

Celebrating C&C's Success

The Cambridge and Coleridge Newsletter Summer 2014

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

- **Claire Wilson started her 2014 outdoor track season with a new U20W club record at 3000m of 9.52.7, which is also more than 23 seconds inside the English Schools standard**
- **Natalie Griffiths first female in the Cambourne 10k. Helen Grant was first W45**
- **Mike Salt 41st (2nd M40) in the Greater Manchester Marathon (5900 runners)**
- **Charlie Wartnaby finishes 27th M40 in London marathon – 190th overall. Tom Stevens (2nd claim endurance) finished 35th overall.**
- **Katie Reynolds improved her U17W shot best to 11.37m at the first EYAL well over the English schools standard**
- **All six Cambridgeshire runners in the East of England London Mini-marathon team were from C&C. Claire Wilson was 5th in the Under 17 women's group. (more below)**
- **Diana Chalmers won her Age-group (16-19's) in the European Duathlon sprint championships 6 minutes ahead of 2nd place.**
- **Huge win in the first Southern Athletics league match at Kings Lynn.**
- **Sam Richards and Jessica Fox named as athletes of the match**
- **New club Womens 100m record for Jess Fox at the SAL match at Kings Lynn – 12.2secs**
- **New club Women's Hammer record for Jenny Richards at the SAL match at Kings Lynn – 43.66m**
- **New U20 Men's 3000m club record for Kieron Wood at Watford on April 23rd – 8.21.61**
- **Alice Rush in her first wheelchair race came 5th in the U17W's London mini-marathon**
- **East Anglian league team 2nd at Norwich on May 4th – Under 15 Boys won their age-group**

- **Tom Stevens won the Tulip 10k at Spalding**
- **C&C win fastest team prize at the Ickworth 10k. David Barber 3rd overall.**
- **Tom Stevens wins Wimpole 10k by 2 minutes.**
- **Jack Bowden 11th in the Great East Anglian 10k run in a PB time**
- **Medals galore for at the Cambridgeshire T&F championships and 8 of the 10 age group trophies (S/C's and Miles still to add in)**
- **Finlay Marriott and Emily Wannop qualify for the U17 women's ICE challenge at the Bedford International games**
- **Sullivan Smith wins Histon Flaming June half marathon by 5 minutes.**
- **Success in the Westminster miles – one winner and four 3rd places. Under 17 women finish 1st, 3rd and 6th.**
- **EYAL take 2nd place at home in the 3rd round match.**
- **Charlie Wartnaby wins the Chilford 10k**
- **Kieran Wood is the new South of England U20 Men's 1500m champion**
- **Claire Wilson takes silver in SEAA U20 women's 300m championship**
- **Bronze for Hollie Parker in SEAA U20 Women's 1500m championship**
- **Kieran Wood is the new England U20 3000m Champion (see report)**
- **Ben Kelk 2nd in England U23 110m Hurdles**
- **Claire Wilson 7th with a PB in the England Athletics U20W's 3000m**
- **Anglian schools wins for Liam Hunt (U20M hurdles), Aedan Slack (U17 men's discus), Jessica Kennard (U17 women's Triplejump), Katie Reynolds (U17 women's shot) and Annabel Quantrill (U15 girls 800m).**
- **Istvan Jacso named male athlete of the match at the SAL home match on June 21st for his 2k steeplechase run**
- **Anna Douglas 1st female in the Stortford 10**
- **15 C&C athletes selected for Cambs schools team of 25, and one on the reserve list**
- **Jonathan Escalante Phillips 2nd in Sutton Beast 10k**
- **Katie Samuelson 1st female in the Wibbly, Wobbly Log Jog 5 mile**
- **Emma Buckland 1st female in the Trailblazer half marathon at Clumber Park**

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

Road

July 3 rd	Kevin Henry 5k league	Saffron Walden	All over 16
July 20 th	St Ives 10k and 3k	St Ives	All over 16
August 7 th	Kevin Henry 5k league	Haverhill	All over 16
Sept 4 th	Kevin Henry 5k league	Cambridge	All over 16
Oct 5 th	Frostbite league	Priory Park	All members
Nov 2 nd	Frostbite league	Bushfield	All members
Dec 14 th	Frostbite league	Hinchingbrooke	All members
Jan 11 th 2015	Frostbite league	March	All members
Feb 1 st	Frostbite league	Bourne Woods	All members
March 1st	Frostbite league	Hinchingbrooke	All members

T&F

July 6th	East Anglian T&F league 3	Peterborough	All ages
July 12th	Southern athletics league 4	Battersea	Seniors inc U17's
July 13th	Eastern Young athletes league 4	Cambridge	All aged under 17
Aug 2nd	Southern athletics league 5	Cambridge	Seniors inc U17's
Aug 3rd	Eastern Young athletes league 5	Watford	All aged under 17
Aug 6th	Veterans match (4)	St Ives	Age 35 plus
Aug 17th	East Anglian T&F league 4	St Ives (C&C home match)	All ages
Sept 7th	Eastern Young athletes league finals	TBC	Selected team
Sept 14th	East Anglian T&F league final	Bury St Edmunds	Selected teams

July 9th 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). Enter by 3rd July for the championship events

Chair's chatter Summer 2014

The summer season is going well competitively. Our track and field teams are performing better; I'm delighted to say even the vets team is challenging for the top spots in the local league against some strong clubs. I say that with some mixed emotions. I haven't been able to turn out for the team yet, because of minor injuries, and it's doing better without me. Unusually, we haven't been such a crushing presence in the Thursday night Kevin Henry 5k league so far this year – we need some of the fast people out for the next events – c'mon, we can still win this!

We've also got a national champion – Kieran Wood's superb run in the English Championships 3,000m has been the highlight of my year so far, and there were a number of other good performances there too.

Things are going well and there's an American saying, 'If it ain't broke, don't fix it.' But I don't always agree with that point of view. Sometimes it's possible to see that things have the potential to crack and then it's much better to sort them out before they break rather than allow them to collapse completely. Young athlete training is starting to show signs of a few cracks and we have been thinking for some time about how we can stop that happening. We're also aware that some athletes get a little bit lost in the system – they come along and try out events but aren't sure what is best for them or whom to approach for help. The progression of athletes to more focused training is also something which can be a little bit hit and miss. The coaches and other volunteers are doing a superb job and this is shown in the quality of our teams and the great atmosphere around the club but if we want to keep it that way, as numbers grow, we need to change the arrangements for junior training a little.

I'll be sending an email with full details in a few weeks and the details will go on the web site but by way of advance warning:

- Under 13 training will remain very similar to the present system. Athletes will train from 6.30 to 7.30 in one of three groups. We will be reducing the number of 'choice' weeks but the basic system won't change.
- Under 15 training will change quite a bit. It will move to a **7.30 to 8.30** slot (probably from the last week in July). Then in September athletes will be put into three groups very similar to the under 13 system or they will opt to specialise. In order to specialise they will need to ask the relevant coach's agreement and that

agreement will be based on the coach's assessment of the needs of the athlete. In order for the coach to make an effective assessment it will be essential that the athlete has competed in the relevant event and has proper times and distances recorded.

- We are also developing a number of leadership opportunities for under 15 and under 17 athletes and want to offer these routinely as alternative or additional routes through the sport for those who will enjoy them and benefit from them.

These changes are part of the review we are undertaking of volunteering at the club. It is important that all of us who volunteer feel we are valued and are making a contribution. The size of the club means that volunteers are often left to get on with things and have to use their own initiative. That's not a bad thing in principle. I think most of us prefer to get on and do things without interference. But I'm aware that it's a fine line between using your own initiative and feeling abandoned.

We're a large club. As I write this we have 958 members making us probably the biggest athletics club in the country. (I'll maybe try to explain why we are so big relative to other clubs in a future chair's chatter - it's to do with geography and the range of things we offer.) We gain from being such a size in the opportunities we can offer and the arrangements we can make with organisations like Cambridge University. It also helps us competitively but if we want to remain a successful, friendly and genuinely open club there is a need for us to support each other through volunteering. That puts pressure on the club's officers and trustees to make opportunities available which are not too demanding and which enable people to enjoy the experience. We are doing our best to get there. Please help as much as you can.

Neil - Chair C&C AC

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.

An England Athletics U20 Champion **Report by mark Vile**

This weekend (21/22nd June) we had the National U20 championships which were being held at Bedford. Kieran Wood ran in the 3000m which he won very comfortably! Going into the race he was around the 5th fastest in the field but we knew his training had been going very well so our confidence was high. The race was ran at a fast tempo which was set by last year's top junior Jack Hopkins from Wales, he was followed by Aldershot's Jack Crabtree who



had the fastest time in the field and Kieran stuck to the race plan by sitting in on them both. Despite great attempts to dislodge Kieran from the front two and the final lap approaching Jack Hopkins put in his final effort which was good enough to see off Jack Crabtree, but not Kieran and with 300m to go Kieran put in his effort which saw him home by over 3 secs in a PB of 8 mins 15 secs.

Mark continues - Only 3 seasons ago I watched Kieran running his first track race as a 15 year old for C&C. At that time he was not good enough to score for the team and had to run as a guest. In that short period of time he has work very hard and yesterday all his hard work paid off. Kieran is a fine example of what can be achieved if you commit yourself and work hard. Kieran has now

been invited to go and run in Birmingham next week at the senior National Championships and trials for the European championships in the 5000m, a race which will have Mo Farah in it! Kieran's aim next week is to try and run the qualifying time for the World junior Championships which are being held in Eugene US.

Claire Wilson also showed us what she is capable of, running a fine PB of 9 mins 45 secs to finish 7th in the U20 women's 3000m. Tim Codben (at the age of just 16!) ran extremely well to make the semi-final of the U20mens 800m yesterday and only missed the final by one place. Tim has two more years in this age group so the future look promising.

Anglian Schools Championships

C&C were quite well represented in the Anglian schools championships despite several people being at the England

Championships or the SAL. There were several PB's and ES qualifying standards

110m Hdls	U20 men	1 st	L Hunt	15.4 (PB)			
800m	U17men	3 rd	R Huckle	2.02.9			
1500m	U17men	7 th	H Topham	4.36.8			
Shot	U17Men	3 rd	A Slack	13.03 (PB)			
Discus	U17 men	1 st	A Slack	42.82 (PB)			
100m	U15boys	4 th	L McPherson	11.9 (PB)			
1500m	U15boys	2 nd	O Sewell	4.36.8			
Hdls	U15boys	2 nd	S Clarke	13.0			
Discus	U15boys	3 rd	M Gaiser-Porter	28.36			
Hammer	U15boys	5 th	M Gaiser-Porter	28.34			
300m	U17 women	3 rd	M Gomperts-willis	43.4			
800m	U17 women	3 rd	L Parker	2.19.1			
Longjump	U17 women	4 th	J Kennard	4.86 (PB)			
Triplejp	U17 women	1 st	J Kennard	10.93			
Shot	U17women (Guest)	1 st	K Reynolds	11.49 (PB)	2 nd	V Coppolaro	9.35
Discus	U17 women	4 th	K Rehakova	23.42 (PB)	5 th	V Coppolaro	23.05
Hammer	U17 women	3 rd	K Rehakova	28.44 (PB)			
Javelin	U17 women	5 th	K Reynolds	23.56			
100m	U15girls	5 th	M Snaith	12.9			
200m	U15girls	6 th	M Snaith	26.9			
800m	U15girls	1 st	A Quantrill	2.18.5			
Shot	U15girls	6 th	C Davies	8.69			
Hammer	U15girls	3 rd	C Davies	24.74			

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:

Inter Boys

Rob Huckle - 1500m, Joe Warwick - Triple Jump, Aedan Slack - Discus

Senior Boys

Louis Rawlings - 800m, Tim Cobden - 800m, Kieran Wood - 3000m

Junior Girls

Maisey Snaith - 100m, Annie Quantrill - 800m

Inter Girls

Alice Newcombe - 3000m, Finlay Marriott - 80mH, Jessica Kennard - Triple Jump, Katie Reynolds - Shot

Senior Girls

Hollie Parker - , Claire Wilson - 3000m, Alice Galloway - Shot

Reserve List

SG Joanne Peak - 200m

Unfortunately Cambs schools can only take a team of 25, and for the first year for some time there were too many qualifiers (30), so some were disappointed.

Track and Field leagues

Turn out in the leagues has again been good all leagues so far this year

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 wont chase you – its 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_2014_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 2014 fixtures.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 13th (Home) and August 3rd (Watford) and the league final on 7th September

East Anglian league – All ages – Under 13's up to Seniors – July 6th (P'bro) and Aug 17th (home at St Ives**) and the league final on Sept 14th.

Southern Athletics league – Senior males and females (including U17's and under 20's) – July 12th (Battersea) , August 2nd (home).

** This match is at St Ives because the Cambridge track has resurfacing work on the 100m straight and jumps runways.

Southern Athletics League

This year the club are in the mixed gender Senior League in the Southern Region., C&C are in Division 3 North, which has 17 teams. (we were relegated last year)

The seasons target is to finish at least 4th and get promoted back to Div 2 North.

The first match was at Kings Lynn and C&C won emphatically against relatively weak opposition.

On the 2nd match at Cambridge C&C won again by a good margin



Istvan Jacso shows his technique over the water jump (Photo sequence by Gary Parsons)

The third match also at Cambridge was a clash with the England U20/U23 championships



and the Anglian Schools champs and they took away a lot of athletes. The opposition was tougher – the 2nd, 4th and 5th clubs in the Division. However everyone mucked in and the team finished 2nd just 3 points behind West Suffolk and well ahead of Hillingdon and Watford. The team now has 14 match points with two matches left and are currently in 3rd place. The next match is at Battersea, and will be a tough one against 2nd placed Shaftsbury who are undefeated, and Serpentine who are at home (plus Woodford Green and Orion harriers), and the final match is at Home and should be an easy one.

Pictures – Albert and Ricardas in the Men's Javelin in the 3rd match.

We will need a good turnout of athletes on these last two to make sure we go up – especially the Battersea match, which is a clash with English schools and that will affect us.

The league tables can be viewed at <http://www.southernathletics.org.uk/2014.html>

Veterans League

The vets league has a different regional structure again this year with C&C because EVAC failed to organise it. We compete against Bedford, Milton Keynes, Hunts AC, Biggleswade and Peterbro clubs . There will be no final Both men and Women are currently lying 3rd after three matches
The team would welcome additional athletes – you need to be aged over 35 on the day . No upper limit.
One more league matches left on 6th August

East Anglian league

The first two matches (at Norwich and Ipswich) left all C&C age-groups in with a good chance of reaching the league final on Sept 14th. Currently the u15 Boys and the Sen men have a very small lead in their age-groups. 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 6th so we should be able to consolidate that position

Eastern Young Athletes league

A good start to the season, and after the first three matches C&C were in 10th place .
(The top 6 clubs qualify for the “Cup” final, and clubs 7-12 for the “Plate” final, on Sept 7th).
The team were 4th in the first fixture at Norwich – a strong match) and 2nd in both the 2nd and 3rd matches.

The last two matches are a little tougher , with a couple of top clubs at each, but third places should be enough to secure a place in the Plate final.

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.

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

Cambridgeshire AA Open Development meeting – July 9th 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 9th , 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 Women's 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 Men's and Women's steeplechases.

The championship entries close on July 3rd 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.

18.55: (600m Under 11's)

19.05: Males Open 3k Steeplechase (Inc. Senior Men's Cambs County Championship event)

19.20: 100m (All ages, graded races including Ambulant athletes *)

19.45: 80m (Under 11's)

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

20.20: 200m (All ages, graded races including Ambulant athletes *)

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

- 19.45: Triple-jump (Under 15 up to Senior).
 20.00: Turbojavelin (under 11's)
 20.15: Highjump (PB >1.50 - bar goes up in 5cm intervals from 1.45 – 9 jumps limit)

Cambridgeshire AA County Track and field championships

An outstanding day for C&C yet again.

The event was well contested again this year, although the change of date imposed by UKA reduced the school entries slightly and there were no 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, 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 9th, so the more seniors that enter those events the better chance we have to win those 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 but only just, ahead of St Faiths..

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

New club T&F records for 2014 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).

Jessica Fox	100m	Senior Women	12.17
Margaret Phillips	1500m	W60	5.55.07
Claire Wilson	3000m	U20 women	9.45.09
Margaret Phillips	3000m	W60	12.28.95
Felicity Tournant	10,000m	Senior women	43.09.46
Diana Chalmers	1500m S/C	U17 women	5.26.9 (also senior record)
Pamela Abbott	1 mile walk	W50	10.24.1
Finlay Marriott	80m Hurdles	U17 Women	11.9 (=)
Iona Graham Hagg	Longjump	W50	3.09
Neve Palmer	Javelin	U15 Girls 500g	q29.24
Katie Reynolds	Javelin	U17 Women 500g	24.68
Katie Reynolds	Shot	U17 women 3kg	11.49
Jenny Richards	Hammer	Senior women	43.66
Kieran Wood	3000m	Under 20 men	8.15.10
Istvan Jacso	3k S/C	M35	9.54.84
Istvan Jacso	2k S/C	M35	6.18.6
Roger Lilley	1 mile walk	M50	9.12.4

ROAD RUNNING BITS

Kevin Henry 5k Road League

The club has made a modest start in the 2014 Kevin Henry 5k series with both men and women in 2nd place after two events and 2nd in the combined scoring .

Cambridge Tri-athlon currently lead in all categories, but it can all be easily changed in the remaining races.

The 3rd race at Saffron Walden is imminent

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

The London Marathon – report by Andy Irvine

Over a brief, shining hour in Limehouse yesterday, I watched two of the greatest track champions of my lifetime, my heroes, bidding to seal immortality over the most famous of distances. In the end, Mo and Tirunesh fell short of the world's unrealistic expectations, so what chance for the plucky amateurs from the famous Wilberforce Road? Not much if we're talking superstardom (though almost all did beat Haile), but all kinds of local heroism was there for the taking, and the achievers, the nearlys and the blown-apart shufflers did their bit in humbling style again. We were posted at 20½, always a good place to pick out those going strongly from the thousand-yard-starkers and the sweaty grimacers in mid blow-up, and universally all would be pinned up on my bedroom wall if there were posters of them in print and I were eleven. Full results are in (thanks Charlie; any others may add themselves or ask me), so I won't

read the full roll of honour, but the best always deserve an extra mention. First of us down The Mall was Tom Stevens, lent to his first-claim club for the day, breaking the legendary 2½ hours by over a minute for a new PB. Wonderful. Charlie Wartnaby's 2:39 was another in a series of magical marathons for him, and Matt Slater showed steely determination to claim a 2:51 PB. Matt led in a talented bunch of sub-three chaps; kudos to Graeme Kennedy (2:53), Dan Hurst (2:54), Neil White (2:56), Paul Makowski (2:56 PB) and John Ferguson (2:59). In the women's race, there was a proper epic involving Katie Samuelson and Claire Somerton; in-form and super-fast Claire went out at a killer sub-3 pace, having to stand tall through all kinds of torture late-on for her 3:10 PB; Ultra Katie, as hard as nails and strong as an ox, possibly an ox made of nails, fought out a textbook evenly-high-paced 3:05 for another PB, hauling in Claire in the letter stages and claiming C&C honours. Exciting just watching the 5K splits come in - we're looking forward to seeing who breaks three first. Izzie Pettit's excellent 3:36 PB rounded out the girls' top 3. As I say, more heroism than I have room to mention - simply congratulations to everyone, and I hope you achieved your goals.

35th	Thomas Stevenst	2:28:54	PB	33rd	MS
190th	Charlie Wartnaby	2:39:43		27th	MV40
642nd	Matt Slater	2:51:24	PB	415th	MS
783rd	Graeme Kennedy	2:53:56		487th	MS
834th	Dan Hurst	2:54:31		507th	MS
954th	Neil White	2:56:02		204th	MV40
971st	Paul Makowski†	2:56:17	PB	568th	MS
1303rd	John Ferguson	2:59:22		61st	MV50
1789th	Mike Salter	3:04:59		239th	MV45
1864th	Katie Samuelson	3:05:50	PB	88th	FS
2329th	Claire Somerton	3:10:17	PB	117th	FS
2896th	Sam Barr	3:14:44		598th	MV40
3695th	Simon Brightwell	3:21:30		296th	MV50
4021st	Darren Gillman	3:23:54	PB		
4439th	Jon Anderson	3:26:40		638th	MV45
5621st	Christof Schwiening	3:33:18		779th	MV45
6140th	Izzie Pettit	3:36:36	PB	592nd	FS
6759th	Julian Hardyman	3:39:51	PB	515th	MV50
6907th	Giulio Cinque	3:40:46		524th	MV50
	Kristoffer Semple				
15360th	Amanda Lasseter	4:15:36		481st	FV45
16603rd	Mary Jennings	4:20:30		41st	FV60
21319th	Andrew Unsworth	4:40:26		1326th	MV50
27717th	Gianluca Savini	5:12:04		3406th	FV40

The London Mini-Marathons

All six Cambridgeshire runners in the East of England London Mini-marathon team were from C&C. Claire Wilson was 5th in the Under 17 women's group, Alice Newcombe 29th Under 15 girl, and Jordan Wood 36th Under 15 Boy, Eleanor MacIntosh 41st Under 13 Girl, Tom Cobden 52nd Under 17 Man, and David Dow 90th Under 13 Boy. Fields of ca 270 – 285 in all age groups.

A great credit to the club and their coaches.

National 100k race

Katie Samuelson ran the 100k and Darren Gillman the 50k

Report by Darren.

A few weeks ago Katie (the title will give a clue which one!) and I headed off to the National 100k race, Katie to race it hard while, I was using it as a training event for longer events later in the year. This event combines as one the National 100k open race, the Anglo-Celtic plate (100k competition between English, Welsh, Scottish & Irish teams), UK Ultra 50k championships and the National 50k open race. Oh, and the GB 100k trials. Needless to say there were a lot of very fit looking people there.

The event moves around the home nations and this year was hosted on the Cyclopark in Kent. This is an undulating tarmac bike circuit, a fraction over 2k in length, and has to be circumnavigated 48 times in the 100k.

Katie and I ran pretty much together, along with some other people, through to about 20 miles and then everyone seemed to zone out and do their own thing. We both went through the marathon distance in just over 3:30 at which point I decided that it was taking too much out of my legs given plans later in the month and to pull out at 31 miles and take a 50k medal instead. It also meant I could become Katie's support crew for the second 50k, interpreting her grunts, handing out drinks and food as required, and providing motivational support (varying between positive encouragement and telling her that "of course it hurts, it's 100k, and to 'man up'".)

Katie was still going strong and was soon through 50k in an impressive 4:14. In the early laps she had been passed a few times by other women but as everyone else began to slow and suffer she kept the pace steady and was holding her

own, and starting to pull laps back from those ahead of her. With 10 laps to go she was one of the strongest looking runners on the course, and unlike many not needing to take walk breaks. Her pace had only dropped by about a minute a lap over the course of the event.

Suddenly, after a speedy last lap, she was approaching the finish line for the final time. She crossed the line in 8:41:01 having run 4:27 for the second 50k, smashing her 9 hour target, and 5th placed women. Absolutely fantastic result.

Katie's time put her ahead of half the English women's team, as well as beating some of the Welsh girls and all the Scots (the Irish didn't turn up). She also clocked up the 28th all-time fastest time by an English woman on a road 100k, bettered the English 100k team's qualifying standard, and wasn't too far off the GB standard.

From my point of view the event was good training, I ran my 5th fastest marathon on the marathon split, and I was happy to pull out at 50k (and still get some amazing bling for a 50k medal) and help Katie's effort by crewing. Roads ultras really aren't my thing - I'll stick to trail and fell - but the chance to take part, running alongside some amazing runners, and especially watching Steve Way set a men's national record was a great experience. The camaraderie, mutual respect and support for each other in the ultra running scene is always uplifting; I have a feeling we may both be back next year, and with the possibility that one of us will be sporting England vest.

The Westminster Miles

A number of athletes from Cambridge & Coleridge competed in the Westminster one mile races again this year. 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 13 male and female upwards. C&C had athletes in several age-groups.

In the under 17 women, Hollie Parker was 1st, Claire Wilson 3rd and Diana Chalmers 6th. There were no team medals but they were definitely the first team home.

Tim Cobden was 3rd in the under 17 men and in the under 20 men Kieran Wood was 3rd and brother Curtis 14th.

In the under 15 Boys Rob Huckle was 11th, Jordan Wood 17th.

Under 13 Boys Thomas Keen was 3rd with Oli Newman 9th, and in the Under 13 Girls Eleanor MacIntosh was 6th and Beth Wilson 10th

Mizuno Endure24

Saturday 28th June 2014 – report by Alex Eggeman, pictures by J E-P

Back in January Jonathan Escalante Phillips (Cap'n JEP) sent some emails about 'A mad race for mad men' and a bunch of willing lunatics answered his call, signing up for the Mizuno Endure24 race. Fast forward to Friday night when a merry band of C&Cers: Cap'n JEP, Alex Eggeman, Istvan Jacso, John Ferguson, Dan Cade and Margaret Phillips (as support personnel) were joined near Aldermaston, Berkshire by Chris Darling (Cambridge Tri club and recent Kevin Henry winner), John Uff (formerly of this parish) and our super-sub, Istvan's friend Roland Kedves, who only 6 days earlier agreed to travel from Hungary to help us field a full team. Our team name was, fittingly after JEP's troubled winter: Achilles Heals.



The Endure24 is simple, a hilly 8K woodland trail loop, 24 hours (starting at noon on Saturday), whoever goes the furthest wins. Entered in the 8-man team event we had high expectations, these were rapidly checked by 2 factors: i) the great British summertime and ii) Datchet Dashers Elite team (thankfully not including a certain Dr Stevens). Prior to the race a 2 hr thunderstorm turned the pleasant woodland trails to slick mud and off the start line Datchet showed impressive speed to build a couple of minutes lead after only a few laps. Through the afternoon and evening the race settled into a nail-biting balance between our two teams, at any given point through the first 10 hours of hard running there was no more than 4 or 5 minutes between us, often the changeovers were separated by a handful of seconds.

By late evening the clear skies clouded over and more torrential rain fell; the trails, already muddy and cut up became swamps and one of the paths merged with the adjoining lake for a couple of metres. In spite of this and running by head-torch the Achilles Heals runners stuck to the task and maintained a relentless pressure on Datchet, meaning that by sunrise, and after 16 hrs of continuous running, the two top teams were essentially neck and neck.

As the muddy trails settled our plan to run conservatively early on paid dividends, our lap times stayed pretty constant despite seriously heavy legs, while Datchet started to drift; a 5 minute lead became 9 minutes became 15 minutes for Achilles and the reintroduction of some team mates after a much needed sleep break added fresh energy to the team. By 9am the race was essentially won, a 25 minute lead meant there was no way back for Datchet, and they settled their pace to conserve 2nd place and avoid injury. With a clear bright sky the laps ticked off until at 23 hours and 57

minutes of running, JEP sprinted up to the finish line and handed the baton to John Uff to enjoy the glory lap, the team's 46th and the only one where we would be uncontested for the lead.



Picture - Heading home after a long weekend and 370km

The levels of commitment shown by every person in the field for such a Herculean task were truly humbling (one solo runner covered 120 miles!). Within the team everyone buried themselves for the collective and the pride we all felt for overcoming nature, fatigue and the (at times seemingly indefatigable) challenge from Datchet was the finest reward. A quick tally shows Jacso (6 laps or 48km), Eggeman (6 laps), Darling (6 laps), Uff (6 laps), Kedves (6 laps), Ferguson (4 laps or 32km), Cade (4 laps), Escalante-Philips (8 laps - 64km!!!) with an average lap time at a stunning 31:55 average (or <4 min/km). Chapeau gents, but especially the captain, who marshalled the troops expertly and pushed himself to the limit, such that he missed the end of the race being stuck in the medical tent getting his feet fixed.

Tour of the Derwent valley



4 races over the late May bank holiday weekend.
Report by Alex Downie

David Denton (www.runningwithdavid.com) is a man with an interesting sense of humour. For example, one of his events, the Bradbourne Fell race has competitors splashing through the same stream in the same place 3 times on a two-lap course! Hilarious! 75 years old, he masterminds races in Surrey and Derbyshire, including the 4races-in-4days Tour of the Derwent Valley. And as a special joke, he saves up the very worst one till last - the epic challenge at Rowsley.

The Friday, Saturday, Sunday saw us tackling races of between 4 and 5 miles on very undulating courses at Duffield, Wirksworth and Milford respectively. Ah, what a gentle, seductive sort of word that u-word is! But remember this is Derbyshire, and to us the undulations looked more like rather enormous hills.

Rowsley, though, is a small mountain.

OK, the first half mile is flat, and it lasts long enough to induce a sort of smugness. But smugness has a habit of preceding desperation, and sure enough we start to climb, and pant and groan.

To my surprise, I'm doing ok and more or less keeping pace with Andy. Could it be, after 25 years of running, I've finally discovered the secret of running uphill? After what seems like a few million years, we see the sign announcing the village of Stanton. The road dips a bit and I roar past Andy into the welcoming arms of civilisation. This must surely mean the summit of the climb? Stunning Stanton-Atop-the-Hill, I love you!

But no! Round the bend a nasty surprise lurks. As if acting as a joke-within-a-joke, the slope steepens and there still doesn't appear to be an end to it. Wretched, treacherous village! Deceptive decoy! Miserable masquerade! These were some of the things I didn't manage to articulate as I straggled along. I'm afraid my thoughts were more expletive than alliterative.....

Andy surges past me, never to be seen again (until the end of the race, that is), as I slump both mentally and physically; so much for my hill running technique! But eventually, we do reach the top of course. Now for the descent.....

A picture, they say, is better than a thousand words, so take a look at our expressions on Dave's photos. They show emotions ranging from deep concern to outright alarm. This is where your shoes seem to catch alight, as the course makes it 'hell for gel.' (Leather not being a normal component of running shoes any more.)

Having pulled a hamstring on the downhill section when I last attempted this race in 2007, I eased the pace a bit, finishing with a 20min/13min split, and a 7-year dread of this race had been conquered. In fact, Ish, it was a piece of cake!

A special mention to John who was awarded a prize for coming 6th overall.

Cambourne 10k

3rd	Oliver Park	35:14	35:14	3rd M
5th	Richard Park	36:20	36:20	5th M
14th	Ashley Brown	38:39	38:39	14th M
15th	David Barber	38:45	38:44	15th M
17th	Durward Whitehead	39:09	39:08	17th M

23rd	Bart Hommels	39:27	39:25	23rd M
28th	Tim Phipps	40:04	40:03	28th M
31st	Natalie Griffiths	40:12	40:11	1st F
34th	Christof Schwiening	40:28	40:26	33rd M
84th	Steve Thoday	43:49	43:46	77th M
95th	Neville Hawkins	44:17	44:13	88th M
97th	Scott White	44:20	44:15	90th M
100th	Helen Grant	44:26	44:21	1 st W45
103rd	Shaeed Chowdhury	44:40	44:32	95th M
122nd	Stuart Matthews	45:24	45:14	112th M
152nd	Avril Monmont	46:28	46:21	12th F
162nd	Martyn Brearley	46:45	46:37	148th M
164th	Paul Jones	46:52	46:30	150th M
168th	Craig Cooke	46:59	46:42	154th M
233rd	Dominic Pinkman	48:56	48:32	207th M
234th	Alex Geoghegan	48:56	48:42	27th F
259th	Stuart Clarke	49:43	49:14	229th M
291st	Rachael Leah	50:40	50:19	40th F
294th	Simon Redfern	50:47	50:17	253rd M
301st	Robert Heylen	51:02	50:41	257th M
317th	Tom Owen	51:38	51:21	271st M
326th	Steven Anderson	51:52	51:28	278th M
334th	Paul Beastall	52:05	51:48	284th M
347th	Iona Graham Hagg	52:44	52:23	54th F
350th	Joanne Pyle	52:50	52:33	55th F
362nd	Rebecca Anderson	53:18	52:37	61st F
376th	Diane Bunch	53:42	53:21	64th F
384th	Julie Stringer	53:55	53:29	67th F
423rd	Jen Richardson	55:03	54:42	81st F
432nd	Anne Schumann	55:17	54:40	86th F
436th	Gianluca Savini	55:19	54:26	349th M
489th	Julia Hudson	57:02	56:19	115th F
556th	Alan Baldock	59:00	58:13	399th M
741st	Pauline Blake	1:05:04	1:03:50	272nd F
899th	Dan Bayles	1:15:20	1:14:05	513th M
908th	Joseph Philip	1:17:41	1:16:50	516th M
915th	Marysol Bell	1:18:30	1:17:09	397th F

Fixtures for 2014

Road

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

July 3 rd	Kevin Henry 5k league	Saffron Walden	All over 16
July 6 th	March Spud run 5	March	Senior/U20/Vet
July 10 th	Girton 5k	Girton	All over 16
July 13 th	Bushfield 10k and 3k	Peterborough	All over 16
July 13 th	Bushy 10k	Orton Southgate	All over 16
July 13 th	Stansted 10k	Stansted	All over 16
July 16 th	Peterborough 5k league	Stamford	All over 16
July 20 th	Fairlands valley Challenge	Stevenage	Senior/U20/Vet
July 20 th	St Ives 10k and 3k	St Ives	All over 16
July 26 th	Swiss Alpine Marathon	Davos	Senior/U20/Vet
July 30 th	Peterborough 5k league	Werrington	All over 16
July 30 th	Doug Anderson memorial 5k	Bedford	All over 16
August 2 nd	Borrowdale Fell race	Lake District	Senior/U20/vet
August 3 rd	Riverside anniversary 10k	St Neots	All over 16
August 7 th	Kevin Henry 5k league	Haverhill	All over 16
August 10 th	Isle of Man marathon	Ramsey IOM	Senior/U20/Vet
August (TBC)	Thorney 5 mile	Thorney	All over 16
August 13 th	Barney memorial 5k	Peterborough	Senior/U20/Vet
August 16 th	Race the train	Tywyn, Wales	Senior/U20/Vet

August 17 th	Isle of Wight Half Marathon	Sandown	Senior/U20/Vet
August 17 th	Kimbolton Half Marathon	Kimbolton	Senior/U20/Vet
Aug 23/24 th	Guernsey Marathon	Guernsey	Senior/U20/Vet
August 31 st	Takeley 10k	Takeley	All over 16
Sept 4 th	Kevin Henry 5k league	Cambridge	All over 16
Sept 14 th	Grunty Fen half marathon	Witchford	Senior/U20/Vet
Sept 14 th	Bourn 10k	Bourn	All over 16
Sept 14 th	Shelford Fun Run	Shelford	All
Sept 7 th	Great North Run	Gateshead	Senior/U20/Vet
Sept 7 th	Bedford harriers 10k	Bedford	All over 16
Sept 21 st	Ipswich half marathon	Ipswich	Senior/U20/Vet
Sept 28 th	Loch Ness marathon	Inverness	Senior/U20/Vet
Sept 28 th	Robin Hood Half marathon	Nottingham	Senior/U20/Vet
Sept 28 th	Saffron Walden 10k	Saffron walden	All over 16
Sept 27/28 th	Berlin marathon	Berlin	Senior/U20/Vet
Oct 5 th	Frostbite league	Priory Park	All members
Oct 5 th	Jersey Marathon	Jersey	Senior/U20/Vet
Oct 5 th	Abington 10k	Granta Park	All over 16
Oct 5 th	Chester Marathon	Chester	Senior/U20/Vet
Oct 12 th	Isle of Wight Marathon	Ryde	Senior/U20/Vet
Oct 12 th	Yorkshire Marathon	York	Senior/U20/Vet
Oct 12 th	Wimpole Hall 10k and 13.1 mile	Wimpole Hall	Senior/U20/Vet
Oct 19 th	Abingdon Marathon	Abingdon	Senior/U20/Vet
Oct 12 th	Great Eastern Run(Half Marathon)	Peterborough	Senior/U20/Vet
Oct 19 th	Thurlow 10	Thurlow cambs	Senior/U20/Vet
Oct 25 th	Beachy head Marathon	Eastbourne	Senior/U20/Vet
Oct 25 th	Snowdonia Marathon	Llanberis	Senior/U20/Vet
Nov 2 nd	Frostbite league	Bushfield	All members
Nov 2 nd	Bonfire Burn 10k	Histon	All over 16
Nov 2 nd	Lode Half marathon	Lode	Senior/U20/Vet
Nov 2 nd	Stevenage Marathon	Stevenage	Senior/U20/Vet
Nov 16 th	St Neots Half Marathon	St Neots	Senior/U20/Vet
Nov 23 rd	Hereward relays and Ultra	Ely	Senior/U20/Vet
Dec 14 th	Frostbite league	Hinchingbrooke	All members
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 11 th 2015	Frostbite league	March	All members
Feb 1 st	Frostbite league	Bourne Woods	All members
March 1st	Frostbite league	Hinchingbrooke	All members

Outdoor T&F

July 2nd	Veterans match (3)	Bedford	Age 35 plus
July 6th	East Anglian T&F league 3	Peterborough	All ages
July 9th	Cambs AA Open Devt meeting 3	St Ives	All ages
July 12th	Southern athletics league 4	Battersea	Seniors inc U17's
July 13th	Eastern Young athletes league 4	Cambridge	All aged under 17
July 19/20th	SEAA combined events	Bedford	All aged 13 plus
July 26th	Eastern AA T&F championships	Cambridge	All ages
Aug 2nd	Southern athletics league 5	Cambridge	Seniors inc U17's
Aug 3rd	Eastern Young athletes league 5	Watford	All aged under 17
Aug 3rd	SEAA U15/U20 intercounties	Copthall	County selection
Aug 6th	Veterans match (4)	St Ives	Age 35 plus
Aug 16/17th	SEAA U15/U17 championships	Crystal Palace	U15/U17's
Aug 17th	East Anglian T&F league 4	St Ives (C&C home match)	All ages
Aug 24th	British Grand Prix	Birmingham	Spectators
Aug 30/31st	England athletics U15/U17 championships	Bedford	U15/U17's
Sept 7th	Eastern Young athletes league finals	TBC	Selected team
Sept 14th	East Anglian T&F league final	Bury St Edmunds	Selected teams
Sept 28th	Cambs/ECAA multievents	Peterborough	All ages

USEFUL CONTACT INFORMATION

Contact info for summer 2014

Mary Holmes	President	01223 860189
Neil Costello	Chairman	01223 524428
Noel Moss	T&F coordinator and newsletter	01223 833470
Claire Willis	Welfare	01223 366996
Lee Shields	Young athletes training Co-ordinator	01223 249410
Julie Pashley	Coaches coordinator	01954 269093
Andrew Shields	Endurance portfolio holder	07787 523183
Carole Morris	Veterans T&F team manager	01638 742024
Suzanne Marriott	EYAL team coordinator	01223 813188
John Aston	Treasurer	07710 057616

Useful E-Mail and website addresses

C&C Club Main Website	www.cambridgeandcoleridge.org.uk
C&C Endurance running website	www.runcambridge.org.uk
C&C kit shop	http://www.yourclothingshop.com/cac
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
Cambridgeshire AA website	http://www.Camb'sathletics.org.uk
Cambridgeshire schools athletics information	http://www.Camb'sathletics.org.uk
EYAL website	http://www.eyal.org.uk
Southern Athletics league	http://www.southernathletics.org.uk
East Anglian league website	http://www.Cambsathletics.org.uk (on page 13)
British Athletics website (UKA)	http://www.britishathletics.org.uk/
Power of 10 database (you will probably be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
South of England AA website	www.seaa.org.uk
Eastern AA website	www.easternaa.co.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	http://www.bournesports.com
Athletics T&F equipment (Athletics direct website)	www.athleticsdirect.co.uk/
Athletics equipment (Stadia Sports online)	http://www.stadia-sports.co.uk
Southern Athletics League website	http://www.southernathletics.co.uk
Frostbite League website	http://www.frostbiteleague.org.uk/
Kevin Henry 5k Road league	www.cambridgeandcoleridge.org.uk/road-running/kevin-henry-league

HELP!!!

The club is short of judges at home and away matches which is meaning that many of 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.