

Cambridge & Coleridge Athletics Club

President – M Holmes

Chairman - N Costello

Newsletter Spring 2012

Celebrating the continued success into 2012

All sections of the club have contributed to a fantastic start to 2012 competition. Key highlights are:

- Loads of event wins and team successes in the Cambs AA Cross-country Championships
- Excellent results from several age-groups in the English Cross-country championships
- The Senior men's team placed 39th of 125 teams in the English Championships
- Clear winners of both the Senior and Junior sections of the Frostbite league
- Louis Rawlings and Holly Parker take bronze medals at the National indoor championships
- Ben Kelk takes Bronze in the BUCS indoor hurdles championship
- 3 gold, 1 silver and 2 bronze at the SEAA Indoor championships by Louis Rawlings, Oliver Cantrill, Hollie Parker, Ben Kelk, and Ben Snaith
- Silver for Oli Holway in the U20 men's shot and bronze for Alice Galloway in the U17 women's shot the London Indoor Games
- 800m bronze medal for Ed Aston in the UK Indoor championships
- 5 gold, 2 silver and 1 bronze in the Eastern AA Indoor championships
- Over 50 competitors in the Cambridge half marathon with 2nd, 6th and 14th places and 15 finishing in the top 100 (of 2373 finishers)
- Michael Salt first home in the Herts Cross-country league at Royston
- 27th in the SEAA 12 stage relays – the first team entry for many years and qualifying for the National finals.

Membership subscriptions

Subs are due on the anniversary of your last payment. Please now pay on-line via the club website. If you cannot pay on-line for any reason contact us at membership@cambridgeandcoleridge.org.uk Fees are £50 for wage earners and £40 for non-earners. (Reminders will be e-mailed where appropriate). Anyone who is more than 2 months late in payment will have their membership cancelled and will not be eligible to compete for C&C or use club training sessions.

If you have lost/forgotten the log-in name and password sent to you in December, you can obtain a new one via the membership system. Please do not use the new members joining option because that will produce a duplicate record and the old one will still keep asking for payment.

Your membership renewal reminder e-mail will in future contain details of your log-in username and password. We suggest that you update it when renewing, so that it is something you will easily remember.

Note – the club will not pay UKA affiliation fees for anyone who subs are in arrears. Subs paid late will be credited from the date on which they were originally due.

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

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

Chair's chatter

The new track season is just about to start and I think we should have ambitious goals. The new Southern Athletics League should be more enjoyable and easier to handle than the old men's and women's leagues but it will be a big challenge. If we get our best teams out we can do well – the evidence from last season shows that quite clearly. I urge seniors to set aside match days now and to go for good results. You can hit the new league hard and come away feeling good about personal and team performances.

The young athletes performed really well last year and can build on that success. There was a very positive feeling around the team last year which I don't think has gone away. The road and cross country relay teams carried it through into the winter and should be buzzing now to make a mark in track and field. As always the team needs athletes to turn out as often as they can. It's not just event winners and super stars who win leagues, it's everyone involved. Every point is important.

The endurance runners have also set a high standard to follow. We had overwhelming success in the Frostbite League, good results in the cross-country championships and the senior men have qualified for the national 12 stage road relay for the first time in many years. This is a high profile and high quality event. It's really good to see C&C taking its place there. Thanks must go to the new endurance committee, coaches and team managers for the improvements we've seen here as well as the infectious enthusiasm around the teams, encouraged by team captains. We're genuinely giving ourselves the chance to be the best we can. I think we can still be much better but we're moving rapidly in the right direction.

Whilst talking about endurance running, mention should be made of the new Cambridge half marathon. 75 club members were entered and many performed very well. There were several PBs on a tricky course. Many more club members supported the race through marshalling and other organisational things. The race isn't organised by the club but it's in our interest to have a high quality local race. The organisers have liaised extensively with the club and are committed to making it an annual event of a very high standard. I'd like to take this opportunity to thank them for the care they took in this year's race and wish them luck in the future. Legs willing, I hope I can move from marshal to runner next year but that may be wishful thinking.

Our own 10k, under the banner of the Cambridge Festival of Running is on 15th April. This year the Festival has had a preview run which was highly enjoyable – another warm day in Cambourne – to introduce runners to the race, and the club, and the 10k has been sold out for months. The fun run still has a few places left, as I write. This event brings in around £10,000 a year for charity, some of which goes to the club's trust fund (details of which are on the club web site) and has major reputational benefits for the club. A big thank you to the dozens of club members who make this possible and to our partners, Cambourne Business Park, Advance Performance and South Cambridgeshire District Council who put in hours of effort to make it a success.

Volunteers are part of the life blood of the club and many members, or families of members, readily help out. We always need more volunteers but I'm aware that perhaps many people don't know about the different things which need doing nor about the club's plans and aspirations. It would also be good to get ideas from volunteers about

what we do and how we do it. We're thinking of putting on a volunteer day, or evening, when we could discuss such things and give an overview of how the club operates. If you would be interested in taking part in such an event, please email me on info@cambridgeandcoleridge.org.uk.

Now a request please: the new on-line membership system is working well but a small number of existing members are joining as new members rather than renewing. Please don't do this. It creates a duplicate record and some confusion, including, probably, duplicate requests for you to pay your subscription. We think it may be happening because people don't have their log in details available and we will now put your username and password into the email reminder. If you don't have those details with you, or you've lost the email, please email membership@cambridgeandcoleridge.org.uk when you're ready to renew. We can send you your username and password again – this is much better than trying to spot duplicate names! For the remainder of this year we will include usernames and passwords in membership renewal reminders. Many members have changed their username and password to something more memorable for them – it's worth doing this next time you log in.

And finally, if you've shopped at Advance Performance you probably know that the shop gives a proportion of your spending back to the club (provided you let them know you're a club member). The shop allows us to buy kit for the benefit of the club and, in the past, this has largely gone on supporting volunteers. We have now agreed with Advance Performance that we can take the funds as gift vouchers and we are going to start a draw every month in which members, who have competed for a club team, get an entry in the draw for every time they've competed during the month. The prize will be a £25 voucher to spend as you wish at Advance Performance. The more often you turn out for club teams, the more chances you've got in the draw! This is so that regular team members can get some tangible reward and to encourage everyone to compete when they can – what are you waiting for!

Neil

Summer training – Important information

- Saturday training sessions ended on March 24th, and Thursday fitness sessions at Chesterton ended on March 29th.
- Thursday sessions at the track commenced on March 29th (6.30pm)
- Mondays 6.20 – 8.30 – young athlete training (Under 13's arrive at 6.20, Under 15's arrive at 7.00 to warm up)

Mondays is for the young athletes and any older track and field athletes who come down along must always give way to the U13 and U15 athletes – the youngsters have total priority on Mondays. U13 sessions begin at 6.30 – please check in before 6.30 so the session can start promptly. The U13 sessions have group training in one week and a choice of event in alternate weeks. Membership of groups is now alphabetical by surname.

Please stick with the group to which you're allocated to help us run the sessions effectively.

Monday sessions for U15s vary slightly according to the coach but the warm up for all events starts at around 7.00. All athletes warm up together.

We encourage U15 athletes to take part in several event groups. You can just turn up for your chosen event but always best to speak to the coach first if you can.

- Tuesdays 6.30 – 8.30 – Endurance runners and ages 13+ Track and Field **. Check with coaches about which events are available
- Thursdays 6.30 – 8.30 – Endurance runners and ages 13+ Track and Field **. Check with coaches about which events are available

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

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

The reason for this is that development age for under 13's (rather than chronological age) varies enormously, and most would not be at a stage where they could physically cope with the more

strenuous training or maintain focus for a lengthy session. It must be the coach's decision, and parents should accept the coach's assessment.

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

Selected Early summer fixtures (full summer lists towards the end of the newsletter)

Outdoor T&F

April 21st	Southern Athletics league match 1	Cambridge	Seniors inc U17's/U20's
April 22nd	East Anglian Lge match 1	Peterborough	All
April 25th	EVAC league match 1	Kings Lynn	Veterans
April 29th	Eastern Young Athletes league	Norwich	U13/U15/U17's
May 9th	EVAC league match 2	Peterborough	Veterans
May 12th	Cambs AA Championships	Peterborough	All
	<u>Prospectus</u>	<u>Entry form</u>	
May 19th	Southern Athletics league match 2	Basildon	Seniors inc U20/U17's
May 20th	East Anglian Lge match 2	Ipswich	All
May 23rd	<u>Cambs Evening Devt competition</u>	St Ives	All (inc. 3000m Champs)
May 26th	SEAA U15/U20 intercountes	Copthall	County select
May 27th	Eastern Young Athletes league	Cambridge	U13/U15/U17's
June 9th	Southern Athletics league match 3	Walthamstow	Seniors inc U20/U17's
June 10th	Eastern Young Athletes league	Basildon	U13/U15/U17's
June 13th	EVAC League match 3	Cambridge	Veterans
June 16th	County Schools Championships	Cambridge	District schools teams
June 20th	<u>Cambs Evening Devt competition</u>	St Ives	All
June 23rd	Anglian Schools Championships	Peterborough	County Schools select

Local Road Events (not comprehensive – more complete list near the end of the newsletter and on our endurance website)

April 9 th	Ashdon 10k trail run	Ashdon	All
Apr 15 th	Cambridge Cambourne 10k	Cambourne	All
Apr 22 nd	London Marathon	London	Senior/U20/Vet
April 22 nd	Chilly Willy 10k	Peterborough	Senior/U20/Vet
May 5 th	Fen Drayton 10k	Fen Drayton	All
May 6 th	Great East Anglia Run 10k	Kings Lynn	Senior/U20/Vet
May 7 th	Breckland 10k	Croxton	Senior/U20/Vet
May 10 th	Kevin Henry 5k league	Cambridge Tri	All over 16
May 13 th	Eye 10k	Eye	All
May 13 th	East Cambs Half marathon	Soham	Senior/U20/Vet
May 20 th	Wimpole 10k	Wimpole	All
June 4 th	Hatfield Broad Oak 10k	Hatfield Forest	Senior/U20/Vet
June 6 th	Peterborough 5k league	Ferry meadows	All over 16
June 7th	Kevin Henry 5k league	Newmarket	All over 16
June 17 th	Chilford 10k	Linton	Senior/U20/Vet
June 17 th	Huntingdon 10k	Alconbury airfield	Senior/U20/Vet
June 24 th	Sutton feast beast 7 mile	Sutton	Senior/U20/Vet
June 20th	Peterborough 5k league	Eye	All over 16
June 30 th	Crowland show 12k	Crowland	Senior/U20/Vet

Endurance running highlights

Cambs AA Cross-country championships

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

What a great day for C&C at the County Cross Country Championships. It is not an understatement to say that as a club C&C dominated this competition. 8 individual gold medals and 7 team gold's which is outstanding and certainly the best C&C performance in recent years.

Under 11s - C&C had just one runner today and that was Beth Wilson who ran a great race to finish 5th and she will still be in this age group next year.

U13 Girls - C&C completely dominated this age group filling the first 5 places. Lucy Parker did what she does best and to lead from the start despite a marshal trying to send her the wrong way! Lucy powered her way to the title for the second year running. Lucy could not relax as her team mates were chasing hard all the way. Amy Chalmers took the silver medal followed closely by Alice Newcombe in third. The three girls obviously took the team title.

A great run from Lauren Murphy saw her take fourth place overall. Lauren still has another year in this age group. Next in for C&C in 5th place was Emma Schaertlin-Coffey who was backed up by Sarah Brunton in 7th. These three girls claimed the silver team medals for C&C.

Three good runs from Emily Gillard in 16th, Eleanor Shields in 28th and Sorcha Barnes in 39th meant that C&C finished with 3 teams in the top ten teams.

U13 Boys - The pressure was on the boys after a great start by our girls and they certainly did not disappoint. Finn Barnes stormed to victory over a strong field, closely followed by a fast finishing Robert Huckle in second. These two were backed up by a good performance from Robert Brunton in 11th place to take the team title.

C&C's second team also ran very well with Christopher Blatch finishing in a very good 18th, Daniel Kerwin in 22nd and Samuel Clarke in 33rd. This team finished 7th overall.

U15 Girls - Another clean sweep for C&C. This race was the closest race of the day. Hollie Parker and Claire Wilson ran neck and neck all the way. It was anyone's guess who was going to take it and as the girls crossed the line together nobody could separate them. It was decided that it was a dead heat and the judges awarded the county title to both girls. Hollie and Claire were backed up by Charlotte-Tara Murphy who ran a strong race to take the bronze medal. Another great team title for C&C, from the team who had already won bronze in the National XC relays in the autumn. The medals did not stop there though as Charlotte Gillard ran well to finish in a strong 4th place. Charlotte was backed up by Diana Chalmers in 6th and Lucy Loughlan in 18th. This team took a well-deserved 3rd team place.

U15 Boys – Could the boys equal that? In possibly his best performance in a C&C vest to date Thomas Heylen powered away from the field to take the individual title. Thomas was backed up by a great run for the silver medal between Timothy Cobden and Oliver Cantrill. Timothy came out on top to claim the silver just ahead of Oliver in bronze. Another clean sweep and another team title! As with the girls the boys continued to produce medals. Thomas Blatch finished well in 4th followed by James Tapley in 7th and Robbie Sewell in 17th to take the team bronze medal.

U17 Girls - Georgina Schweining knows only one way to run and that is to run hard from the start. Georgina eased away from the field to take the individual title and lead C&C to the team title as well. Sophie Jones ran a good race to take 6th place and she was followed home by Zoe MacDonald in 7th.

This gold medal winning team was also backed up by Faye McLelland who ran well for 8th despite a bad fall in the wooded section of the course.

U17 Men - For the first time today C&C did not take the individual title although this did not stop our boys from taking another team title! Dan Cade ran a great race to pick up the bronze medal and clearly getting better with every race he runs. Guy Kendall stuck to the task and finished strongly to finish 4th. Dan and Guy were backed up by Kieran Wood who finished fast to take 8th place. Joshua Sambrook also finished strongly well to take 13th.

Senior and under 20 Men - C&C had taken every team title up to the men's race so the pressure was really on our men to perform today and perform they did! Duncan Coombs led the team home in a very good 5th place. James

Chettle finished in 8th place followed in by four of our runners who were covered by just 24 seconds. They were Kye Liddle in 13th, Noel Carroll in 15th, Jonathan Escalante-Phillips in 16th and Will MYCROFT in 17th.

Jonathan was also the second under 20 in the race so he took the silver medal for C&C

Just 9 points separated first from second in the Mens team race and it was C&C that came out on top ahead of a strong challenge from Nene Valley Harriers.

C&C also did well to have our second team finish in 4th place. The team was, Alan Pritchard 24th, John Ferguson 37th, John Baslington 40th, Matt Applegate 43rd, Andrew Shields 46th and Paul Nelson 48th.

C&C also had David Pettit in 53rd, Christof Schweining 73rd, Steven Thoday 89th, David Mail 94th, Glyn Smith 98th, Richard Lyle 103rd and Daniel Bayles in 109th.

C&C Vet 40 men ran very well to take the team silver medal.

Senior and under 20 Women - Another individual title for C&C with Alice Sharpe taking the title in the Women's under 20 age group. Alice had nearly 2 minutes to spare over her nearest under 20 rival.

In the senior team competition C&C packed well to take the team silver medal. They were Madeline Boardman in 6th, Alice Sharpe in overall 7th and a fast finishing Caroline Pritchard in 8th.

The second team finished in a good 4th place overall and they were, Helen Grant in 12th place which was good enough for her to claim her first county individual title in the Vet 45 category, Tracey Patmore in 13th and Alison Wilson in 22nd. Diana Braverman stormed home in 33rd place to take the over 55 vet category individual title.

SEAA Championships at Brighton

Great runs by all that made their way to the Stanmer Park, Brighton for the "Sothern's". The weather was beautiful, the course excellent for spectators and there was plenty of competition to test our junior members that have been used to leading the pack so far this season. George S. claimed the highest position of the day with her 11th in the U17W. This was closely followed by Claire W. 12th and Charlotte-Tara M. 16th in the U15G. Think County Champs multiplied by ten. I understand the senior men have renamed the park "Stamina Park" after completing 1400ft of ascent over the 15K they ran. Running hill sessions at Magog Downs Dog Park was definitely the best preparation you could do in a city as flat as Cambridge. A few more are definitely required before the National Championships at Parliament Hill.

The full results for the senior women and U13G are still to be confirmed. They will be added as soon as practicable. Due to last minute apologies the club was unable to field the full teams entered. This was disappointing for those who made the effort and expense to drive down the night before in preparation for what could have been a great a team event. with three U15 girls in the top 50 C & C could have taken a silver medal with another top finisher.

English National Cross-Country Championships

Once again our youngsters did us proud at the biggest event of the year for Club cross country running. It was fantastic to see some many athletes and parents enjoying the National Championships.

C&C's under 13 girls finished 12th of 46 completed teams. 368 girls finished the race and first in for C&C was Alice Newcombe in 35th place in 12mins 37 sec. Alice improved by a massive 212 places on her position in last years race. Alice was backed up by Amy Chalmers 77th in 13.02, Emma Schaertlin-Coffey 91st in 13.09, Lauren Murphy 142nd in 13.37 and Sarah Brunton 159th in 13.43.

Under 13 Boys - Finn Barnes and Robert Huckle ran superb races in the U13 boys' age group to finish 17th in 11.24 and 27th in 11.34 respectively. 373 boys finished this race which shows how well they both ran. The team finished 18th out of 39 teams with the help of Robert Brunton 306th in 13.52, Daniel Kerwin 309th in 13.55 and Chris Blatch 343rd in 14.46.

Under 15 Girls - Claire Wilson continued to show top form finishing 12th in the U15 girls' race in 14.34. This is an outstanding achievement in a very strong field of 342 finishers. Charlotte Gillard ran a good race to finish 66th in 15.36 with Diana Chalmers in 92nd with 16.01 and Lucy Loughlan in 288th in 18.46. This gave the team a good 14th place out of 42 teams. Charlotte Murphy unfortunately could not finish following a bad fall on the second lap. We had 3 good runs from our U15 boys but unfortunately no 4th team member. Thomas Heylen finished strongly in 83rd place in 16.38 with a fast finishing Oliver Cantrill in 89th in 16.41. Thomas Blatch did well to finish 146th in 17.08 as he had a stomach pains for most of the race. 367 finishers

The U17 women were the first race of the day and what a start it was for C&C. Georgie Schwiening stormed to a fantastic 14th place in 19.19, in field that had several GB international athletes competing. Georgie was backed up by a good run from Sophie Jones in 74th place in 21.29, with Zoe McDonald 122nd in 23.08 and with Faye McLellan 144th in 23.51, our girls finished a very good 11th place of 20 complete teams. 196 runners finished.

We had two U17 men competing in their first National championships and they both did well. Kieran Wood finished 154th in 22.25 and Dan Cade finished in 245th in 23.47 from 336 finishers

Senior men - It's been a few years since C & C AC had enough men running to score in the 6 finisher's team event. A combination of senior men and veterans placed well enough to finish an excellent 39th out of 125 teams. Mike Salt brought the team home in a very respectable 174th in 41.04 in a field of 1689 finishers. He was closely in 177th followed James Chettle in 41.10, John Fergusson 437th in 44.41, Kye Liddle 596th in 46.37, Matthew Applegate 777th in 48.46, veteran David Pettit in 760th in 48.30 and Christof Schweining 973rd in 51.07.

In the ladies race, veterans Helen Grant and Diana Braverman continued to fly the C & C flag. Helen finished 244th in 36.00 and Diana 485th in 42.11 with 650 finishers.

CAU Cross country – March 10th at Birmingham

(C&C athletes only)

Sen Men – 18th team of 6 (30 teams) 278 finished

146 00:39:51 James Chettle

Under 17 men – 33rd team of 37 – 255 finished

149 00:21:15 Kierran Wood

212 00:22:07 Daniel Cade

Under 15 Boys – 36th team of 40 – 291 finished

106 00:16:17 Oliver Cantrill

122 00:16:24 Thomas Blatch

221 00:17:13 Timothy Cobden

Under 13 Boys – 22nd team of 40 – 306 finished

18 00:10:49 Robert Huckle

32 00:10:59 Finn Barnes

291 00:12:55 Ewan Frolich

Sen Women – No team result – 248 finished

97 00:31:29 Ellen Leggate

187 00:34:27 Helen Grant

229 00:36:27 Caroline Pritchard

Under 20 women - 18th team of 22 – 144 finished

97 00:26:04 Alice Sharpe

Under 17 Women – 20th team of 37 – 261 finished

93 00:21:27 Georgina Schweining

161 00:22:34 Sophie Jones

184 00:22:59 Zoe MacDonald

205 00:23:18 Faye McLellan

Under 15 Girls – 24th team of 39 – 279 finished

7 00:16:04 Claire Wilson

129 00:17:49 Diana Chalmers

Under 13 Girls – 26th team of 39 – 294 finished

62 00:12:10 Alice Newcombe

142 00:12:42 Emma Schaertlin-Coffey

168 00:12:53 Lauren Murphy

225 00:13:19 Sarah Brunton

English Schools cross country championships

C&C were quite well represented in the Cambridgeshire schools teams. Well done to undertook the long journey.

In the under 17 men Kieran Wood was a creditable 84th in a field of 315. In the under 15 Boys Oliver Cantrill was 41st, Thomas Heylen 60th, Thomas Blatch 72nd and Robert Huckle 73rd in a field of 329.

In the under 17 women, Claire Wilson was 24th, Hollie Parker 50th, Charlotte Gillard 142nd, and Sophie Jones 232nd of 330 finishers. In the under 15 girls Charlotte Murphy finished in 14th, Alice Newcombe in 123rd, Diana Chalmers in 135th, Emma Schaertlin-Coffey 228th and Amy Chalmers 324th of 337.

It must be remembered that schools age-groups are one year different to UKA in cross country so some of the younger athletes such as Amy were competing against athletes well over a year older

The Ryston Cross Country Series

There have been several athletes competing regularly in the various events. This year C&C won the most improved team trophy and the 2nd placed visiting team trophy.

Individual race results are shown on the C&C main website.



The Boxing day 4 mile 2011

42 finishers again this year, rather better weather though.

The race was won by ex-member Ian Williamson, with Nick beer the C&C trophy winner, followed in by Will Mycroft, John Oakes and Jonathan Escalante-phillips.

Full results are on the runcambridge website

Pictures

The rush at the start in Fen Causeway (centre). Will Mycroft finishes (left).

The endurance committee chairman Andrew Shields finishes (left).



Frostbite league

What a great result! - After several years of trying C&C have now finally won both the overall trophies. It was a tremendous club effort by Seniors and Juniors. The final race was in atrocious conditions but with a good turn-out and C&C were able to finish the season unbeaten in all five fixtures both senior and junior. Too many names to mention but all the results can be viewed at www.frostbiteleague.org.uk/

Southern 12 stage relays

C&C entered a men's team in the Southern 12 stage relays this year for the first time for many years and finished 27th of the 36 complete teams finishing, and ahead of some notable clubs.

The results are shown below and the stages alternate at 7.6k and 5.05k

Stage 1 - 29th	Will Mycroft	25:57	Stage 2 - 30th	John Ferguson	17:32
Stage 3 - 25th	Diarmuid Ó Séaghdha	27:00	Stage 4 - 31st	John Morley	18:25

Stage 5 - 26th	Noel Carroll	27:15	Stage 6 - 31st	Mark Crook	18:17
Stage 7 - 32nd	Alan Pritchard	28:29	Stage 8 - 27th	Andrew Shields	18:19
Stage 9 - 29th	Ben Jones	28:45	Stage 10 - 27th	Neil Carrington	18:31
Stage 11 - 17th	Jonathan Escalante-Phillips	27:05	Stage 12 - 23rd	Matthew Applegate	18:14

It was a real team effort with much credit due to Mark Vile for his organisation.

The team finished only about 30 minutes behind leaders Newham & Essex Beagles after about four and a half hours of running and were ahead of Windsor, Slough, Eton and Hounslow, Ealing Southall and Middlesex, and Harrow AC – all worthy opponents as our T&F teams know well.

Wymondham New years Eve 10k

Almost every C&C member seems to have turned out at Ely for the traditional end-of-year burn-up, (33 to be exact) and there were plenty of fine results to round off 2011. Quickest of all was Kye Liddle in 34:22 and ninth place, but Jonathan Escalante-Phillips wasn't far behind in a brilliant PB 35:11 for 14th place, just holding off Al Pritchard (35:42 and 18th). However, the only silverware went to John Oakes, the customary V50 prize won in 36:45. Next C&C athlete was Paul Makowski, clocking a fine PB of 37:23.

In the women's race, our star performer was Katie Sherwood, seventh in 40:02, with Caz Pritchard (12th in 42:31) and the battle between PB-ing Diane Potter and Karin Jordansen (24th and 25th in 44:20-odd) next.

Other category podium positions were taken by Giulio Cinque, with a (probable) PB for third V50, Karin Jordansen with second V40 and Diana Braverman, second V60.

It's not all about running in East Anglia or even in England either –

Sunday the 29th of January saw the 23rd running of the Marrakech Half Marathon and a trio of Cambridge & Coleridge athletes made the trip over and turned out some incredible performances. First home for the white and blues was Sullivan Smith, in an eye-watering time of 1:09:16, earning 33rd place in a stellar field. Duncan Coombs followed suit with a truly sterling performance, running 1:12:54 for 80th place. Not to be out-done Anke Linssen also had a fantastic run, coming home in 1:26:26 for 14th place.

Chris Hurcombe ran in Barcelona on 26th February in their half Marathon finishing 6744th out of 10,789 finishers. David Mail was even braver, venturing to Wales for the Rhayader round the lakes 20 mile, where he came in 149th place of 358 finishers – early March in Wales can be a bit cold.

The Cambridge Half Marathon

56 C&C athletes finished this race where 2373 finished in total and the course was very well received by the participants. Neil Costello put in a lot of work to assist the organisers and C&C provided a number of helpers and course marshals. The race was in support of Cancer Research UK and could become an annual event. Cambridge used to have a regular half marathon but it lapsed several years ago, so this revival was long overdue
Result - An excellent 2nd place by Sullivan Smith with Michael Salt in 6th place

Diary of a Runner

By Roy Stoncave, aka Alex Downie

Following the doctrines of L. Ron Hill, manufacturer of running gear, well-known founder of the Church of Scientificity, and author of the pamphlet “Endorphins, a Path to Enlightenment” in which he advocates running every single day, or ‘striking up a streak’, in order to multiply the endorphin count, a group of us had decided to seek personal salvation through doing just that.. (and thereby wearing out kit a bit faster....). There follows an account of a week of a run-a-day.

Mon:5m 53:26. Ran with the wife in lovely balmy evening. Eulogised on the joys of running, and how it acts as a wonderful stress-buster, which led on to discussion of sources of stress at work. Ended up feeling very stressed.

Tues:7m 53:26. With Don and Ron, 2 quite speedy runners from Club. Got left behind. Right hamstring and left calf hurt.

Wed:9m 53:26. With Doz and Roz, even faster runners from Club. Got left further behind. Left hamstring and right calf now hurting as well.

Thurs:5m 53:26. With the wife again...see Mon. Twinges now developing in lower back. Beginning to have doubts about the insights and wisdom of L. Ron Hill.

Fri:7m 53:26. On own. Tried to attain enlightenment, but found myself in Arbury. Both legs terrible.

Sat:4m 53:26. Recovery run. With the wife; still no signs of salvation, not even in Wilberforce Road. Hmm..... when does a niggle become an injury?

Sun:6m 53:26. Ran Royston Heath with group of fellow ‘streakers.’ Ron, Don, Doz and Roz, now joined by Roy G. Biv, a visiting American artist, specialising in colourful skyscapes, and Holly Day, on one of her rare visits to

her native England. In the cafe afterwards, group compared its niggles/injuries, and unanimously decided to give up Scientificity, on the grounds that it's unpronounceable, and that it wasn't leading to personal salvation, and further that we would sue L. Ron Hill for injuries sustained in such a fruitless quest.

Cultural Highlight: Visit to Royston Cave.

With mysterious origins, this man-made cave is to be found at the very hub of the historic centre of the town, stretching underneath the High Street, all the way to the ancient gambling emporium that is Ladbrokes, on the opposite side of the road to the cave entrance. It is thought to have been dug out in the 11th Century either by members of the Knights Templar or by early Freemasons, inspired by the writings of L. Ronne Hylle, a reclusive monk, and purveyor of monastic vestments, who believed that greater self-knowledge could only be attained by burrowing deeper into the earth, and.....er staying there, day after day, ie 'going on a static streak.' and thereby wearing out monastic vestments.

Points of information:

*Ron Hill, world famous runner and owner of Ron Hill clothing, has famously set up a running 'streak' since Dec 1964. Defining a run as at least one mile at any speed, he has kept up the sequence, including running after a car crash in 1993 in which he broke his sternum, and after bunion surgery, using a crutch and taking 27 minutes.

*L. Ron Hubbard (the L stands for Lafayette and he bore more than a passing resemblance to Michael Gove!) founded the Church of Scientology in 1952.

*Royston Cave is open to visitors from May – September.

Indoor Track &Field Season

Double Gold for Hollie, at the SEAA Indoor championships

Hollie won the under 17 Women's 800m in 2.16.77 on day 2 of the championships and then followed that up with a very comfortable win in the 1500m on day 3 in 4.48.32.

Oliver Cantrill also won gold in the under 15 boys 800m, while there was silver for Louis Rawlings in the U17 men's 800m.

Louis and Hollie both went on to win bronze in the English national championships.

Ben Snaith entered the 400m for U17 Men on Day 1 of the SEAA Indoor championships and just missed out on a medal in 4th place. Not deterred, he followed that up the next weekend with the bronze medal in the 200m in a fantastic 22.88 sec.

Oli Holway wins the under 20 men's shot at the metaswitch Open

A put of 13.02m in his first outing with the 6kg under 20 men's shot was enough to win the event for Oli.

He followed that up with a 2nd place at the London Indoor games with 13.03m, but in the English National Championships things didn't go as well and he finished 7th.

Alice Galloway also took a bronze in the under 17 women's shot at the London Indoor games with 9.40m.

Bronze for Ben Kelk in his first Southern Championships as a Senior

Congratulations to Ben Kelk who won bronze in the 60m hurdles for Seniors at the South of England championships.

Ben went on to finish 7th in his first UK Senior championships in a large field.

Ed wins Bronze at the UK championships

Ed Aston continued his medal winning form at UK Indoor championships with a bronze medal in 2012 in a time of 1.49.73, a little slower than he ran a couple of weeks earlier in the Vienna Classic.

Medals galore at the Eastern AA Indoor championships.

Gold for Katie Reynolds (U15G shot), Jessica Fox (U20W long-jump and triple-jump), and Hollie Parker (U17W 800m and 1500m).

Silver for Catriona Marriott (U17W 200m), Ben Snaith (U17M 400m), and a bronze for Catriona at 60m

Sports Hall athletics

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

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

There were medals for several C&C athletes

Joseph Ebanks took gold in standing long-jump and 2 lap race for under 15 boys and qualified as an individual for the national Sport-shall final.

Alex Holdsworth took silver in the U15 Boys standing long jump.

Katie Reynolds took gold in the under 15 girls shot

Oliver Maynard won silver in the Under 13 Boys speed bounce

Lewis Ebanks took bronze in both 2 lap race and standing triple jump.

Valentina Coppolaro won Bronze in the under 13 girls shot

Summer Track and Field competition – the club wants all young members to be involved

Athletics is a sport which is based around competition, either as an individual, or as a team event.

It's all about trying to improve your own level of performance, and to have a measurement of it. That's why athletes train – simply to improve their performance.

Our coaches (all unpaid volunteers) work very hard in order to help you improve, and to prepare you for competition, but they can't do it for you. Only you can experience the feeling of satisfaction which you get from a personal best, or a close competition.

Of course, not everyone can win the event – so as well as competing against others, you are also competing against yourself, trying to improve during the season (or in the case of the veterans, to get as close as possible to last years performance!). Gradual improvement must be the main target for everyone, and the satisfaction which that gives you, whatever your own standard.

C&C have teams in a number of leagues in order that all our athletes have the chance to compete during the season on a number of occasions, and the club encourages and expects you to take that opportunity whenever possible. For those who have not competed before, the leagues provide opportunities for non-scoring competitors, as well as those scoring for the team.

By competing either as a scorer, or a non-scorer, you have accurate performances recorded, which allow you to compare with others, and with the AAA standards, or then you can measure the improvements gained from training.

You can't win races and medal if you don't compete.

The club keeps a ranking list of everyone's best competition performances, and these are used by the team managers when selecting who should be the scorers in the next match. Even if you are not selected as one of the scoring competitors at a match, you should compete as a non-scorer whenever possible; otherwise the team managers won't know that you are improving.

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

With at least two leagues available for all athletes, the opportunity is there for everyone to compete.

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

Full details of all the leagues and championships are given in the C&C 2012 T&F competition handbook, which has already been posted on the website (see the Home page or the Young athletes T&F page for a link). The handbook gives full details of who can/should compete in which leagues and championships, and details of how the leagues work. If you need your UKA competition license No. for an entry and haven't received your card, Neil or Noel should be able to find out for you.

Cambridgeshire AA County Track and field championships – Peterborough on May 12th

An entry form is enclosed with the newsletter. Entry forms can also be found on the club website under Track and field, Championships and were circulated to most people during mid-march.. The County Champs are not for elite athletes, they are for all club members to have a go. Who knows you might win a medal or certificate, and you might get a personal best. There are a full range of events. Under 13's - under

17's can enter three events and under 20's five. Senior Ladies can enter 5 events, and Senior men as many as they are physically able to do.

Why not have a crack at it this year. All entries will be included in the team competition (We are current holders of seven of the age-group trophies – lets keep them and win some more!). The six best competitors in each event score for the team and in many field events and distance races there sometimes are less than six competitors, so you will certainly help the team if you enter.

Road runners, why not do a track race for a change – the Men's 5000m or the Ladies 3000m.

Note – this year the 3000m championships for U20M, U17M, U15B, SW, U17W and U15G will be held at the Evening Dev't meeting on Wed May 23rd at St Ives.

Also the Steeplechases and 1 mile Championships will be held at the Evening Devt meetings on Wed 20th June and 18th July at St Ives.

You must enter in advance for all the championship events.

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

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

You can enter the 3000m, steeplechase and mile at the same time if you wish, and get them for £2.50 if you are entering other events as well. (They do not count towards your 3 event limit on May 12th)

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

Eastern AA Championships – 2nd June at Cambridge

This is the next level of Championships after the County Championships. Not as hard to get in the medals as it is at the South of England Championships, and with a good range of events for most age-groups (limited range for under 13's).

It basically covers the six East Anglian counties – i.e. England Athletics East Region.

Anyone who competed in the Cambridgeshire championships should consider having a go, especially as it's a "Home" match again this year.

Entry forms will also be available from Noel Moss, by e-mail or as hard copy, and will be circulated to coaches, and will be posted on the Club website under Track and Field, Championships. Entry forms will also be available from <http://www.easternaa.co.uk>. There will also be entry details for this available at the County Championships.

South of England Championships

14./15th July for U15's & U17's

7/8th July for U20's and seniors

These championships cover most counties of Southern England. This is stronger competition than the Eastern Championships. The senior event is scheduled to be held at Crystal Palace and the Under 15/Under 17 event is scheduled to probably be held at Watford.

Closing dates will be about 2 weeks before each championship.

Entry details will be circulated to coaches and copies can be obtained by contacting Noel Moss, or via the Club website, or look on the South of England Competitions Ltd website

http://www.seaa.org.uk/index.php?option=com_content&view=article&id=59&Itemid=67.

Cambridgeshire Evening Open Development Meeting series

Cambs AA are again running a series of three Development meetings held on Wednesday evenings during May-July.

They are open to everyone and will include a limited number of graded track events, and field events at each. **There will be electronic timing at these events.**

All three events will be held at St Ives Track as it is central in the county.

Wed May 23rd at St Ives - 100m, 200m, 323/400m, 800m, 3000m (inc. County championships), Hammer, Shot, Long jump. (plus U11's Long jump, 80m, 200m)

The 3000m is a county championship event for all age groups (except Senior/vet Men). You must enter in advance to be eligible for the Championship, but there will also be “Open” entries on the night (not eligible for County medals) and Senior/Vet men can enter.

Wed June 20th at St Ives - 100m (2 rounds), 800m, 1500m, 1.5k S/Chase (U17M) (inc County Championships), 2k S/Chase(U20M) (inc County Championships), Discus, Long-jump, Shot (plus U11’s javelin-ball throw, 80m and 600m)

Wed July 18th Men’s and Women’s Steeplechases (inc County Championships), 100m, 200m, 1 mile (inc. county Championship), Javelin, Triple-jump, High-jump, (plus U11’s Turbo-javelin, 80m and 150m)

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

This year the meetings will also include events for athletes with disabilities

The events are open to all age-groups from Under 11's upwards (subject to UKA age-group rules) with entry either in advance or on the night. Cost is £2.50 for each event (Championship events £3.00). The plan is to start at 7.00 and finish about 9.15. (Numbers will be limited in the field events so best to enter in advance by post)

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

The event on May 23rd gives extra opportunities to get the National Schools qualifying standards.

Entries can be made on the forms which can be downloaded from the C&C website (Track and field, Championships) or from www.cambsathletics.org.uk.

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

The Track and Field leagues for 2012 – a reminder

Southern Athletics league

This league replaces the old Southern Men’s league and Southern Women’s league and is a joint gender league for any male or female athlete aged 15 and over (throws and hurdles are to Senior specification). Fixtures are in the fixture list in this newsletter and on the club website, and are all on Saturdays.

Team managers – Noel Moss and Joan Lasenby.

This year we start in Division 2 North – 16 clubs – and all matches are north of the Thames.

This is our first year in this league which was established in 2011 and it is important that we do well (which needs full teams), in order that we are in Div 2 again next year.

Next year instead of 4 regionalised Div 2’s there will be 2 Div 2’s (NE/SW) and 2 Div 3’s (NE/SW) and we should try to be in the higher option.

Eastern Veterans League

For athletes aged 35+. The league will take place on some different Wednesdays this year in order to fit it in before the Olympics start.

This year we have been put in the Northern Division with PAC, HAC, WNAC, Ryston and CONAC.

This year the fixtures are at Kings Lynn (25th Apr), Peterborough (May 9th), Cambridge (June 13th) and St Ives (July 11th).

At present the Northern Div has 6 teams, the central has 7 and the Eastern has 4 teams.

East Anglian league

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

There are eight age-groups in each match.

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

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

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

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

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

Under 11's may only do any three of 80m, 600m, shot and long jump.

(more info in the 2012 T&F competition handbook which is on the website.)

The 2012 EAL fixtures are:

April 22 nd at Peterborough	No coach to this one
May 20 th at Ipswich	Coach leaves 09.30 - fare £7
July 1 st at Colchester	Coach leaves 09.30 - fare £7
July 29 th at Cambridge	Home fixture
September 23 rd - league finals at Bury St Edmunds	- No Coach

The team managers for 2012 are:

All U11's, U15B, U17M and Sen Men - Noel Moss (01223 833470 - noelmoss@btinternet.com)

Under 13 Boys – Sarah Clarke (01223 873158 - kspclarke@btopenworld.com)

Senior/U17 Women, - Wendy Fox (01223 332445 – wjf25@cam.ac.uk)

Under 15 Girls – Angela Reynolds 01954 210036 - areynolds29@hotmail.co.uk

Wendy Fox has agreed to manage the Senior/U17 Women's team, Angela Reynolds the under 15 Girls, Sarah Clarke the under 13 Boys and Noel Moss will cover the rest, but more help would be appreciated – any offers?

Please contact the team managers if you want to compete in the first match - everyone is welcome regardless of ability and it save us chasing you.

Eastern Young Athletes league

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

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

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

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

(more info in the 2012 T&F competition handbook which is on the website.)

The 2012 EYAL fixtures are:

April 29 th at Norwich	Coach leaves at 09.15 – Fare £7
May 27 th at Cambridge	Home fixture

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

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

E-mail noelmoss@btinternet.com if you would like to have a go alongside our qualified officials, and we will arrange it. State what your preference would be – track judging, Field judging or timekeeping.

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

If you think you could help with match scoring, e-mail as above, and we will arrange for you to work with our experienced scorers initially.

Track & Field, Road and multi-terrain Fixtures for 2012 Outdoor

Road

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

April 9 th	Ashdon 10k trail run	Ashdon	All
Apr 14 th	6 and 12 stage relays	Sutton Park	All
Apr 15 th	Brighton Marathon	Brighton	Senior/U20/Vet
Apr 15 th	Paris Marathon	Paris	Senior/U20/Vet
Apr 15 th	Milan Marathon	Milan	Senior/U20/Vet
Apr 15 th	Bungay black Dog Marathon/Half	Bungay	Senior/U20/Vet
Apr 15 th	Lochaber Marathon	Fort William	Senior/U20/Vet
Apr 15 th	Cambridge Cambourne 10k	Cambourne	All
April 15 th	Vienna Marathon	Austria	Senior/U20/Vet
Apr 22 nd	London Marathon	London	Senior/U20/Vet
April 22 nd	Madrid Marathon	Madrid	Senior/U20/Vet
April 22 nd	Chilly Willy 10k	Peterborough	Senior/U20/Vet
April 29 th	Milton Keynes Marathon	Milton Keynes	Senior/U20/Vet
May 5 th	Fen Drayton 10k	Fen Drayton	All
May 6 th	Great East Anglia Run 10k	Kings Lynn	Senior/U20/Vet
May 7 th	Breckland 10k	Croxton	Senior/U20/Vet
May 7 th	Belfast Marathon	Belfast	Senior/U20/Vet
April 29 th	Shakespeare Marathon	Stratford	Senior/U20/Vet
May 13 th	Prague Marathon	Prague	Senior/U20/Vet
May 13 th	Halstead Marathon	Halstead	Senior/U20/Vet
May 10 th	Kevin Henry 5k league	Cambridge Tri	All over 16
May 13 th	Eye 10k	Eye	All
May 13 th	East Cambs Half marathon	Soham	Senior/U20/Vet
May 19 th	White peak marathon and half	Matlock	Senior/U20/Vet
May 20 th	Windermere Marathon	Ambleside	Senior/U20/Vet
May 20 th	Copenhagen Marathon	Copenhagen	Senior/U20/Vet
May 20 th	Wimpole 10k	Wimpole	All
May 27 th	Edinburgh Marathon	Edinburgh	Senior/U20/Vet
June 1 st -4 th	Tour of the Derwent Valley (4 races)	Derbyshire	Senior/U20/Vet
June 2 nd	Stockholm Marathon	Stockholm	Senior/U20/Vet
June 4 th	Hatfield Broad Oak 10k	Hatfield Forest	Senior/U20/Vet
June 6 th	Peterborough 5k league	Ferry meadows	All over 16
June 7 th	Kevin Henry 5k league	Newmarket	All over 16
June 17 th	Chilford 10k	Linton	Senior/U20/Vet
June 17 th	Huntingdon 10k	Alconbury airfield	Senior/U20/Vet
June 24 th	Sutton feast beast 7 mile	Sutton	Senior/U20/Vet
June 20 th	Peterborough 5k league	Eye	All over 16
June 30 th	Crowland show 12k	Crowland	Senior/U20/Vet

July 1 st	March Spud run 5	March	Senior/U20/Vet
July 4 th	Peterborough 5k league	Thorney	All over 16
July 5 th	Kevin Henry 5k league	Haverhill	All over 16
July 8 th	Bushfield 10k and 3k	Peterborough	All over 16
July 15 th	Fairlands valley marathon	Stevenage	Senior/U20/Vet
July 15 th	St Ives 10k and 3k	St Ives	All over 16
July 18 th	Peterborough 5k league	Stamford	All over 16
July 22 nd	Littleport 10k	Littleport	Senior/U20/Vet
July 22 nd	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
July 28 th	Swiss Alpine Marathon	Davos	Senior/U20/Vet
August 12 th	Thorney 5 mile	Thorney	All over 16
Aug 1 st	Peterborough 5k league	Werrington	All over 16
August 2 nd	Kevin Henry 5k league	Cambridge?	All over 16
Aug 19 th	Riverside 10k	St Neots	Senior/U20/Vet
Aug 25 th	Guernsey Marathon	Guernsey	Senior/U20/Vet
Sept 2 nd	Glasgow Half Marathon	Glasgow	Senior/U20/Vet
Sept 6 th	Kevin Henry 5k league	Saffron Walden	All over 16
Sept 9 th	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 15/16 th	Round Norfolk Relay	Norfolk	Senior/U20/Vet
Sept 16 th	Great North Run	Gateshead	Senior/U20/Vet
Sept 23 rd	Abbey 10k and fun run	Ramsey	All
Sept 23 rd	New Forest marathon	Hampshire	Senior/U20/Vet
Sept 22/23 rd	SEAA 4&6 stage road relays	Aldershot	All ages
Sept 30 th	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 30 th	Berlin marathon	Berlin	Senior/U20/Vet
Oct 6 th (prov)	SEAA Cross country relays	TBC	All
Oct 7 th	Brussels Marathon	Brussels	Senior/U20/Vet
Oct 7 th	Jersey Marathon	Jersey	Senior/U20/Vet
Oct 7 th	Chester Marathon	Chester	Senior/U20/Vet
Oct 7 th	Abington 10 and fun run	Abington	All
Oct 7 th	Windsor half Marathon	Windsor	Senior/U20/Vet
Oct 14 th	Eindhoven Marathon	Netherlands	Senior/U20/Vet
Oct 14 th	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 28 th	London half marathon	London	Senior/U20/Vet
Nov 3 rd	ECCA National XC relays	??	All
Nov 4 th	Great East Run 20k	Bungay	Senior/U20/Vet
Nov 4 th	Dovedale dash	Dovedale	Senior/U20/Vet
Nov 17 th	London XC championships	Parliament Hill	U20/Sen M&F
Nov 18 th	Riverside half marathon	St Neots	Senior/U20/Vet
Nov 18 th	Luton marathon	Luton	Senior/U20/Vet
Nov 25 th	Hereward relays	Peterborough – Ely	Senior/U20/Vet
Dec 2 nd	Nene valley 10 mile	Bretton	Senior/U20/Vet
Dec 8 th	SEAA Masters and I/C XC	TBC	Veterans
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 6 th 2013	Cambs AA XC champs (prov)	TBC	All
Jan 26 th 2013	SEAA Cross Country Champs	Parliament Hill	All
Feb 23 rd 2013	National XC championships	TBC	All
Mar 9 th 2013	CAU I/C Cross country	TBC	County teams

Plus of course the 5k park run every Saturday morning at Milton Country Park.

Outdoor T&F

(any underlined text provides a link to the event entry forms)

April 14th	<u>Peterborough AC Open meeting</u>	Peterborough	All
April 14th	<u>Bedfordshire Open meeting</u>	Sandy	All
April 21st	Southern Athletics league match 1	Cambridge	Seniors inc U17's/U20's
April 22nd	East Anglian Lge match 1	Peterborough	All

April 25th	EVAC league match 1	Kings Lynn	Veterans
April 29th	Eastern Young Athletes league	Norwich	U13/U15/U17's
May 9th	EVAC league match 2	Peterborough	Veterans
May 12th	Cambs AA Championships	Peterborough	All
	<u>Prospectus</u>	<u>Entry form</u>	
May 19th	Southern Athletics league match 2	Basildon	Seniors inc U20/U17's
May 19th	<u>East Region Disability Champs</u>	Chelmsford	Disability athletes
May 20th	East Anglian Lge match 2	Ipswich	All
May 23rd	<u>Cambs Evening Devt competition</u>	St Ives	All (inc. 3000m Champs)
May 26th	SEAA U15/U20 intercountes	Copthall	County select
May 26/27th	England Sen/U20 Combined events	Bedford	Seniors/U20's
May 27th	Eastern Young Athletes league	Cambridge	U13/U15/U17's
June 2nd/3rd/4th	England Senior Championships	Birmingham	Seniors
June 9th	Southern Athletics league match 3	Walthamstow	Seniors inc U20/U17's
June 9th/10th	SEAA combined events	Copthall	All
June 10th	Eastern Young Athletes league	Basildon	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 16/17th	England U20/U23 Championships	Bedford	U20/U23's
June 20th	<u>Cambs Evening Devt competition</u>	St Ives	All
June 22nd/23rd/24th	Olympic trials/UK championships	Birmingham	Invitation/spectator
June 23rd	Anglian Schools Championships	Peterborough	County Schools select
July 1st	East Anglian Lge match 3	Colchester	All
July 6th/7th	English Schools	Gateshead	County schools select
July 7th/8th	SEAA U20/Senior Championships	Crystal Palace	Seniors/U20's
July 8th	Eastern Young Athletes league	Lee Valley	U13/U15/U17's
July 11th	EVAC League match 4	St Ives	Veterans
July 13/14th	London Grand Prix	Crystal Palace	Spectators
July 14th	Southern Athletics league match 4	Cambridge	Seniors inc U20/U17's
July 14/15th	SEAA U15/U17 championships	Watford	Under 15's/17's
July 18th	<u>Cambs AA Evening Devt competition</u>	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	Cambridge	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	Cambridge	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 Edmunds	Teams qualifying
Sept 30 th	ECAA/CambsAA multievents	Cambridge	All

USEFUL CONTACT INFORMATION

Telephone numbers for spring 2012

Mary Holmes	President	01223 860189
Neil Costello	Chairman and membership	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

Useful E-Mail and website addresses

C&C Club Main Website	www.cambridgeandcoleridge.org.uk
Subscription renewals**	http://www.cambridgeandcoleridge.org.uk/joining/renewing-membership
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

**** if you are renewing your subscription you should log-in into your membership file and do it online if possible. If you've forgotten your log-in name or password, the system will send you a new one. Your sub reminder e-mail will contain a reminder of your log-in details. We recommend that when logged in, you change your log-in name and password to something you will more easily remember. Please don't use the new members joining option if you can't remember your log-in details – that produces another record and your original record will still keep demanding a sub renewal.**

A FEW THOUGHTS FOR THE SUMMER

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