 <sup>th</sup>	26.3	Shot	6 <sup>th</sup>	6.80	Vertical Jump	=2 <sup>nd</sup>	60cm

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

Joseph Wood	S longjump	2 <sup>nd</sup>	2.46	Shot	7 <sup>th</sup>	8.60	2 Lap race	=7 <sup>th</sup>	24.9
Jake Mair	S Triplejump	5 <sup>th</sup>	6.84	S Bounce	=7 <sup>th</sup>	62	4 Lap race	3 <sup>rd</sup>	52.6
Myles Carter	S Triplejump	2 <sup>nd</sup>	7.50	Shot	5 <sup>th</sup>	8.71	2 Lap race	=4 <sup>th</sup>	24.0
4 x 2 relay	2 <sup>nd</sup> team								

#### Track and field Athletics

##### Metaswitch open meeting – Lee valley Jan 3rd

60Hdls U20M B Kelk 2<sup>nd</sup> Race 1 8.40 2<sup>nd</sup> Race 2 8.35

##### SEAA Multievents – January 10<sup>th</sup>

U17 Women – Flavia Kumar – 12<sup>th</sup>

60m Hdls DNS, Highjump 1.27, Shot 6.19, Longjump 3.63. 800m 3.00.60

##### SEAA Indoor championships – 10<sup>th</sup> Jan

Senior Mens 800m	1 <sup>st</sup>	E Aston	1.52.84			
U20 mens 400m	3 <sup>rd</sup> in SF	G Baker	51.74			
U17 mens 800m	3 <sup>rd</sup> in ht	O Bass	2.06.88			
U20W 400m	4 <sup>th</sup> in SF	L Bass	62.34			
SEAA Indoor Championships – Jan 16 <sup>th</sup> /17 <sup>th</sup>						
Sen Men 1500m	I Williamson	3 <sup>rd</sup>	4.05.27	(1 <sup>st</sup> in ht 3.59.15)		
Longjump	S Richards			11 <sup>th</sup>	6.03	
Sen Women 200m	I Asztalos	5 <sup>th</sup>	26.28	(2 <sup>nd</sup> in ht 26.46, 3 <sup>rd</sup> in sf 26.34)		
U20 Men 60m Hdls	B Kelk	5 <sup>th</sup>	8.71	(2 <sup>nd</sup> in ht 8.29, 1 <sup>st</sup> in sf 8.18)		
U17 Wom 60m Hdls	C Asztalos	6 <sup>th</sup> sf	9.52	(9.48 in ht)		
Longjump	J Fox	12 <sup>th</sup>	4.56	F Kumar	17 <sup>th</sup>	4.17
Triplejp	J Fox	4 <sup>th</sup>	9.94			
U15 Boys 60m	J Mair	6 <sup>th</sup> sf	8.37	(8.21 in ht)		
Longjump	J Richards			6 <sup>th</sup>	4.37	
U15 Girls 60m	E Houghton	6 <sup>th</sup> sf	8.62	(8.49in ht)		

##### EVAC Indoor championships – 24<sup>th</sup> January – Lee Valley

60m	M40	S Emmings	1 <sup>st</sup>	8.29	M50	2 <sup>nd</sup>	J Tucker	9.56
200m	M45	J Courtney	4 <sup>th</sup>	27.37				
400m	M45	J Courtney	1 <sup>st</sup>	66.01	W60	1 <sup>st</sup>	S Barnett	88.87
800m	M50	J Tucker	2 <sup>nd</sup>	2.33.79				
Longjump	M65	N Moss	1 <sup>st</sup>	3.39				
Polevault	M65	N Moss	1 <sup>st</sup>	2.20				
Shot	M55	P Bramford	1 <sup>st</sup>	9.39	W60	A Bramford	1 <sup>st</sup>	6.95

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

U17W Longjump	F Kumar	11 <sup>th</sup>	4.26
U17W Javelin	F Kumar	4 <sup>th</sup>	23.75

##### Kings Lynn Indoor Open meeting January 31<sup>st</sup>

60m	Under 20 men	1 <sup>st</sup>	G Cummins	7.4
-----	--------------	-----------------	-----------	-----

Longjump	Under 20 men	1 <sup>st</sup>	G Cummins	5.37			
Triplejump	Under 17 Women	3 <sup>rd</sup>	F Kumar	8.85			
London Games – January 30/31 <sup>st</sup> at Lee Valley							
60m Hdls	U20 men	B Kelk	Race 1	8.26	Race 2	8.18	
	U17 W	E Cave	Race 1	9.44	Race 2	9.41	
200m	Sen W	I Asztalos	Race 1	26.42	Race 2	26.73	
200m	U20W	L Bass	Race 1	27.89	Race 2	27.70	
		E Morris	Race 1	28.11	Race 2	28.44	
800m	U17M	O Bass				2.08.39	
Highjump	U20M	B Kelk				1.85	
Longjump	Sen men	S Richards				6.08	
Triplejump	Sen W	L Sammout				9.92	
Loughborough Open – Jan 31 <sup>st</sup>							
60m	Sen men	J Baxter	Race 1	7.44	Race 2	7.46	
Elan meeting – Bratislava – 31 <sup>st</sup> Jan							
800m	2 <sup>nd</sup>	E Aston				1.51.07	
Vienna Indoor Classic Feb 2 <sup>nd</sup>							
800m	8 <sup>th</sup> overall	E Aston	(1 <sup>st</sup> in ht 3)			1.51.37	
Birmingham Games – Feb 6/7 <sup>th</sup>							
60m	Sen Men	J Baxter	Race 7	7.44			
National Championships and World trials 13 <sup>th</sup> /14 <sup>th</sup> Feb at Sheffield							
800m		E Aston	3 <sup>rd</sup>	1.50.58	(1 <sup>st</sup> in heat	1.51.21)	
Aviva Grand Prix – Birmingham Feb 20 <sup>th</sup>							
800m	5 <sup>th</sup>	E Aston				1.48.24	
Celtic International – 21 <sup>st</sup> February – Cardiff							
1500m		I Williamson	1 <sup>st</sup>	3.52.14			
Varsity Field events and Relays - Feb 21 <sup>st</sup>							
1500m		W Mycroft			2 <sup>nd</sup>	4.15.0	
Aviva National age group Championships – 27 <sup>th</sup> /28 <sup>th</sup> February in Birmingham							
U20M 60m Hdls		B Kelk	3 <sup>rd</sup>	8.05	(3 <sup>rd</sup> in ht – 8.18)		
U20M 400m		G Baker	4 <sup>th</sup> in ht	50.70			
U17W 60m Hdls		E Cave	6 <sup>th</sup> in sf	9.4	(4 <sup>th</sup> in ht – 9.31)		
Lee valley Indoor pentathlons – 6 <sup>th</sup> March							
K Reynolds – 2 <sup>nd</sup> 60m Hdls – 11.2, Longjump 3.67, Shot 6.77, Highjump 1.39, 800m 3.08.4							
World Indoor Championships – 12 <sup>th</sup> March							
800m Men		E Aston	4 <sup>th</sup> in ht 2	1.50.32			
Cambs AA Throws meeting – March 14 <sup>th</sup> at Cambridge							
Discus	U15 Boys	M Young		31.27			
Javelin	U17 Men	A Marsh		18.99			
	U15 B	M Young		41.40	U15 B	J Bailey 38.82	
	U15 B	W Blackwell		35.21	U15 B	S Kumar 26.15	
Hammer	U20 W	H Sayer		36.90			
	U15 G	I Hyde		24.15			
Discus	Sen W	A Moindrot		26.80			
	U20 W	L Sammout		26.46			
	U15 G	I Hyde		15.52			
Shot	U20 W	L Sammout		9.54	U20W	H Sayer 8.62	
	U15 G	C Marriott		6.06			
Javelin	Sen W	R Moulds		24.43			
	U20 W	L Sammout		24.36			
	U15G	I Hyde		20.49			
BUCS Championships – Sheffield March 13/14 <sup>th</sup>							
60m Men		J Baxter	5 in ht	7.32			
Special Olympics Indoor – Cardiff 27/28 <sup>th</sup> March							
200m	2 <sup>nd</sup>	C Cox		34.15	Longjump	6th	
British Masters Indoor championships 27/28 <sup>th</sup> March – Lee Valley							
S Emmings	M40	60m	4ht	8.25			
J Lasenby	W45	1500m	3 <sup>rd</sup>	5.16.69			
S Barnett	W60	1500m	2 <sup>nd</sup>	6.44.64	3k walk	2 <sup>nd</sup> 19.16.9	
A Bramford	W60	Shot	3 <sup>rd</sup>	6.57m	Weight	3 <sup>rd</sup> 9.69m	
Javelin	1 <sup>st</sup>	13.39m	Discus	2 <sup>nd</sup>	15.79m	Hammer	3 <sup>rd</sup> 19.57m
P Howard	M65	3k Walk	3 <sup>rd</sup>	19.12.00			
P Bramford	M55	Shot	5 <sup>th</sup>	8.96	Discus	2 <sup>nd</sup> 31.65	
Javelin	1 <sup>st</sup>	35.75	Weight	NT	Hammer	5 <sup>th</sup> 24.64	