

Celebrating C&C Success

The Cambridge and Coleridge Newsletter Autumn 2013

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

The 52ND C&C Annual General meeting and Trophy presentation evening will take place on Wednesday 27th November 18.45 for 19.00 at Anglia Ruskin University. its your club. Please attend if you can. every member or their parent has a vote. More information below.

- C&C 2nd in the Open class and 3rd Overall in the Round Norfolk Relay
- Under 17 women's team win Gold in the Southern Road relays
- Under 15 Boys team 5th in Southern Road relays
- Veteran Women take 8th place in the Southern Road relays
- Tim Cobden wins silver at the Under 17 men's national 800m championships
- Holly Parker wins Gold at the SEAA Under 17 800m championships
- Claire Wilson wins Gold at the SEAA Under 17 3000m championships with Alice Newcombe 3rd in the under 15 Girls
- Albert Pavelin takes silver at the SEAA Under 17 men's Javelin championships and 5th in the National Javelin Championships
- The Women's team win the East Anglian T&F league final
- The Under 17 men's team win their age group in the Eastern Young athletes T&F league Plate final, with the club 2nd overall.
- Jessica Fox breaks the C&C Senior Women's 100m record
- C&C win the Kevin Henry league overall and both males and females
- Sullivan Smith named Kevin Henry League male runner of the series
- C&C teams in medal contention in the Camb's road league with 2 fixtures to go.
- Melanie Staley 1st female home in the Reykjavik Marathon in a C&C record time
- Michael Salt 1st man in Kimbolton Castle Half Marathon with Melanie Staley 1st female
- Dominic Clatworthy wins the 800m at the National Prep Schools
- Ben Snaith part of the Bronze medal winning 4 x 400 relay team at the European Junior Championships and an individual semi-finalist at 400m.
- Lewis Rawlings reaches the semi-finals in the 800m at the World Youth Championships

- **Charlotte Cox wins 4 Gold's at the European Disability Championships**
- **Ben Kelk 7th in the UK trials 110m hurdles final**
- **Jessica Fox wins U20 women's Eastern AA Multievents with club record score**
- **James Ritcher wins Cambs Minithon Gold and Eastern AA silver**
- **Katie Reynolds wins U17 women's Cambs AA multievents Gold**

Imminent C&C "team" fixtures (full fixture list at end)

Road and cross-country

5 th Oct	SEAA XC relays	Wormwood scrubs	All
6 th Oct	Frostbite League	Priory Park	All
12 th Oct	National Road Relays	Sutton Park	Seniors
13 th Oct	National YA Road relays	Sutton Park	Young athletes
19 th Oct	Essex XC league	Braintree	All
2 nd Nov	National XC relays	Mansfield	All
3 rd Nov	Frostbite League	Bushfield Sports Centre	All
16 th Nov	Essex XC league	Basildon	All
23 rd Nov	BMAF XC relays	Derby	Veterans
7 th Dec	Essex XC league	Chelmsford	All
8 th Dec	Frostbite League	Hinchinbrook Park	All
5 th Jan 2014	County XC championships	St Neots	All
11 th Jan 2014	Essex XC league	Southend	All
12 th Jan 2014	Frostbite League	Whitmoor Prison	All
2 nd Feb 2014	Frostbite League	Bourne Woods	All
8 th Feb 2014	Essex XC league	Epping	All
2 nd Mar 2014	Frostbite League	Hinchinbrook School	All

Chair's chatter Autumn 2013

The road relays have started and the cross country season is about to begin. We have had some excellent results already in the road relays and have the potential to become the cross country powerhouse we once were. Congratulations, in particular, to the brilliant run by the under 17 women, Claire, Diana and Hollie, in winning the Sothern's. If you're interested in cross country please look at the details on the web site <http://www.cambridgeandcoleridge.org.uk/index.php/cross-country>. It is excellent preparation for other events and enjoyable and exciting in its own right.

You will know that the club's kit shop has just been launched <http://www.cambridgeandcoleridge.org.uk/index.php/club-kit>. We have sourced good quality kit which is good value. We owe major thanks to Suzanne Marriott for establishing the club's new kit and getting things moving and to Andrew Shields for taking things on and tenaciously negotiating a good package with the kit suppliers. We have been unable to source a replacement for the current water resistant tops, which are no longer produced by Brooks. The club has a small stock of various sizes. If you would like one, please send a note to info@cambridgeandcoleridge.org.uk with your size. They are £25 each (heavily discounted) – first come, first served. We'll continue to look for a replacement top. (Advance Performance are still stocking our Montane training tops.) The club makes no profits from kit sales. We regard it as a service to members – you won't get a better deal anywhere!

Senior athletes have now moved into the new University Sports hall. The young athletes are due to move at the beginning of November. It is very important that we take care of the premises. Please take clean trainers with you and change in to them and treat the facilities as if they were your own.

Finally, as noted elsewhere in the newsletter, the club AGM will soon be with us. It is an important opportunity for members to hear about developments at the club and to have their say. We changed the format last year and the new approach proved popular. We will be holding the AGM at Anglia Ruskin University again and the prizes will be presented by James Shand. James is an international middle distance runner and a student at Anglia Ruskin. He will

tell us what it is like to compete at his level and maybe give some tips and clues. The AGM is on Wednesday 27th November at 19.00 and you should go to the main reception of Anglia Ruskin on East Road. Please note the date in your diary now.

Good luck for the winter season.

Neil

4th October 2013

Membership

Your annual 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 currently £45 for wage earners and £35 for non-earners. England Athletics registration runs from April to March. For 2013 this was set at £10 and then same fee has been retained for 2014. 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.

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, or a personal profile on the England Athletics database and therefore will not be able to enter regional or national championships and similar level events.

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. It helps us greatly if members let us know if they don't want their membership anymore and we don't keep sending you unwanted e-mails.

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

WINTER TRAINING

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

Mondays	Young athletes Groups – Under 13's and under 15's only At the track until 21st October, 18.30 – 20.30 University Sports hall – 4th November until late Feb (TBC) 18.00-20.00 Young athletes endurance remains at the track throughout (except 28th October) Back at the track Early march (TBC) onwards 18.30 – 20.30 Other Monday groups – at the track throughout the winter No training on 23rd or 30th December
Tuesdays	usual sessions at the track throughout the winter 18.30 – 20.30 (Throwing will be limited due to light from Oct-Mar) No training on 24th or 31st December
Thursdays	Track – Available all winter 18.30 – 20.00 University Sports hall – 3rd October – 20th March 18.00 – 20.00 for those groups who normally go
indoors	
Saturdays	At the track from 5th October onwards 10.00 – 12.00 (Any athlete can participate provided there is a suitable coach available – please check with the coaches first. There will probably be sessions for Throws, jumps, sprints and middle-distance)

Note – only clean non-marking trainers in the University Sports hall. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it. Please bring clean trainers to put on after entering the reception area – arrive in other shoes please and change inside.

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

C&C ANNUAL GENERAL MEETING AND TROPHY PRESENTATIONS

Wed November 27th at 7.00pm - Venue – Anglia Ruskin

This year's AGM, and will again take place at Anglia Ruskin University. Members should go to the main reception in the Helmore Building on Hills Road (as last year). Last year's AGM was a success in that it was made more interesting and social occasion for all club members and parents, with a good quality facility and "refreshments" facilities available in a side room. There will be tea and biscuits from 6.45pm.

We intend to keep the trophy presentations shorter as last year and additional items such as record certificates will be available for collection at the AGM, but not formally presented.

More details will follow via the club email system.

It's important that club members young and old attend the AGM, because it's your club and its your elected committee and therefore you should be happy with who is involved in running the club and any decisions taken regarding structure and subscriptions etc.

Formal AGM Agenda

Apologies for absence

Minutes of the meeting of 28th November 2012 (see below)

Matters arising from the minutes

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

Other items to report

Subscriptions

Any other motions tabled

Election of officers and committee 2014

Presentation of club trophy awards.

Note - Nominations for President, Chairman, and Treasurer must be received by 24th October in order to be eligible. (i.e. 4 weeks in advance of the meeting as per the constitution)

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

Minutes of the 51st Annual General Meeting held 28th November 1012 at Anglia Ruskin University

Present: 90 Members

1. Apologies for Absence:

Wendy Fox, Jess Fox, Roger Summerfield, Barry Wallman, Li An Cowley, Ben Cowley, Joan Lasenby, Julian Courtney, Chris Thorne, Tom Holmes, Alice Holmes, Matt Witt, Hilary Vogel, Robert Huckle, Alan Huckle, Victoria Knight, Jonathan Escalante-Phillips and Hayley Sayer.

2. The Minutes of the Meeting held on 31st October 2011 were approved.

3. Matters arising from the minutes

There were no matters arising from the minutes.

4. Reports of the Chairman and Treasurer

Chairman's Report

The following are the primary features of the club's performance during 2011-12:

- Significant increase in active membership from approximately 600 to over 800 generated in part by the inspiration of the Olympics and Paralympic games
- Continuation of improved performances in track and field, cross-country and road running competitions
- A small number of internationally excellent athletes and several with national level performances
- Continuing buoyancy in the associated community clubs, but problems in finding sufficient volunteers for some locations
- Continuing success of the beginners' running group
- A highly successful 'Cambridge Festival of Running' which generated £3,000 for the Trust Fund
- Successful establishment of the electronic membership and payment system
- A restructuring of the club's coaching capacity, with increases in coach numbers sufficient to cope with increased membership numbers though the increase in overall membership is continuing to cause strain
- Despite the improving quality in coaching, barely sufficient coaches above level 1 to continue successfully

- Difficulty in meeting our commitments to provide officials at league matches, especially at away matches, and need for more volunteers (parents and athletes) to train on the basic level 2 officials course.
- Satisfactory maintenance of the club's volunteer capacity
- A continuation of good relationships with the University of Cambridge and a renewal of the Memorandum of Understanding (MoU). New relationships built with Anglia Ruskin University and an MoU under development
- Continuing partnerships with a number of high quality service providers, in association with the Greater Cambridge Athletics Network, in which the club remains a major player
- Continuing partnerships with the sports development teams in South Cambridgeshire and the City of Cambridge
- Continuing good relationships with the county sports partnership, Living Sport
- Participation in a number of national, regional and county forums for athletics

Treasurer's Report

The Treasurer submitted his report (attached). Following discussion, approval of the accounts was proposed by Andrew Shields and seconded by Kevin White.

5. Other items to report

There were no other items to report.

6. Subscriptions

The club is in a strong position financially as our fixed costs have not really grown but our membership has. Our subscriptions have always included the £5 affiliation fee for England Athletics. This has not been increased for many years. However, England Athletics have had their funding cut and now need to look at ways of raising more money. They have looked at bringing in a tiered affiliation fee but this was not well received by many clubs. It is hoped that they will now have the same fee for all and raise it to £10 or £15 per year. This, however, has not been confirmed yet. The way this fee is collected has also been a cause for concern.

So in view of this change to the affiliation fee, the club is proposing that the subscription fee be reduced by £5. If England Athletics agree to a rolling payment, members will then have to pay the affiliation fee on the anniversary of joining. If not, then all members will have to make the payment in April.

This was approved and proposed by Lee Shields and seconded by Joe Tucker.

7. Any other motions tabled

There were none.

8. Election of officers and committee for 2013

The following were elected:

President – Mary Holmes

Chairman – Neil Costello

Treasurer – John Aston

Committee Secretary – Valerie Norrell

Portfolio holders:

Track & Field - Noel Moss

Endurance – Andrew Shields

Coaching – Lee Shields

Young Athletes – Caroline McGinnis Member without portfolio: Mark Vile

Neil thanked James Brennand for his commitment to the club and for all his help over the last 10 years. James recently moved to Norway to be with his partner. Neil wished him every success and happiness with his new job and family.

9. Presentation of Club Trophies and Awards

Neil introduced Grace Clements who was here to present the trophies. Grace was one of our coaches and helped at the community clubs. She also won the bronze medal for the heptathlon in Delhi. Although we were sorry to lose her from the club she is now based at Pickets Lock training with one of the country's best coaches.

After the presentation of the trophies and awards, Neil and Grace had an informal question and answer session which proved to be informative and entertaining. Grace was a wonderful guest who brought to a close a very enjoyable evening.

Track and Field review



Quadruple European Disability Champion in 2013

Charlotte Cox continued with her winning ways in the category for Downs Syndrome athletes, winning four gold medals in the championships at 100m, 200, 400m and Long jump.

Charlotte trains regularly with Bryn Percival's sprints squad and she has represent GB over several years winning a large number of Gold medals on the way.

SEAA track and field championships

11 C&C athletes braved a very windy weekend at Ashford in the SEAA Under 17's championships.

Holly Parker won Gold in the U17 Women's 800m in 2.13.93. Albert Pavelin (photo) took the silver medal in the U17 Men's Javelin, just being beaten in the final round after leading throughout the competition. There were bronze medals to Tim Cobden at 800m and for Claire Wilson at 1500m and an unlucky 4th place for Finlay Marriott in the 75m hurdles for U15 Girls



3 young athletes went to compete over the 3000m distance which were run alongside the multievents Champs.. Claire Wilson (right) produced her best track race ever today taking the South of

England U17 women's 3000m title. In what can only be described as the slowest ever first two laps of a race she burst to the front of a quality field and tore the race apart, no one could live with the



injection of pace and she went on to win comfortably in 10.44.76.

Alice Newcombe (left) smashed her PB by 26 seconds in the U15 race and took a fine bronze medal in 10:34.78, not bad considering the first 1500m was only 5:20. Jordan Wood U15 showed us that the 3000m might be his best distance on the track taking 6th place in a PB of 9:43.74.

7 C&C athletes competed in the SEAA U20/Senior championships in late June with Jessica Fox taking the silver medal in Long jump for U20 women and Istvan Jacso bronze in the Senior Steeplechase. Jessica was also 4th in the U20W Triplejump and Hayley Sayer 4th in the Women's hammer

UKA and England athletics National track and field championships.

Ben Kelk finished a creditable 7th in the UKA Senior championships and National trials in the 110m hurdles final clocking 14.32 sec after a run of 14.26 in the heats.

9 C&C under17 athletes competed in the EA National championships. Tim Cobden won Silver at the EA U17 men's 800m championships. He qualified for the final by running a PB in the semi-finals of 1:55.34. Tim has improved by over 9 seconds this year and has now developed a new sense of confidence in his running. Going into the final Tim was nominally one of the slowest in the field but that did not stop him from running with confidence, but he followed each break and with 150m to go he made his bid to win the title running onto the home straight with the eventual winner Spencer Thomas. He battled all the way to the line to take a well-deserved Silver medal at the first attempt at a National Championships.



Albert Pavelin finished 5th U17 man in the Javelin despite a niggling back injury and Hollie Parker took 6th place in the 800m final for U17 Women.

4 C&C athletes contested the EA under 20 championships in June with Ben Snaith winning the 400m, Oli Holway 5th

in the shot, Louis Rawlings 6th at 800m and Alice Galloway 7th in the women's shot.

CAU Track and field intercounties

5 C&C athletes competed for Cambridgeshire in the CAU intercounties, helping the team to an excellent 3rd place overall. Ben Snaith was 5th in the final of the Men's 200m, Will Mycroft 5th in the steeplechase and Kieran Wood 7th in the Mile.

ECAA Intercounty track and field trophy matches

28 C&C athletes represented Cambridgeshire in the annual Hibbard, Peterhouse and Beemax trophy competitions between Camb's, Essex, Herts, Norfolk, Suffolk and Bedfordshire.

There were A string wins for Ben Snaith, Tim Cobden, Jessica Fox and Hollie Parker, and 2nd A string places for Chris Morter, Kieran Wood, and Claire Wilson.

The Camb's Senior Men's team won the Hibbard Trophy ahead of Essex with C&C athletes contributing a significant number of points.

Track and Field leagues

Turn out in the leagues has again been much better in most of the younger age-groups this year, but it has not been as good in some of the Southern athletics league matches.

Southern Athletics League

This year the club were in the mixed gender Senior League in the Southern Region, Division 2 North, which had 16 teams.

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 Long jump and Triplejump.

The 3rd 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 Huddlestone who did 9 events and was the C&C athlete of the match.

The 4th match at Parliament Hill, was likely to be a tough one but it was unfortunate that the turn-out was rather thin and the team finished 4th just one point behind the hosts London Heathside.

The final match at Cambridge was well attended and the team finished 2nd well ahead of Ryston who ended the season 8th in the division but behind Norwich who were vying for promotion and 2nd in the division

Unfortunately due to some odd results in other matches, that was not enough to avoid relegation to Div 3N next season.

We will need a good turnout of athletes next year so that we go straight back up again.

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

C&C athlete of the match:

SAL May 18th

Jessica Fox

SAL June 15th

Jack Huddlestone

SAL July 20th

Chris Morter

SAL Aug 10th

Lucy Gillie-Visser

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 now finish in a reasonable time..

Qualification for the final was based on the 4 group winners plus 5 others from a "paper" match based on seasons best performances.

The Men eventually finished 2nd in the Fenland division behind Peterborough (PAC/NVH) but unfortunately missed out on qualifying for the final by just a few points from the paper matches, where Loughton just piped C&C.

The Women's team was very thin in the first two matches but improved significantly in the 3rd and 4th fixtures, but not enough to make the finals

East Anglian league



C&C qualified all seven age-groups for the league final in mid-September, and the Women's team then went on to win their age-group trophy. An excellent effort by the team and the team manager Wendy Fox.

In the league, the Senior men were unlucky to just miss out on the league trophy by a handful of points from Ipswich having had then stronger opposition at the last fixture.

C&C athletes of the match

EAL – June 23 rd	Adam Cross	Finlay Marriott
EAL – July 14 th	Aedan Slack	Valentina Coppolaro
EAL – Sept 1 st	Dylan Doggett	Ellen Leggate
EAL final	Rob Huckle	Cassie Thompson

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.

The 4th match at Norwich was also am tough one but the team did reasonably well finishing in 4th place despite poor turn-out yet again. Credit must go to the under 13 boys who won their age-group.

At the 5th and last league match at Cambridge, the turnout was much better and C&C won the match comfortably and secured a place in the Plate final.



C&C hosted the Plate final and a good team effort saw C&C take 2nd place overall (better than the league positions would have predicted) and the Under 17 men won their age-group trophy. A good end to the season

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

It was noticeable that the “weak link” in most matches was the under 15 boys. Some athletes turned out regularly, but were not supported by the majority – only about 15 of the 79 U15 Boys on the membership list supported the team during the season – far less than

regularly attend training!

C&C Athletes of the match were

EYAL May 19 th	Alex Holdsworth	Charlotte Davies
EYAL July 7 th	Joe Ebanks	Maisie Cassidy
EYAL July 21 st	Liam Hunt	Emily Jobson
EYAL August 4 th	Oliver New	Diana Chalmers
Plate Final	Curtis Wood	Hollie Parker

Club T&F records for 2013 season

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

100m	U20 Men	Ben Snaith	10.66
200m	U20 Men	Ben Snaith	21.07
400m	U20 Men	Ben Snaith	47.14
1500m	U15 Boys	Rob Huckle	4:10.65
1 Mile	U20 Men	Kieran Wood	4.23.13
1 Mile	U15 Boys	Jordan Wood	5.01.1
1 Mile	Vet men 35	Geoff Weller	4.57.9
1 Mile	U13 Boys	Thomas Keen	5.18.6
High jump	Vet men 45	Keith Clarke	1.45
Javelin	Vet men 65	Noel Moss	20.91
Shot	U20 Men	Oli Holway	14.40
100m	Sen. Women	Jessica Fox	12.5
200m	U20 Women	Joanne Peak	25.3
200m	U13 Girls	Maisey Snaith	28.5
1 Mile	U17 Women	Hollie Parker	5.10.7
3000m	U17 Women	Claire Wilson	10.06.90
Triplejump	U15 Girls	Jessica Kennard	10.72m



Javelin	U17 Women	Isabella Coutts	34.21
Pentathlon	U20 Women	Jessica Fox	2711 pts
Minithon	U13 Boys	James Ritcher	77pts equals record
4 x 100	Sen Women	Peak, Gillies, Fox, Marriott	50.5

ROAD RUNNING BITS

C&C conquer Iceland!

Nine C&C'ers ventured to cooler climes in [Reykjavik](#), Iceland. Windswept and raining, with a cool 11 degrees, which confused many locals to see our athletes donning the mighty blue and white vests, without the need for gloves, long sleeves and hats. The rest is history as they say, as Mel Staley stormed to an emphatic ladies victory in the marathon smashing the C&C record with a magnificent 2:55:06! Six of us ran the half marathon with 4 PB's. First C&C home was Claire Somerton in a big PB at 1:27:45 and 5th lady and a qualifying time for London. Chris Poole 1:28:26(PB) then Ben Chamberlain 1:31:47, Stacy Wheat 1:34:11 (PB), Richard Staley 1:39:13 (PB), then me 1:45:46. In the 10k Glyn picked up an outstanding age category win in 46:36 and Liz, coming back from injury, ran a strong 49:51. The courses were great ones for strong times, mostly flat with very few twisty bits and the cooler weather a welcome relief after the hot summer running. Having said that there was huge pride amongst us all to see so many great performances in C&C vests. Glyn even highlighted it as one of his most emotional days as a C&C member, to see so many great achievements. Well done to all, but a fantastic well done to Mel she was just awesome .

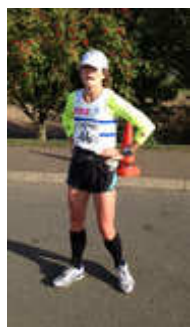


Kevin Henry 5k Road League

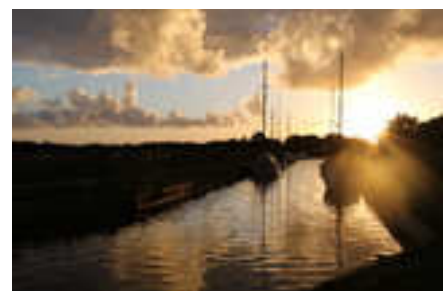
The Kevin Henry 5K League consists of five road/multi-terrain races organised on Thursday evenings, contested by C&C, Newmarket Joggers, Saffron Striders, Cambridge Tri-club, Ely runners and Haverhill running club. This year C&C again made a clean sweep of the team trophies; winning ladies, winning men and overall winners. Sullivan Smith picked up the men's runner of the series with a 1,1,1,1, each race getting quicker, culminating in an ultra-speedy 15:32. Club runners of the series, which is awarded for participation and great results went to Alastair Hodges for the men, who had a top 10 finish in each race with each race faster. For the ladies the ever improving Margaret Phillips scooped the award for 4 great races ending with a 22:16 PB and a stunning 85.59% WAVA.

Round Norfolk Relay

Well, it's all over for another year. The simple facts state that the first team were a magnificent second in the Open class (in which selection is unrestricted), and third overall, behind only the multiple champions CoNAC (who have the logistic advantage of living slap bang in the middle of the route) and the brilliant Ely (who don't, and just do RNR superbly). A mere 20:48:28 taken for the 197 miles. Well... rather more than 197, eh, Istvan? ;-) Magical. There were stage wins for the amazing John Ferguson (and a vets' course record too!),



Tom Stevens (20 miles in the dark in just 1:55 and a fabulous outright stage record) and Richard Park - lightning, but beaten by a rather speedy girl ;-). Jonathan E-P, Oliver Park, Andrew Shields, Graham Anderson, Neil White (our third stage record breaker, in the vets), Graeme Kennedy, Ben Jones and Iain Wood ALL managed top-three placings too. Our squad in the Club class (which requires at least six vets and five females) also had a pretty good day, rotating in a tad over 27



hours, with numerous heroic efforts including Christof Schwiening's awe-inspiring twelfth place on the 20-miler (which typically attracts the strongest runners) and Carrie Bedingfield's third female placing over the killer sands east of Cley. Check the results for more.

But most of all, a truly amazing performance by numerous organisers and support crew, most notably commander-in-chief Fergie and his Club-team counterpart Kris Semple. Others did monumental stints too, and we know who you are. Heroes.

Southern 6 stage Road Relays – Senior men's team

Report by Istvan Jacso:

Seven of us headed down to Aldershot to represent C&C in the senior men's race. We had William Mycroft, Kieran Wood, Alexander Eggeman, Richard Park, James Chettle, Oliver Park, and Istvan Jacso as the reserve. Due to the clash with a popular local event we could only send one team to the battlefield. The goal of the day was to provide a solid performance and hopefully finish in the top 25 to qualify for the Nationals in October. Checking the results from last year, that appeared to be a challenging task. We would have to produce an average performance of sub 20min

over the 6k course. The course consisted of two 3k laps with two small but tricky hills. The first off was Will who ran a superb 1st leg in 19:28 finishing in 40th place. That was a great performance knowing that many teams put their fastest runner on the first leg. Second was Kieran who ran as well as Will to finish in 19:35, moving us up to 26th place! Alex was next. He showed his multi-talent with a solid 21:27 after a week of surfing. He handed over to Ric in 36th place. Ric matched Alex's time, finishing in 44th place. Then James took over. He stormed through the course with a very even pace, finishing with another sub 20min performance (19:58). This moved us back to 36th place. Our finisher was Oliver who also paced himself very well. He overtook several teams to finish with another great performance of 20:07 in 30th place. Despite all the strong performances that was not quite enough to finish in the top 25. However, we were only 1min 5sec off! The day was still a great success and a significant improvement on last year. The total finish time of 2:02:02 compared with 2:05:57 in 2012. This year we finished 30th out of 80 teams. In 2012, we were only 40th out of 66 teams. We'll be back next year!

Southern 4-stage Road Relays – Women's teams

Report by Beth Jones:

A Senior and a Vets Women's team also joined the C&C crowd at the SEAA Aldershot Road Relays on Saturday. Some of the teams there were among the fastest in the country, others weren't and for those of us more accustomed to the Marathon, HM or 5K, this event was a looking glass into a whole different world of running. We covered a leg distance of 3851 meters as fast as possible in relay form. Well, it's not something I would have ever experienced without Club involvement and it was fun ... particularly when I stopped trying to figure out how 3851m compares with 5 km and just ran! The course was a pleasant tree-lined, gentle up and down route through part of the army base finishing with a stretch of honour down into the 'natural' arena (populated by club tents). Despite Helen and Natalie feeling rather under the weather and a sore foot for Joan, both teams pulled off some good times. Jane Packman (16:17), Helen Grant (17:12), Mary Twitchett (15:56) and Joan Lasenby (16:25) took a total time of 1:05:50 for the Vets, placing them 8th. Natalie Griffiths (14:55), Outi Tammissola (16:24) and Beth Jones (16:13) ran as an incomplete Senior team for a 3-Leg time of 47:32. So as Mary and Natalie took the star times for the afternoon, I also witnessed a belter of a run from Outi, who looked just as powerful as she handed over to me as she did at the start. Well done everybody. Since C&C has such a talent for distributing blue and white stripes evenly across race fields as well as standing on podiums, it would be great to see some A, B and C Senior/Vets Teams there and at the Nationals next year. In summary, an excellent club team event.



Young athletes Road relays

Report by Mark Vile

U17 Women - C&C took the title in fine style leading from gun to tape. On the first leg Claire Wilson had to battle all the way to the line in order to hold off Wells City's Isobel Glaisher. Claire crossed the line in 10 mins 22 seconds just one second ahead of her rival. Claire handed over to Diana Chalmers on the second leg. Diana ran a controlled race under pressure running 10 mins 54 seconds and brought the team home in first place extending the lead to 13 seconds. Diana handed the lead over to Hollie Parker. Hollie Parker was put under pressure by Windsor's Felicity



Johnson during the first half of her leg with the gap closing to around 8 seconds but Hollie Parker held her nerve and soon began to extend the lead over the last 800m eventually crossing the line 28 seconds clear of her rivals. Hollie ran 10 mins 38 seconds for her leg. A great team performance and a first major title for C&C's youngsters.

U15 boys - C&C finished 5th in a very competitive age group. Jordan Wood (10mins 02 seconds) proved he was the right choice to go on the first leg as he worked hard to hold onto the leading group. Jordan brought the team home in 12th place just 30 seconds behind the leaders. Jordan handed over to Rob Huckle (9 mins 46 seconds). Rob quickly moved up to third place running the second fastest time on his leg.

Luke Crisp (10 mins 05 seconds) took over from Rob and ran very well to hold onto 3rd place. Luke then handed over to Ashley Brown (10 mins 41 seconds) who was running his first major race for the club. Ashley showed us that he has a bright future with a good run bringing the team home in a fine 5th place.

U13 boys - We had 4 athletes competing for the first time at this level and they all ran very well. Oliver Newman (11 mins 53 seconds), Dominic Clatworthy (11 mins 15 seconds), Thomas Keen (10 mins 50 seconds) and David Dow (11 mins 56 seconds). The boys finished in a credible 15th place and proved that the future is bright for C&C.

U17 Men - Our U17s competed very well to bring the team home in 16th place. National 800m silver medallist Tim Cobden started them off for the team and ran a fast 12 mins 40 seconds before handing over to Curtis Wood (13 mins

45 seconds) who proved he is multi-talented, the 1m 83cm high jumper kept the team in touch with the top 20 teams before handing over to fast improving Harry Topham (13 mins 11 seconds) who ran a strong race before handing over to Thomas Blatch (13 mins 27 seconds) who did well as he had been ill leading up to the race. Thomas took 4 places on his leg which resulted in a fine performance for the whole team.

U15 girls - Amy Chalmers (11 mins 30 seconds) ran the first leg for C&C bringing the team home in a good 18th place, less than a minute behind the leading team. Belinda Dow unfortunately suffered from a bad stitch and breathing problems during her leg but bravely battled to the line so her club mate Alice Newcombe could still run her leg. Alice (10 mins 47 seconds) took over in 46th place and produced the 9th fastest run of the day eventually bringing the team home in 20th.

U13 girls - Disaster struck the team when Sophie Ealey was taken to A&E the night before the race with a suspected broken arm. Thankfully the arm was not broken but Sophie was fitted with a splint and still wanted to run for the team. It was decided that it was best for Sophie to miss the race to help with her recovery. Eleanor MacIntosh and Helena Dyce decided that they would still travel to the race and proved that with a fit Sophie that the team can compete with the best. Eleanor brought the team home in 23rd in 9 mins 01 seconds and Helena ran a fast 8 mins 42 seconds to close the second leg in 14th place. Well done girls and we wish Sophie a speedy recovery.

Cross-country this coming winter

The cross country section of the club take part in a number of events between October and March. Full details of the Championships, Relays, Leagues and Club Challenge are given on the appropriate page of the website <http://www.cambridgeandcoleridge.org.uk/index.php/cross-country/xc-club-challenge>.

Cross country is traditionally a team event providing healthy competition for athletes as they build endurance for the rigours of the next track and field season. **These 4 - 8 mile off road races provide excellent training for all endurance runners.** Road runners - if you can finish 10K of hills and mud then the same distance on the road should feel easier. Definitely faster!

As there is no Cambridgeshire Cross Country League we have been accepted as members of the Essex Cross Country League. A full program of junior and senior events is run on five Saturday afternoons with the final meet in January i.e. before the major Championships. Participation in these meets is highly recommended as preparation for the major Championships.

For an introduction to cross country consider the multi-terrain Frostbite Series and the Ryston Grand Prix - both run once a month on a Sunday morning.

The Essex League and Frostbite events are free to members. All you have to do is turn up in your club vest - the more the merrier. Non-running volunteers and supporters are always welcome. There is a nominal fee for the Ryston GP events which can be paid on the day.

Any questions should be directed to [Helen](#)

Fixtures 2013/14 are as follows

OCTOBER:

5th SEAA (Southern) Cross Country Relays Wormwood Scrubs, N. London
12th ERRA (National) Men's & Women's Road Relays Sutton Park, Birmingham
13th ERRA (National) Young Athletes Road Relays Sutton Park, Birmingham
13th Ryston Grand Prix (5K forest trails) Shouldham Warren
19th Essex Cross Country League Great Notley, Braintree

NOVEMBER:

2nd ECCA (National) Cross Country Relays Berry Hill Park, Mansfield
16th Essex Cross Country League Gloucester Park, Basildon
17th Ryston Grand Prix (9K forest trails) Shouldham Warren
23rd UK Cross Country Trials Liverpool
23rd British Masters Cross Country Relays (35+) Moorways Stadium, Derby
30th SEAA Inter-Counties Cross Country (selection) Shuttleworth Park, Biggleswade
30th SEAA (Sothern) Masters Cross Country (35+) Shuttleworth Park, Biggleswade

DECEMBER:

7th Essex Cross Country League Hylands Park, Chelmsford
14th EVAC (Eastern Vets) Cross Country (35+) Wicksteed Park, Kettering
15th Ryston Grand Prix (6.5K forest trails) Shouldham Warren

JANUARY:

4/5th Cambridgeshire (County) XC Championships tbc
11th Essex Cross Country League Southend
19th Ryston Grand Prix (5K forest trails) Shouldham Warren
25th SEAA (Southern) XC Championships Parliament Hill, N. London

FEBRUARY:

8th Essex Cross Country League Epping Plain, Chingford
16th Ryston Grand Prix (9K forest trails) Shouldham Warren
22nd ECCA (National) XC Championships Wollaton Park, Nottingham

MARCH:

9th CAU Inter Counties XC Championships (selection) Cofton Park, Birmingham
23rd Ryston Grand Prix (6.5K forest trails) Shouldham Warren
TBC British Masters XC Championships (35+) tbc

The Frostbite league

The Frostbite Friendly League is a series of six "closed" running races for senior and junior runners from 16 road-running clubs based mainly around the Peterborough area (in the UK). The races are staged at 4-5 week intervals on a Sunday morning during the winter months from October to March (hence Frostbite). Each of the 6 races is hosted by one of the participating clubs. The senior races are all between 5 and 6 miles and the junior races are less than 1.5 miles (one day we will go metric!). The terrain varies from race to race and may be anything from a wet and muddy cross-country to road running through a town centre. The races are very well attended and each race regularly attracts over 250 runners.

This year you must wear a club vest and no headphones allowed – new rules!

Junior runners must be aged 9 - 15. Senior runners must be 16 and over. Where a junior is 15 on the first race of the season and 16 on the last race of the season they may elect to run all of the races in that season as either a junior or a senior but not both.

For senior teams the first 10 runners to score, 3 of which must be male and 3 must be female. The remaining places may be male or female.

For junior teams the first 5 runners to score, 1 of which must be male and 1 must be a female. The remaining places may be male or female.

Fixtures 2013/14

6 Oct 2013 Priory Park, St Neots
3 Nov 2013 Bushfield Sports Centre
8 Dec 2013 Hinchbrook Park
12 Jan 2014 Whitemoor Prison March
2 Feb 2014 Bourne Woods
2 March 2014 Hinchbrook School

All races: Junior start 10:15, Senior Start 11:00 Why not have a go!!

P B Blues By Sonny Boy Leadfoot

Well, I woke up this mornin',
Knew I had to race...
But I had doubts in my mind...
Whether I wanted my place.

Still, I went downstairs and put on my runnin' shoes.
But I had a bad case of the PB Blues.

I got down to the start
In mah blue and white vest.
But I knew in mah heart
There'd be no personal best.

Never to be faster, in mah runnin' shoes
I've got a bad case of the PB Blues.

And so it went on.
Week after week.
They all got to know
That I'm past mah peak.

Oh, he'll never be faster in his runnin' shoes.
He's got a bad case of the PB Blues.

Oh, way down in mah soul
I know I'm over the hill
Yeah, I'm in a deep hole

It's such a bitter pill!

So what shall I do; shall I turn to booze?
And never again put on mah ol' runnin' shoes?
I tell y'all, I've got a bad case of the PB Blues.

Alex Downie

Fixtures for 2013/14

Cross-country

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

5 th Oct	SEAA XC relays	Wormwood scrubs	All
6 th Oct	Frostbite League	Priory Park	All
12 th Oct	National Road Relays	Sutton Park	Seniors
13 th Oct	National YA Road relays	Sutton Park	Young athletes
13 th Oct	Ryston XC Grand prix	Shouldham Warren	All
19 th Oct	Essex XC league	Braintree	All
2 nd Nov	National XC relays	Mansfield	All
3 rd Nov	Frostbite League	Bushfield Sports Centre	All
16 th Nov	Essex XC league	Basildon	All
17 th Nov	Ryston XC Grand prix	Shouldham Warren	All
23 rd Nov	BMAF XC relays	Derby	Veterans
30 th Nov	SEAA inter/county XC	Shuttleworth park	(county teams)
30 th Nov	SEAA masters XC	Shuttleworth park	Veterans
7 th Dec	Essex XC league	Chelmsford	All
8 th Dec	Frostbite League	Hinchinbrook Park	All
14 th Dec	EVAC XC championships	Kettering	Veterans
15 th Dec	Ryston XC Grand prix	Shouldham Warren	All
5 th Jan 2014	County XC championships	St Neots	All
11 th Jan 2014	Essex XC league	Southend	All
12 th Jan 2014	Frostbite League	Whitmoor Prison	All
19 th Jan 2014	Ryston XC Grand prix	Shouldham Warren	All
25 th Jan 2014	SEAA XC championships	Parliament Hill	All
2 nd Feb 2014	Frostbite League	Bourne Woods	All
8 th Feb 2014	Essex XC league	Epping	All
16 th Feb 2014	Ryston XC Grand prix	Shouldham Warren	All
22 nd Feb 2014	National XC championships	Nottingham	All
2 nd Mar 2014	Frostbite League	Hinchinbrook School	All
9 th Mar 2014	CAU intercounties XC	TBC	County selection
23 rd Mar 2014	Ryston XC Grand prix	Shouldham Warren	All

Road

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

Oct 6 th	Abington 10k	Abington	All over 16
Oct 6 th	Wimpole half marathon	Wimpole	Seniors
Oct 6 th	Jersey Marathon	Jersey	Seniors
Oct 6 th	Standalone 10k	Letchworth	All over 16
Oct 6 th	Chester Marathon	Chester	Seniors
Oct 6 th	Granchester 10k	Granchester	All
Oct 13 th	Budapest Marathon	Budapest	Seniors
Oct 13 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 13 th	Ware 10 mile	Ware	All over 16
Oct 20 th	Abingdon marathon	Abingdon Berks	Seniors
Oct 20 th	Amsterdam marathon/half marathon	Amsterdam	Seniors
Oct 20 th	Thurlow 10k	Thurlow	All over 16

Oct 20 th	Fenland 10k	Wisbech	All over 16
Oct 26 th	Snowdonia Marathon	Llanberis	Seniors
Oct 26 th	Suffolk marathon	Dunwich	Seniors
Oct 26/27 th	BUPA Great south run 5k/10mile	Portsmouth	Seniors
Oct 27 th	Luton Half marathon	Luton	Seniors
Nov 3 rd	Bonfire Burn 10k	Histon	All over 16
Nov 3 rd	Great East Run HM and 10k	Bungay	Seniors
Nov 3 rd	Dovedale dash	Dovedale	Seniors
Nov 3 rd	Stevenage half Marathon	Stevenage	Seniors
Nov 10 th	Athens marathon	Athens	Seniors
Nov 10 th	Mud and Mayhem 10k	Northampton	All over 16
Nov 17 th	St Neots Half marathon	St Neots	Seniors
Nov 24 th	Hadleigh 10 mile	Hadleigh	All over 16
Nov 24 th	Hereward Relays	P'bro to Ely	Seniors
Nov 24 th	Southwold 10k	Southwold	All over 16
Dec 1 st	Nene valley 10m	Bretton	All over 16
Dec 8 th	Bedford harriers half Marathon	Wooton	Seniors
Dec 15 th	Pisa marathon	Pisa, Italy	Seniors
Dec 26 th	Club Boxing day 4 mile	Fen Causeway (TBC)	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 1 st	Wymondham new years 10k	Wymondham	Seniors
Jan 7 th	Siberian Ice marathon	Omsk (Russia)	Seniors
Mar 2 nd	Cambridge Boundary Run	Cambridge	Seniors
Mar 9 th	Cambridge half Marathon	Cambridge	Seniors
Mar 23 rd	Oakley 20	Oakley	Seniors
April 6 th	Blackpool Marathon	Blackpool	Seniors
April 6 th	Bungay Black Dog marathon	Bungay	Seniors
April 6 th	Brighton Marathon	Brighton	Seniors
April 13 th	London marathon	London	Seniors

Indoor and Outdoor T&F

Dec 4 th	Indoor Middle distance Open	Lee Valley	All
Dec 15 th	Metaswitch games	Lee valley	All ages
Jan 1 st	Lee Valley Indoor sprints/800m	Lee Valley	All
Jan 4 th	Camb Sports hall championship	St Ives	All under 15
Jan 5 th	Metaswitch games	Lee valley	U20/Sen
Jan 11 th	U13/U15 Open meeting	Lee Valley	U13/U15's
Jan 12 th	SEAA Indoor Pentathlons /individual	Lee Valley	All ages
Jan 18/19 th	SEAA Indoor Championships	Lee Valley	All over 12
Jan 25/26 th	London Indoor Games (Sen/U20)	Lee Valley	Sen/U20
Feb 2 nd	London Indoor Games (U17/U15)	Lee Valley	U17/U15's
Feb 8/9 th	UK championships	EIS Sheffield	Seniors
Feb 8/9 th	Eastern AA Indoor championships	Lee Valley	All ages
Feb 15 th	Indoor Grand Prix	Birmingham	Spectators
Feb 19 th	Indoor Middle distance Open	Lee Valley	All
Mar 30 th	Open Pentathlons	Lee Valley	U13/U15's
April 19 th	Southern athletics league 1	TBC	Seniors inc U17's
May 17 th	Southern athletics league 2	TBC	Seniors inc U17's
June 15 th (Sun)	Southern athletics league 3	TBC	Seniors inc U17's
June 27/28/29 th	UK trials and national Championships	Birmingham	Seniors (standards)
July 5 th	Southern athletics league 4	TBC	Seniors inc U17's
Aug 2 nd	Southern athletics league 5	TBC	Seniors inc U17's
Aug 24 th	British Grand Prix	Birmingham	Spectators

USEFUL CONTACT INFORMATION

Contact info for Autumn 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	T&F 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
Helen Grant	Cross-Country coordinator	01223 835977

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
Club branded kit (not C&C vests)	http://www.yourclothingshop.com/cac
Club vests (pay online)	http://www.cambridgeandcoleridge.org.uk/index.php/club-kit
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 track and field 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 (probably 16th March 2014), 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.