

Celebrating C&C Success

The Cambridge and Coleridge Newsletter Summer 2013

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

- Ben Snaith wins the England Under 20 400m championships and has GB International selection for the European Junior Championships
- Louis Rawlings wins the French U18 Championships 800m and has French International selection for the World Youth Championships
- 2 silver and 2 bronze medals for our young athletes in the Westminster Road Miles, the National championship event for U15's and above.
- Womens team 4th and mens team 8th in the National Marathon Championships
- Men's team was fourth and the women's team second in the Swaledale “marathon” fell race against hardened fell runners.
- 54 C&C turned up to run the first 5k Kevin Henry race of the series giving C&C 1st men and women.
- 63 turned out for the 2nd Kevin Henry league and C&C were again 1st in both categories
- Well placed teams in the womens 6 stage and mens 12 stage road relays.
- U17 Women 6th in National road relays, U15 Girls 9th, U15 Boys 9th teams
- Cambourne 10k – Sullivan Smith wins by 2.5 min's
- Charlie Wartnaby wins the Heritage coast marathon
- C&C lead in 9 of the 10 age-group County Championships team trophy competitions
- Young athletes T&F team make excellent start with 2 second places
- 15 C&C athletes selected for the Cambs English Schools team (60% of the team). Two medallists and three 4th places
- Dominic Clatworthy wins the 800m in the National Prep schools championships

Imminent C&C “team” fixtures (full list at end)

Road

August 1 st	Kevin Henry 5k league	Newmarket	All over 16
Sept 5 th	Kevin Henry 5k league	C&C	All over 16
Sept 14 th	Round Norfolk Relay	Kings Lynn	Seniors
6th Oct	Frostbite League	Priory Park	All
3rd Nov	Frostbite League	Bushfield Sports Centre	All
8th Dec	Frostbite League	Hinchingbrooke Park	All
12th Jan 2014	Frostbite League	Whitemoor Prison	All
2nd Feb 2014	Frostbite League	Bourne Woods	All
2nd Mar 2014	Frostbite League	Hinchingbrooke School	All

T&F

July 14th	East Anglian League (3)	Cambridge	All
July 20th	Southern Athletics League (4)	Parliament Hill	All over 15
July 21st	Eastern Young athletes league (EYAL) (4)	Norwich	All under 17
Aug 4th	Eastern Young athletes league (EYAL) (5)	Cambridge	Veterans 35+
Aug 10th	Southern Athletics League (5)	Cambridge	All over 15
Sept 1st	East Anglian League (4)	Bury St Edmunds	All
Sept 8th	Eastern Young athletes league (EYAL) finals	TBC	All under 17
Sept 8th	EVAC league final	TBC	Veterans (if we qual)
Sept 15th	East Anglian league final	Bury St Edmunds	Most age groups

July 17th Cambs Evening Devt meeting and Cambs Mile championships.
Entry on the night for Open events – 100m, 200m, Mile, S/C,
Highjump, Triplejump and Javelin - details inside)

Chair’s chatter Summer 2013

First of all I would like to welcome all those athletes (and parents of athletes) who have joined the club in the last few months. I’d also like to thank existing members for making them welcome and for keeping the club friendly and active. We have grown a great deal since this time last year, when, remember, we were wondering what the Olympics and Paralympics would deliver and hoping it wouldn’t be a flop. 12 months ago the club had around 650 members; as I write we have 911 members. The Olympics has delivered huge growth for the club and it has sometimes been difficult to cope. The fact that we have coped, and the club has remained the same friendly and successful outfit it was, is a great achievement. Growth on this scale has been known to destroy some organisations. But it won’t stay that way unless we work at it. We’ve recruited a large number of new coaches – who are doing a fantastic job. We are seeing good support from members at many events but still a few disappointing numbers at some. We have had some outstanding competitive results and long standing club records broken.

I want to see that continue and for the club to give everyone the opportunity to be the best they can. It can only do that if we adopt the approach I’ve repeated at many induction evenings for young athletes and from time to time in the newsletter – but it bears repetition – and that is that we should all **take what we need from the club**, and in return, **give what we can**. We might be able to give only an occasional bit of help, maybe a lift to someone or helping move hurdles at a track meeting, but the default answer to any request for help, or to take part in a club team should be yes, with no following, if yes is impossible. We are organised by members for members. **None of us is paid** and that is a great positive in a world where ‘what’s in it for me’ seems to be an increasingly common theme. We support each other and we all benefit.

That brings me to a couple of things. The club’s coaches and team managers have noticed that occasionally groups of athletes are less than helpful. Currently the problem seems to be a small group of under 15 girls. I’m confident none of this is malicious but please reflect on your behaviour. Giddy or unresponsive behaviour, focusing on things outside the club when you’re being asked to do something serious and for your benefit, such as warming up, is not acceptable. You signed up to the athlete’s code of conduct when you joined. Please make sure you follow it.

The second point is linked to this. This week, we have had to close club membership for young athletes (under 13 and under 15) because we have reached the capacity limit of the club's facilities and coaches. We have a waiting list for induction meetings and they will continue until October – all those induction groups are already full – after that we will be unable to take any new young members. If you're not benefitting from the club and don't want to join its teams, maybe you could release your place so that new members can be welcomed.

And now some good news: in the Autumn, indoor training will take place at the new Cambridge University Sports Hall which is about 400 metres along the Coton footpath from the track. Full details have yet to be worked out but it will mean that we will have use of the track on Monday, Tuesday and Thursday nights all year round, and use of the sports hall on Mondays and Thursdays during the dark nights. Club members will also be offered preferential rates for use of other facilities in the new Sports Building. We have a very good relationship with Cambridge University as this opportunity demonstrates. It is crucial we maintain it – please treat all the facilities we use with respect. It will be sad to leave Chesterton. We have been there since the Sportshall opened. The City Council strategy for sport at that time had a priority for indoor training facilities for athletics and we were involved in the planning. However, the possibility of using indoor and outdoor (track) facilities at the same time is a huge benefit and the site of the new building also gives much more opportunity for safe outdoor training than is available at Chesterton. Details of the options available at the new University site will be circulated as soon as we have them.

Finally, the club web site www.cambridgeandcoleridge.org.uk has now been upgraded. It is more robust to attack from hacking and has some new features such as some photographs and frequently asked questions. Please check the web site first if you have any queries. In the next few weeks we will also be adding an interactive page for coaches where we can include session plans and other useful resources. Coaches will be circulated with details fairly soon.

Neil 10th July 2013

Membership

Year 2013 subs are due on the date shown on your on-line membership file. Please renew on-line asap when you get the reminder e-mail. If you are unable to pay online, please contact membership@cambridgeandcoleridge.org.uk.

Anyone who is more than two months late in payment may 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, 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.

As from February 2013, the club has separated the England Athletics athlete registration fee from the club membership fee. Club membership fees are therefore now reduced to £45 for wage earners and £35 for non-earners.

In early April you received a separate notification that your England Athletics registration fee was now due. In 2013 this has been set at £10 and the fee will be collected by the club online and then paid to England Athletics on your behalf should you choose to register..

The club will not register any athlete with England Athletics who has not paid their England athletics fee.

In the past, everyone was registered with England Athletics by the club and that fee of £5 was included with the club membership fee.

We have changed the system because England Athletics had proposed to increase the fee four-fold, although they have now reduced that to a two-fold increase in 2013 after major protests from clubs. The EA objective for the increase was to replace other funding which is no longer available post-Olympics. Because their

registration fee is likely to increase year on year, we have decided to separate club subscriptions from the EA registration fee for 2013 and to ask athletes to pay that separately. This was agreed by the 2012 AGM.

If you paid your club subscription between 1st April 2012 and 31st January 2013, the £5 fee that was included in your club membership subscription was for the year 2012, not for 2013 – last year the club paid the EA fee for you in advance of your membership renewal.

The club strongly recommends that all members should be registered with England Athletics, who are the sports' governing body in England, but we now leave you the option.

If you are not registered you will not have an EA registration number, a personal profile on the England Athletics database or a competition license, and therefore will not be able to enter regional or national championships and similar level events in 2013. Neither will you have a personal results file on the Power of 10 database.

If you want the club to register you for the year up to March 2014 you can pay the fee online via the club website on this link

<http://www.cambridgeandcoleridge.org.uk/index.php/joining/england-athletics>

No longer wish to participate in club activities?

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

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

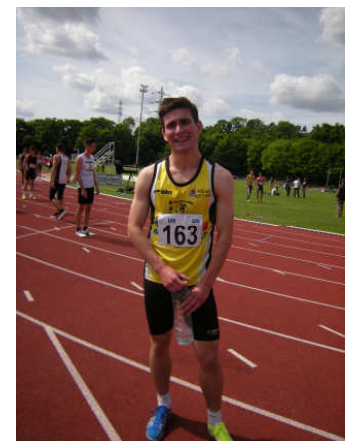
Two new internationals

One for GB and one for France – still both vests are red, white and blue

These are both excellent achievements.

Ben Snaith selected for the GB team in the European Junior Championships and Louis Rawlings selected for the French team in the World Youth Games.

Louis had to win the French Youth 800m Championships to have a chance of qualification and did so in Paris in fine style.



Photo's - Ben Snaith at Bedford (Gary Mitchell photography) and Ben Snaith in the County Championships (Cambs evening news) and Louis Rawlings at the French Championships

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

The selected Cambs Schools team of 25 contained 15 C&C athletes again this year.

Those C&C athletes selected are:

U15 Boys - Rob Huckle,

U17 men - Joseph Ebanks, Timothy Cobden, Albert Pavelin

U19 men - Ben Snaith, Louis Rawlings, Kieran Wood, Oliver Holway,

U15 Girls - Finlay Marriott,

U17 Women - Hollie Parker, Claire Wilson, Isabella Coutts,

U19 Women - Joanne Peak, Jessica Fox, Alice Galloway

Lucy Parker also obtained the qualifying standard but had a clash of events



Picture – Rob Huckle on the rostrum with his medal

The Results

U15B	1500m	3 rd	R Huckle	4.10.65	4h1	4.15.3		
U17M	200m	7h3	J Ebanks	23.35				
	800m	3h2	T Cobden	1.58.48	3sf1	1.56.45		
	Javelin	7 th	A Pavelin	53.64				
U20M	200m	2 nd	B Snaith	21.23	1sf1	21.32	1h1	21.23
	3000m	9 th	K Wood	8.44.08				
	Shot	7 th	O Holway	12.14				
U15G	75m Hdls	4 th	F Marriott	11.64	3h3	11.63		
U17W	1500m	11 th	H Parker	4.46.96	5h3	4.37.90		
	3000m	4 th	C Wilson	10.11.33				
	Javelin	14 th	I Coutts	32.80				
U20W	200m	6h1	J Peak	26.16				
	Longjump	4 th	J Fox	5.55				
	Shot	8 th	A Galloway	9.93				

Track and Field leagues

Turn out in the leagues has again been much better in the younger age-groups so far this year, but it has not been as good in the Southern athletics league

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

All fixture dates are shown on the club website <http://www.cambridgeandcoleridge.org.uk/track-and-field/fixtures>

together with match results, individual performances and ranking lists,

<http://www.cambridgeandcoleridge.org.uk/track-and-field/results>

and these are updated regularly – usually weekly.

For all the leagues, there is contact information on the website under the Track and Field tab (sub tabs for young athletes league matches and Senior league matches), information is sent out by e-mail to all those members for whom we have e-mail addresses, and also information is handed out at the club. We won't chase you – it's up to you to respond to us.

All the fixtures are listed in the fixture list in every newsletter, and in the T&F competition handbook which is on the website

http://www.cambridgeandcoleridge.org.uk/images/stories/files/competition_handbook_2013_websiteversion.pdf .

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

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

Remaining 2013 fixtures.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 21st and August 4th (home) and the league final on 8th September

East Anglian league – All ages – Under 13's up to Seniors – July 14th (home) and Sept 1st and the the league final on Sept 15th.

Southern Athletics league – Senior males and females (including U17's and under 20's) – July 20th , August 10th (home).

Southern Athletics League

This year the club are in the mixed gender Senior League in the Southern Region,. C&C are in Division 2 North, which has 16 teams.

The seasons target is to finish at least 12th and avoid relegation now that the league has been re-arranged to have Div 3's..

The first match was at Ipswich, against Bedford and TVH and C&C were 3rd , This was an excellent team performance with some very exciting relays to finish the meeting.

On the 2nd match at Basildon we finished 3rd ahead of Peterborough but the team was very “thin” and we could have done better. C&C Athlete of the match was Jessica Fox who won both Longjump and Triplejump.

The third match at Hillingdon was disappointing against some relatively weak opposition. We were 4th just half a point behind hosts Hillingdon. The team score was largely due to Jack Huddleston who did 9 events and was the C&C athlete of the match.

The team now has 5 match points with two matches left and are currently in 12th place.

The next match is at Parliament Hill, but could be a tough one and the final match is at Home where we meet Norwich and Ryston.

We will need a good turnout of athletes on these last two if we are to avoid Division 3 next year.

The league tables can be viewed at <http://www.southernathletics.org.uk/2013.html>

Eastern Veterans League

The Eastern vets league has a different regional structure again this year with C&C competing in the 5 team Fenland Division. The creation of a new 4th division has reduced the number of teams at matches, and they can now finish in a reasonable time..

Qualification for the final will be based on the 4 group winners plus 5 others from a “paper” match based on seasons best performances, so who knows if C&C will make it.

At present the men are in 2nd place but its tight between, C&C and Ryston with PAC leading comfortably after 3 of the 4 matches.

The women are currently 4th because of a very low turn-out in the first two matches which improved considerably in the third match which was at home.

The team would welcome additional athletes – you need to be aged over 35 on the day . No upper limit.

Athletes must also be members of EVAC (£10). Two more league matches left on 3rd July and 7th August

East Anglian league

The first two matches (at Kings Lynn and Chelmsford) left all C&C age-groups in with a good chance of reaching the league final on Sept 15th. But there are still gaps in the team in all agegroups, especially in Hurdles, highjump and some distance events.

The third match is at home on July 14th so we should be able to consolidate that position

Eastern Young Athletes league

A good start to the season, and after the first two matches C&C were in 6th place .

(The top 6 clubs qualify for the “Cup” final, and clubs 7-12 for the “Plate” final, on Sept 8th).

The third match at Stevenage was a very tough one and the team finished 5th of 7 as would reasonably have been expected. However the points score was nothing like as good as it should have been due to a lot of gaps in the team.

We can't get good results with gaps in the team so we need more bodies to help fill those, and especially more athletes in distance events and hurdles.

There are two more matches to come, with one of them at home, but the away match is a tough one at Norwich.

The team is now in 11th place but still almost certain to finish in the top 12 and reach the Plate final .

The league table can be viewed on the EYAL website www.eyal.org.uk

Cambridgeshire AA Open Development meeting – July 17th at St Ives

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3rd meeting on July 17th , there are also County Championship events .

The Cambridgeshire Mile Championships.

The Mile is open to all athletes aged 11 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Womens age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

The Cambridgeshire Steeplechase championships - Senior Mens and Womens steeplechases.

The championship entries are now closed but you may still enter as an "Open" competitor either in advance or on the night.

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

General Open events - Entry fee £2.50 per event.

- Advance entry by post is encouraged if possible, but entries will be accepted on the evening.
 - Register/Collect your numbers on the night from about 18.15.
 - Field events which start at 19.00 will commence warm-up at 18.40.
- Note – all Open track event entries will close 15 minutes before the event times for seeding.

Entry forms on www.cambsathletics.org.uk.

19.05: Males Open 3k Steeplechase (Inc. Senior Mens Cambs Championship event)

19.20: 100m All ages – graded races

19.55: The Cambridgeshire Open Mile, all ages (Inc. Cambs championship for Under 17's up to Seniors),

20.20: 200m All ages, graded races

20.50: Sen/U20 womens Open 2k Steeplechase (Inc. Cambs Championship event)

19.00: Javelin (Under 13's up to Seniors)

19.00: Highjump (PB < 1.50 – bar goes up in 5cm intervals from 1.05 – 9 jumps limit)

20.00: Triple-jump (Under 15 up to Senior).

20.15: Highjump (PB >1.50 - bar goes up in 5cm intervals from 1.45 – 9 jumps limit)

Under 11's events – 19.00: 80m, 19.40: 150m, 20.00: Turbo Javelin,

Cambridgeshire AA County Track and field championships

An outstanding day for C&C.

The event was well contested again this year, although the change of date imposed by UKA reduced the school entries slightly. Also there were very few Cambridge Uni athletes competing in the Seniors because of exams and the fact that it was after the Varsity match and so didn't serve as a trial event for them.

C&C currently lead in eight of the age-group team trophies, (U13G, U15G, U17W, U20W, SW, U13B, U15B, U17M, U20M) but these now include the championship events held at the Evening meetings.

The County age-group team trophies will not be decided finally until the mile and S/C events are completed on July 17th, so the more people that enter those events the better chance we have to win the trophies. The

mile and Steeplechases are also medal events of course. More details can be found on www.cambsathletics.org.uk under T&F events or see immediately above.

Kings School Peterborough retained the schools trophy yet again.

All the C&C results are given in the T&F results section of the club website

New club T&F records for 2013 season so far

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

200m	U20 Men	Ben Snaith	21.71
400m	U20 Men	Ben Snaith	47.14
1500m	U15 Boys	Rob Huckle	4:10.65
Highjump	Vet men 45	Keith Clarke	1.45
Shot	U20 Men	Oli Holway	14.40
200m	U20 Women	Joanne Peak	25.62
3000m	U17 Women	Claire Wilson	10.06.90
Javelin	U17 Women	Isabella Coutts	34.21

ROAD RUNNING BITS

Kevin Henry 5k Road League

The club has made a superb start in the first of the 2013 Kevin Henry 5k series with both men and women leading the way .

The originally scheduled first race to be hosted by Cambridge Tri Club had to be cancelled because of problems with access to the planned course.

Chris Hurcombe made the following report:

54 magnificent C&C'ers turned up to Newport to run the first 5k Kevin Henry race of the series. We were met by beautiful blue skies and rumours of a bobbly, rolling course, with a couple of sharp inclines. We discovered a bobbly course, sharp turns, dodging pot holes, avoiding a particularly well positioned ditch on the penultimate turn and yes, a couple of demanding inclines - especially the last one at 4k! This only fuelled what was a tremendous performance with wins for Sullivan and Mel, in fantastic times of 16:36 and 19:55 respectively. Claire Somerton claimed second lady with Katie and Helen picking up 7th and 11th for a great ladies score. Duncan (3rd), Tom (5th), Richard Park (8th), John (10th) and Matt (12th) all scored well for the men. Even more impressive was due to such a great turn out of men and ladies - remember everyone scores - the men's final score was 3 and the ladies 4, for a combined score of 7 and maximum combined points of 12 to put us top of the league! Once these are posted on the Saffron website, I'll include the link. It just remains to say thank you to everyone who supported the club on Thursday - it was great to see so many new faces and an absolute sea of Blue and White.

In the 2nd race C&C had 63 runners and Sullivan Smith and Istvan Jacso finished 1st and 2nd with 8 finishing in the top 20. First female for C&C was Ellen Leggate in 30th with 4 females finishing in the top 60.

Chris Hurcombe reports - Another outstanding turnout for C&C at Kedington for Race 2 of the Kevin Henry series. This time 63 donned in blue and white. Even more impressive was 27 of the total were our ladies. A much improved start on the playing field, spread the runners out as we made our way towards and up Cock Hill and a testing mile or so, with the reward being a very quick 1 1/2 miles home. The event was impeccably organised by our hosts. Another great win for Sullivan, with Istvan taking the silver and Alastair, Alex, Iain, Graeme and John Oakes scoring for the men. A great second place for Ellen making her KH debut, with Claire, Ultra Katie (a PB I hear!) and Carla helping the ladies to a minus score - the first time this has happened for either men or ladies and really shows the power of the great team work of all 63 runners. Not surprisingly C&C lead mens, womens and overall after 2 races.

Links to the full results can be found on www.runcambridge.org.uk website

The London Marathon – report by Andy Irvine

Twenty-six-and-a-bit miles of thrashing yourself into the ground around some of the grubbier parts of our busy, crowded capital, the sun beating down, skipping left and right to dodge sweaty, lurching masses,

treacherous kerbstones and perilous discarded bottles, dying on your feet whilst thousand upon thousand of screaming strangers yell at you at eardrum-perforating volume. Hellish.

But somehow the occasion gets you. It is a huge day, a day of triumph and disaster, and overwhelmingly a day of unity. This year, that sense of unity was heightened by the events of the previous Monday, and the silence at the start, on a beautiful, sparkling Blackheath morning, contrasted poignantly with both the chaos in Boston and the tumult of the race route to come.

In the event, hours of unbroken sunshine made it a little uncomfortable for most, but it's usually a cauldron out there, and you'd take it. As ever, some C&Cs coped beautifully and some blew - investigate the race website, and the split times will tell you vivid stories. In the end, it's both the taking part and the finishing time that count to us, and there were plenty who ran brave and perfect races. Charlie Wartnaby knows how to do London, and his even splits gave him our quickest time, a PB of 2:38 - well done Charlie - and took him past Duncan Coombs, who finished moments later in 2:40. Like Duncan, Alex Eggeman hung in pretty well when it got tough, taking a 2:48. Then came a cluster of sub-3 PBs; Al Pritchard's first sub-2:50 edged out John Ferguson's fine 2:51, and by avoiding the St John's tent this year, Andrew Shields nabbed that elusive first sub-3 with time to spare. Best female was the phenomenal Melanie Staley, who can be proud of a 3:00:43 but will no doubt be gutted by the 43, and give a thought to Mike Salt, in superb shape and on the most aggressive schedule of all - sub-2:30 - who joined thousands of us in a bit of a blow-up. I feel your pain, Mike. Also having a bit of a crash was Katie Sherwood, but a disappointment at 3:08 speaks volumes. And a fine run for Sarah Wightman, PBing just seconds behind Katie, and seconds ahead of Mike Salter, both 3:08 too. Christof Schwiening's quest for sub-3 is progressing nicely, 3:10 for him, and there was a belter of a run for Ultra Katie Samuelson, 3:12 the quickest of her many, many marathons. Ish Badr's umpteenth London earned him 3:21. Dan Hurst has his big result for the season, so ran a 3:25 for the joy of it. Giulio Cinque and I salvaged 3:42 and 3:52 from our respective traumatic days, and Paula Kessler stayed strong all the way for a fine 3:54. Kevin Dobson (4:08), Mike Difranco (4:11) and Paul Jones (4:18) followed in good shape, with Anne Schumann shredding the sick note for a 4:18 PB. Next home was Graham Handley, a hard-won 4:32. Chris Hurcomb's fine fitness but injury-hit distance prep added up to a battling 4:46, and likewise Dan Bayles beat the setbacks to clock a debut 6:26.

A final word for the supporters, the event staff and marshals - you were magnificent, and brought a tear to this cynical eye. And I don't just mean Liz for organising beer. It's the occasion which makes the race, and you made the occasion. Well done, guys

Another view by Katie Sherwood

Chris Hurcomb summed this iconic race up, it can be a beast. Yet, for some it can be a beauty. I'm not sure if it was the recent tragedy in Boston but to me it seemed that there were even more enthusiastic crowds than usual rallying the runners along, under perhaps the warmest day of the year so far (note to self, this always seems to happen marathon day).

Those cries from friends and strangers do make such a massive difference, I for one would have stopped if there'd just been a big enough gap to walk in peace in :-)

Jen and Neil made me and no doubt all other C&Cs feel like an elite as we ran (then later perhaps shuffled) past their elite drinking station posting. Thank you to you and all the other club members who were there to will us on (I heard my name but was in a slightly dark, slightly delirious place and was unable to exert any more energy to move my face muscles to acknowledge).

The boys achieved some quite awesome times, Charlie, Duncan, Alex E, John, Alan P and Andrew S all comfortably under 3 hours. Andrew's first sub 3 (apologies, perhaps others?!) Having seen him make easy work of those dark busway training sessions, with only a jingle of keys and numerous other unknown items in his pockets, as the clue that he was ever there, it had to have been on the cards.

Melanie flew round in a few seconds over 3 hours and was first C&C lady, an amazing 55th female overall. Sarah W also was more than happy with her 3.08 and Ultra Katie also similarly chuffed with her 3.12.

Andy and Paula cruised in well under 4 hours with Kevin and Mike a little over.

The marathon can also of course be an ugly beast. Yet, it's those encounters with the beast that make us stronger and better armed for the next time and give us that sense of pride in ourselves for pushing our limits. And let's face it, there's rarely not a next time. Happy recovering.

473 rd	Alex Eggeman	2:48:46	521 st	Alan Pritchard	2:49:29
626 th	John Ferguson	2:51:52	1047 th	Andrew Shields	2:57:38
1381 st	Melanie Staley	3:00:42	1913 th	Michael Salt	3:07:04
2003 rd	Katie Sherwood	3:08:03	2031 st	Sarah Wightman	3:08:17
2096 th	Mike Salter	3:08:57	2248 th	Christof Schwiening	3:10:42
2434 th	Katie Samuelson	3:12:35	3504 th	Ishmail Badr	3:21:45
3984 th	Dan Hurst	3:25:41	6766 th	Giulio Cinque	3:42:19
8925 th	Andy Irvine	3:52:23	9548 th	Paula Kessler	3:54:53
12784 th	Kevin Dobson	4:08:58	13322 nd	Mike Difrancio	4:11:24
14860 th	Paul Jones	4:18:05	14968 th	Anne Schumann	4:18:34
18294 th	Graham Handley	4:32:17	21447 th	Chris Hurcomb	4:46:09
32851 st	Dan Bayles	6:26:57		34,170 finished	

Swaledale marathon

Some fantastic results from the Swaledale marathon. It's not a full marathon - just under 24 miles but it climbs 5,000 feet and is a proper fell race with proper fell runners in it. The C&C men's team was fourth and the women's team second, beating several men's teams. Katie Sherwood was second lady and John Oakes second V50. Lots of great times and outstanding performances.

Given that they were from flat Cambridgeshire and competing against hardened Fell runners that's fantastic.

11th	John Oakes	3:32:00	19th	Katie Sherwood	3:40:00
48th	Dave Yenerski	4:05:00	57th	David Edwards	4:10:00
79th	Jayne White	4:23:00	152nd	Tim Long	4:57:00
168th	Clare Garvey	5:08:00	201st	Amanda Lasseter	5:21:00

The Westminster Miles

A number of athletes from Cambridge & Coleridge competed in the Westminster one mile races on Sunday. The races which started on the Mall and finished in front of Buckingham Palace attracted some of the best runners in the from all over Britain. The series of one mile races doubled as the British championships for all age groups from Under 15 male and female upwards. C&C had 3 athletes competing in the U15 male age



group and first home for C&C was Rob Huckle who took the Silver medal. Next home was Luke Crisp in 5th, quickly followed by Jordan Wood in 6th. In the U15 Girls race C&C again took an individual medal as Diana Chalmers sprinted home to take the Bronze medal. Diana was closely followed home by Alice Newcombe in 4th and Amy Chalmers in 6th. The U17 women's race produced the best result for C&C with a great run for Claire Wilson who just missed out on gold but was more than happy with her Silver medal. Claire was followed home by a fast finishing Hollie Parker who took the bronze medal. Curtis Wood who took the Cambridgeshire County high jump title the day before tried his hand at the one mile and proved his versatility by finishing 14 in the U17 men's race. There were also open races for our younger athletes. Beth Wilson finished third in the U11 girls race but missed out on her medal on the day due to a mix up in the finish area. William Newcombe finish 6th in the U11 boys race and Thomas keen fresh from winning his first County 1500m title the day before finished in a fine 3rd place and like Beth Wilson he also missed out on collecting his medal on day due to the same mix up in the finish area. This did not stop the enjoyment though for the athletes as all of our Athletes got to meet the Double Olympic champion Mo Farah.



Cambourne 10k



Massed start of the 10k



Harry Schumann fun run winner



Sullivan Smith wins the 10k

Fixtures for 2013

Road

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

July 11 th	Girton 5k	Girton	All over 16
July 14 th	Bushy 10k	Orton Southgate	All over 16
July 14 th	Riverside anniversary 10k	St Neots	All over 16
July 17 th	Peterborough 5k league	Stamford	All over 16
July 21 st	St Ives 10k	St Ives	All over 16
July 21 st	Littleport 10k	Littleport	Senior/U20/Vet
July 27 th	Swiss Alpine Marathon	Davos	Senior/U20/Vet
July 31 st	Peterborough 5k league	Werrington	All over 16
August 1 st	Kevin Henry 5k league	Newmarket	All over 16
August 3 rd	Wandlebury 5 mile	wandlebury	All over 16
August 11 th	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
August 11 th	Thorney 5 mile	Thorney	All over 16
August 14 th	Barney memorial 5k	Peterborough	Senior/U20/Vet
August 17 th	Race the train	Tywyn, Wales	Senior/U20/Vet
August 17 th	Helsinki City Marathon	Helsinki	Senior/U20/Vet
August 18 th	Isle of Wight Half Marathon	Sandown	Senior/U20/Vet
August 18 th	Kimbolton Castle 10k & half marathon	Kimbolton	Senior/U20/Vet
Sept 5 th	Kevin Henry 5k league	Cambridge	All over 16
Sept 8 th	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 8 th	Dunstable marathon	Dunstable	Senior/U20/Vet
Sept 8 th	Swineshead 10 mile	Swineshead Bed's	Senior/U20/Vet
Sept 8 th	London half marathon	near O2 Arena	Senior/U20/Vet
Sept 14 th	Round Norfolk Relay	Kings Lynn	Senior/U20/Vet
Sept 15 th	Great North Run	Gateshead	Senior/U20/Vet
Sept 15 th	Shelford Fun run	Gt Shelford	All
Sept 22 nd	New Forest marathon	Hampshire	Senior/U20/Vet
Sept 22 nd	Northampton Half Marathon	Northampton	Senior/U20/Vet
Sept 22 nd	Guernsey Marathon	Guernsey	Senior/U20/Vet
Sept 29 th	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 29 th	Berlin marathon	Berlin	Senior/U20/Vet
Sept 29 th	Bourn 10k	Bourn School	Senior/U20/Vet
Sept 29 th	Saffron Striders 10k	Newport	Senior/U20/Vet
Oct 5 th	SEAA Cross country relays	Wormwood Scrubs	All
Oct 6 th	Jersey Marathon	Jersey	Senior/U20/Vet

Oct 6 th	Chester Marathon	Chester	Senior/U20/Vet
Oct 6 th	Isle of Wight Marathon	Ryde	Senior/U20/Vet
Oct 6 th	Abington 10k & fun run	Great Abington	All
Oct 6 th	Wimpole half Marathon	Wimpole Hall	Senior/U20/Vet
Oct 20 th	Abingdon Marathon	Abingdon	Senior/U20/Vet
Oct 20 th	Thurlow 10	Thurlow camps	Senior/U20/Vet
Oct 13 th	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 13 th	Leicester Marathon	Leicester	Senior/U20/Vet
Oct 26 th	Beachy head Marathon	Eastbourne	Senior/U20/Vet
Oct 26 th	Snowdonia Marathon	Llanberis	Senior/U20/Vet
Nov 3 rd	Stevenage Half Marathon	Stevenage	Senior/U20/Vet
Nov 17 th	St Neots Half marathon	St Neots	Senior/U20/Vet
Nov 24 th	Norwich half marathon	Norwich	Senior/U20/Vet
Dec 1 st	Nene valley 10 mile	Bretton	Senior/U20/Vet
Dec 14 th	SEAA Masters and I/C XC	Biggleswade	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 8 th 2014	County Cross country championships	TBC	All
Jan 25 th 2014	SEAA Cross country 2014	Parliament Hill	All
Feb 16 th 2014	Brighton Half Marathon	Brighton	Senior/U20/Vet
8 th March 14	CAU Intercounties cross country	Nottingham	County teams

Outdoor T&F

July 5/6th	English Schools Championships	Birmingham	Schools select
July 7th	Eastern Young athletes league (EYAL) (3)	Stevenage	All under 17
July 14th	East Anglian League (3)	Cambridge	All
July 12/13/14	UK and England Senior Championships	Birmingham	Entry standards
July 17th	<u>Cambs AA Devt meeting (inc Mile champs)</u>	St Ives	All inc U11's
July 20th	Southern Athletics League (4)	Parliament Hill	All over 15
July 20/21st	SEAA Combined events Championships	Copthall?	All
July 21st	Eastern Young athletes league (EYAL) (4)	Norwich	All under 17
July 21st	Veterans inter-area match	Solihull	EVAC selection
July 26/27th	Diamond League Grand Prix	Olympic stadium	Spectators
July 27th	Birmingham Games	Birmingham	Individual entry
Aug 3/4th	England Combined Events Championship	Stoke	U15/U17's
Aug 4th	Eastern Young athletes league (EYAL) (5)	Cambridge	Veterans 35+
Aug 10th	Southern Athletics League (5)	Cambridge	All over 15
Aug 11th	SEAA U15/U20 Intercounties	Copthall	County selection
Aug 17/18th	SEAA U15/U17 Championships	Ashford	Individual entry
Aug 17/18th	UKA Jumps and Throws Fest	Bedford	Individual entry
Aug 24/25th	CAU Intercounties Championships	Bedford	County Selection
Aug 31/S 1st	England U15/U17 Championships	Bedford	Individual entry
Sept 1st	East Anglian League (4)	Bury St Edmunds	All
Sept 7 th	EAA intercounty competition (U17's and above)	Sandy	County selection
Sept 8th	Eastern Young athletes league (EYAL) finals	TBC	All under 17
Sept 8th	EVAC league final	TBC	Veterans (if we qual)
Sept 15th	East Anglian league final	Bury St Edmunds	Most age groups
Sept 14/15th	UK Schools Games	Sheffield	Schools area selection
Sept 14/15th	BMAF T&F championships	Birmingham	Veterans 35+
Sept 21/22nd	English Schools CE Championships	TBC	Schools selections
Sept 29th	Cambs/EAA Multievents	Peterborough	All

USEFUL CONTACT INFORMATION

Contact info for summer 2013

Mary Holmes	President	01223 860189
Neil Costello	Chair and membership sec.	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Matt Witt	Officials coordinator	07763 207511
Sonia Cox	Welfare	01223 264889
Julie Pashley	Coaching coordination/coach education	01954 714496
Lee Shields	Coaching coordination/YA coaching	07785521801
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	http://www.cambridgeandcoleridge.org.uk
Subscription renewals	http://www.cambridgeandcoleridge.org.uk/joining/renewing-membership
C&C Endurance running website	http://www.runcambridge.org.uk
E-mails about C&C membership	membership@cambridgeandcoleridge.org.uk
Other admin issues and amendments/items for website	info@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
British Athletics website	http://www.britishathletics.org.uk/#
Power of 10 database (you will probably be in it)	http://www.thepowerof10.info
England athletics website	http://www.englandathletics.org
South of England AA website	http://www.seaa.org.uk
Eastern AA website	http://www.easternaa.co.uk
Living Sport Cambridgeshire	http://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
Eastern Young athletes league website	http://www.eyal.org.uk/
East Anglian league webpage	http://www.cambsathletics.org.uk/page13.htm
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league website	http://www.saffronstriders.org.uk/insite.htm

HELP!!!

The club is short of judges at home and away matches which is meaning that the same people are having to do it all the time.

If you could help with Judging at any of the matches, even if it is for only 2 or 3 hours, it would help us a lot. Its not rocket science and the qualified officials will show you what to do.

Volunteers please to noelmoss@btinternet.com. Without additional people volunteering we may have to reduce the number of competitive events we take part in.

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

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

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

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

Just contact Noel (noelmoss@btinternet.com) and we will arrange for you to work with someone qualified.