

MERRY CHRISTMAS

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Club Newsletter - December 2011

It's all happening this year – the club is 50 this year, and it's been one of our best.

Relays magic from the under 15 Girls - This year Mark Vile, an ex-international runner himself, organised entries into the SEAA road relays for a team of under 15 Girls. The team of Claire Wilson, Charlotte Murphy and Hollie Parker finished third winning bronze medals.

The same team then contested the National Road relays and again finished 3rd in bronze medal position.



Mark then entered teams for the National Cross-country relays, and the same team of girls took 3rd place of 95 teams, again to win yet more medals. The club also had entries in other age-groups, and the under 15 Boys finished 19th and the under 13 girls 32nd. There is more detail later in the newsletter.



C&C is awarded the England Athletics East Region Club of the year award for 2011, and also the Living Sport Cambridgeshire and Peterborough Club of the Year 2011 award.

These two awards are in recognition of the progress made by the club in the sport both in terms of performance, of the innovative approach to coaching young athletes, and of the development of Community clubs for under 11's at various locations. It is particularly noteworthy that whilst the England Athletics award relates only to Athletic clubs, the Living Sport award relates to amateur and professional clubs in all sports.

Matt Witt wins the England Athletics National award for Official of the Year, and the UK Athletics Official of the year award



Matt's citation for the awards read:

Matt is a level 3 track judge who officiates at Club, County and Regional events in the county of Cambridgeshire across the East of England and nationally. Matt is enthusiastic, keen and always willing to learn. Matt also mentors other officials and is an inspiration to young officials starting out in the sport. His enthusiasm is infectious and he invests time and energy in developing himself and others. He also has coordinated the Cambridgeshire Sportshall league in previous years.

The UKA award covers officials from all of the Home countries.

The photograph is of Matt at the England Athletics Awards.

C&C comfortably lead both the Senior and Juniors sections of the Frostbite league at the halfway point.

Medals galore at the Eastern AA Cross-country championships

2nd, 10th, 11th, 37th, 64th and 74th teams home in the Hereward Relays (out of 114 teams)

The 50th anniversary celebrations

2011 saw the 50th year since the merger of Cambridge City Athletics club and the Coleridge Athletics club to form Cambridge and Coleridge.

The Club celebrated the anniversary by holding a fun day and barbeque for young athletes and an evening “dinner and dance” party for older members.

The young athletes had an afternoon of fun events such as egg and spoon races, skipping races, three legged races, fun relays and welly throwing plus the barbeque and two bouncy castles.

At the dinner and dance, club members aged 16 – 75, and some vice presidents heard an after dinner talk about his International endurance running career from Paul Evans, and danced to the Red Rock Celidh Band.

A selection of photographs are shown below – there are more – courtesy of Nigel Bloxham and copies are available from Nigel.



Chair's chatter

We're now half way through the club's 50th anniversary year and so far it has been outstanding. As noted in the last newsletter, we were made Club of the Year by England Athletics in the East region and Matt Witt was named official of the year. Matt has gone on to win the England and UK-wide awards – a wonderful achievement – and the club has been named Club of the Year for Cambridgeshire and Peterborough. The latter award is pleasing because all sports clubs, football, rugby, netball, rowing, swimming, canoeing..... are eligible. To be seen as among the best with that range of competition is a real accolade. As a result of the Cambridgeshire and Peterborough win we were nominated for the BBC East region award and made the short list, which means we were in the top three. The winners were the Norwich Canoe Club. The presentation evening was attended on behalf of C&C by Caroline McGinnis (who is the face of induction and young athletics at the club) and me. It was an interesting evening with awards given to, for example, the Red Bull F1 team. We were proud to represent the club in that company. And Norwich Canoe Club seemed pretty switched on!

Competitively, the autumn has also been outstanding. The under 15 girls added to their bronze medal in the Southern Road Relays, by finishing in the bronze medal position in the National Road Relays and in the National Cross Country Relays. This is heady stuff and encouragingly, we seem to have teams of boys and girls who will be able to continue this trend in subsequent years. At a local level we have dominated the Frostbite League so far this season. The junior and senior teams are both leading overall. At the most recent match at Huntingdon, C&C juniors filled the first five places; in the seniors we had four in the first ten, and this isn't because the competition is poor. There are good teams and plenty of runners in the league. The atmosphere around the C&C teams at these events is particularly pleasing. The encouragement given to fellow club runners is great – thank you to the junior team cheer-leaders who made me feel like a million dollars (I finished 209th. But there were 370 finishers and I beat Glyn, who admittedly was running with a king-sized hangover and keeping me company, but what the heck!)

I'm looking forward to more of the same in the New Year and have high hopes for the club. I hope the club is helping you to reach your objectives and to be the best you can. We all have ups and downs and not everyone will be benefiting as much as others, but, at present, there seem to be many more positives than negatives. We must celebrate times like these and enjoy being part of a successful set-up. They don't last for ever. Please offer to help out at matches and on training nights – and thank the coaches, team managers and other helpers who already give their time – that way our success might be longer lived!

On a very different point, we will shortly be instituting a new electronic membership system. We have been working with IMG, a major international sports technology company, and the system is expected to go live early in the New Year. This will mean, initially, that you can renew your membership by credit or debit card from the comfort of your own (or anyone else's) computer – no more cheques needed. You will also be able to pay for club vests in the same way. As we get used to the system, we will be able to carry out several other activities using it. The system will make things easier for members, particularly removing an enormous workload from volunteers. It will be more professional, help us to keep closer financial controls and provide opportunities for development.

You will receive an email when the system goes live, giving you a username and password and asking you to check that your details are correct. (The username and password can be changed to memorable words.) Please check that your details are correct and fill in any medical details and medications taken. We haven't been able to transfer the medical information we hold and so we need you to fill in the details again. Please do this. It is confidential and will be used only if there is ever a need to call for medical assistance for you. It could be a life saver. The new electronic system has the benefit of enabling the medical information to be available via, for example a smart phone at away matches, by club officers who have the necessary permissions to access it.

Emails from the new system will be sent from various @cambridgeandcoleridge.org.uk email addresses as well as from club officers and managers. Please check your spam folder or junk mail folder to make sure you receive them, particularly early in the New Year.

Finally, I would like to wish all members good luck for the New Year and hope that you are able to fulfil your athletic ambitions. Thanks, in particular to everyone who volunteers at C&C and makes us the club we are. Merry Christmas to all.

Neil

*** FIXTURES ***

Winter/Spring fixtures

Note - all Indoor T&F meetings require you to enter yourself in advance via the organisers (not via C&C)

More details, including how to enter and where to get entry forms are given below in this newsletter

You can't win anything if you don't enter it – have a go

Endurance events 2012

Dec 26 th 2011	Club Boxing day 4 mile	Fen Causeway All
Dec 31 st 2011	Ely New Years Eve 10k	(Little Downham)
Jan 1 st	Wymondham New Year's Day 10K	(Wymondham, Norfolk, 10 km*)

Jan 7 th	Cambridge parkrun	(Milton Country Park, Cambridge, 5 km)
Jan 8 th	Cambridgeshire XC Championships	(Priory Park, St Neots)
Jan 14 th	Cambridge parkrun	(Milton Country Park, Cambridge, 5 km)
Jan 15 th	Frostbite League - March AC	(TBA)
Jan 15 th	Herts Sunday League - Digswell	(Welwyn, Herts)
Jan 15 th	Ryston Runners XC	(Shouldham Warren, Downham Market, 5 km)
Jan 21 st	Cambridge parkrun	(Milton Country Park, Cambridge, 5 km)
Jan 22 nd	Folksworth 15	(Folksworth, Peterborough - 15 miles)
Jan 28 th	South of England AA XC Championships	(Brighton, East Sussex)
Jan 29 th	Chernobyl 10k	(Preston! – rather strangely)
Feb 5 th	Frostbite League - Bourne	(Bourne, Lincs)
Feb 12 th	Ryston Runners XC	(Shouldham Warren, Downham Market, 9 km)
Feb 12 th	St Valentines 30k	(Stamford, Lincolnshire, 30 km)
Feb 12 th	Coastal half marathon	(Portsmouth – 13.1 miles)
Feb 19 th	Herts Sunday League - Royston	(Royston Heath, Herts)
Feb 19 th	Brighton Half Marathon	(Brighton - 13.1 miles)
Feb 25 th	English National XC Championships	(Parliament Hill, London)
Mar 3 rd	Legends of Sherwood	(Sherwood Forest - 10k multi terrain)
Mar 4 th	Frostbite League - BRJ	(TBA)
Mar 11 th	Cambridge Half Marathon	(Cambridge, 13.1 miles)
Mar 11 th	Blackpool Marathon & half marathon	(Blackpool – 26.2 miles/13.1 miles)
Mar 11 th	Silverstone half Marathon	(Silverstone – 13.1 miles)
Mar 17 th	Exmoor Coastal Marathon	(Minehead)
Mar 18 th	Ryston Runners XC	(Shouldham Warren, Downham Market, 6.5 km)
Mar 18 th	Surrey Spitfire 20	(Dunsfold Aerodrome, Cranleigh , 20 miles)
Mar 18 th	Mud and mayhem 10k	(Thetford)
Mar 25 th	British Masters XC Championships	(Bath University, Avon)
Mar 25 th	Barcelona Marathon	(Barcelona, Spain - 26.2 miles)
Mar 25 th	City to City Trail Run	(Midsummer Common, Cambridge, 16.5 miles)
April 1 st	Oakley 20	(Oakley, Bedfordshire, 20 miles)
April 15 th	Cambridge Cambourne 10K	(Cambourne, Cambs, 10 km)
April 22 nd	Virgin London Marathon	(London, 26.2 miles)
April 29 th	Milton keynes marathon	(Milton Keynes 26.2 miles)

Spring Indoor Track and Field

Jan 2 nd	Lee Valley Indoor sprints meeting	Lee Valley	All Sprinters
Jan 2nd	Lee Valley 800m Open	Lee Valley	800m (U13's upwards)
Jan 7/8 th	Aviva Sen/U20 UK Combined events	Sheffield	Sen/U20
Jan 14 th	Lee valley U15/U13 Indoor Open	Lee Valley	U13/U15's
Jan 15 th	SEAA U15/U17 Indoor Pentathlons **	Lee Valley	U15/U17
Jan 21/22 nd	SEAA Indoor Championships	Lee Valley	All over 12
Jan 28/29 th	London Indoor Games (Sen/U20)	Lee Vallley	Sen/U20
Jan 29 th	West Norfolk Open meeting	Kings Lynn	All (inc Vets 60m)
Feb 4 th	London Indoor Games (U17/U15)	Lee Valley	U17/U15's
Feb 11/12 th	Eastern AA Indoor championships	Lee valley	All
Feb 11/12 th	UK Sen championships and trials	Sheffield	Seniors (Stds)
Feb 18 th	Aviva Indoor Grand Prix	Birmingham	Spectators
Feb 19 th	EVAC and BMAF (south) masters	Lee valley	Veterans
Feb 25/26 th	English Age group championships	Birmingham	U20, U17, U15's
Mar 3rd/4 th	England U15/U17 combined events	Sheffield	U17/U15
Mar 17/18th	BMAF Indoor championships	Lee Valley	Veterans

Summer 2012 track and field (provisional)

March 24th	Cambs AA Throws Open meeting	Cambridge	All
April 21st	Southern Athletics league match 1	Cambridge	Seniors inc U20/U17's
April 22nd	East Anglian Lge match 1	TBC	All
April 25th	EVAC league match 1	TBC	Veterans
April 29th	Eastern Young Athletes league	TBC	U13/U15/U17's
May 9th	EVAC league match 2	TBC	Veterans
May 12 th	Cambs AA Championships	Peterborough	All
May 19th	Southern Athletics league match 2	Basildon	Seniors inc U20/U17's

May 20th	East Anglian Lge match 2	TBC	All
May 23rd	Cambs Evening Devt competition	St Ives	All (inc. 3000m Champs)
May 26/27 th	England Sen/U20 Combined events	Bedford	Seniors/U20's
May 27th	Eastern Young Athletes league	TBC	U13/U15/U17's
June 2/3/4 th	England Senior Championships	Birmingham	Seniors
June 9th	Southern Athletics league match 3	Newham	Seniors inc U20/U17's
June 9th/10 th	SEAA combined events	Copthall	All
June 10th	Eastern Young Athletes league	TBC	U13/U15/U17's
June 10th	Bedford International Games	Bedford	Invitation
June 13th	EVAC League match 3	Cambridge	Veterans
June 16th	County Schools Championships	Cambridge	District schools teams
June 16/17 th	England U20/U23 Championships	Bedford	U20/U23's
June 20th	Cambs Evening Devt competition	St Ives	All
June 22/23/24 th	Olympic trials/UK championships	Birmingham	Invitation/spectator
June 23rd	Anglian Schools Championships	Peterborough	County Schools select
July 1st	East Anglian Lge match 3	TBC	All
July 6th/7th	English Schools	Gateshead?	County schools select
July 8th	Eastern Young Athletes league	TBC	U13/U15/U17's
July 11th	EVAC League match 4	TBC	Veterans
July 13/14th	London Grand Prix	Crystal Palace	Spectaors
July 14th	Southern Athletics league match 4	Cambridge	Seniors inc U20/U17's
July 14/15th	SEAA U15/U17 championships	TBC	Under 15's/17's
July 18th	Cambs AA Evening Devt competition	St Ives	All (inc. Mile Champs)
July 21/22nd	BMAF Championships	Derby	Veterans
July 27th	Olympic Games opening ceremony	London	TV coverage
July 29th	East Anglian Lge match 4	TBC	All
Aug 3rd/11th	Olympic Games athletics	London	TV coverage
Aug 4/5th	BMAF Multievents champs	Oxford	Veterans
Aug 4/5th	England athletics age-group multievents	Stoke	U15/U17/U20's
Aug 18/19th	England U15/U17 Championships	Bedford	U15/U17's (standards)
Aug 19th	Eastern Young Athletes league	TBC	U13/U15/U17's
Aug 31st - Sept 8th	Paralympic Games athletics	London	Spectators
Sept 1st	Southern Athletics league match 5	Ipswich	Seniors inc U20/U17's
Sept 16th	Eastern Young Athletes league finals	TBC	Team qualifying
Sept 23rd	East Anglian Lge final	Bury St Eds	Teams qualifying

WINTER/SPRING TRAINING

The key facts about winter training times/venues are as follows (weather permitting of course):

- Monday evening training for Young Athletes' continues at Chesterton Sports Centre until Monday 19th December (the last session before Christmas) and then restarts on Monday 9th January (6pm). The Young Athletes training will move back to the track on Monday 5th March (6.30pm – 8.30pm). The last Monday evening indoors at Chesterton will be on Feb 27th.
- Tuesday evening training at the track continues until 20th December, and then resumes on 10th January.
- Thursday evening training will continue at Chesterton Sports Centre (6pm – 8pm) until 22nd December, and resumes on 5th January. Thursday training will move outdoors again at end of March.
- Saturday training will be available at the track from 10.00-12.00 until 17th December resuming on 7th January and continuing until 24th March – by agreement from coaches only. (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.

Access to the First Aid room and equipment store at the track

(This has been put in the newsletter so that everyone in the club is aware of the necessary changes to procedures).

The University have correctly observed that sometimes there has been a tendency for several people to gather in the first aid room and they will not permit its use for "casual gatherings".

Access to the first aid room, and to any other area through the doors marked "Private", is restricted to the following club "staff", unless you are authorised at the time by the duty Groundsman.

Authorised Club "staff" are:

- Neil, Noel or Mary in order to access the C&C Cupboard for vest sales etc,
- Monday night Admin staff and Refreshment staff, to collect and return items to the C&C cupboard.
- Qualified first-aiders when dealing with an injury. In this latter case **only the injured party and the first aider** are allowed through to use the first aid room, and they should also let the groundstaff know. The first aid room must not be used for athlete massage by coaches/physio's without groundstaff permission.

There also has been a request that we limit access to the equipment storeroom, rather than having people going in and out at random during our sessions (both for safety reasons and to allow groundstaff to do other tasks).

When equipment is required from the store the following rules must be observed for safety reasons.

- Most equipment needed for any session must be collected by the coach at the start of the session (there will be exceptions to this where unplanned activity becomes necessary and the Groundstaff will accommodate these if not too frequent). Coaches may be assisted by athletes aged 16 and over to collect the equipment.
- No young athlete (aged under 16) will be allowed in the store if not accompanied by an adult, and other athletes should ideally have another athlete with them.
- Groundstaff must always be asked prior to entering the store (including by coaches).
- All equipment must be taken out of the store and returned via the back double doors (not through the foyer). Persons collecting equipment may be allowed to enter the store via the door near the office, accompanied by the groundsman, provided that the above conditions ref. age etc are observed, but the equipment must be taken out of the back door.
- Anyone returning equipment to the back door must then contact the groundstaff and put it away – don't just leave it outside.

We shall be arranging some additional trolleys in the next couple of months, so that throwing equipment and starting blocks can more easily be taken out in bulk at the start of sessions, but it is appreciated that there will be occasional instances where additional items are needed during a session. In these cases the groundstaff will allow access if it's not too frequent.

We shall be refining this system as we go along, but it is very important that we co-operate with the wishes of the University, both for our members safety and to ensure that the groundstaff feel comfortable that they are not exposed to any possible risk of allegations of misconduct.

No spikes in the pavilion please – the university have just replaced the floor covering in the corridor leading to the toilets

Members are reminded that spikes should not be worn when entering the pavilion, either upstairs in the club-room, or downstairs, particularly when visiting the toilets. The University have just had the floor covering replaced in the passageway leading to the toilets, which is quite expensive, and it is important that we do not cause any damage to it. As the major athletics user, we are most likely to get the initial blame for any spike damage, and so it's important for us to be able to say that it is not us, and that all our members are aware that they shouldn't wear spikes inside.

HELP!

Could you assist us with things such as team management, coaching or officiating?

We always appreciate offers to help with team management both for T&F and Cross-country. We try to have as many team managers as possible each working with one age-group in a league to make it light work. Due to some changes we still need additional help in 2012 with the East Anglian League, and importantly a team manager for the Under 17 Women in the EYAL.

Please offer your services. E-mail Noel at noelmoss@btinternet.com

We also desperately need more officials for track and field meetings – we have to provide officials at all league matches. We can train you, and there is a formal training course run in the county each year in March (26th) which gets you a UKA licence and insurance cover.

Categories are Track judging, Timekeeping, Field judging, and starter/marksman.

You can do as little or as much as you like, but every bit helps. E-mail Noel as above.

Two small athletics events which take place near London in 2012

No, not the Eastern veteran's league – The Olympic Games and the Paralympic Games.

You will notice that there are no league matches while the Olympic athletics and Paralympic athletics are taking place – that's because there are large numbers of people from all clubs who will be involved in helping stage the games.

From our own club we will have some officials judging at both the Olympics and Paralympics T&F events, and helping stage the Road races and Marathons, as well as a number of volunteers who will be helping with some of the huge logistical and admin challenges involved in staging the games. We probably also have some people who will be torchbearers for the Olympic torch as it journeys around the UK.

The Olympic stadium is almost complete and the track is in place ready for the test event in early May. Interestingly the organisers have gone for the standard red surface rather than the two tone blue option.

The surface is a material known as Mondo, which is laid as a factory produced sheet and is bonded down, instead of being sprayed down like most track surfaces (e.g. Wilberforce Road).

Why you may ask? Mondo is more expensive to lay and doesn't wear as well usually (more prone to spike damage), but it provides a very consistent running surface with none of the variations in flexibility which you can get in sprayed surfaces.

Consistent "hardness" or flexibility is very important to ensure equality between the lanes, and the surface is made less flexible than normal tracks in order to give fast times, and the "hardness" or flexibility is specified by the IAAF within close limits.

However you wouldn't want to train regularly on it, because the reduced flexibility will cause problems such as shin splints if you run on it on a regular basis, so most UK tracks are usually a compromise to allow both training and competition.

Mondo is also very easy to repair – just cut a square out and bond a new piece in. That's important, because when the track is covered up for the opening ceremony, (which can be for several weeks to allow for practice of the ceremony) and dampness means that mould can grow and other damage can be caused by contractors dropping things etc. (The last commonwealth Games was a good example, where the track was black with mould when the covers were taken off after the opening ceremony, and contractors had just 3 days to clean it, remark it, and replace some significant areas of damage, before the start of the athletics).

From what I've just said you can conclude that Usain Bolt would not run quite as fast on the Cambridge track (by a few 1/100ths of a second), but if the Cambridge track was to Olympic specification then you would be much more likely to get injuries from training on it.

Greater Cambridge Athletics Network

Taken from the GCAN website. "In the last month GCAN has seen a few changes. Neil Costello has stepped down as chair and Trevor Bunch, chair of Haverhill Runners has kindly agreed to take on that role. We would like to say a huge thank you to Neil for all his time and effort that has gone into the Network to help make it as successful as it is and welcome to Trevor who will take us into our third year.

Chris Flood has also stepped down as treasurer and Carolynn Anderson of Newmarket joggers has kindly taken on that role. Again thank you to Chris for all his hard work and welcome to Carolynn.

Last, but not least, June Swift has moved to England Athletics as the Club and Coach Support Officer for West Midlands and has been replaced by Julie Pashley. Julie has been involved in local athletics for several years and has played fundamental roles in establishing community athletics clubs for young athletes, Cambourne Women Runner's and the Cambridge Festival of Running Cambourne 10k. She also sits on the England Athletics East region Council."

GCAN are developing partnerships with high quality service providers in the area who can offer Athlete Support services to our members at a reduced rate. These include:

Coached Sessions

Regional Endurance Performance Squad

The squad is endorsed by GCAN but is an independent squad in their own right ran by two of the top coaches in the area; Brian Corbett and Robert Woodward. It aims to bring aspiring endurance athletes of a similar ability level (male - sub 38 min for 10k, female - sub 42 mins) and their coaches together on a monthly basis to help improve performance and train with like-minded athletes in the area. See the GCAN website for more info and contact details.

Physiotherapy Clinics

Cambridge Medical Centre

With over 25 years combined experience, the Cambridge Medical Centre provides skilled private physiotherapy, sports massage, personal training and Pilates classes. Located in Central Cambridge, Cambourne and coming soon to

Sawston, the Cambridge Medical Centre will offer a 20% discount for GCAN members (excluding people who have private health care insurance). Website: www.cambridgemedicalcentre.com

Sports Therapy and Rehabilitation Clinics

Core Cambridge

Core Cambridge offer a complete range of services for athletes & clubs - ranging from physiotherapy, injury rehabilitation and sports massage to free-weight coaching, technique analysis and year-round strength training / nutrition plans. Website: www.core-cambridge.com

Pro Active Clinic

The ProActive Clinic is Cambridge specialist running and athletics injury clinic where we treat all problems commonly associated with top performance. The lead practitioner is Sam Boden who is an ex international distance runner and ex-C&C member having represented England and Great Britain on numerous occasions.

Website: www.proactive-clinic.co.uk

Fit for Sport

Sports Therapy and Injury Clinic specialising in prevention, diagnosis, treatment, rehabilitation and sports massage. Fit for Sport Clinic will provide a 20% discount for GCAN members. Website: www.fitforsportclinic.com

Activate Pilates

Opened in March 2009 Activate Pilates offers reformer Pilate session which bring together more traditional Pilates with circuit training exercises alongside personal training and sports massages. Website: www.activatepilates.co.uk

Cambridge Podiatry and Chiropody Ltd

The practice offers both routine chiropody and biomechanical assessments, which include the use of video gait analysis and pressure mat systems. We are able to prescribe a range of off-the-shelf and custom made insoles/orthoses. Website: www.cambridgepodiatry.co.uk

Sports Scientist and Support in Sports Psychology Techniques

Psychology is one of the most important components in sport often influencing how we perform under pressure. Through observational work, interviews and questionnaires David is able to improve areas as concentration, confidence, controlling emotions and developing a more positive attitude. Contact David Nation on davidnation@hotmail.co.uk

Higher Education Institutions

Anglia Ruskin University

The sports science department can provide GCAN with physiological testing and support and workshops that offer academic information on an array of sport related topics.

Website: www.anglia.ac.uk

Specialist Running Shops

Advance Performance

Advance Performance is an award winning specialist running shop who prides themselves on their exceptional levels of service along with quality products at sensible prices. The store offers free gait analysis to ensure that you are exercising in the most suitable shoe for your unique running style, minimising your risk of injury.

Website: www.advanceperformance.co.uk

Sweatshop

Sweatshop are the official retailer for England Athletics and are the UK's largest specialist running shop, offering running shoes, clothing and accessories. Website: www.sweatshop.co.uk

More information about the network and its activities and the Athlete support services available can be found at <http://gcan.org.uk/index.html>.

BOXING DAY CLUB 4 MILE CHALLENGE

Come and shift the Christmas Turkey and make room for more! Open to all members of all ages.

Why not have a gentle run out on Boxing day morning. The annual club member's event starts on Newnham Green in Fen Causeway, assemble on the green, near the roundabout. All are welcome old and young, and it can be a race (there is a trophy) or just a jog to shift the hangover or the Christmas Pud. The course is on the pavements to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. The start is at 11am - no entry fees - just turn up, register/collect a number, and run. Bring a couple of safety pins for your number, **Parents and relatives of members are most welcome as well and age should not be viewed as a barrier to entry.** We have had members up to age 80 running. It gives you a better appetite for lunch, so let's see you there this year.

Check the main club website and your e-mail for any updated info just in case freezing conditions cause safety problems.

ENDURANCE RUNNING BITS

Bronze medals for C&C U15 Girls in the National road relays in October

Charlotte T Murphy, Claire Wilson and Hollie Parker have won bronze medals at the National Road Relays at Sutton Park in Birmingham. C&C sent two teams to the event for the first time in many years, and they marked their return in style.



In the under-15 girls' category, Charlotte, Claire and Hollie were looking to follow up their surprise bronze medal at the Southern Road Relay Championships a couple of weeks earlier. Charlotte ran the first leg in 14min 11sec to secure the team third place, her time being the eighth best of the day. She handed over to Claire, who ran 14min 23sec – the 12th fastest – and lifted the team into first place, 14sec ahead of the field. She handed over to Hollie, who was battling the effects of a bad cold and sore throat, but she stuck to her task and

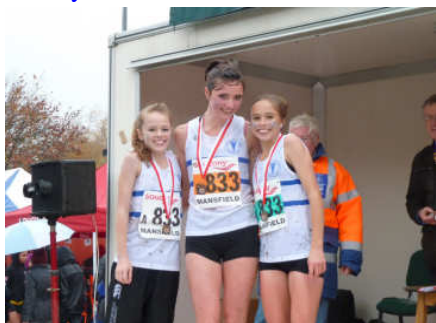
clocked 15min 8sec to help the team clinch third place.

C&C were making their debut in the under-13 race, where they were represented by Lucy Parker, Lauren Murphy and Alice Newcombe. Lucy took the first leg, putting the team in 11th place before handing on to Lauren. At the end of the second leg, they were 15th, but Alice helped them finish in 46min 51sec, which was worth 12th place.



C&C's young endurance runners at the English Cross country relays on 5th November at Mansfield .

A day that was filled with rain and mud and more medals!!!!



Our Under 15 girls did us proud again finishing a fantastic 3rd place. The race started very well with Charlotte Murphy running a fine race to bring the team home in 13th with a time of 7 min 41 secs. The first leg is the toughest leg of the day because of the start, so we were all pleased with Charlotte's performance. She handed over to Claire Wilson just 19 secs behind the leader. Claire yet again ran a superb race to bring the team home in 3rd overall in a time of 7 min 33 sec. Claire handed over to Hollie Parker who is now recovered from her recent illness, and she ran a very good leg to bring the team home in the Bronze medal position and also ran 7 min 27 sec to run the 8th quickest time of the day. With 95 complete teams finishing this was truly

a National championship race.

We also had good runs in our 'B' team with Diana Chalmers running 8 mins 21 secs and Katie Scholey who ran 8 min 24 secs but with no 3rd leg runner could not finish a completed a team. The two girls were 3rd of several teams which had only two runners.

The Under 15 boy's did very well to finish 19th. Finishing in the top 20 of a National



Relays event is an outstanding achievement from a team that has never competed together in a relay competition. Oliver Cantrill ran very well coming home in 31st overall not a bad achievement as he and 5 fellow athletes took a tumble not long after the start! Oliver ran a time of 7 min 17 secs and handed over to Thomas Heylen who pulled the team up to 18th with a very good time of 7 min 13 secs. Thomas then handed over to Thomas Blatch who brought the team home in 19th with a time of 7 min 21 secs. Thomas Blatch did well just to run today due to a bad football injury sustained last week. All three boys finished with 7 secs of each other and all 3 will still be in this age group next season!



Our Under 13 girls ran very well to follow up on the great performance at the National road relays. Amy Chalmers ran the first leg for C&C. She produced the quickest leg of the day for us and brought the team home in 8 min 4 secs for 32nd place. Amy then handed over to Lauren Murphy who produced her best performance in a C&C vest to power her way through the field to bring the team home in 22nd place with a time of 8 mins 14 secs. Lauren handed over to Alice Newcombe on the last leg who battled well to bring the team home in 21st place overall of the 85 teams, in a time of 8 mins 19 secs.

We had two runners who made the trip in the Under17 men's category. Dan Cade ran the first leg and ran a very credible 10 min 52 secs for his leg. Dan then handed over to Kieran Woods who battled his way through the field to finish in 10 min 27 secs. This team would have been in the top 40 with a third member to complete the team.

Marathon running

A superb marathon début by Istvan Jacso in the Marathon des Alpes-Maritimes, also known as the French Riviera Marathon - a 2:57.40. Awesome to break 3 hours on a first attempt - congratulations Istvan!

Paul Makowski put in a 3.01.08 at Amsterdam, John Fergusson a 3.04.53 in Florence, Simon Brightwell a 3.07.06 in Florence and Andrew Shields 3.11.25 also in Florence.

Leading Female this winter is Kim Masson with a 3.12.44 at Chester followed by Tracey Patmore with a 3.16.47 at Abingdon

Success in the St Neots Half Marathon

C&C fielded a veritable army again this year at the St Neots Riverside Half Marathon and produced outstanding success, with no less than 29 C&C finishers. Victoria Knight claimed 1st in the women's race with Madelaine Boardman 6th. Victoria was also 1st W35. Meanwhile John Oakes and Alan Pritchard bagged 10th and 11th overall with John taking the M50 win. Well done to all 29 who took part.

Frostbite League races

The club has started the winter season with super results in the first three Frostbite leagues, standing in first place in both Senior and Junior age-groups.



The report from the 3rd event at Hinchbrook: "Another awesome performance by the blue and whites at the fixture hosted by Hunts AC. Once again the juniors raced to victory with the first 5 places! The race was won by Thomas Heylen, followed by Kieran Wood, Dan Cade, Tim Cobden and then Charlotte Murphy who took an impressive 5th place overall as first girl finisher. 12 C&C juniors in the top 20, a bright future for the club, again a large slice of praise to Mark Vile for nurturing such talent! This led



nicely onto the seniors and for once it was the boys stealing the show with all 7 counters inside the top 16! Sullivan Smith was 2nd and Mike Salt was 4th. Of course the girls never let us down and we scored a total of 328 points which could be our best performance to date, so well done to all that ran today, what a great achievement. Very strong performances from all the team today!"

There are three more fixtures after Christmas, so keep it up guys – C&C currently have a 5 league points lead over NVH in the Seniors and a 3 league points lead over Werrington in the Juniors, but the race points tell the real story – the 2nd team have 1.5 times the C&C score in the Seniors, and in the Juniors the 2nd team has 2.5 times the C&C score



– huge advantages for C&C.

Don't get complacent though – we still need the turnout in the next 3 matches to clinch both titles. If you need more details, you can either look on the Frostbite league website to see how the league works, age rules etc.

<http://frostbiteleague.org.uk/Rules/Rules.htm> , or Al Pritchard about competing in the C&C team.



(Piccies courtesy of Jen and Al.)

Cambourne 10k

Entries are now open for the club's 10k. It raises money for the club and we'll need lots of help to marshal etc. It fills up quickly so if you want to run, make sure you get your entry in, in the next two or three weeks.

<http://register.cambridgefestivalofrunning.com/>

There is also a free preview run on 26th February for which entries are currently being taken. Groups of varying pace will head round the course, or part of it if you're not yet up to the full 10K. There will be an interactive warm-up beforehand, and afterwards tuck into free danish pastries, fruit and soft drinks to help you recover.

Hereward Relays

C&C had a very sound presence out there in the depths of the fens today - & we all managed to come out in one piece too! A blustery and muddy run was had by most (some more than others) along the way from Peterborough to Ely. The stars of the day were by far the super speedy guys who managed to smash it into 2nd place, just 4 minutes behind winners Sleaford!!!

The Men's teams finished 2nd (and came very close to winning the event), 9th and 10th, with some very exciting inter-club battles. The girls team finished 3rd, a very successful and enjoyable day for C&C! Great work by all runners but special thanks have to go to Carla for organising 6 teams!

An ULTRA big mention must go to Dave Edwards who made his way round the 38 mile Hereward Ultra-distance, finishing 13th of the 33 runners who did the full distance themselves, and he beat about 10 relay teams!

Cross Country roundup

Amphill

This was a very successful day out for the 6 seniors and 2 juniors who ventured along to attempt the hills of Flitwick. First off were Finn and Scorcha Barnes who both ran extremely well in the 2K junior race. Finn won this event in 7:42, helped around the one lap course by the U15 and U17's who continued on for another lap. The senior race was not the advertised EVAC CC Champs which meant everyone had to run the whole 8K. Last minute, young Jon Escalante-Phillips rallied enough club members to make a very successful men's team and mixed team. Mike Salt had a tremendous run, taking home the silver men's open medal. He claimed it's taken him 25 years to get a medal here! Jon took home the gold for the MU20 and Andrew Whittle had a great run bringing the team home in an easy first place - with only three runners. The ladies all ran well enough to make C & C third mixed team overall. Helen took the gold in the W45. Jen Richardson surprised herself with finishing strongly on the hills. And the best performance of the day must go to Mary Holmes, running 8K of hills in under an hour. Well under - 54:20! Mary was only expecting to run 4K in the Vet Champs but took it all in her stride.

Ryston Grand Prix

The first round was a good day out for the C & C members who ventured north to run in the forest at Shouldham Warren. It was very much a family affair with some sterling performances by the juniors. The U13 and U15 boys and girls 3K races were combined. This was of benefit to the C & C girls who came flying in one after another behind a strong finishing Finn Barnes. This bodes well for a strong performance in the upcoming National Cross Country Relay Championships. It was great to see some of the younger brothers and sisters having a go and also finishing fast at the front of larger fields. On this occasion the seniors raced over 5K - an undulating but fast, downhill finish course.

The second round provided 3 win's and numerous PBs for this course. We will start our report with a fine 3rd place for Dan Cade in the U17 men's event. This was Dan's first attempt at this venue and I am sure it will not be his last! Charlotte Murphy won the U15 girls race with an excellent PB of 10min 44 secs and at the same time giving Finn Barnes (see Finn's result below) a scare running him close all the way. At the first race this year we filled the first 3 places in this age group but this time we went one better and filled the first 4 places! Second over the line was Claire Wilson followed by Diana Chalmers and, running in her first Ryston race, 4th was Katie Scholey. Today showed us all again that our U15 girls team are the strongest in the region. Finn Barnes stormed home for a good victory in the U13 boys age group, his winning margin was 25 secs. Alice Newcombe ran a superb time of 11min 25secs for the 3k course to win for the first time in the U13 girls age group. Alice was closely followed by Amy Chalmers in 2nd place and Lauren Murphy in 5th. All 3 girls ran PBs for this course. Sorcha Barnes was a fine 7th place in the under 11 girls race. Another good turn for the youngsters at C&C. Keep up the good work.

The third round was another successful day for the junior members of the club. Amy Chalmers and Finn Barnes winning their respective age groups with others taking second and third place positions. The first half of this Grand Prix series has provided great practice for the forthcoming club and school championships. Having posted three times it's unlikely that these busy juniors will run many more this season. It was good to see Faye McLellan and Dan Cade running the senior distance of 6.5K - the longest one for them in the series. The star of the day in the 6.5K senior event was Mary Holmes taking second in the FV55 category. All those weeks of practice at the 5K Parkrun must be paying off. It was good to see Rich back in action after several weeks sidelined by injury. This time he had Gerald Meah and Paul Lange to chase. Both finished within seconds of each other. This marks the half way point in the series. The seniors will run the three distances again in the New Year. Athletes are reminded that to be eligible for the overall competition they need to post a time for each of the distances.

Eastern Counties Championships

A very good day for the the C&C female teams, with 3 1st team placings, 2 2nd team places and a 3rd team placing, but because of the Hereward relays, where C&C had 6 teams of men and women competing, there were no entries in the Senior men's race, and football has a major effect on the younger male age-groups.

The C&C U13 Girls opened the program with a super 1,2,3 win to take all the individual medals and the first and third team place medals. Amy Chalmers, Alice Newcombe and Emma Schaertlin-Coffey were the only three athletes finishing in less than 12 minutes and were well ahead of the opposition. Lauren Murphy in 5th position, Sarah Brunton in 12th and Emily Gillard in 13th completed the third placed C&C B team.

A great finish for the Under 15 Girls in 2nd, 3rd and 4th places by Claire Wilson, Charlotte Murphy and Hollie Parker made quite sure of the 1st team place, and 10th, 12th and 15th places by Charlotte Gillard, Diana Chalmers and Katie Scholey gave them 2nd team place out of the 31 athletes and 6 teams finishing.

Another 1st team place for C&C Under 17 Women with Zoe Macdonald in 2nd place, Hattie Algar in 4th and Faye McLelland in 11th place

A trio of veterans with ages totaling 180 years gave C&C Senior Women the 2nd placed team award in the Womens category. Helen Grant was 5th home and 2nd placed Veteran over 45, Diana Braverman was 8th home and 3rd placed veteran over 45, and "senior veteran" Mary Holmes was 10th home to complete the team score.

Despite a 5th place from Finn Barnes and 14th place for Robert Brunton, C&C Under 13 Boys had no third runner to complete the team

Thomas Heylen was unlucky to miss out on a medal finishing 4th in 14.04 minutes in the under 15 Boys, just 5 seconds adrift of third place almost 30 seconds clear of 5th place.

In quite a big field for the Under 17 men, Guy Kendall put in a gritty run to finish 12th and Kieran Wood finished 16th, but unfortunately there was no 3rd runner for the team.

Cambs XC championships

8th January at Priory Park in St Neots – make sure that you allow yourself plenty of time to find parking and to collect you race numbers.

If you haven't let Helen Grant know that you would like an entry for the County XC champs, then you will now have to send it in yourself ASAP with the correct entry fee.

The details are on the Cambs AA website www.cambsathletics.org.uk

The organiser will probably accept late entries up until 31st December if they are accompanied by the correct fee.

The Four Ills of Running.....Addiction, Obsession, Arrogance and Injury. *By Eric Lim (aka Alex Downie)*

1. Addiction

There is a young runner who's addicted.
He denies all the time he's afflicted.
Friends never see him for dust,
Training and racing he must.
Yet still he replies, "I'm not conflicted!"

2. Obsession

There once was a priest doing confessions
Who listened to a runner with obsessions.
Now the priest sits in kit.
He thinks running is it
And can't wait for the next training sessions!

3. Arrogance

There was a young runner from Harrogate,
Who became a little bit arrogant.
He looked down his nose
At those who were slow,
And began to think friendship irrelevant.

4. Injury

There was a young runner called Ralph
Who never did things by half.
He ran a long way
And double the next day.
Is it surprising he's injured his calf?

Indoor Track and field events

There are several indoor T&F meetings most of which are Open to all club members to enter.

Entry must be made yourselves directly to the organisers before the closing dates.

Information below lists website links from which to get entry forms for each event. ("ctrl" + click on link)

The links are also on the C&C website under track and Field fixtures.

Jan 2nd Lee Valley sprints meeting , and also 800m Open meeting Lee Valley

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Entries up to 45 minutes before the events

Jan 14th Lee Valley U13/U15 Open meeting

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Track Timetable

14:00 60m Hurdles (Round 1)
14:30 800m
15:10 60m Hurdles (Round 2)
15:45 60m (Round 1)
16:35 60m (Round 2)
17:00 200m

Field Time Table

13:30 U13 Girls Shot Putt & U15 Boys Shot Putt
13:30 U15 Boys Long Jump
14:30 U13 Boys Shot Putt & U15 Girls Shot Putt
14:30 U15 Girls Long Jump
15:15 U13 Girls & U15 Girls High Jump
16:00 U13 Boys Long Jump
16:30 U13 Boys & U15 Boys High Jump
16:45 U13 Girls Long Jump

Closing date for entries 11th Jan

Jan 15th/21st/22nd South of England Indoor Championships at Lee Valley All over 12

http://www.seaa.org.uk/images/stories/entry_forms/2012/TF_Indoor_2012_Entry_Details.pdf and

http://www.seaa.org.uk/images/stories/entry_forms/2012/TF_Indoor_2012_Entry_Form.xls.xls

15th is U15/U17 pentathlons plus a few individual championship events (entries close 3rd Jan)

Pentathlon - Under 15 Boys, Under 17 Men, Under 15 Girls & Under 17 Women

200m - Under 20 Men & Under 20 Women

800m - Senior Men, Senior Women, Under 20 Men & Under 20 Women

300m - Under 15 Girls & Under 17 Women

400m - Senior Men, Under 20 Men, Under 17 Men, Under 15 Boys, Senior Women & Under 20 Women

High Jump * - Senior Men(1.80m), Under 20 Men(1.70m), Senior Women(1.55m) & Under 20 Women(1.50m)

21st/22nd are the main SEAA championship event days for U15's up to Seniors. Closing date 10th January – good standard of competition with medals.

All jumps excepting those taking place on 15th Jan., Shot, 60m, 60m Hurdles, 200m, 800m, 1500m

Jan 29th West Norfolk Open meeting KingsLynn All

<http://www.westnorfolkac.co.uk>

Closing date 16th January - Modest competition with medals – 60m, 60m Hurdles, shot, longjump, Triplejump, Highjump, Pole-vault

Jan 28/29th London Indoor Games Senior/Under 20's Lee Valley

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Closing date 23rd January - Track events up to 800m, shot and full range of jumps – good meeting

Feb 4th London Indoor Games U15/U17 Lee Valley

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Closing date 30th January - Track events up to 800m, shot and full range of jumps – good meeting

Feb 5th BMAF Indoor Pentathlons Sheffield Veterans

<http://www.bmaf.org.uk/fix/bmaf2012indpent-timetable.htm>

Closing date for online entries 22nd January – full range of indoor events in EVAC championship

Feb 11/12th East of England AA Championships Lee Valley All

<http://www.easternaa.co.uk/entries/letterforChampionships2012.doc>

Closing date 12th January – extensive range of indoor events for all ages >11. Medals for all events.

Standard is lower than South of England event but better than West Norfolk Open. Runs concurrently with the Essex AA championships.

Feb 19th BMAF Southern Indoor T&F championships inc. EVAC champs Lee Valley

<http://www.bmaf.org.uk/fix/bmafsoe2012indoor-timetable.htm>

Closing date for online entries 5th February – full range of indoor events and outdoor long throws

Mar 17th/18th ? BMAF Indoor Championships

Lee Valley

<http://www.bmaf.org.uk/fix/fix.asp>

On line entries close 4th March

Mar 25th

U13/U15 Open Indoor track meeting and Pentathlons

Lee Valley

http://www.leevalleypark.org.uk/en/content/cms/leisure/activities_and_sport/athletics_centre/athletics_centre.aspx (scroll down to Athletics centre entry form links)

Closing date 10th March for pentathlons and 21st March for open track events - Track events up to 800m – each athlete gets 2 races for 60m and 60m hurdles.

Note - Age groups for Indoor championships are based on your age on 31st August 2012, (or for veterans age on the day).

Have a go at some of these meetings – you have to be in it to win it!!

The Track and Field leagues for 2012

Senior Mens/Womens league competition – The Southern Athletics League.

As some of you are aware, a new league was formed last year in the South for combined Senior Mens/Womens league competition – The Southern Athletics League.

C&C have decided to enter the new league this year, as have many other clubs, leaving the old SML and SWL with relatively few teams now.

It is expected that the SAL will have ca. 76 teams and have a regionalised structure in the lower divisions.

The combined league does have advantages - less fixture dates to find officials for – travel becomes more economic, and there is more club interest at each fixture.

At the AGM it was agreed that in 2012 there will be a 16 club first Division and 4 regional division 2's with 15/16 clubs in each. In 2013 there will be a 16 club first Div, two regionalised Div 2's and 2 regionalised Div 3's (maybe more if more clubs join). The bottom 8 in each regions Div 2 table during 2012 will form the Div 3's in 2013.

The fixtures are on 21st April (Home), 19th May (Basildon), June 9th (Newham), July 14th (Cambridge), Sept 1st (Ipswich).

Eastern Veterans League

The league will take place on Wednesdays 25th April, 9th May, 13th June, and 11th July (dates are earlier because of that large sporting event in London in August. Venue details are not yet finalised but we will be hosting a match in June and will be in the Northern Division this year.

East Anglian league

Dates are now set for April 22nd, May 20th, July 1st and July 29th with the final at Bury St Edmunds on Sept 23rd.

The team management is not yet fully confirmed and offers to help out by managing one of the age-groups would be appreciated. Wendy Fox has agreed to manage the Senior/U17 Women's team, Angela Reynolds the U15 Girls and Sarah Clarke the U13 Boys. Noel Moss will do one of the others, but more help would be appreciated.

Eastern Young Athletes league

Dates for 2012 are Sundays April 29th, May 27th, June 10th, July 8th, and August 19th. Finals on Sept 16th.

Team management this year is overseen by Suzanne Marriott

Age-group managers will be

Under 17 Women – Any volunteers please?

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

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

Under 17 men – Julian Gilbert - juliancgilbert@btinternet.com

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

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

National Junior League – Team Cambridgeshire

Cambridgeshire AA has withdrawn the composite team which was made up from C&C, Hunts AC, PAC and NVH. from the national Under 20's league due to dwindling support for the fixtures in 2010 and 2011.

Sportshall athletics for Under 15's, Under 13's and under 11's.

The second County Sportshall Athletics competition is on 7th January at One Leisure St Ives Indoor centre. All athletes have already had details, but we still need more competitors.

If you wish to compete and haven't been in contact already, you should contact noelmoss@btinternet.com and I will pass your details on to the team managers

The events will start at 12.45 so you should arrive by 12.15. We can provide travel directions.

County representative teams will be selected from this event and the previous one.

In the first match C&C dominated the under 15 age groups, we won the U13 Boys and were 2nd in U13 Girls.

Our club U11 boys team and the community club teams did well in the under 11's. Including community club athletes we had about 44 competitors – about 1/3rd of the total in the match.

Boys U 13

C&C	73	10
Abbey B's	61	9
Abbey A's	59	8
HAC	26	7

Boys U 15

C&C	620	10
C&C B	445	9
HAC	135	8

Boys U 11

PAC	442	10
HAC A	430	9
CCC Blues	372	8
HAC B	355	7
C&C minis	342	6
Cott BA	321	5
Cott BB	266	4
HAC C	253	3
CCC Royals	238	2

Girls U 13

PAC	83	10
C&C	72	9
HAC	60	8
Abbey	34	7

Girls U 15

C&C	585	10
HAC	470	9
C&C B	370	8

Girls U 11

Cott GA	439	10
PAC A	407	9
Cott GB	402	8
CCC Pink	376	7
PAC mix	260	6
HAC	91	5

(CCC = Cambridge Community clubs)

E-MAIL'S FROM THE CLUB, AND OUR TEAM MANAGERS

Its very important to set your antispam settings on your e-mail so that e-mails from Neil Costello (neilzcostello@gmail.com), Noel Moss (noelmoss@btinternet.com), and club team managers (who you can find on the websites) e.g. Helen Grant for XC, Alan Pritchard for Frostbite league, Suzanne Marriott and the other team managers for EYAL etc etc, end up in your inbox, rather than your antispam folder.

Because most club e-mails are sent out to a large number of recipients, they are likely to go into your spam-box unless you tell your software that the sender is allowed.

Alternatively, check your spambox/bulk folder regularly so that you find any e-mails from the club before they get deleted or are too old to be relevant.

The club now sends out most information by e-mail or puts it on the websites. We don't send hard copy via the post unless we are about to take you off the members list for non-payment, and even then not always.

Its particularly important as it states in the Chairs chatter, because of the new membership software, and there will now be e-mails from XXX@cambridgeandcoleridge.org.uk which are sent via the membership database software.

Also it would be advisable to change any Young athletes personal e-mail address to that of their parents when you are given your log-on password to the membership database, so that membership renewal reminders etc don't get ignored. I think most are parents addresses already but there are a few which are not.

We regularly find that the response from members, to team related e-mails, is usually only about half of what we might expect, which is not fair to team managers etc who then have to chase.

We are all unpaid volunteers (including the coaches), the club has no paid employees, so please don't just ignore e-mails about team competitions etc – if you cant/don't want to compete an event, just drop a brief e-mail back to the team manager saying so – it helps us a lot.

In some cases that may mean not just hitting "reply" but replying to the correct team manager – some team selection e-mails are not necessarily sent by your particular team manager but are sent out to several age-groups at once.

USEFUL CONTACT INFORMATION

Telephone numbers for spring 2012

Mary Holmes	President	01223 860189
Neil Costello	Chairman	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Matt Witt	Officials coordinator	01638 742088
Sonia Cox	Welfare	01223 264889
James Brennand	Coaching Secretary	01223 249410
Andrew Shields	Road running committee Chair	07787 523183
Carole Morris	Veterans T&F team manager	01638 742024
Suzanne Marriott	EYAL team coordinator	01223 813188
John Aston	Treasurer	

Useful E-Mail and website addresses

C&C Club Main 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
Eastern AA website	www.easternaa.co.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
Southern Athletics League website	http://www.southernathletics.co.uk
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league website	http://www.saffronstriders.org.uk/insite.htm

And finally

A special thank-you to all the unpaid volunteers who gave their own time to make the club a success in 2011.

The committee wish all club members a very happy Christmas and success in whatever you attempt in 2012.



(do you know anyone at C&C who owns a little brown terrier?)