

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

Newsletter

Summer 2011

Imminent C&C “team” fixtures (full list inside)

Road

July 14 th	Kevin Henry 5k league	Cambridge (C&C)	All over 16
August 4 th	Kevin Henry 5k league	Newmarket	All over 16
Sept 1 st	Kevin Henry 5k league	Haverhill	All over 16
Sept 17 th	Round Norfolk Relay	Kings Lynn	Seniors
Oct 2 nd	Frostbite League	C&C	All
Nov 6 th	Frostbite League	Bushfield	All
Nov 27 th	Hereward Relays	P’bro to Ely	Seniors
Dec 11 th	Frostbite League	Hinchingbrooke	All

T&F

July 17 th	East Anglian league	All	Braintree
July 24 th	National Junior League Team Cambs	Under 20’s	Peterborough
July 24 th	Eastern Young Athletes Lge	All under 17	Cambridge
July 30 th	Southern Mens League	Males 15+	Cambridge
Aug 3 rd evening	Eastern Vets League	Veterans	Milton Keynes
Aug 13 th	Southern Mens League	Males 15+	Woodford
Aug 14 th	Eastern Young Athletes Lge	All under 17	Hemel Hempsted
Aug 20 th	Southern Women’s League	All Females	Thurrock
Aug 21 st	East Anglian League	All	Cambridge
Sept 3 rd	Southern Women’s League	All Females	Cambridge
Sept 11 th	Eastern Young Athletes Final	Qualifying clubs	TBC
Sept 18 th	East Anglian league Final	All	Bury St Edmunds

July 20th Cambs Evening Devt meeting and Cambs Mile championships.
(County championship entries must be received by July 14th)
Entry on the night for Open events – 100m, 200m, Mile, S/C, Longjump, Triplejump and Javelin - details inside)

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

Year 2011 subs are due on the date shown on your membership card. If you haven’t paid already, please pay on training 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)

No longer wish to participate in club activities?

If you are no longer training or competing, and don’t intend to do so any more, please let Neil Costello know so that we can take you off the membership list.

Just send him an e-mail to info@cambridgeandcoleridge.org.uk stating that you are no longer wish to be an active member.

Chairman’s chatter

I’ve recently run a personal best (for 5k); actually I’ve done it twice. It’s the first time that’s happened in years. It’s not a real personal best; that goes back many years but it’s a season’s pb and it’s made me feel good. It’s also made me realise the enormous benefit of competition and the real pleasure of being in a club.

I ran the pbs at the parkrun in Milton Country Park www.parkrun.com. These happen every Saturday morning at 9.00 and are free. People of all standards take part and they are a great way of starting the day or of taking a first step into the world of running. I’m coming back from a long, nearly two year, lay off because of injury. It’s slow and frustrating and like ever runner I know, I’m tempted to do a bit too much. The great thing about the competition was that I could set myself a standard and then use the other runners around me to make myself hit it. I even went past a couple of C&C runners on one of the runs though sadly, for me, they both came back past me before the end. Competition really makes us get the best out of ourselves, even at the level of a short fun race on a Saturday morning. If we want to be as good as we can be in athletics, there is no alternative but to push ourselves against other people.

The club offers lots of opportunities for competition and I want to encourage everyone to take part as much as they can. If there is one thing which is better than running a pb, it’s doing it as part of a successful team. The club teams are doing well this season

and many of us are getting that buzz. In the week in which I'm writing this, the young athletes' team has beaten a number of top clubs to finish first at a fixture and the veterans' track and field team performed better than it has ever done before. I'm also confident that next week the road runners are going to smash the opposition apart in the Kevin Henry league (hope I'm not tempting fate). Some of this is down to excellent team management and coaching – thank you as always to the club's volunteers – but it is also down to a good team spirit and a desire to take part. Please keep it up; it's great for us all. The other real pleasure of being in a club, which I experienced at the parkruns, was the encouragement given by other members. OK, most road runners know I've been out of running for a while and so it was a bit special – or a bit of a shock – to see me attired in kit on the start line. But the shouts of encouragement, even things like 'Come on you old fogey, you can do better than that', were magic and made me try my best – and that's what it's all about isn't it?

Neil

National event successes



Congratulations to Ben Kelk for his Gold medal in the U20 mens Hurdles in the English schools Championships.

In winning his gold medal Ben broke the club record for U20Mens 110m hurdles set by Jon Ridgeon in 1974 (and Jon went on to represent GB).

Ben has also been selected for Team GB and will fly out to Estonia to compete in the European Junior team athletics championships.



Congratulations also go to Hollie Parker for her bronze medal in U15 Girls 1500m in the English Schools Championships, also with a club record time.

(all the C&C English schools competitors placings are shown later in the newsletter – you all were a credit to the club)



Charlotte Cox won four Gold medals at The European Championships for Athletes with Down Syndrome in Sardinia, to add to the medals she won at the DSE Regional championships at Ipswich earlier in the season

Charlotte after the DSE regional championships at Ipswich

Track and Field leagues

Turn out in the leagues has again been a little better in the younger age-groups so far this year, (but it could still improve further), and it has again been relatively poor in the Senior leagues.

We need you to support your club's teams – gaps in the team are wasted points and lost matches. All athletes competing in scoring events get points for the team.

All fixture dates are shown on the club website now, together with match results, individual performances and ranking lists, and these are updated regularly – usually weekly.

For all the leagues, information is sent out by e-mail to all those members for whom we have e-mail addresses, and also information is handed out at the club. We won't chase you – it's up to you to respond to us.

All the fixtures are listed in the fixture list in every newsletter, and in the T&F competition handbook which is on the website and was circulated with the spring newsletter, so you have all the dates.

The team managers are different for the two leagues involving young athletes so please ensure that you contact the correct one – details of all league team managers are on the website.

Remember that we use competition to measure the benefit of your training. Unless you compete you have no measurement of your improvement.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 3rd, July 24th (home) and August 15th and the league final on 11th September

East Anglian league – All ages – Under 13's up to Seniors – July 17th and August 21st (home) and the league final on Sept 18th.

Southern Women's league – Under 15, U17 and Senior females – July 9th August 20th and, Sept 3rd (home).

Southern Mens league – Males aged 16 upwards – Senior competition – July 9th, July 30th (home) and August 13th

Southern Men's League

This year due to the creation of a new mixed gender Senior League in the Southern Region, the SML has shrunk a little in terms of number of teams and Divisions. C&C are in Division 2 North, which has 16 teams.

C&C hit a very hot match at the first fixture at Battersea. Belgrave Harriers fielded a lot of very good athletes who had not get competed at British league level, and won the fixture very comfortably. It included a highjump league record of 2.27m to give an example of the standard. Gary Parsons had a win in the discus but in most other events we were 2nd or 3rd but with a couple of B string wins in shot and triplejump. We finished 3rd behind London heathside who of course were also virtually at "home".

It was very noticeable that in their 2nd fixture Belgrave didn't do so well, having by then used athletes in the British League, and nor did London Heathside when away from London..

In their 2nd match C&C were at Luton and it was a very close affair, eventually won by Luton, but with C&C and Watford tying for 2nd place with Milton Keynes just 1 point behind them. Three matches remain.

C&C are 10th in the table after 2 matches but would now expect that to improve through the season.

Southern Women's League

Again the SWL has been affected by the new mixed gender league, and this year C&C have gone into the Seniors only category (rather than the Seniors and Under 15's divisions which they were in in previous years. The idea behind that is two-fold – to reduce the amount of demand on under 15's, and to prepare for the possibility of entering the new mixed gender Senior league when appropriate or if the old leagues become unviable.

The team started well, but with several empty events and so were 6th in their first fixture (7 teams) with 94 pts but with more events filled were 5th in the 2nd match with 108pts. The winning team normally scores about 150pts, so its not a big jump now to move up the positions. The team is currently 5th overall.

	Team	Match Points	League Points
1st	Watford Harriers	300	14
2nd	Thurrock Harriers	284	11
3th	Ryston Runners AC	276	11
4th	West Suffolk AC	241	8
5th	Cambridge & Coleridge AC	202	5
6th	West Norfolk AC	176	4
7th	Highgate Harriers/Barnet & District AC	171	3

Eastern Veterans League

The Eastern vest league has a weird regional structure this year with 8 teams in the central division, four teams in the Northern Division and three in the Eastern Division. C&C are in the Central division and the men are 4th and the women currently 5th.

Qualification for the final will be based on the 3 group winners plus 5 others from a "paper" match based on seasons best performances, so who knows if C&C will make it.

Well done to everyone who competed in the 3rd match at St Ives - the men for coming 3rd out of 8 - an amazing achievement (and beating the host club), and the women for managing to accumulate a massive 64 points between just four of you!

Well done especially to Gary Parsons who had a first and second in his very first EVAC league match, Mike Salt and Jo Coates who left everyone else way behind in their respective 1500m, and Julian Courtney who clocked up two good wins in the HJ and LJ and was morally equal first in his 100m (even if the track judges gave the Bedford guy the 1st place)!!

The team would welcome additional athletes – men need to be aged over 40 on the day and women over 35. No upper limit. 3 age band categories of 10 years each.

Athletes must also be members of EVAC (£10). One more league match left in early Aug.

East Anglian league

Two good sets of results leave all C&C age-groups in with a good chance of reaching the league final on Sept 18th. But there are still gaps in the team in all agegroups, especially in Hurdles, highjump and some distance events.

The league tables currently look like this.

<u>Under 13 Girls</u>	Total	Position	Ipswich Harriers	134	6
Peterborough AC	187	1	City of Norwich	129	7
Gt Yarmouth	185	2	Chelmsford	125	8
Camb & Coleridge	151	3	Huntingdonshire AC	115	9
Southend	151	3	West Suffolk	91	10
Colchester & Tend	136	5	West Norfolk	69	11

Nene Valley Harriers	43	12
Leighton Buzzard	41	13
Ryston Runners	40	14
Luton AC	38	15
Braintree	15	16
Breckland	8	17
Diss AC	0	

<u>Under 15 Girls</u>	Total	Position
Peterborough AC	215	1
Ipswich Harriers	194	2
Chelmsford	191.5	3
Camb & Coleridge	188	4
City of Norwich	181	5
Colchester & Tend	180	6
Southend	161.5	7
Luton AC	139	8
Huntingdonshire AC	137	9
West Suffolk	124	10
West Norfolk	113	11
Gt Yarmouth	105	12
Nene Valley Harriers	103	13
Braintree	64	14
Diss AC	44	15
Leighton Buzzard	30	16
Breckland	14	17
Ryston Runners	10	18

<u>Senior/U17 Women</u>	Total	Position
Ipswich Harriers	285	1
City of Norwich	234	2
West Suffolk	229	3
Luton AC	208	4
Camb & Coleridge	197	5
Chelmsford	181	6
Gt Yarmouth	171	7
Peterborough AC	167	8
Colchester & Tend	143	9
Huntingdonshire AC	143	9
Southend	132	11
Braintree	122	12
Ryston Runners	122	12
Nene Valley Harriers	78	14
Diss AC	73	15
West Norfolk	46	16
Leighton Buzzard	24	17
Breckland	0	

<u>Under 13 Boys</u>	Total	Position
Ipswich Harriers	150.5	1
City of Norwich	146	2
Chelmsford	145.5	3
Luton AC	133	4
Peterborough AC	125	5
West Suffolk	118	6
Camb & Coleridge	103	7
Colchester & Tend	91	8
Braintree	74	9
Gt Yarmouth	64	10
Leighton Buzzard	53	11
Huntingdonshire AC	52	12
West Norfolk	47	13
Southend	44	14
Breckland	44	14
Nene Valley Harriers	15	16
Ryston Runners	12	17
Diss AC	11	18

<u>Under 15 Boys</u>	Total	Position
West Suffolk	264	1
Ipswich Harriers	237	2
Camb & Coleridge	196	3
Luton AC	178	4
City of Norwich	169	5

<u>Under 15 Boys cont'd</u>	Total	Position
Peterborough AC	168	6
Southend	145	7
Gt Yarmouth	121	8
Chelmsford	104	9
Nene Valley Harriers	94	10
Leighton Buzzard	92	11
Colchester & Tend	74	12
West Norfolk	67	13
Braintree	57	14
Breckland	54	15
Ryston Runners	42	16
Huntingdonshire AC	17	17
Diss AC	16	18

<u>Under 17 Men</u>	Total	Position
Ipswich Harriers	239	1
Chelmsford	204	2
Luton AC	199	3
Southend	178	4
Camb & Coleridge	176	5
Gt Yarmouth	146	6
West Suffolk	132	7
Peterborough AC	130	8
Colchester & Tend	127	9
Breckland	67	10
City of Norwich	54	11
West Norfolk	43	12
Leighton Buzzard	35	13
Nene Valley Harriers	24	14
Diss AC	16	15
Huntingdonshire AC	11	16
Braintree	10	17
Ryston Runners	0	

<u>Senior men</u>	Total	Position
Ipswich Harriers	266	1
Nene Valley Harriers	204	2
Luton AC	200	3
Camb & Coleridge	192	4
West Suffolk	178	5
Southend	167	6
Peterborough AC	165	7
City of Norwich	143	8
Ryston Runners	118	9
Gt Yarmouth	103	10
Huntingdonshire AC	101	11
Chelmsford	82	12
Braintree	79	13
Diss AC	52	14
Breckland	42	15
Leighton Buzzard	37	16
West Norfolk	34	17
Colchester & Tend	23	18

<u>Overall League</u>	Total	Position
Ipswich Harriers	1505.5	1
Camb & Coleridge	1203	2
Peterborough AC	1157	3
West Suffolk	1136	4
Luton AC	1095	5
City of Norwich	1056	6
Chelmsford	1033	7
Southend	978.5	8
Gt Yarmouth	895	9
Colchester & Tend	774	10
Huntingdonshire AC	576	11
Nene Valley Harriers	561	12
Braintree	421	13
West Norfolk	419	14
Ryston Runners	344	15
Leighton Buzzard	312	16
Breckland	229	17
Diss AC	207	18

Eastern Young Athletes league

An excellent start to the season with 3rd place at Cambridge in the first match behind Havering and Bedford, 2nd place at Braintree behind Chelmsford and then a big win at Watford in the third match. The top 6 clubs qualify for the “Cup” final, and clubs 7-12 for the “Plate” final, on Sept 11th.

Given the points difference between 7th and 13th and with another home match to come, C&C have a very good chance of making at least the plate final.

There are still several gaps in the team so we need more bodies to help fill those, and especially more athletes in distance events and hurdles.

League table after three fixtures, (two more to come)

<u>Position</u>	<u>Club</u>	<u>League points</u>	<u>Scored points</u>	<u>Match 4</u>	<u>Match 5</u>
1.	Stevenage & NH	18	1566		**
2.	Havering M	16	1628		
3.	StAlbans	16	1580		**
4.	Bedford	16	1495		
5.	Chelmsford	16	1466		
6.	WestSuffolk	15	1433	*	
7.	C&C	15	1374	****	****
8.	Enfield&H/B&D	15	1276		
9.	Ipswich	14	1523.5	*	
10.	Dacorum & T	13	1354.5		**
11.	Basildon	13	1256		
12.	Peterborough	11	882		
13.	Luton	10	894.5	*	
14.	HertsPhoenix	9	1044		
15.	Southend	8	882.5		
16.	Watford	7	838		
17.	Thurrock	7	827		
18.	Ryston/WN	7	701.5	*	
19.	Braintree	4	630	*	
20.	Colchester Harr	4	472		
21.	Harlow	4	287		
22.	VofAylesbury	3	489.5		**
23.	Biggleswade	3	432		**
24.	Colchester & T	3	342.5		

Cambridgeshire AA Open Development meeting – July 20th at St Ives

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3rd meeting on July 20th, there are also County Championship events.

The Cambridgeshire Mile Championships.

The Mile is open to all athletes aged 13 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Women's age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

The Cambridgeshire Steeplechase championships - Senior Mens and Women's steeplechases.

There are also 2 sprint events, plus some field events (Javelin, Longjump and Triplejump)..

General Open events - Entry fee £2.00 per event.

- Advance entry by post is encouraged if possible, but entries will be accepted on the evening.
- Register/Collect your numbers on the night from about 18.15.
- Field events which start at 19.00 will commence warm-up at 18.40.

Note – all Open track event entries will close 15 minutes before the event times for seeding.

The Steeplechase (July 20th) – Open events, but also including the Cambs AA Championships. Open entry fee £2.00, Cambs AA Championship entry fee £3.00.

- Open events for any athlete in the appropriate age-groups (Seniors Male and Female)
- Championship events for Sen Men (3k), U20/SenW Women (2k) eligible by birth or 9 months current residence in Cambridgeshire (medals to first 3)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)
- Club, County or National vests must be worn by those athletes contesting the County Championship.

The Cambridgeshire Mile (July 20th): Open Entry fee £2.00. Cambs AA Championship entry fee £3.00.

- Open to all Under 15's, Under 17's, Under 20's and Seniors, including non-Cambridgeshire athletes.
- Under 17's, Under 20's and Senior athletes with Cambridgeshire eligibility will be competing for the County Championship (medals to first 3 in each age-group)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)
- Club, County or National vests must be worn by those athletes contesting the County Championship.
- Cambridgeshire Under 15's may elect to compete as Under 17's for the Mile championship

Entry forms on www.cambsathletics.org.uk.

- 19.05: Males Open 3k Steeplechase (Inc. Senior Mens Cambs County Championship)
19.20: 100m (All ages, graded races)
19.40: 100m ((Ambulant athletes T13, T35-T38, T42, T44, T46)
19.45: 100m (Wheelchair Athletes)
19.55: The Cambridgeshire Open Mile, all ages
(Inc. Cambs county championship for Under 17's up to Seniors),
20.20: 200m (All ages, graded races)
20.40: 200m (Wheelchair Athletes)
20.45: 200m (Ambulant athletes T13, T35-T38, T42, T44, T46)
20.50: Sen/U20 women's Open 2k Steeplechase (Inc. Cambs County Championships)
- 19.00: Javelin (Under 13's up to Seniors)
19.00: Long-jump (Under 13's up to Seniors including sighted Ambulant athletes)
20.10: Triple-jump (Under 15 up to Senior).

Under 11's events – 19.00: 80m, 19.40: 150m, 20.10: Turbo Javelin,

Cambridgeshire AA County Track and field championships

Another very good day for C&C.

The event was well contested again this year, and although overall numbers of athletes entered were slightly down this year, the C&C entry was up by 10%.

C&C currently lead in seven of the age-group team trophies, but these now include the championship events held at the Evening meetings.

The County age-group team trophies will not be decided finally until the mile and S/C events are completed on July 20th, so the more people that enter those events the better chance we have to win the trophies. The mile and Steeplechases are also medal events of course. More details can be found on www.cambsathletics.org.uk under T&F events or see immediately above.

Kings School Peterborough retained the schools trophy yet again.

All the C&C results are given on the club website.

Congratulations to the C&C qualifiers for the National Schools Championships

This year the Cambridgeshire is again in the lowest size category and can take 25 competitors.

The following 11 C&C athletes were selected to compete for Cambridgeshire Schools at the English Schools Championships on 1st/2nd July at Gateshead (45% of the team this year – higher than normal)

Ben Kelk	Senior Boys Hurdles	1 st
Hayley Sayer,	Senior Girls Hammer	11 th
Jenny Richards	Senior Girls Hammer	21 st
Ben Snaith	Inter Boys 200m	5 th in semifinal
Morgan Young	Inter Boys Javelin	5 th
Ollie Holway	Inter Boys Shot	4 th
Jessica Fox	Inter Girls Triplejump	9 th
Joseph Ebanks	Junior Boys 200m	5 th in semifinal
Albert Pavelin	Junior Boys Javelin	11 th
Isabella Coutts	Junior Girls Javelin	9 th
Hollie Parker	Junior Girls 1500m	3 rd

To put these into perspective, the average numbers in the field events were ca 22 and many more in some track events.

For once the weather at Gateshead was fine and not too windy so most of the events had legal windspeeds as well.

Already there are several new club T&F records this season

Athletes who have broken club age-group records to date (this is not an exhaustive list at present and doesn't include new records set by veterans – only those which we've spotted that have been broken)

110mH	U20 men	Ben Kelk	13.72				
3000m	Men 35	Michael Salt	9.18.44	5000m	Men 35	Michael Salt	15.54.21
Shot	Men 40	Gary Parsons	11.21				
100m	Men 50	Julian Courtney	13.2	200m	Men 50	Julian Courtney	27.1
300m	U15 Girls	Hollie Parker	44.4	1500m	U15Girls	Hollie Parker	4.38.07
Javelin	U15 Girls	Isabella Coutts	31.56				
Triple J	U17 Women	Jessica Fox	10.96				
Hammer	U20 Women	Hayley Sayer	42.30				
800m	Sen Women	Lucy Dowsett	2.07.01				
3k walk	Women 60	Sue Barnett	18.35.40				

ROAD RUNNING BITS

Round Norfolk Relay - 17/18 September – Rachel Roberts

If you fancy something a bit different from your usual racing diet, think about volunteering for a stage in this year's Round Norfolk Relay. It's a 24-hour, 17-stage relay following a route 195 miles long around Norfolk, starting and finishing in King's Lynn. Stages range in length from approximately 5 to 20 miles; some are mainly off-road, others entirely on-road.

This year marks the 25th anniversary of the race and nearly 60 teams will be taking up the challenge over the weekend of 17/18 September. C&C has entered a team in the club class (teams are mixed and must include at least 5 women and 6 veterans).

For more information, take a look at the event website www.roundnorfolkrelay.com. We are also looking for people to help support the runners (typical jobs include providing cycling support or driving the support vehicle).

If you're interested in running or joining the support crew over the weekend, please let Adam Poole (brassik@talk21.com), Tim Long (timlong2@yahoo.co.uk) and Rachel Roberts (rachel.roberts@yahoo.co.uk) know by **15 July**. We'll need to know roughly how far you'd like to run and what kind of terrain and time of day you'd prefer.

Cambridge Cambourne 10K (by Andy Irvine)

Congratulations to all the runners, marshals and helpers at our Cambourne 10k. Results are on the [runcambridge](http://runcambridge.com) website. We had a clean sweep of male and female winners in both the 10K and the Fun Run - well done Steven Watterson, Victoria Knight, Finn Barnes and Hattie Algar. We also got all three podium places in the women's race, thanks to Victoria, Maddy Boardman and Caz Pritchard. There were category wins too, for Helen Grant and Joe Tucker, whilst Jalandie D'Alessandro, Andrew Shields, Peter Haynes and Andrea Martinelli went top-three. What's more, Katy Baker-Davis was third girl in the fun run. Superb results all round - well done everyone.

Huge thanks to all who made it possible, in particular to Neil, Julie and Lesley.

KatieS has uploaded some excellent pics – see the gallery on the [runcambridge](http://runcambridge.com) website.

Breckland 10k (by Matthew Applegate)

A throng of C&C athletes made the trip over to the little village of Croxton, just north of Thetford for the Breckland 10k. Some very strong performances saw our athletes return with a hoard of trophies. John Oakes continues to astound, by blasting his way to 3rd place in the race overall, in a PB time of 34:50, which is another 90% WAVA performance - one which ultimately bagged him the 1st MV50 trophy too. Katie Sherwood followed suit with 3rd place for the senior ladies, in a very rapid time of 40:09. And finally, C&C also claimed the team prize, with sterling performances from John Oakes, Alan Pritchard (18th in 36:44) and John Uff (19th in 36:54). Well done to all those who ran!

Hatfield Broad Oak 10K

We had a strong squad at the Hatfield Broad Oak 10k, and happily came home with a couple of prizes. Congratulations to Charlie Wartnaby, who was first Vet in a strong (and big!) field, running a speedy 34:24, and to Katie Sherwood, who was third female in 40:13. Excellent performances elsewhere, with Al Pritchard 25th in 36:15, John Oakes 32nd in 37:05, Caz Prichard 10th female in 41:38, Neil Carrington running a sub-40, a road debut (I think!) for Thomas Brennan, 49:44, and Diana Braverman 57:11. Well done, team.

Huntingdon 10k



We had some great results in the second Huntingdon 10k on June 19th. Mike Salt defended his place as champion of last year's inaugural race, leading from the start to finish in 35:06, a great time for this race that had some decent surfaces but also lumpy fields and a muddy, windward stretch. Charlie Wartnaby came in 2nd. Carla Brown was first woman in 42:40, though there was some confusion at the prize-giving there (do comment Carla!). Jalandie D'Alessandro bagged 3rd and the F45 category making it quite a haul at the trophy table for C&C. Eight C&C ran in total.

Picture Michael Salt getting his award. Picture by Charlie Wartnaby

Kevin Henry 5k Road League

There is now also a 2k Junior race for under 15's. Finn Barnes won the first one in Cambridge but was unfortunately the only C&C entry.

In the first Senior race the women were 1st and the men were 2nd, resulting in an overall tie with Cambridge triathlon club. On 2nd June at Walden, C&C won both categories and are now in the lead overall comfortably ahead of Cambridge Tri.

The results below from the women's section of the 2nd match are particularly impressive

2 nd	Victoria Knight	0:18:34.96
3 rd	Madeline Boardman	0:19:38.49
4 th	Georgina Schwiening	0:19:48.74
5 th	Caroline Pritchard	0:20:26.81
6 th	Carla Brown	0:20:31.46

Full results can be found on www.runcambridge.org.uk website or on the 5k league pages at <http://www.saffronstriders.org.uk/insite.htm>

Swaledale Marathon

The Swaledale Marathon is an enduring C&C tradition, taking in the rugged and glorious terrain of the Yorkshire Dales. John Kazer, Dave Yeneralski, Glyn Smith, Mary Holmes, Neil and Anna Costello all took part.



Picture – C&C Chairman Neil Costello and his daughter Anna , striding it out in Swaledale. Picture by Tim Long

Ode to Lamppost 15 by Alex Downie

Many of our training sessions revolve around the iconic “Lamppost 15” on Clerk Maxwell Road, near West Site. Why so, and what mysterious powers does it possess? Read on to unravel one of the deepest mysteries of C&C.

Shall I compare thee to the Eiffel Tower?
Can you really be the source of all our power?
Soaring majestically into the night,
Inspiring us in our Efforts round West Site.

What makes you so special, so singled out?
Countless C&C coaches adore you, there is no doubt.
Yet I would like you all to please note
Here are the words of one Nicholas Pevsner, and I misquote,
“I can find nothing of architectural merit about this post.
It certainly has no more merit than most!”
Yes, that is.....er, approximately what he wrote.

So, just why do we gather so often beneath its beam?
Is it special in some way, this number fifteen?
Has it magical qualities to give runners speed?
Does it have missing ingredients that all of us need?
Is it perchance on a ley-line which can concentrate
All the energy of the Earth to make us run great?
So that we can romp thunderously round West Site
And at the end, still feel alright?

It seems unlikely, yet there it is.....
A mysterious emblem, that makes us whizz.
That post of pulsating power, it's simply the biz!

Fixtures for 2011 Outdoor

Road

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

July 14 th	Kevin Henry 5k league	Cambridge (C&C)	All over 16
July 17 th	Fairlands Valley Challenge 26.2 m)	Stevenage	Seniors
July 17 th	Milton Keynes half Marathon	Milton Keynes	Seniors
July 17 th	St Ives 10k	St Ives	All over 16
July 20 th	Peterborough 5k league		All over 16
July 21 st	Girton 5k	Girton	All over 16
July 27 th	Doug Anderson memorial 10k	Bedford	Seniors
July 30 th	Swiss Alpine Marathon	Davos	Seniors
July 31 st	Harlow 10k	Harlow	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
Aug 14 th	Thorney 5 mile	Thorney	Seniors
Aug 17 th	NVH 5k	Peterbro	All over 16
Sept 1 st	Kevin Henry 5k league	Haverhill	All over 16
Sept 4 th	Glasgow Half Marathon	Glasgow	Seniors
Sept 4 th	Bedford Harr 10k	Bedford	Seniors
Sept 11 th	Grundy fen Half Marathon	Witchford	Seniors
Sept 17 th	Round Norfolk Relay	Kings Lynn	Seniors
Sept 18 th	Great North Run	Gateshead	Seniors
Sept 18 th	Harvest Trail 10m	Royston	Seniors
Sept 25 th	London half marathon	London	Seniors
Sept 25 th	Bourne 10k/3k	West Pinchbeck	All over 16
Sept 25 th	Saffron Walden 10k	Newport	Seniors
Sept 25 th	New Forest marathon	Hampshire	Seniors
Oct 2 nd	Loch ness marathon	Inverness	Seniors
Oct 2 nd	Abington 10k	Abington	All over 16
Oct 2 nd	Jersey Marathon	Jersey	Seniors
Oct 2 nd	Frostbite League	C&C	All
Oct 9 th	Chester Marathon	Chester	Seniors
Oct 9 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 16 th	Wibbly, wobbly log jog	Brandon	Seniors
Nov 6 th	Frostbite League	Bushfield	All
Nov 6 th	Great East Run 20k	Bungay	Seniors
Nov 6 th	Dovedale dash	Dovedale	Seniors
Nov 6 th	Stevenage half Marathon	Stevenage	Seniors
Nov 20 th	Luton marathon	Luton	Seniors
Nov 20 th	St Neots Half marathon	St Neots	Seniors
Nov 27 th	Norwich Half marathon	Costessey	Seniors
Nov 27 th	Hereward Relays	P'bro to Ely	Seniors
Dec 11 th	Frostbite League	Hinchinbrooke	All
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 1 st	Wymondham new years 10k	Wymondham	Seniors
Jan 15 th	Frostbite league	March	All
Feb 5 th	Frostbite League	Bourne	All
Mar 4 th	Frostbite League	Huntingdon?	All
April 22 nd	London marathon	London	Seniors

Outdoor T&F

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

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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	www.nationaljuniorathleticleague.co.uk
Southern men's league website	http://www.southernmensleague.org.uk/
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

HELP!!!

There will be an officials course for Track judges, Field judges and Timekeeping on March 25th 2012 at Huntingdon, run by Cambs AA.

The club is always in need of more match officials and we would like to encourage parents and athletes to take the course (no exam or anything like that). Its about 4-5 hours on that Sunday, and then you get a UKA officials licence after judging at 5 matches (which provides insurance cover so that you don't need another qualified official supervising you)

This year we had three people do the field course, all of whom are now licenced and one is aged only 16. We also had a 14 year old take the track judging course and she is now licenced.

Young athletes are especially encouraged to have a go – you will be the National officials of the future.

Timekeepers are in short supply at C&C so any technically minded parents who would like to try it would be most appreciated.

Anyone interested in any aspect of track and field officiating or endurance race officiating (road/crosscountry) can start now by helping our qualified officials to get practise before attending the course.

Just contact Noel (noelmoss@btinternet.com) or Matt (mattwitt81@hotmail.co.uk) and we will arrange for you to work with someone qualified.