

# Cambridge & Coleridge

## Athletics Club

President – M Holmes

Chairman - N Costello

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

Newsletter

Autumn 2011

**THE 50<sup>TH</sup> C&C ANNUAL GENERAL MEETING AND TROPHY PRESENTATIONS WILL TAKE PLACE ON MONDAY 31<sup>ST</sup> OCTOBER COMMENCING AT 8PM AT THE TRACK.**

**ITS YOUR CLUB. PLEASE ATTEND IF YOU CAN. EVERY MEMBER OR THEIR PARENT HAS A VOTE.**

**TROPHY PRESENTATIONS FOR UNDER 13'S WILL BE MADE BEFORE THE FORMAL AGM, AND THOSE FOR OLDER ATHLETES IMMEDIATELY AFTER THE FORMAL AGM ITEMS. THERE IS AN AGENDA BELOW PLUS THE MINUTES OF LAST YEARS AGM.**

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- **C&C HAVE BEEN NAMED CLUB OF THE YEAR FOR 2011 IN THE EAST REGION, BY ENGLAND ATHLETICS, AND MATT WITT HAS BEEN NAMED AS OFFICIAL OF THE YEAR**
- **C&C UNDER 15 GIRLS TEAM WON BRONZE MEDALS IN THE SEAA ROAD RELAYS (MORE DETAILS UNDER ENDURANCE RUNNING)**



- **CHARLOTTE COX HAS WON THE YOUNG ACHIEVER AWARD AT THE CAMBRIDGE NEWS COMMUNITY AWARDS**

**PARENTS - THIS CONTAINS IMPORTANT INFORMATION ABOUT CLUB MEMBERSHIP AND WINTER TRAINING - PLEASE READ IT.**

## Chairman's chatter September 2011

There has been a lot happening at the club recently and it's been pretty impressive. Competitively, the young athletes' track and field team have had one of their most successful seasons ever, finishing third in the main final at Chelmsford. The enthusiasm shown in the final was tremendous and was brilliant to watch. The senior men's track and field team finished in a promotion position in the Southern Men's League and the women's team put on a much improved performance in the Southern Women's League. Our plan is to combine both teams and to join the newly formed Southern Athletics League. We hope it will be more enjoyable for competitors and better for the team of officials and timekeepers. It will also be an opportunity to keep the momentum going.

Endurance runners have been clocking up some good performances – surviving the Round Norfolk Relay and winning two stages. Of particular note, the under 15 girls team finished third in the South of England Road Relays and will be running in the National Relays – watch the web site for news of their performance. There have also been many excellent individual performances and they can be seen in the results pages on the web site.

It is particularly pleasing that these real improvements in the club's competitive performance are happening in our 50<sup>th</sup> anniversary year.

At an organisational and officiating level, we're having massive success too. The club has been declared 'Club of the Year' by England Athletics East and Matt Witt won 'Official of the Year'. I'm told the level of competition was very high this year. Special congratulations to Matt for his much deserved win. He has also been short-listed for the national award.

The 50<sup>th</sup> anniversary will be celebrated at a party at the University Centre, Mill Lane on **Saturday 19<sup>th</sup> November 2011**. More details will be circulated soon but please put the date in your diary now. A 50<sup>th</sup> anniversary "fun" day has already been organised for the Young athletes for 2<sup>nd</sup> October.

Our membership is continuing to grow. The club is run by its members for its members, so please join in as much as you can to make sure it does the things you want as well as possible. Please come along to the AGM on 31<sup>st</sup> October so that you can have your say. One person who has already begun to do that is Helen Grant who is now organising cross-country events – look at <http://www.cambridgeandcoleridge.org.uk/cross-country> to see all the things now on offer and speak to Helen if you are interested in them. There is a lot of enthusiasm around the endurance running group at the moment which I hope will lead to many of us achieving our aims. It would be especially pleasing if we could show our strengths in national road competitions and I think the teams are now up for that.

A big thank you to two people who have recently stepped down from major volunteering at the club: Adam Poole has finished as the main endurance person after a very energetic two years and Chris Flood has resigned as treasurer after more years than I can count. They will both be missed. Chris has been an outstanding treasurer, keeping the committee on their toes and supporting excellence in our admin work. The treasurer post is a very important one. It doesn't take up a lot of time on a day to day basis but it is something which needs to be taken very seriously. It is interesting work; if this is the kind of activity you enjoy, please get in touch with me (at [neilzcostello@gmail.com](mailto:neilzcostello@gmail.com) or 01223 524428). We cannot operate without a good treasurer, please follow up on this appeal if you possibly can! Don't forget to note the party date – 19<sup>th</sup> November. It should be a night to remember.

Neil 29<sup>th</sup> September 2011

## Subscriptions

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 will be e-mailed where appropriate)

## No longer wish to participate in club activities?

### Please save us admin by resigning.

As unpaid volunteers we spend a lot of time sending out membership reminders, and eventually membership termination notices, to athletes who have no intention of renewing their membership subscription or participating further in the club activities.

We are required to do this to comply with UK Athletics rules on club membership and athlete registration – we have to allow a reasonable period of grace and then issue a formal termination notice (usually by e-mail). That process can result in you getting unwanted e-mails for up to 7 or 8 months after your membership initially lapsed, including of course all routine information and team selection e-mails.

If you receive this newsletter and 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.

Please just send him an e-mail to [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk) simply stating that "(name) no longer wishes to be a member of C&C".

It will save us work, and will save you getting lots of unwanted e-mails.

### **Calling all University/higher education students who are studying away from Cambridge:**

The club is keen to encourage you to continue training and competing during vacations and we're also conscious of the high fee levels now faced by many students. As a result we have lowered the club subscription for University/higher education students who are resident outside the greater Cambridge area and for whom it is impossible to attend club nights during their term time. The new subscription is £25 per year. If this applies to you, please send £25 by cash or cheque to Neil when your subscription is due, stating which university or college you are attending. If you think you meet the criteria but aren't sure, please check with Neil.

### **WINTER TRAINING**

The key facts about winter training times/venues are as follows:

Young athletes Mondays - at track until 17<sup>th</sup> October, 18.30 – 20.30

No training on 24<sup>th</sup> October and 31<sup>st</sup> October

Chesterton Sportshall - 7<sup>th</sup> November until 27<sup>th</sup> Feb 18.00-20.00

At track March 5<sup>th</sup> onwards

Tuesdays at track throughout the winter 18.30 – 20.30

(Throwing will be limited due to light from Oct-Mar)

Thursdays at track until 6<sup>th</sup> October 18.30 – 20.30

Chesterton Sportshall – 13<sup>th</sup> October – 29<sup>th</sup> March 18.00 – 20.00

At track from 5<sup>th</sup> April

Saturdays At the track from 15<sup>th</sup> October onwards 10.30 – 12.30

(Any athlete can participate provided there is a suitable coach

available – please check with the coaches first. There will be sessions for Throws, jumps, sprints and middle-distance)

**Note – only clean non-marking trainers in the gym at Chesterton. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it**

**Throwers** – we are not able to do Javelin, Hammer or discus under floodlights because they are not designed to give enough light in the infield. Therefore the main winter throwing session will be on Saturday mornings, with a fitness session on Thursdays in the Sportshall. There will also be the opportunity for throwers to do some running fitness on Tuesdays. (Contact Noel for more details about throwers training [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com) or phone 01223 833470)

### **C&C ANNUAL GENERAL MEETING**

#### **AGM Agenda - October 31<sup>st</sup> at 8.00pm - Venue - Wilberforce Road**

Apologies for absence, Minutes of the meeting of 1<sup>st</sup> November 2010 (see below)

Matters arising from the minutes

Reports from the Chairman and Treasurer (Team reports in this Newsletter)

Other items to report

Any other motions tabled

Election of officers and committee 2012

Presentation of Track and Field awards, Road race awards, and record certificates.

**Nominations for President, Chairman, and Treasurer must be received by 3<sup>rd</sup> October in order to be eligible. (i.e. 4 weeks in advance of the meeting as per the constitution)**

**Nominations for other posts may be made at any time up to the meeting, but we would prefer to have these a few days in advance if possible so that we know if there are any contested posts.**

#### **Minutes of the 49<sup>th</sup> Annual General Meeting held Monday, 1<sup>st</sup> November, 2010 at Wilberforce Road.**

Present: 101 Members

1. Apologies for Absence: Dr Julian Gilbert, Chris Flood, Barry Wallman, Robert Thurley, Wendy Fox, Jessica Fox, Claire Vane, David Haylock, Nathalie and Jenny Richards, Chris Thorne, Helen Stepney and Bob Watson

2. The Minutes of the AGM held on 23<sup>rd</sup> November 2009 were approved.

3. Matters arising from the Minutes

There were no matters arising from the Minutes.

4. Chairman's Report

The CASC Annual Report has been submitted to the Charity Commission and the key points are as follows:

- A small increase in active membership of 3%
- Continuing buoyancy in the associated community clubs, with a fourth club established in Sawston
- A highly successful 'Cambridge Festival of Running' which generated £4,000 for the Trust Fund and £5,000 for local charities
- Acceptable maintenance of the club's coaching capacity, with an increase in coaches at level 1 for road running
- Good continuity in coaching at levels 2, 3 and 4. Three coaches accepted on the national coach development programme
- Despite the improving quality in coaching, barely sufficient coaches above level 1 to continue successfully
- Satisfactory maintenance of the club's volunteer capacity
- Improved facilities at the University Track with the establishment of floodlights in which the club played a major role
- New partnerships with a number of high quality service providers, in association with the Greater Cambridge Athletics Network, in which the club is a major player
- Increased collaboration with the two local school sports partnerships
- Continuing partnerships with the sports development teams in South Cambridgeshire and the City of Cambridge
- Continuing good relationships with the county sports partnership
- Renewal of Clubmark along with very positive comments from the assessors from the National Governing Body
- Satisfactory performances in track and field, cross-country and road running competitions
- A small number of internationally excellent athletes and several with national level performances
- Establishment of a new, improved website and increasingly successful use of electronic means of communication with members
- Participation in a number of national, regional and country forums for athletes

This was approved by all members.

#### 5. Treasurer's Report

As of 31.03.10, the Club had £9,100 in the Lloyds Current Account. All but £5 has now been moved to the CAF Current Account which had a balance of £1,000.

The CAF Gold Savings Account has unrestricted funds of £7,000 and restricted funds of £10,001.

The CAF Gold Account Trust Fund has restricted funds of £34,002.

This gives the Club total unrestricted funds of £17,100 and restricted funds of £44,003.

Approval of the accounts was proposed by Glyn Smith and seconded by Petra Tucker.

#### 6. Motions Tabled

It was proposed that two amendments be made to the Club Constitution. The first amendment would be under Rule 6 and allow a change in the number of officers elected to the General Committee. This would increase from 12 to 15 and allow new co-opted members to shadow existing members and spread the workload.

The second amendment would be under Rule 7 and would state that the Treasurer is required to produce independently audited accounts in line with Charity Commission requirements.

Both motions were carried.

#### 7. Election of Officers and Committee for 2011

President - Mary Holmes - Proposed by Noel Moss and seconded by Alex Burch

Chairman - Neil Costello - Proposed by Glyn Smith and seconded by Joe Tucker

Treasurer - Chris Flood - Proposed by Mary Holmes and seconded by Noel Moss

Valerie Norrell (Committee Secretary), Noel Moss (Track & Field), James Brennan (Coaching), Adam Poole

(Endurance), Caroline McGinnis (Young Athletes) and Hilary Vogel (Member without Portfolio) were all elected en bloc, proposed by Glyn Smith and seconded by John Jenkins.

Neil went on to thank Martin Crabb (Young Athletes Co-ordinator) and Ginny Costello for all their help and support over the years. He then thanked everyone for coming and congratulated the trophy winners.

Noel then announced that Neil had won the England Athletics National Award for Services to Volunteering. Neil contributes a huge amount of time as a volunteer to athletics through a number of roles at club, county, regional and national level.

Noel presented Neil with a gift on behalf of the club.

#### 8. Presentation of Trophies and Awards

The Club President, Mary Holmes, presented the trophies and awards.

#### **Do you hold a trophy from the 2010 AGM (not cross country)???**

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2010, that they should be returned by 15<sup>th</sup> October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Mary Holmes or Neil Costello rather than rely on handing it to someone on a club night.*

**Please do not leave it until the AGM evening – we can't clean them and sort them for presentation quickly enough on the night.**

## Track and Field leagues – How did we finish the season

### Southern Men's League

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

You may remember from the summer newsletter that C&C were 10<sup>th</sup> in the table after 2 matches and expected that to improve through the season.

It did, with the team winning their final three matches by substantial margins, especially the home fixture where we were 43 points clear of the 2<sup>nd</sup> team.

This left C&C in 3<sup>rd</sup> place behind Luton and Bedford and with only two automatic promotion places available, it all rests on who gets promoted or not into the British league on Sept 17<sup>th</sup> (Since Bedford didn't get into the British league, their B team can't be promoted to SML Div 1, so C&C would probably have gone up but that hasn't been confirmed)

However C&C will transfer to the new combined gender Southern Athletics League for 2012 so it really doesn't matter that much.

#### **Final league table**

Luton	524	19
Bedford	512.5	18
Cambridge & Coleridge	523	16.5
Huntingdonshire	523.5	16
Watford	481	15.5
Milton Keynes	512	15
Harlow	496	15
Colchester	436	15
London Heathside	407.5	12
Barnet & District	416.5	10.5
Belgrave	394	10.5
West Suffolk	334	8
Loughton	302	8
Queens Park Harriers	297.5	8
Braintree	231.5	8
London AC	110	5

### Southern Women's League

Again the SWL was been affected by the new mixed gender league, and this year C&C were in the Seniors only category (rather than the Seniors and Under 15's divisions, which they were in during previous years.

C&C retained their 5<sup>th</sup> position in the table with the scores gradually becoming stronger throughout the season.

At the final match at Cambridge there were two new club records – Hayley Sayer broke the Senior Hammer record and Flavia Kumar, the U20 women's javelin record.

#### **Final league table**

1st	Watford Harriers	780	33
2nd	Thurrock Harriers	742	27
3rd	Ryston Runners AC	736	28
4th	West Suffolk AC	630	20
5th	Cambridge & Coleridge AC	535	13
6th	Highgate Harriers/Barnet & District AC	488	12
7th	West Norfolk AC	202	5

The women will also transfer to the combined gender Southern athletics league for 2012 instead of the SWL.

### Eastern Veterans League

The Eastern vet league had 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 were in the Central division and the men were 4<sup>th</sup> and the women 5<sup>th</sup> but it wasn't enough to get either team into the league final unfortunately (from a "paper" match based on season's best performances).

The team would welcome additional athletes in 2012– 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).

### East Anglian league

All the age-groups qualified for the top 8 league finals on 18<sup>th</sup> September, but no group wins (3 x 2<sup>nd</sup>'s).

The top eight in the league tables (16 clubs in all) were.

<u>Under 13 Girls</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Gt Yarmouth	86	99	92.5	86	363.5	1
Peterborough AC	94	93	80.5	63	330.5	2
City of Norwich	84	45	90	97	316	3
Camb & Coleridge	72	79	80	74	305	4

Southend	43	108	94	58	303	5
Ipswich Harriers	81	53	82	71	287	6
Colchester & Tend	83	53	62	84	282	7
Chelmsford	63	62	68	58	251	8

<u>Under 15 Girls</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Peterborough AC	99	116	109.5	102	426.5	1
Ipswich Harriers	95	99	114	100	408	2
City of Norwich	94	87	124	76	381	3
Camb & Coleridge	93	95	85	100	373	4
Chelmsford	79	112.5	93	82	366.5	5
Colchester & Tend	81	99	73	109	362	6
Luton AC	75	64	97	83	319	7
Southend	54	107.5	65	61	287.5	8

<u>Senior/U17 Women</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Ipswich Harriers	143	142	151	136	572	1
West Suffolk	131	98	109	141	479	2
City of Norwich	131	103	105	103	442	3
Luton AC	128	80	122	82	412	4
Chelmsford	62	119	140	90	411	5
Camb & Coleridge	90	107	104	88	389	6
Gt Yarmouth	64	107	85	114	370	7
Braintree	47	75	105	72	299	8

<u>Under 13 Boys</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
City of Norwich	71	75	105	106	357	1
Chelmsford	71.5	74	107	93	345.5	2
Luton AC	60	73	82	100	315	3
Ipswich Harriers	85.5	65	88	64	302.5	4
West Suffolk	47	71	68	56	242	5
Braintree	54	20	76	82	232	6
Camb & Coleridge	49	54	53	69	225	7
Peterborough AC	55	70	40	13	178	8

<u>Under 15 Boys</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
West Suffolk	136	128	132	125.5	521.5	1
Camb & Coleridge	75	121	108	112	416	2
Ipswich Harriers	135	102	73	96	406	3
City of Norwich	79	90	107	128	404	4
Luton AC	76	102	119	101	398	5
Southend	96	49	68	53	266	6
Chelmsford	34	70	78	82	264	7
Braintree	10	47	101	66	224	8

<u>Under 17 Men</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Ipswich Harriers	128	111	95	130	464	1
Luton AC	93	106	126	112	437	2
Chelmsford	94	110	108	79	391	3
Camb & Coleridge	90	86	85	110	371	4
West Suffolk	70	62	104	62	298	5
Gt Yarmouth	73	73	73	72	291	6
Southend	107	71	96	3	277	7
City of Norwich	18	36	93	104	251	8

<u>Senior men</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Ipswich Harriers	131	135	133.5	135	534.5	1
Camb & Coleridge	78	114	130	127.5	449.5	2
Luton AC	99	101	119	106	425	3
West Suffolk	86	92	108	96.5	382.5	4
Nene Valley Harriers	89	115	80	64	348	5
Ryston Runners	40	78	87	123.5	328.5	6
City of Norwich	81	62	69	95	307	7
Gt Yarmouth	38	65	97.5	86	286.5	8

<u>Overall League</u>	Match 1	Match 2	Match 3	Match 4	Total	Position
Ipswich Harriers	798.5	707	736.5	732	2974	1
Camb & Coleridge	547	656	645	680.5	2528.5	2
City of Norwich	558	498	693	709	2458	3
Luton AC	554	541	695	597	2387	4
West Suffolk	604	532	656.5	546	2338.5	5
Chelmsford	455.5	577.5	639	527.5	2199.5	6
Gt Yarmouth	444	451	472	480	1847	7
Peterborough AC	539	618	384	202	1743	8

### The East Anglian league finals

In the "top 8 finals", C&C performed well overall, but didn't win any trophies.

The club was 2<sup>nd</sup> in the Under 13 Girls and Senior men, 3<sup>rd</sup> in the U15 Girls, 4<sup>th</sup> in Under 13 Boys and Under 15 Boys and 5<sup>th</sup> in Senior Women and Under 17 Men.

Ben Kelk set a new League record for Senior Mens Hurdles of 14.3 secs.

### Eastern Young Athletes league

The team continued their excellent early season form with a win in the fourth match at home, and then a super 2<sup>nd</sup> place in the final match at Hemel, and as a result finished in 5<sup>th</sup> place and got into the Top 6 final for the first time for many years (we more usually make the Plate final for places 7-12). A great achievement by athletes and team managers

League table (top 13 of the 24 clubs only)

<u>Position</u>	<u>Club</u>	<u>League points</u>	<u>Scored points</u>	
1.	Stevenage & NH	32	2643	)
2.	Havering M	26	2607	)
3.	Bedford	26	2505	) Cup final at Chelmsford
4.	Chelmsford	26	2493	)
5.	C&C	26	2409	)
6.	StAlbans	25	2523	)
7.	Basildon	25	2381	)
8.	WestSuffolk	24	2205	)
9.	Ipswich	23	2356	)
10.	Enfield&H/B&D	22	2040	) Plate final at Ipswich
11.	Dacorum & T	20	2045	***
12.	HertsPhoenix	19	1853	)
13.	Luton	19	1580	)

\*\*\* D&T withdrew from the finals

In the EYAL league cup final the team really did well, finishing 3<sup>rd</sup> (and not very far behind 2<sup>nd</sup>) and winning the Under 13 girls and under 15 boys age-group plaques. The C&C results are all on the website.

This is the best year for our young athletes since at least 1989, and congratulations must go to both athletes and team managers for that achievement. It takes a real team effort to achieve success and this year has proved that C&C can do it.

### Result of Final

1 <sup>st</sup>	Chelmsford	612	2 <sup>nd</sup>	Havering Mayesbrook	505
3 <sup>rd</sup>	<b>C&amp;C</b>	<b>483</b>	4 <sup>th</sup>	Stevenage	473
5 <sup>th</sup>	Bedford	454	6 <sup>th</sup>	St Albans	343





### More Club and age-group T&F records this season

Athletes who have broken club age-group bests year 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, and also has not yet been independently checked, and so may have an error or two).

The Club records lists on the website will be updated in November after checking all the information.

The most impressive thing this year is the number of age-group bests broken by non-veteran athletes, especially in the female categories. We expect the veteran performances to gradually improve, but it's much more difficult to break the more long established marks in the non-veteran categories.

The 110m U20 hurdles performance is particularly impressive as the previous best was held by a high profile GB international.

110mH	U20 men	Ben Kelk	13.72 (previous set in 1984)
100m	Men 50	Julian Courtney	12.5
200m	Men 50	Julian Courtney	26.2
400m	Men 50	Julian Courtney	59.6
800m	U13 Boys	Robert Huckle	2.19.8
800m	Men 40	Kevin White	2.10.7
Mile	Men 50	John Oakes	5.09.53
3000m	Men 35	Michael Salt	9.18.44
5000m	Men 35	Michael Salt	15.54.21
Long J	Men 50	Julian Courtney	4.98
TripleJ	Men 65	Noel Moss	7.39
High J	Men 45	Ian Slack	1.40
Pole Vt	Men 65	Noel Moss	2.25
Discus	Men 40	Gary Parsons	36.28
Shot	Men 40	Gary Parsons	11.21
Shot	Men 65	Frank Martin	7.92
4 x 400	Men 50	Courtney, Slack, Moss, Jenkins	5.27.7
4,2,2,4 relay	Men 50	Tucker, Moss, Slack, Courtney	3.18.3
2,2,4,8 relay	Men 40	Ward, Courtney, Slack, Tucker	4.42.2

200m	U13 Girls	Paris Hendricks	28.6 (= previous best)
200m	Women 75+	Mary Holmes	43.3
300m	U15 Girls	Hollie Parker	42.9
800m	Sen Women	Lucy Dowsett	2.06.35
800m	U13 Girls	Lucy Parker	2.25.4
800m	Women 75+	Mary Holmes	3.52.8
1500m	Sen Women	Lucy Dowsett	4.21.38 (previous set in 1990)
1500m	U15 Girls	Hollie Parker	4.34.98
1500m	U13 Girls	Lucy Parker	4.58.05
3000m	Sen Women	Lucy Dowsett	9.37.64 (previous set in 1988)
3000m	U15 Girls	Hollie Parker	10.28.51
Javelin	U13 Girls	Valentina Coppolaro	25.98



Javelin U15 Girls	Isabella Coutts	31.56
Javelin U20 Women	Flavia Kumar	29.43
Long J U17 Women	Jessica Fox	5.39
Triple J U17 Women	Jessica Fox	10.96
Polevault U15 Girls	Katie Reynolds	1.70
Hammer U20 Women	Hayley Sayer	42.30
Hammer Sen Women	Hayley Sayer	43.01
Imile Walk Women 40	Rachel Roberts	10.56.3
3k walk Women 60	Sue Barnett	18.35.40
4 x 100 relay U13 Girls	Marriott, Hendricks, Purdie, Parker	55.2
Minithon U13 Girls	Lucy Parker	76pts (= previous best)
Pentathlon U17 Women	Jessica Fox	2650pts
Pentathlon U20 Women	Flavia Kumar	2019 pts

Our senior men's records mainly date back to the 1970's and 1980's when C&C had an exceptional men's team, so there is a challenge there to get some of those broken. Only Ed Aston has managed to break one of the Senior men's records since 1990.

### **So what's the Southern Athletics League all about?**

The Southern Athletics League was formed for the 2011 season in order to provide competition for clubs wishing to have their men and women competing as a single team.

The existing Southern men's and Southern Women's league had failed to recognize the growing interest in a mixed gender league in the south, similar to those in the North and Midlands.

Consequently a new league organization was formed to provide this opportunity. Initially 33 clubs migrated from the old leagues into the new SAL, and that resulted in much weakened structures in both the old leagues of course. More clubs have already said they will move over in 2012 including C&C and several of our local neighbours.

The new league has the advantage of being a "whole club" senior competition, rather than two single gender competitions, and that reduces the demand on officials, because two sets of fixtures are replaced by one set.

Hopefully the new mixed league will be more attractive to the under 17 and under 20 athletes as well, and these age-groups are still allowed to compete as Seniors in the new league. We have already seen how the male and female teams gel together and support each other in the East Anglian league.

The new league also offers women's steeplechase as one of the events, and apart from that has all the same events as the old senior leagues, and allows additional non-scorers, so no-one will miss out on opportunity.

In the first year the SAL simply consisted of two divisions of 16 clubs, each covering the whole south of England. For 2012 the league have said that the lower divisions will be regionalised, either as North-east and South west, or maybe even North, South and West, depending on how many teams move across this year.

Peterborough AC joined last year and won the lower division and so are promoted for 2012. There is a good range of clubs of different strengths in the league and of course many don't have equal strength of men and women. That is something which concerned us about our relative strengths, but the committee decided that that was not a major factor, and the change was supported unanimously by the athletes in a "straw poll".

## **ENDURANCE RUNNING**

### **The new Endurance committee**

A new endurance committee has been set up to look after the endurance side of C&C, to help encourage and promote new members (and existing) of any speed to have fun and participate in many different events.

Helen Grant and Alan Baldock are looking into new cross country leagues as well as the existing ones listed below, contact Helen in the first instance to find out more about all things cross country. Helen is also introducing a club only 'fun' series of races.

One of the committee's first jobs was to introduce 2 new club captains, Carla Brown and Alan Pritchard. Their main role is to help promote team based events, including the forthcoming frostbite series, cross country champs and road and relay racing. It's also to act as a voice between the runners and the committee to get any points of view across in both directions.

### **Cross-country – The Sunday Cross Country League Diana Braverman**

This is a series of 5 races held throughout the winter in Hertfordshire. Since C&C joined the league some years ago I have enjoyed competing for them but have been one of only a relatively few club members who have taken part. I would like to urge all seniors (there is no junior race) to consider incorporating the series into their training schedule. The races are all 5 to 6 miles long (for men and women) and true cross country courses. Royston Heath is perhaps one of the most challenging, but each course has something interesting to offer. The league is growing and aside from the Hertfordshire clubs there are several from London. There is a very wide ability range which makes the races competitive for all, and there are veteran age categories.

I think cross country is really important in building stamina and endurance. A hard work out over 5 miles can be invaluable even if you are busy with marathon training and you can always tack another lap on after the race!! C&C certainly has the potential to take some of the team prizes if we could summon up a few more participants. The furthest venue is probably an hour and a quarter away.

If you are interested look at [www.cambridgeandcoleridge.org.uk/crosscountry](http://www.cambridgeandcoleridge.org.uk/crosscountry), or <http://www.runherts.com/xc.htm> for details of dates and venues. Hope to see some of you at Broxbourne on 23<sup>rd</sup> October!!

### **Cross country – Ryston Runners Grand Prix series**

Ryston Runners AC provide an Open Cross-Country Grand Prix Series every year - 6 races - from October to March. Races take place in woods at Shouldham Warren, in West Norfolk, on various Sundays starting at 11:00. See the fixtures list for the dates or go to <http://www.rystonrunners.org.uk/cross.htm>.

Under 11: 2km on each occasion - Starting at 11:05

Under 13 & 15: 3km on each occasion - Starting at 11:20

Under 17: 5.0k, 4.5k, 6.5k, 5.0k, 4.5k, 6.5k - Starting at 11:40

Seniors & Vets Alternate: 5.0k, 9.0k, 6.5k, 5.0k, 9.0k, 6.5k - Starting at 11:40

#### **Entry fees**

Under 11, 13, 15, 17 & Students in full time education £2

All others £4 (NB +£2.00 for non club members)

All entries on the day of the event - please check in by 10:30 am (or at least 30 mins before your start time)

Come prepared for racing as there are no toilets or changing facilities at this venue. Races are under UKA rules, except for under 11s, where athletes compete at their own risk.

Series prizes will be awarded to the first three in each age group according to the aggregate time for one each of 5km, 9km, 6.5km races. (5km, 4.5km, 6.5km in case of U17s). Age groups under 15 and below will aggregate their 3 best times. Veterans will score in the age group for which they have 3 valid times. Mementos will be presented to non medal winners who complete the appropriate 3 races.

Prizes will be awarded to the first three in each age group for each days racing. There is an inter club competition in which clubs score points for finishing positions in each age group, the winner being awarded the visitors cup.

There is a trophy for the most improved club.

### **Cambs AA Cross country championships 2012**

Sunday January 8<sup>th</sup> at Priory Park, St Neots. More detail will follow. To be entered by the club, C&C members must either request entry via the clubs Cross country representative (fee paid by C&C) or can enter individually, but then may not count for the club teams.

Entry forms and details will appear on the Cambs AA website [www.cambsathletics.org.uk](http://www.cambsathletics.org.uk) in due course. Closing date will be ca 30<sup>th</sup> December (not yet confirmed). Events for all age groups from under 11 up to veteran.

### **Eastern Counties AA Cross country championships**

Sunday 27<sup>th</sup> November at the Royal Hospital School, Holbrook, near Ipswich. Team entries must be submitted by 11<sup>th</sup> November (details can be found on the ECAA website via <http://www.easternaa.co.uk/entries/ccform2011.xls>).

Events/awards for all age groups from under 13's up to veterans.

**Age groups for Cross-country 2011/12** are based on age on 31<sup>st</sup> August 2011 (i.e. as for the 2011 summer season) except for veteran categories where it is age on the day of competition.

### **Multi-terrain – The Frostbite Friendly League – a team event for juniors and Seniors**

The first Frostbite league race will be on Sunday the 2nd of October. Junior start is 10.15am with the seniors kicking off at 11.00am. Race one is held at Priory Park, St Neots. Carla and Al will be gathering information and we will get this out to you as soon as we can. But for now anyone interested in knowing more can just grab them at training, or any race/event or just send us an email for further information.

There is also a league website: <http://www.frostbiteleague.org.uk/>

### **C&C under 15 girls take bronze medals in the SEAA road relays**

This is a really remarkable achievement in their first attempt at the event. The C&C under 15 girls team of Hollie Parker, Claire Wilson and Charlotte T Murphy took the bronze medals in the SEAA Under 15 girls road relay championships at Rushmoor Arena, Aldershot, on Saturday 24th September 2011.

With around 220 top girls competing, Claire and Charlotte's times were in the top 20 fastest individuals. The individual times were:

Charlotte (1st leg) 11:08, Claire (2nd leg) 11:07, Hollie (3rd leg) 11:18

When they were presented with their medals the SEAA Officials/President said 'and Cambridge and Coleridge came from nowhere, having never entered the relays before'.

That's probably not strictly true, but C&C haven't entered any teams in the SEAA road relays for many years, and this is a great first step to getting teams in more age-groups and also into the National Road relays.



### **The first lady of London to Brighton**

A very early 6.00 am on Sunday morning saw the start of the London to Brighton trail run. The runners set off from Blackheath and after a few miles of running on pavements the course hits the trail ending up 56 miles later at Brighton. This years event was characterised by an in your face gale force wind the whole way. For those of you who don't know the course there are some serious climbs to negotiate along the way with the most testing in the last ten miles.

A very weary Kim Masson finished in around 11 hours and 15 minutes (official times still to be ratified) and was awarded the first lady trophy.

Kim was running to raise money for Rethink a mental health charity. You can still make donations by logging on to [www.justgiving.com/kim-masson](http://www.justgiving.com/kim-masson)

### **Poole's of Iron**

An amazing performance from Adam Poole who completed Ironman Wales in a time of 14.18.23. Yes, 14 hours of racing!! No doubt mother nature contributed to this being described as the toughest ironman ever with some battering winds and plenty of hills. Really well done Adam, all that training paid off.

### **Glenmore (and more) 24**

A stirring tale of endurance in the wilds of the Grampians - Helen Buxton covered 60 miles of highland trails in the 12-hour race at the Glenmore 24 to take third place overall. Helen highly recommends the event, but I'm not convinced... Congratulations Helen!

### **Wissey half Marathon**

Some cracking results from the Wissey Half Marathon organised by Ryston Runners based out in Downham Market. 1st lady and long distance super star was our very own Tracey Patmore, slowly returning from a long standing injury (for those that don't know Tracey has a marathon PB of 2.58.10!) adding to a now very strong C&C ladies team, closely followed by Caz Pritchard, who by her very own high standards ran a 'poorish' race but still good training for the next marathon! Tim long and Rachel Roberts geared up for the RNR with a couple of decent times to boot. The conditions were windy and the course presented a couple of nice hills just to add to the pain of the half marathon!

### **Kevin Henry 5k Road League**

C&C ladies won this years league despite finishing 2<sup>nd</sup> in the final fixture at Haverhill  
The Men finished 2<sup>nd</sup> overall behind Cambridge Triathlon club and C&C were also 2<sup>nd</sup> in the combined league.

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



Pictures from the Newmarket event

### **Round Norfolk Relay**

17<sup>th</sup> overall and 5<sup>th</sup> club team – a good result. Stage wins for Noel Carroll (1<sup>st</sup> male) on stage 3 and Katie Sherwood 1<sup>st</sup> female on stage 16.



Noel Carroll after finishing his stage

## Race the Train

Mark Crook and Matt Applegate produced fantastic runs in poor conditions to beat the train in one of the toughest races on the calendar, the 14 mile cross country race that is the Race the Train Rotary Challenge in Tywyn, mid-Wales. Matt's 1:40:15 was good enough for 88th place, Mark's shoe choice didn't help him but he still ran a very strong 1:44:37. Other fine fine runs from Theo Goguely 1:48:22 and Lisa Stango in 1:54:39. Morag Macniven competed in the shorter 10k cross country race that is the Race the Train Quarry Challenge and came home 2nd lady in a time of 47:46

## Running; the View from Space by Alex Downie

A transcript intercepted from intelligent life in space.....reported by Alex Downie

Life forms have been detected on the 3<sup>rd</sup> planet (dubbed the Planet Zog) from the star of what is known locally as the "Solar System." The dominant life form is bipedal, and they appear to consider themselves very important because they go around wearing bits of material over their bodies and sometimes strange bits of glass and plastic over their vision apertures. They appear to have a liking also for putting themselves in boxes, mainly stone/glass ones for resting and refuelling, and similar, but larger ones for their day time activities. To get from one box to another, they deploy yet another type of box, mainly made of metal and glass this time. Occasionally they appear to exhibit bouts of aggression in these boxes, resulting in terrible carnage and mayhem, of the sort that we, as a superior race, have eliminated.

But the most extraordinary, and probably unique feature of these beings is their habit of expending energy in a totally useless manner. No other life form that we have studied does this, and as such it merits further investigation.

Our initial research indicates that from time to time, these bipeds form themselves into groups, (varying widely in number from 10's to 10's of thousands) and, on an agreed signal, move off together, but in a manner which is faster and more painful to behold than their normal slower gait. They travel varying distances, but here we reach our most incredible observation.....There is NO USEFUL PURPOSE in this activity that we can make out. All other known life forms have a reason for what they do, usually gaining pleasure, food or economic benefit. None of this appears to be the case in what we have temporarily termed "Bipedal Fast Forward Motion on Planet Zog."

- The vast majority of the participants do not go from A to B, and even when they do, they are conveyed back to A again in one of their mobile boxes!
- They clearly do not enjoy the experience. Our monitoring shows increased heart rates, sweatiness, nausea, and numerous sources of pain, irritation and even injury. Furthermore, our analyses of their facial expressions would suggest at worst deep misery, or even agony, and at best, extreme boredom.
- There is no discernible material gain, unless you count the useless bauble that is frequently hung round the unfortunates' necks. Sometimes they are given a shapeless garment, usually 2 or 3 sizes too big, to cover the top half of their bodies.  
And that's it!

We can only surmise that this counterproductive expenditure of precious energy may be a punishment for breaking bipedal laws. There is a minority view which holds that it is a form of ritual humiliation for those at the very lowest rungs of society. But the bottom line is that we simply do not know, and we need to find out urgently in case there ARE some hidden benefits, which could be of use to us. If no such benefits exist, a motion may be considered by the Supreme Council to eradicate the practice.

To further our research, we need to obtain a random sample of participants to carry out the usual psychological and physiological tests on, and to this end we have already identified 2 forthcoming gatherings, namely "The Cambridge Half-Marathon", and "The Ely 10k", both in the Eastern part of the UK, Planet Zog. We humbly request your urgent support for this.

Sue Pernova, Galactic Survey Project Commander.

## Sports injury clinic run by a C&C member and offering discounts for C&C members

Perfect Motions Sports Therapy is a sports injury clinic run by Cambridge & Coleridge member, Sam Newell, supported by a number of other therapists. Based in central Cambridge, Perfect Motion Sports Therapy provides physiotherapy, osteopathy, sports therapy, exercise therapy and rehabilitation and sports massage services to local athletes and sports people. All Cambridge & Coleridge members are entitled to a 20% discount on treatment and, in addition, for anyone injured for whatever reasons, who is unable to afford private treatment or get treatment on the NHS, Sam may be able to provide some free treatment. For more information, please speak to Sam on a Tuesday evening at the track, see [www.perfectmotionsportstherapy.co.uk](http://www.perfectmotionsportstherapy.co.uk) or to book an appointment call 01223 861442 or email [sam@perfectmotionsportstherapy.co.uk](mailto:sam@perfectmotionsportstherapy.co.uk)

## Fixtures for 2011/12

### Road

(See also on [www.runcambridge.org.uk](http://www.runcambridge.org.uk))

Sept 18 <sup>th</sup>	Great North Run	Gateshead	Seniors
Sept 18 <sup>th</sup>	Harvest Trail 10m	Royston	Seniors
Sept 25 <sup>th</sup>	London half marathon	London	Seniors
Sept 25 <sup>th</sup>	Bourne 10k/3k	West Pinchbeck	All over 16
Sept 25 <sup>th</sup>	Saffron Walden 10k	Newport	Seniors
Sept 25 <sup>th</sup>	New Forest marathon	Hampshire	Seniors
Oct 2 <sup>nd</sup>	Loch ness marathon	Inverness	Seniors

Oct 2 <sup>nd</sup>	Abington 10k	Abington	All over 16
Oct 2 <sup>nd</sup>	Jersey Marathon	Jersey	Seniors
Oct 2 <sup>nd</sup>	Frostbite League	St Neots	All
Oct 2 <sup>nd</sup>	Standalone 10k	Letchworth	All over 16
Oct 2 <sup>nd</sup>	The flower of Suffolk (marathon)	Walberswick	Seniors
Oct 9 <sup>th</sup>	Chester Marathon	Chester	Seniors
Oct 9 <sup>th</sup>	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 9 <sup>th</sup>	Herts 10k	Harpenden	All over 16
Oct 9 <sup>th</sup>	Willowp foundation 10k	Hatfield	All over 16
Oct 16 <sup>th</sup>	Wibbly, wobbly log jog	Brandon	Seniors
Oct 16 <sup>th</sup>	Abingdon marathon	Abingdon Berks	Seniors
Oct 23 <sup>rd</sup>	Thurlow 10k	Thurlow	All over 16
Oct 30 <sup>th</sup>	Fenland 10k	Wisbech	All over 16
Oct 30 <sup>th</sup>	BUPA Great south run	Portsmouth	Seniors
Nov 6 <sup>th</sup>	Bonfire Burn 10k	Histon	All over 16
Nov 6 <sup>th</sup>	Frostbite League	Bushfield	All
Nov 6 <sup>th</sup>	Great East Run 20k	Bungay	Seniors
Nov 6 <sup>th</sup>	Dovedale dash	Dovedale	Seniors
Nov 6 <sup>th</sup>	Stevenage half Marathon	Stevenage	Seniors
Nov 20 <sup>th</sup>	Conwy Half Marathon	North Wales	Seniors
Nov 20 <sup>th</sup>	Hadleigh 10 mile	Hadleigh	All over 16
Nov 20 <sup>th</sup>	Luton marathon	Luton	Seniors
Nov 20 <sup>th</sup>	St Neots Half marathon	St Neots	Seniors
Nov 27 <sup>th</sup>	Norwich Half marathon	Costessey	Seniors
Nov 27 <sup>th</sup>	Hereward Relays	P'bro to Ely	Seniors
Dec 4 <sup>th</sup>	Nene valley 10m	Bretton	All over 16
Dec 5 <sup>th</sup>	Luton Marathon	Luton	Seniors
Dec 11 <sup>th</sup>	Frostbite League	Hinchinbrooke	All
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
Jan 1 <sup>st</sup>	Wymondham new years 10k	Wymondham	Seniors
Jan 15 <sup>th</sup>	Frostbite league	March	All
Jan 23 <sup>rd</sup>	Fred Hughes 10	St Albans	Seniors
Feb 5 <sup>th</sup>	Frostbite League	Bourne	All
Feb 6 <sup>th</sup>	Watford half marathon	Watford	Seniors
Mar 4 <sup>th</sup>	Frostbite League	Huntingdon?	All
Mar 11 <sup>th</sup>	Cambridge half Marathon	Cambridge	Seniors
Apr 15 <sup>th</sup>	Cambourne 10k	Cambourne	All
April 22 <sup>nd</sup>	London marathon	London	Seniors
May 10 <sup>th</sup>	St Albans 10k	St Albans	All over 16

### Crosscountry

Oct 9 <sup>th</sup>	Ryston Runners Grand Prix 5k	Shouldham Warren	All
Oct 23 <sup>rd</sup>	Sunday Cross country league	Broxbourne	Sen/U20
Oct 23 <sup>rd</sup>	EVAC champs (in Amphill XC)	Amphill	Veterans
Nov 5 <sup>th</sup>	English XC relays	Mansfield	Teams
Nov 13 <sup>th</sup>	Ryston Runners Grand Prix 9k	Shouldham Warren	All
Nov 20 <sup>th</sup>	Sunday Cross country league	Trent park	Sen/U20
Nov 27 <sup>th</sup>	Eastern Counties XC Champs	Hollbrook (Ipswich)	All
Dec 10 <sup>th</sup>	SEAA Masters and Intercounties	Croydon	
Dec 11 <sup>th</sup>	Sunday Cross country league	Watford	Sen/U20
Dec 18 <sup>th</sup>	Ryston Runners Grand Prix 6.5k	Shouldham Warren	All
Jan 8 <sup>th</sup>	Camb XC Championships	Priory Park, St Neots	All
Jan 15 <sup>th</sup>	Ryston Runners Grand Prix 5k	Shouldham Warren	All
Jan 15 <sup>th</sup>	Sunday Cross country league	Digswell	Sen/U20
Jan 28 <sup>th</sup>	SEAA Cross country championships	Brighton	All
Feb 12 <sup>th</sup>	Ryston Runners Grand Prix 9k	Shouldham Warren	All
Feb 19 <sup>th</sup>	Sunday Cross country league	Royston	Sen/U20
Feb 25 <sup>th</sup>	National XC championships	Parliament Hill	All
Mar 10 <sup>th</sup>	CAU Intercounties	Cofton park (Birm)	County select
Mar 18 <sup>th</sup>	Ryston Runners Grand Prix 6.5k	Shouldham Warren	All
Mar 25 <sup>th</sup>	BMAF XC championships	Bath	Veterans

### Indoor and outdoor T&F

Dec 18 <sup>th</sup>	Cambs Sportshall league match 1	Chesterton	All under 15
Jan ??	Cambs Sportshall league match 2	Bushfield (Pbro)	All under 15
Jan 2 <sup>nd</sup>	Lee Valley Indoor sprints meeting	Lee Valley	All Sprinters
Jan 14 <sup>th</sup>	Lee valley U15/U13 Indoor Open	Lee Valley	U13/U15's
Jan 15 <sup>th</sup>	SEAA U15/U17 Indoor Pentathlons	Lee Valley	U15/U17
Jan 21/22	SEAA Indoor Championships	Lee Valley	All over 12
Jan 28/29 <sup>th</sup>	London Indoor Games (Sen/U20)	Lee Valley	Sen/U20
Feb 4 <sup>th</sup>	London Indoor Games (U17/U15)	Lee Valley	U17/U15's

## USEFUL CONTACT INFORMATION

### Contact info for autumn 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.cox@live.co.uk
James Brennand Coaching Secretary	01223 249410 boyfrommars@me.com
Road running coordinator	
Suzanne Marriott EYAL team coordinator	01223 813188 suzmarriott@btinternet.com

### Useful E-Mail and website addresses

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

### HELP!!!

There will be an officials course for Track judges, Field judges and Timekeeping on March 25<sup>th</sup> 2012 at Huntingdon (date TBC), 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). It's 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.

Some of our officials are now getting to the age where they will be doing much less or packing up altogether so this is important – we cant keep relying on the 65+ contingent to judge at most of the league matches!

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 enrol on the course and if appropriate in the interim, to work with someone qualified.

**PLEASE CONTACT US NOW SO THAT WE CAN ARRANGE FOR YOU TO ATTEND A TRAINING COURSE BEFORE NEXT T&F SEASON.**