

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Newsletter Spring 2011

Selected Early summer fixtures (full summer lists inside)

Outdoor T&F

April 30 th	Southern Women's League	Females 15+	Kings Lynn
May 1 st	National Junior League Team Cambs	Under 20's	Ware
May 1 st	Eastern Young Athletes Lge	All under 17	Cambridge
May 4 th evening	Eastern vets league	Veterans	Bedford
May 7 th	Southern Mens League	Males 15+	Battersea
May 8 th	East Anglian league	All	Peterborough
May 14 th	Cambs AA Championships	All members	Peterborough
May 21 st	Southern Womens League	Females 15+	Watford
May 25 th evening	Cambs evening Devt meeting	All	St Ives
May 28 th	ECAA Championships	All	Cambridge
May 29 th	National Junior league Team Cambs	Under 20's	Watford
June 1 st evening	Eastern vets League	Veterans	Cambridge
June 4 th	Southern Mens League	Males 15+	Luton
June 8 th evening	Cambs evening Devt meeting	All	St Ives
June 12 th	Eastern Young athletes league	All under 17	Braintree
June 18/19 th	SEAA Senior/U20 Championships	20/Seniors	Ashford
June 19 th	East Anglian league	All	Kings Lynn
July 3 rd	Eastern Young Athletes Lge	All under 17	Watford

Local Road Events (not comprehensive – more complete list inside or on our endurance website)

Apr 3 rd	Cambridge Cambourne 10k	Cambourne	All
Apr 10 th	Flitwick 10k	Flitwick	Seniors
Apr 10 th	Bungay black Dog Marathon/Half	Bungay	Seniors
Apr 17 th	London Marathon	London	Seniors
May 1 st	Great East Anglia Run 10k	Kings Lynn	Seniors
May 2 nd	Ashdon 10k and 3k fun run	Ashdon	All
May 7 th	Fen Drayton 10k	Fen Drayton	All
May 8 th	Eye 10k	Eye	All
May 12 th	Kevin Henry 5k league	Saffron Walden	All over 16
May 15 th	Sawston Fun Run	Sawston	All
May 27-30 th	Tour of the Derwent Valley (4 races)	Derbyshire	Seniors
May 29 th	Woodland half marathon	Bourne	Seniors
June 2 nd	Kevin Henry 5k league	Impington	All over 16
June 8 th	Peterborough 5k league		All over 16
June 12 th	Abbey 10k	Ramsey	Seniors
June 22 nd	Peterborough 5k league		All over 16

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 OND.

£50 for wage earners and £40 for non-earners. (Reminders will be e-mailed where appropriate)

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

C&C is run entirely by unpaid volunteers – could you help?

Please contact info@cambridgeandcoleridge.org.uk to find out.

Chair's chatter

The track and field season is about to start and pre-season results in the indoor championships look promising. This is also the big marathon season; big because it's full of the big events such as London and Paris and big because there are many marathons available at this time of year. There are lots of C&C runners taking part in them and I'd like to wish them luck and good running. If anyone thinks the idea of running something like a marathon is completely mystifying, two of the best antidotes to that view have been put on our Run Cambridge website <http://runcambridge.org.uk/> in the last few days. Have a look at Alex Downie's report of the Roman Road Race and David Mails's account of his Rhayader run and you'll see why there are so many of us who go off for a run whenever we get the chance. The Orion 15 report tells the same story too if you want to read more.

There's been a little bit of confusion and I'd like to clarify the way coaching opportunities work in the club. For track and field, Monday evenings are for athletes in the under 13 (school years 6 and 7) and under 15 (school years 8 and 9) age groups. Other track and field athletes come down on Mondays but they must always give way to the U13 and U15 athletes – the youngsters have total priority on Mondays. We hope that older athletes will help to support the coaching of the younger athletes and any U13 or U15 athlete can come down on Monday. The club will do its best to provide structured coaching to suit the needs of athletes in these age groups and welcomes anyone who wants to have a go.

For track and field, Tuesday and Thursday sessions are different. Athletes can't just turn up and expect to be catered for (as they can on Mondays). Attendance on Tuesdays and Thursdays is by arrangement with coaches. Most coaches will be happy to take anyone who is competent but it's important that athletes are capable of coping with these sessions which are higher standard and more focused. Coaches may ask athletes if they're interested in taking part on Tuesdays or Thursdays, or athletes can ask coaches if it's OK to join their group. Athletes towards the end of year 7 (and older) who are able to cope with the standard can ask about training on Tuesdays or Thursdays. It's very unlikely that any year 6 athlete would be physically and mentally mature enough to benefit from training on days other than Mondays.

For road running it's different. We now have a beginners' running group on Mondays which is going well and regular groups on Tuesday and Thursday. We welcome athletes at any of these sessions and will advise them which session is best suited to their ability. Tuesday is a mixed ability session catering for a wide range and is probably the best one to start for anyone who has done some running before. Guidance and further detail is given on the main club web site www.cambridgeandcoleridge.org.uk under 'road running'.

The club is thriving. Competitive performances are improving, the number of coaches and volunteers is increasing and we're doing OK. We now have well over 500 competitive athletes in the club, with a total membership of around 600. These are big numbers and whilst things generally look favourable, sometimes even serene on the surface, the club volunteers who make this happen, like the well known story about ducks, are paddling away like mad under the surface and sometimes feel like they may be sinking. Please, if you're asked to help out, say yes, if you can, or even speak to one of the club's volunteers and make an offer - that will make their day!

Best wishes to all for the summer season. Neil

Summer training – Important information

- Saturday training sessions end on March 26th, and Thursday fitness sessions at Chesterton end on March 31st.
- Thursday sessions at the track commence on March 31st (6.30pm)

On Thursday March 31st,

Bryn's sprints group will be at Chesterton

Mike Smith's Junior and Senior Endurance groups will be at Chesterton

James's jumps group will train at Chesterton

Noel and Gary's throws groups will train at the Track

Hilary's M/D group will train at the Track

Nigel Bloxham's sprints group will train at the Track

- Mondays 6.20 – 8.30 – young athlete training (Under 13's arrive at 6.20, Under 15's arrive at 7.00 to warm up)
Mondays is for the young athletes and any older track and field athletes who come down on Mondays must always give way to the U13 and U15 athletes – the youngsters have total priority on Mondays.
Timing for young athletes training on Mondays has changed slightly and the pattern for U13s is different from last year. U13 sessions begin at 6.30 – please check in before 6.30 so the session can start promptly. The U13 sessions have group training in one week and a choice of event in alternate weeks. Membership of groups is now alphabetical by surname. Please stick with the group to which you're allocated to help us run the sessions effectively.
Monday sessions for U15s vary slightly according to the coach but the warm up for all events starts at 7.00. All field event athletes warm up together beside the long jump pits. Please check details with the coach for your event group. We encourage U15 athletes to take part in several event groups. You can just turn up for the warm up for your chosen event but always best to speak to the coach first if you can.
- Tuesdays 6.30 – 8.30 – Endurance runners and ages 13+ Track and Field **. Check with coaches about which events are available
- Thursdays 6.30 – 8.30 – Endurance runners and ages 13+ Track and Field **. Check with coaches about which events are available

Note - ** These outdoor sessions on Tuesdays and Thursdays are designed for older athletes and are not suitable for most under 13's.

Occasionally 2nd year under 13's may be invited by a coach to participate in outdoor sessions on Tuesday or Thursday, but only if the coach considers that the athlete will have the required physical and mental maturity to be able to cope with the sessions, and these will be the exceptions, rather than the norm.

The reason for this is that development age for under 13's (rather than chronological age) varies enormously, and most would not be at a stage where they could physically cope with the more strenuous training or maintain focus for a lengthy session. It must be the coaches decision, and parents should accept the coaches assessment.

C&C wants to responsibly develop young athletes to achieve their full potential as adults without causing growth and development problems.

Cambridgeshire AA has a new website called Cambridgeshire Athletics

Camb's AA have created a new website catering for both Camb's AA and Camb's Schools athletics.

The new site is www.cambsathletics.org.uk.

The old site will be closed. The change is because of the continual unwelcome attention of middle-eastern hackers – Turkish, Iranian, Israeli – who probably all actually live in London of course.

Its difficult to see what they actually gain by interfering with a website like that, - presumably its just because they can and they are bored, after all not many of the Cambridgeshire athletes can read Arabic or Hebrew when they have done it.

You can find all in formation relating to Camb's AA championships (T&F and Crosscountry), Open meetings, the Camb's road league, etc on the site and all information relating to Camb's schools championship events and team selections will also be posted on this site.

Endurance running highlights

Cambs AA Cross-country championships

At Priory Park St Neots, again this year. No snow this year – quite pleasant really.

C&C did very well again this year. The club took 1st team places in Under 13 Boys, Under 13 girls, under 15 boys, under 15 girls, and under 17 women.

There were top 3 finishes for a good number of C&C athletes this year. Thomas Heylen, Lucy Parker, Claire Wilson, Georgie Schweining all won their age-groups. There were silver medals for Charlotte Murphy, Oliver Cantrill, and Charlotte Gilliard, and Bronze for Finn Barnes, and Will Taylor. Joan Lasenby took Gold in the W45 category and Diana Braverman in the W55.

SEAA Championships at Parliament Hill. – Christof Schweining

For those of you who haven't done it, I recommend it! Parliament Hill mud is much cheaper and more effective than anything sold at any Beauty Salon. Again we had some fine performances most notably the unstoppable Thomas Heylen who came in 13th place and Georgie Schwiening in 15th. But, this race was serious with some of the best runners in England - so, any positions in the top 200 is pretty amazing. I have, perhaps, only one criticism; could you young fast guys and girls try and not make such a mess of the course? I am still picking bits of mud out of my ears.....

English National Cross-Country Championships – Christof Schweining

All of the fun rides at Alton Towers had moved to the hilly parkland. There were free mud slides available to all entrants - some of us got more than one opportunity to do them. Unfortunately halfway through the organizers deemed them 'too much fun' and the course was re-routed. Our team was quite select - but, in such wet and cold conditions who but the most mad would really want to turn out? Hearty congratulations to all of them! The best results were again from the youngsters - Finn Barnes in 53rd place - less than 45s off the lead, Georgee in 24th place and Hollie Parker in 81st. Alice Newcombe deserves a special mention for making it around such a difficult course. And, Mary - who told me last week she only did little events now.... - put in a cracking performance. Oh, did I mention the mud?

CAU Cross country – March 5th at Birmingham

The Inter-counties are one of the highest level cross-country events in the country and require qualification from the County Championships so the standards are very high. To make it to the race you have to be fast - very fast.. Only the top eight/nine, runners from each county, in each age group qualify (including Wales, Northern Ireland and Scotland). The course in Birmingham was very compact, right next to the old car plants in Longbridge, in Cofton Park.

We had a good representation of C&C runners with some pretty impressive placings. The Cofton Park course was mostly firm and fast without the dramatic hills of either Alton Towers or Parliament Hill or the extensive mud. The weather conditions were also great with relatively low winds so there were some pretty fast times. Our best performances came from Helen Branco finishing in a blistering 58th place in the Womens race. Thomas Heylen continued his spectacular performance with a 41st place again less than a minute behind the winner in the Under 13 Boys race. Hot on his heels was Oliver Cantrill (only 15sec behind). Thomas Blatch made it as third Cambs scorer in that agegroup so C&C had the first three home from the county. Georgie Schweining was an excellent 28th in the U17 Women and another finisher in the top 100 was Alice Sharpe in 83rd place.

English Schools cross country championships

C&C were quite well represented in the Cambridgeshire schools teams. Well done to all who took part. Best results of the day came from Georgie Schweining – 27th in the Inter women (unfortunately over 200 places ahead of the next Cambs runner), and Hollie Parker 61st in the Junior Girls.

The Junior boys trio of Thomas Heylen, 92nd, Thomas Blatch 114th, and Oliver Cantrill 150th were 3 of the top 4 Cambridgeshire runners in the age-group, and their 6 runners finished 31st of 43 teams – the best Camb's team result of the day

The Ryston Cross Country Series

There have been several athletes competing in the various events. Its not quite clear who is doing best in each category after 5 matches (one to come), but certainly David Pettit, Amy Pettit, Lauren Murphy, Charlotte Murphy, and Thomas Blatch have all had good individual results.

The Boxing day 4 mile 2010

42 finishers this year, slightly down on last year not surprisingly, in the very slippery snowy conditions. International 800m runner, Ed Aston, set the pace and eventually won, but not before being pushed all the way by Nick Beer, Will Mycroft and John Baslington, who all finished 10 secs behind Ed, Full results are on the runcambridge website



The President finishes, watched by the Chairman's daughter, and Ed races in just ahead of Will



Thomas heading off towards Trumpington, well wrapped up for the icy conditions

Ely New Years Eve 10k

Twenty-nine C&C runners made the Ely New Year's Eve 10k their last run of 2010, with a lot of good results. John Uff was the first C&C runner home in 19th place of the 506 finishers.

4th Frostbite League - Ramsey Jan 16th – Andy Irvine

Our star performer on a tough course on a windy day was Charlie Wartnaby in second place, just nine seconds from victory. Jonathan Escalante-Phillips's final kick was enough to take ninth place from John Uff, and John Oakes was sixteenth. Best female was Joan Lasenby in fifth. Again, our squad was small but we scraped a full team; we may not be so lucky at Bourne, so let's all make a resolution to race in Feb. Hats off to the team for some superb racing.

By some chance our 3rd team placing actually increased our lead in the overall table to 5 points.

Once again we featured at the top of the junior race, Daniel Cades matching Charlie with a close-run second place. Claire Wilson was moments behind Daniel, talking first girl honours and third place overall. Joe Willmott and Jack Heylen were high-placed too. Unfortunate not to have a full team, but we're still in the hunt in 3rd place overall but just one point behind the leaders - well done the juniors.

5th Frostbite League - Bourne February 7th

A magnificent turnout - well done all and particular well done to those who urged, cajoled, organised, gave lifts etc. With a running score of 343, and last male/female scorers in 31st/91st places, if anyone beat us, they will have done outstandingly. Quickest - Mike S 3rd, Charlie 4th, John U 13th, Noel 14th, and

quickest females Georgie in 46th, Kim & Caz 90th & 91st. We only counted four juniors, sadly, but all were going well - including third boy and first girl as they hit the home straight.

Our six-point lead in the seniors means we need to finish sixth or better at the last race to take the title.

6th and final Frostbite league – March 6th – Adam Poole

What a great result! - After several years of trying C&C have now finally achieved the overall trophies that have been long deserved! The juniors came first on the day with 39 points, which pushed them up into third overall, and the two junior runners of the season went to Claire Wilson and Finn Barnes so congratulations to them. The seniors, managed to come first today with a total of 430 points so that helped them maintain their overall position of first. Adam sends a huge thank you and congratulations to absolutely everyone who has run for C & C (both juniors and seniors) this season and helped to achieve such an outstanding season and results.



Running and Life - A philosophical piece by Harry Stottle, aka Alex Downie.

We COULD all choose not to exercise, or to do other sports, such as football, cricket, lacrosse, tiddlywinks or extreme knitting, but we don't; we choose running. And we make other major choices in life, such as our job, our possible partner, what kind of toothpaste to buy etc, and in all these there can be found parallels with running, - well, it may be squeezing the tube a bit to include toothpaste, I suppose. We have to work at these things over long periods of time; we have to try and improve, and gain recognition, such as professional/vocational qualifications, marriage certificates, marathon PB's etc. All this takes great dedication, hard work, and long term commitment, not to mention small quantities of luck, charisma or ability.

Of course, it's very important to keep a balance when these three strands run concurrently, and it's not all that easy, requiring constant quid pro quo's, adjustments and compromises.

It's particularly difficult because our chosen sport is particularly addictive. To a greater or lesser extent, we become endorphin-junkies. Or statistics-obsessives. Or race-rabids. Or, even worse.....ultra runners. In terms of becoming obsessed by stats, I must confess here to being fixated on the Age/Gender-related WAVA percentages. The reason is not hard to understand. With increasing age and decrepitude, every race time I get tragically turns out to be yet another Personal Worst, so in order to kid myself that I'm still doing OK, I turn frantically to the mass of data churned out by the Performance Calculator on the website. I know.....it's sad. But it's easily done.

But there are other facts and figures to pore over. Yes, I got a PB, but was it a good enough PB? How far behind/in front of my peer group runners was I? Why was I only 58th in the last Frostbite/Parkrun/Kevin Henry, and not 37th like the last time? Can the wind/terrain really justify 9minute mile pace? Am I falling apart?

Then there's the continual fear of loss of fitness. If we're not careful, we end up on a continual treadmill [horrible thought] of race, train, race, train to the relative neglect of.....well, our relatives. Partners may not be at all interested in, or remotely understand the imperatives of running, and may well find it quite hard to understand why we're pulling on running shoes instead of cooking the Christmas dinner.

I've asked around at Club as to what MAKES us run, and got back such reasons as losing weight, no good at ball games, to eat lots with impunity, to feel fit, to be out in the Great Outdoors, for the endorphin highs, etc. But I wonder if there could be a psychological profile that determines a runner, i.e. if this science were a little more developed, would it be possible to pinpoint a runner at birth?

I realise that I am now treading in the deep water {...er wouldn't I now be drowning?} of the Nature v Nurture debate.

The "Nature" side can be described by the idiom

"You can't make a silk purse from a sow's ear", (often attributed to Jonathan Swift 1667-1745, but it may have an interesting antecedent in "None can make a goodly silke of a gotes fleece" – Alexander Barclay, 16th Century.) Obviously, this has some truth to it.....we're not all going to be Paula Radcliffs or Usain Bolts, but if we're nurtured a bit by our esteemed coaches, I guess we may do a bit better.....

The "Nurture" aspect can be summed up by the Jesuit maxim

"Give me a child until he is seven, and I'll give you the man." variously attributed to St Francis Xavier, St Ignatius of Loyola, or Balthasar Gracian, all of the 17th Century.

I think we can take this to mean that a person's early experiences are very important, and that we ARE more malleable than the more fatalistic "Nature" side would argue.

Clearly, the truth lies in individual combination of these two schools of thought, and so whether we choose couch-potato-ism, cross-country skiing, tomb-stoning, free-running, hopscotch, chess, poker or bridge depends on a complex interaction between our genetic make-up and our life experiences, and one of the most important of these, of course, is whether we decide to become members of Cambridge and Coleridge Athletics Club!

Indoor Track &Field Season

New championship best performance for Ben Kelk in the Southern Championships

Congratulations to Ben Kelk who won the 60m hurdles for Under 20 men at the South of England championships in a new championship best performance of 8.04 sec's.

Hollie Parker also struck gold in the under 15 girls 1500m, leading for most of the way and winning by a good margin in a well judged race.

There were also bronze medals for Jessica Fox (U17 Women's Long-jump and Triple-jump) and Oli Holway (U17 mens shot).

Silver medal for Hollie at the Under 15 Girls National championships

Hollie ran the 800m in the England athletics indoor championships at Birmingham, and, after leading most of the way in the final, just ran out of legs in the final 100m to finish 2nd. Well done Hollie.

Jessica Fox took the bronze medal in the under 17 women's Triple-jump, while Ben Snaith finished an unlucky 4th in the under 17 men's 400m final.

Joan does the double at the British masters indoor championships

Joan Lasenby won double gold at the British masters championships taking both 800m and 1500m in the W50 class.

Sue Barnett took gold in the W60 3km walk and Anthea Bramford won 3 silver and one gold in the outdoor throws competitions.

Gold for Hollie, Ben and Jessica at the Eastern Counties AA Indoor championships

Hollie won the under 15 girls 800m, Jessica the Under 17 women's Triple-jump and Ben the under 17 men's 400m in the ECAA champs at Lee valley in mid March.

There were silvers for Sam Richards in the men's long-jump, Csepi Asztalos in the U20 women's hurdles and Ben again in the 200m.

Ben Gilbert took bronze in the under 15 boys long-jump and Lucy Parker took bronze in the U13 girls 200m.

Sports Hall athletics

There were two County selection matches this winter, one in December at Cambridge and one in early January at Peterborough. C&C won both matches and won overall this year retaining the title.

Several of our athletes then went on to compete for Cambridgeshire in the Regional U11's final at Hatfield and in the Regional U13/U15's final at Norwich, although some of our athletes missed the latter event as it was in half term.

There were medals for several C&C athletes

Joseph Ebanks took gold in the 2 lap race and the standing longjump for under 15 boys

Matthew Carter took silver in the standing triplejump for under 15 boys

Aedan Slack took silver in the under 13 Boys shot

Helena Grisenthwaite took silver medal position in the under 11 girls standing longjump

Samuel Clarke took bronze position in the under 11 boys standing longjump

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 and expects 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.

You can't win races and medals like the athletes in the pictures if you don't compete.



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. All athletes performances are also documented on "the Power of 10" website - you will find yourself there when you have competed and posted a reasonable performance – www.thepowerof10.info/ .

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 2011 T&F competition handbook, which has already been circulated, and is also posted on the website (see the Young athletes T&F page for a link). 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 should be able to find out for you.



Cambridgeshire AA County Track and field championships – Cambridge on May 14th

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 Men's 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 Dev't meeting on Wed May 25th at St Ives.

Also the Steeplechases and 1 mile Championships will be held at the Evening Devt meetings on Wed 8th June and 20th July at St Ives.

You must enter in advance for all the championship events.

Entries to be sent to Noel Moss before the 30th April on the enclosed form at: 18 Hunts Road, Duxford, Cambs, CB22 4RE. Cost is £3.00 for your first event and £2.50 for each additional one. Under 13's, 15's and 17's can enter three events only - Under 20's and Seniors can enter more.

Cheques are payable to Cambs AA (not to Noel). Entry forms have been circulated but can also be downloaded from www.cambridgeandcoleridge.org.uk or www.cambsathletics.org.uk.

You can enter the 3000m, steeplechase and mile at the same time if you wish, and get them for £2.50 if you are entering other events as well. (They do not count towards your 3 event limit on May 14th)

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

Eastern AA Championships – 28th May 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).

It basically covers the six 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

August 6/7th for U15's & U17's

18/19th June for U20's and seniors

These championships cover most counties of Southern England. This is stronger competition than the Eastern Championships. The senior event and the Under 15/Under 17 event are both scheduled to be held at the Julie Rose stadium in Ashford, Kent (easy to reach via M20).

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.

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 25th at St Ives - 100m, 200m, 323/400m, 800m, 3000m (inc. County championships), Hammer, Polevault, Longjump. (plus U11's Longjump, 80m, 200m)

The 3000m is a county championship event for all age groups (except Senior/vet Men). 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) and Senior/Vet men can enter.

Wed June 8th at St Ives - 100m (2 rounds), 800m, 1500m, 1.5k S/Chase (U17M) (inc County Championships), 2k S/Chase(U20M) (inc County Championships), Discus, Long-jump, Shot (plus U11's javelin-ball throw, 80m and 600m)

Wed July 20th Mens and Womens Steeplechases (inc County Championships), 100m, 200m, 1 mile (inc. county Championship), Javelin, Triple-jump, Long-jump, (plus U11's Turbo-javelin, 80m and 150m)

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).

This year the meetings will also include events for disabled athletes

The events are open to all age-groups from Under 11'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 £3.00). The plan is to start at 7.00 and finish about 9.15. (Numbers will be limited in the field events so best to enter in advance by post)

All field event entries get 6 attempts (except PV where normal rules apply)

The events on May 25th and June 8th 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.cambsathletics.org.uk.

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

The Track and Field leagues for 2011 – a reminder

Southern men's league

For any male athlete aged 15 and over (throws and hurdles are to Senior specification). Fixtures are in the fixture list in this newsletter and on the club website, and are all on Saturdays.

Team manager – Noel Moss.

This year we are in Division 2 North – 16 clubs – and all matches are north of the Thames except the first one which is beside the Thames at Battersea.

Southern Women's League

This year we have opted for the Senior's only part of the league. (The club feels that under 15's have enough competition for their age-groups without the additional pressure of this league).

Team managers are Joan Lasenby and Hayley Sayer. Matches are on Saturdays and we are in Division 2 North. Fixtures are listed in the fixture list in this newsletter and on the club website

Eastern Veterans League

For athletes aged 35+. The league will take place on the first Wednesdays of May, June, July and August. Venue are in the fixture list and we will be hosting a match on June 1st.

East Anglian league

The league is for all athletes in the club, aged 10 up to Seniors, and athletes compete in their own age-group, with each age-group scored separately as a "mini-league" and also the overall totals aggregated to give an overall match result.

There are eight age-groups in each match.

Under 11 Boys and Girls (this is for fun only and is not a scoring age-group)

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Men, Senior Women and Senior Men. (Under 17 Women compete with the Seniors but there are special hurdles and 300m races for them. Under 20 Women and men compete as Seniors)

Each club can enter two scoring athletes into each event in an age-group (except Under 13's javelin and Discus which are limited to one per club). The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1)

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 80m (U11's only), 100m, 200m, 3/400m (not U13's and U15 Girls), 600m (U11's only), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (Seniors, U17 men and U15 Boys only), Shot, Discus, Javelin, Hammer (Senior Men, U17 men, U15 boys only), 4 x 100m relays. Under 11's may only do 80m, 600m and Longjump.

Dates are now set for May 8th, June 19th, July 17th and August 21st with the final at Bury St Edmunds on Sept 18th. Venue details are in the fixture list.

Wendy Fox has agreed to manage the Senior/U17 Women's team, Angela Reynolds the under 15 Girls and Ben Davies and Noel Moss will cover the rest, but more help would be appreciated.

Eastern Young Athletes league

The league is specifically for athletes in the age range 11 – 16, and athletes compete in their own age-group, with the scores for all age-groups totalled to give the overall match result.

Each club can enter two scoring athletes into each event in an age-group (except hammer and polevault which are limited to one per club). The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1 in a 7 team match).

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 100m, 200m, 3/400m (not U13's), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (U17's only), Pole-vault (not U13's), Shot, Discus, Javelin (not U13's), Hammer (not U13's), 4 x 100m relays.

Dates for 2011 are Sundays May 1st, June 12th, July 3rd, July 24th and August 14th. Finals on Sept 11th. We have home fixtures on May 1st and July 24th.

Team management this year is overseen by Suzanne Marriott

Age-group managers will be

Under 17 Women – Susan King – susanking@doctors.org.uk

Under 15 Girls – Suzanne Marriott – suzmarriott@btinternet.com

Under 13 Girls – Marian Rehak – rehak@btopenworld.com

Under 17 men – Claire Vane/Harriet Cox – claire.vane@ntlworld.com

Under 15 Boys – Julian Gilbert - juliancgilbert@btinternet.com

Under 13 Boys – Catriona Marriott - catrionamarriott@btinternet.com

National Junior League – Team Cambridgeshire

The composite team in the national Under 20's league made up from C&C, Hunts AC, PAC and NVH. The team is in the Thames Division again this year which is quite good competition and consists mainly of composite teams like ourselves.

Fixture dates are May 1st, May 29th, July 10th and July 24th

Team Managers are Sarah Kelk – (males) sarahkelk@btinternet.com and Dave Longman (Females) davelongman@ntlworld.com . Please e-mail them to let them know that you are interested in competing. Note that under 17's can compete as under 20's (using under 20 equipment specs) but that some fixtures clash with the Eastern Young athletes league.

Age groups for T&F competition in 2011

Under 13's must be aged 11 or over and aged under 13 on 31st August 2011.

Under 15's must be aged 13 or over and aged under 15 on 31st August 2011.

Under 17's must be aged 15 or over and aged under 17 on 31st August 2011.

Under 20's must be aged 17 or over and aged under 20 on 31st December 2011.

For Senior leagues, "Seniors" must be aged 15 or over on 31st August 2011.

For Championships, Seniors must be aged 17 or over on 31st August 2011

(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

How many events are you allowed to do on one day?

All matches are run under UK Athletics rules, which permit any athlete age 11 - 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period.

There are also some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls and Under 17 Women race over 300m instead of 400m.

Athletics Officials

Four new officials attended the recent Level 2 T&F official's course held at Huntingdon.

Shui Lam, Rachel Moulds and Ben Cowley all attended the field judges course, and Sophia Brumann attended the track judging course.

Sophia and Ben will be two of the youngest officials in Cambridgeshire when they have completed their short period of practical experience.

Paul Marriott and Anne Moindrot have completed their qualification as level 2a (club) field officials and Nick Hyde has qualified at level 2b (county level official).

The club is very grateful to these people and all the other qualified officials who help to run both T&F and endurance events.

But we still need more.! We should supply a team of six officials at every league match, and we need about 15 people to run a home match.

Anyone who would like to gain experience by helping officiate at league matches would be most welcome. You can come and help the qualified officials, get some mentored experience, and if you enjoy it then maybe you can take the course next year.

You will always be welcomed on field track or timekeeping. If anyone wants to have a go at timekeeping they are welcome to work with me (Noel) at home or away matches, and when you get used to it you would always be welcomed onto the stand at any league match.

At home matches we also need match scorers, basically people who are able to enter information into a spreadsheet quickly and accurately. Normally we have two or three working as a team – one typing, one reading, one sorting and displaying results.

e-mail noelmoss@btinternet if you would like to have a go alongside our qualified officials, and we will arrange it. State what your preference would be – track judging, Field judging or timekeeping.
If you think you could help with match scoring, e-mail as above, and we will arrange for you to work with our experienced scorers initially.

Track & Field, Road and multi-terrain Fixtures for 2011 Outdoor

Road

(See also on www.runcambridge.org.uk)

Apr 3 rd	Cambridge Cambourne 10k	Cambourne	All
Apr 9 th	6 and 12 stage relays	Sutton Park	All
Apr 10 th	Flitwick 10k	Flitwick	Seniors
Apr 10 th	Brighton Marathon	Brighton	Seniors
Apr 10 th	Great Welsh marathon	Llanelli	Seniors
Apr 10 th	Paris Marathon	Paris	Seniors
Apr 10 th	Milan Marathon	Milan	Seniors
Apr 10 th	Bungay black Dog Marathon/Half	Bungay	Seniors
Apr 10 th	Lochaber Marathon	Fort William	Seniors
Apr 17 th	London Marathon	London	Seniors
April 17 th	Madrid Marathon	Madrid	Seniors
April 17 th	Vienna Marathon	Austria	Seniors
April 17 th	Antwerp Marathon	Antwerp	Seniors
April 24 th	Trowse 10k	Norwich	All
April 30 th	Derwent Dambuster 10 mile	Derwent	Seniors
May 1 st	Great East Anglia Run 10k	Kings Lynn	Seniors
May 2 nd	Breckland 10k	Croxton	Seniors
May 2 nd	Ashdon 10k and 3k fun run	Ashdon	All
May 3 rd	Belfast Marathon	Belfast	Seniors
May 7 th	Fen Drayton 10k	Fen Drayton	All
May 8 th	Shakespeare Marathon	Stratford	Seniors
May 8 th	Saffron Crocus Trail 10mile	Saffron Walden	Seniors
May 8 th	Colchester 10k	Colchester	Seniors
May 8 th	Prague Marathon	Prague	Seniors
May 8 th	Halstead Marathon	Halstead	Seniors
May 8 th	Eye 10k	Eye	All
May 8 th	Silverstone 10k	Silverstone	Seniors
May 12 th	Kevin Henry 5k league	Saffron Walden	All over 16
May 14/15 th	Geneva Marathon and Half Mar	Switzerland	Seniors
May 15 th	Sawston Fun Run	Sawston	All
May 15 th	East Cambs Half Marathon	Soham	Seniors
May 21 st	BMAF road relays	Sutton Park	Veterans
May 21 st	White peak marathon and half	Matlock	Seniors
May 22 nd	Windermere Marathon	Ambleside	Seniors
May 22 nd	Copenhagen Marathon	Copenhagen	Seniors
May 22 nd	Edinburgh Marathon	Edinburgh	Seniors
May 15 th	Stevington 12k	Stevington	Seniors
May 27-30 th	Tour of the Derwent Valley (4 races)	Derbyshire	Seniors
May 29 th	Woodland half marathon	Bourne	Seniors
May 29 th	Mull of Kyntyre half Marathon	Kinloch Green	Seniors
May 30 th	Hatfield Broad Oak 10k	Hatfield Forest	Seniors
June 2 nd	Kevin Henry 5k league	Impington	All over 16

June 8 th	Peterborough 5k league		All over 16
June 11 th	Swaledale Marathon	Swaledale	Seniors
June 12 th	Abbey 10k	Ramsey	Seniors
June 22 nd	Peterborough 5k league		All over 16
July 3 rd	March Spud run 5	March	Seniors
July 6 th	Peterborough 5k league		All over 16
July 7 th	Girton 5k	Girton	All over 16
July 10 th	Bushy 10k	Peterborough	All over 16
July 14 th	Kevin Henry 5k league	Cambridge (C&C)	All over 16
July 20 th	Peterborough 5k league		All over 16
July 30 th	Swiss Alpine Marathon	Davos	Seniors
August 3 rd	Peterborough 5k league		All over 16
August 4 th	Kevin Henry 5k league	Newmarket	All over 16
Aug 14 th	Isle of Man marathon	Ramsey IOM	Seniors
Sept 1 st	Kevin Henry 5k league	Haverhill	All over 16
Sept 4 th	Glasgow Half Marathon	Glasgow	Seniors
Sept 18 th	Great North Run	Gateshead	Seniors
Sept 25 th	London half marathon	London	Seniors
Sept 25 th	Bourne 10k	West Pinchbeck	All over 16
Sept 25 th	New Forest marathon	Hampshire	Seniors
Oct 2 nd	Loch ness marathon	Inverness	Seniors
Oct 2 nd	Jersey Marathon	Jersey	Seniors
Oct 9 th	Chester Marathon	Chester	Seniors
Oct 9 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Nov 6 th	Great East Run 20k	Bungay	Seniors
Nov 6 th	Dovedale dash	Dovedale	Seniors
Nov 20 th	Luton marathon	Luton	Seniors
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16

Outdoor T&F

April 2 nd	Cambs Throws Devt meeting	Throwers	Cambridge
April 30 th	Southern Women's League	All Females	Kings Lynn
May 1 st	National Junior League Team	Cambs Under 20's	Ware
May 1 st	Eastern Young Athletes Lge	All under 17	Cambridge
May 4 th evening	Eastern vets league	Veterans	Bedford
May 4 th evening	Watford Open meeting	All	Watford
May 7 th	Southern Mens League	Males 15+	Battersea
May 8 th	East Anglian league	All	Peterborough
May 14 th	Cambs AA Championships	All members	Cambridge
May 18 th evening	Watford Open meeting	All	Watford
May 21 st	Southern Womens League	All females	Watford
May 25 th evening	Cambs evening Devt meeting	All	St Ives
May 28 th	ECAA Championships	All	Cambridge
May 29 th	National Junior league Team	Cambs Under 20's	Watford
May 29/30 th	CAU Championships	County select	Bedford
June 1 st evening	Watford Open meeting	All	Watford
June 1 st evening	Eastern vets League	Veterans	Cambridge
June 4 th	Southern Mens League	Males 15+	Luton
June 4/5 th	National Combined events	Senior/U20	Bedford
June 5 th	BMAF pentathlons	Veterans	Oxford
June 8 th evening	Cambs evening Devt meeting	All	St Ives
June 12 th	Eastern Young athletes league	All under 17	Braintree

June 12 th	Bedford International Games 2010	Spectators	Bedford
June 12 th	BMAF Throws Pentathlon	Veterans	Milton K
June 15 th evening	Watford Open meeting	All	Watford
June 18 th (prov)	Anglian Schools	School select	TBC
June 18/19 th	SEAA Senior/U20 Championships	U20/Seniors	Ashford
June 19 th	East Anglian league	All	Kings Lynn
June 25/26 th	Aviva Under 20/Under 23 Champs	U20/U23's	Bedford
June 25/26 th	BMAF T&F championships	Veterans	Birmingham
June 29 th evening	Watford Open meeting	All	Watford
July 1 st /2 nd	English Schools	Qual	Gateshead
July 3 rd	Eastern Young Athletes Lge	All under 17	Watford
July 6 th evening	Eastern vets league	Veterans	St Ives
July 9 th	Southern Mens League	Males 15+	Lee Valley
July 9 th	Southern Women's League	All Females	Parliament Hill
July 10 th	National Junior League Team Cambs	Under 20's	Luton
July 13 th evening	Watford Open meeting	All	Watford
July 16/17 th	English Senior Championships	Seniors	Bedford
July 17 th	East Anglian league	All	Braintree
July 20 th evening	Cambs evening Devt meeting	All	St Ives
July 24 th	National Junior League Team Cambs	Under 20's	Peterborough
July 24 th	Eastern Young Athletes Lge	All under 17	Cambridge
July 27 th evening	Watford Open meeting	All	Watford
July 30 th	Southern Mens League	Males 15+	Cambridge
July 30/31 st	SEAA Combined events	All over 12	Abingdon
July 31 st	EVAC T&F championships	Veterans	Kings Lynn
July 29/30/31 st	UKA Senior Championships	Seniors	Birmingham
Aug 3 rd evening	Eastern Vets League	Veterans	Milton Keynes
Aug 5/6 th	Crystal Palace Grand Prix	Spectators	Crystal Palace
Aug 6/7 th	SEAA U17/U15 Championships	All under 17	Ashford
Aug 10 th evening	Watford Open meeting	All	Watford
Aug 13 th	Southern Mens League	Males 15+	Woodford
Aug 14 th	Eastern Young Athletes Lge	All under 17	Hemel Hempsted
Aug 13/14 th	England U15/U17 combined events	U15's/U17's	Stoke
Aug 20 th	Southern Women's League	All Females	Thurrock
August 20 th	UK Challenge Final	Invitation	Birmingham
Aug 20/21 st	England U15/U17 Championships	U15's/U17's	Bedford
Aug 21 st	East Anglian League	All	Cambridge
Aug 24 th evening	Watford Open meeting	All	Watford
August 27 th (prov)	SEAA U20/U15 intercounties	County select	Abingdon
Sept 2-4 th	UK School Games	Schools select	Sheffield
Sept 3 rd	Southern Women's League	All Females	Cambridge
Sept 4 th	Hibberd Trophy match	Cambs AA select	Cambridge
Sept 7 th evening	Watford Open meeting	All	Watford
Sept 10/11 th	BMAF Decathlon/Heptathlon	Veterans	Oxford
Sept 11 th	Eastern Young Athletes Final	Qualifying clubs	TBC
Sept 18 th	East Anglian league Final	All	Bury St Edmunds
Sept 21 st evening	Watford Open meeting	All	Watford
Sept 25 th	ECAA multievents (Pentathlons and minithons)	All	Peterborough

USEFUL CONTACT INFORMATION

Contact info for summer 2011

Mary Holmes – President	01223 860189
Neil Costello – Chairman	01223 524428 info@cambridgeandcoleridge.org.uk
Noel Moss T&F coordinator and newsletter	01223 833470 noelmoss@btinternet.com
Matt Witt Officials coordinator	01638 742088 mattwitt81@hotmail.co.uk
Sonia Cox Welfare Officer	01223 264889 sonia.cax@live.co.uk
James Brennand Coaching Secretary	01223 249410 boyfrommars@me.com
Adam Poole Road running Coordinator	07932 622892 brassik@talk21.com
Carole Morris Veterans T&F team manager	01638 742024 carole.morris2@ntlworld.com
Suzanne Marriott – EYAL team coordinator	01223 813188 suzmarriott@btinternet.com
Chris Flood Treasurer	01223 319549

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
C&C Endurance running website	www.runcambridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
Cambridgeshire AA website	http://www.cambsathletics.org.uk
Cambridgeshire schools athletics information	http://www.cambsathletics.org.uk
UKA website	http://www.uka.org.uk/
Power of 10 database (you will probably be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
South of England AA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	http://www.bournesports.com
Athletics equipment (Stadia Sports online)	http://www.stadia-sports.co.uk
National Junior (Under 20's) league website	http://www.nationaljuniorathleticleague.co.uk
Southern men's league website	http://www.sussexbarn.com/sml/
Southern Women's league website	http://www.swtfl.co.uk/
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league website	http://www.saffronstriders.org.uk/insite.htm

A FEW THOUGHTS FOR THE SUMMER

- **IF YOU'RE NOT IN IT, YOU CAN'T POSSIBLY WIN IT**
- **IF YOU DON'T HAVE A GO, YOU WILL NEVER KNOW IF ALL THAT TRAINING IS HAVING EFFECT.**
- **ATHLETICS IS ALL ABOUT COMPETITION – IT'S A COMPETITIVE SPORT**
- **NO ONE MINDS IF YOU ARE NOT THE BEST AT IT, AS LONG AS YOU HAVE A GO**
- **SUCCESSFUL TEAMS ARE MADE UP OF PEOPLE PREPARED TO HAVE A GO**
- **TEAMS WONT WIN IF EVENTS ARE LEFT EMPTY**
- **WE ARE ONE OF THE BIGGEST CLUBS IN OUR REGION - WE SHOULDN'T ACCEPT NOT ALSO BEING THE BEST**