



Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2009

48TH ANNUAL GENERAL MEETING 23RD NOVEMBER 2009 - 8PM AT WILBERFORCE ROAD

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN!
EVERY MEMBER OR THEIR PARENT CAN VOTE.

IMMINENT FIXTURES

(Much more complete list of Winter and Spring fixtures inside)

Contact Adam Poole 07932 622892 to run road or John Kazer 01223 308357 to run XC

Oct 4 th	R	Standalone 10k	Letchworth	Seniors
Oct 4 th	R	Abington 10k	Abington	Seniors
Oct 4 th	M	Frostbite league	St Neots	All
Oct 11 th	X	Ryston XC Grand prix 5k	Ryston	All
Oct 11 th	R	Great Eastern Run (Half Marathon)	Peterborough	Seniors
Oct 18 th	X	Amphill Trophy Cross Country	Amphill	All
Oct 18 th	X	EVAC Cross country Champs	Amphill	Veterans
Oct ?	X	Sunday XC league	Cheshunt	All over 16
Oct 25 th	R	Fenland 10 mile CRL, CC	Wisbech	Seniors
Oct 31 st	X	National Crosscountry Relays	Mansfield	Seniors
Nov 1 st	X	Dovedale Dash	Dovedale	Seniors
Nov 1 st	R	Stevenage Half marathon	Stevenage	Seniors
Nov 8 th	M	Frostbite League	Bushfield (P'bro)	All
Nov 8 th	R	Stebbing 10	Dunmow	Seniors
Nov 8 th	R	Stowmarket Senic 7	Stowmarker	Seniors
Nov 14 th	X	UK Cross challenge	Gateshead	All
Nov 15 th	R	St Neots Half Marathon	St Neots	Seniors
Nov 15 th	X	Ryston XC Grand prix 9k	Ryston	All
Nov 22 nd	M	Hereward Relays	Peterborough	All over 16
Nov 18 th	X	UK Cross challenge and European Trials	Liverpool	All
Nov 29 th	R	Norwich half Marathon	Norwich	Seniors
Dec 6 th	R	Luton marathon	Luton	Seniors
Dec 6 th	R	Nene Valley 10	Peterborough	All over 15
Dec 12 th	S	Cambs Sportshall League match 1	Chesterton 10am	All under 15
Dec 13 th	M	Frostbite League	Hinchingbrooke Park	All
Dec 13 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All

WINTER TRAINING - STARTS FROM 21st SEPT
- SEE DETAILS ON PAGE 2



Winter training starts from September 21st – Note changes

We continue training all winter, even the track and field athletes! In January and February there will be some Indoor competitions for those who are fit.

- **Young athletes summer training formally ended on Monday 14th September**
- **There will be a rest break for young athletes for two weeks before commencing winter training at Wilberforce Road track on 5th October with floodlights. The timing will be 6pm for Under 13's (years 6 & 7) and 7pm for Under 15's (years 8 & 9) as before (see note below about age-groups). Older athletes should not train during the Monday Young athletes sessions.**
- **From 5th October the age-groups become those for the 2010 T&F competition year, so everyone moves up a year, and this may influence the time at which your training session will be (2nd year under 13's now become first year under 15's etc). School years 6 & 7 will be at 5pm and years 8 & 9 at 7pm.**
- **Tuesday evening training for endurance runners and older athletes continues as normal at the track (without any break) and will be under floodlights this year. Note that Hammer, Discus and Javelin will not be possible – not enough lighting.**
- **Thursday evening training at the track finishes on 1st October and from 8th October there will be the usual circuit and fitness training for the T&F athletes and the endurance groups will then operate from Chesterton. No warming up in the foyer please.**
- **The outdoor floodlight training for Young athletes (Mondays) will continue until the end of October. From 2nd November Young athlete Monday training will move into the Chesterton Sportshall until mid February, when it will move outdoors again.**
- **Saturday morning training sessions will commence on 10th October 10am – 12.00 at Wilberforce Rd - Sprints, Throws, Jumps, Middle Distance – open to all ages by arrangement with your coach. If you want to train on any of these sessions either go along and talk to the coach who is running it, or, for Saturdays ring your coach or go along and see if there is a group for you (ages and events will be limited). Not every coach can make it every Saturday but there is always someone there.**

Note – only clean non-marking trainers in the gym at Chesterton. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it

Chair's chatter

The winter season is just about upon us and I think we can reflect on a successful end to the summer. The U17 men won their age group of the plate final in the Eastern Young Athletes League, and the Senior Mens team finished 2nd in the Anglian league final. The road runners won men's, women's and overall trophies in the Kevin Henry 5k League. Both men's and women's teams survived the Round Norfolk Relay (17 members in each team in a relay lasting over 24 hours – nobody said it was sensible) and the club's entry in Chariots of Fire won the mixed category. There have also been some impressive individual results which Noel has listed later in this newsletter.

3000m	1A	W Mycroft	9.33.4	3B	J Baslington	9.58.3
Hurdles	3A	T Brennand	22.3	4B	J Brennand	22.3
Longjump	2A	S Richards	6.15	4B	T Brennand	4.13
Triplejump	4A	S Richards	11.03	4B	T Brennand	10.77
Highjump	3A	S Richards	1.70	4B	T Brennand	1.60
Shot	4A	G Parsons	10.19	1B	A Lee	10.13
Discus	3A	G Parsons	32.45	3B	A Lee	26.17
Javelin	8A	G Parsons	28.89	3B	C Morter	21.13
Hammer	3A	A Lee	40.47	1B	G Parsons	35.19
4 x 100 relay	2A		46.0			
Under 17 Men – 4 th 114 pts (PAC 2 nd 118 pts, Norwich 1 st 159pts)						
100m	5A	G Cummins	11.9	1B	B Davies	11.8
200m	4A	G Cummins	24.2			
800m	2A	O Bass	2.12.1			
1500m	6A	B Kennard	5.08.5			
Hurdles	1A	B Kelk	13.6			
Highjump	1A	B Kelk	1.85	3B	G Cummins	1.50
Longjump	1A	B Davies	5.96	3B	O Bass	5.19
Triplejump	1A	B Kelk	12.49	2B	B Davies	10.56
Shot	1A	M Lawrence	13.26			
Discus	2A	M Lawrence	35.50	6B	A Morter	23.79
Javelin	3A	A Morter	38.89	1B	O Bass	27.34
Hammer	5A	M Lawrence	23.02			
4 x 100	7A		52.1			
Under 15 boys - 8 th - 46pts						
100m	8A	J Mair	13.6	7B	J Vane	14.3
200m	8A	J Vane	30.1	3B	W Blackwell	27.0
1500m	7A	S Kennard	5.08.4			
Longjump	4A	M Carter	4.97	4B	J Mair	4.00
Triplejump	5A	M Carter	10.48	6B	C Ennis	8.34
Shot	7A	W Blackwell	7.84	7B	J Mair	6.52
Discus	6A	M Carter	23.16	6B	J Ennis	17.50
Javelin	4A	W Blackwell	35.58			
4 x 100 relay	5A		56.6			
Under 13 Boys – 5 th – 77pts						
100m	5A	J Carden	14.3	2B	J McKeown-Tofts	14.7
200m	2A	M Davies	27.0	2B	J McKeown-Tofts	30.6
800m	3A	O Cantrill	2.33.7			
1500m	5A	J Biggs	5.31.7			
Hurdles	7A	A Slack	18.2			
Highjump	6A	J Biggs	1.20	4B	A Slack	1.10
Longjump	5A	S Kumar	3.86	3B	J Biggs	3.79
Shot	5A	S Kumar	5.99	5B	J McKeown-Tofts	5.26
Discus	5A	B Mckeown-Tofts	11.68			
Javelin	2A	S Kumar	27.00			
4 x 100	2A		58.2			
Senior Ladies - 6 th – 108pts						
100m	5A	E Morris	13.2	7B	L Bass	13.8
200m	1A	I Asztalos	25.2	1B	E Morris	26.9
300m (U17)	6A	H Forbes-Lange	46.0			
400m	1A	I Asztalos	57.3			
1500m	4A	R Carter	5.17.6	5B	N Richards	5.49.5
100m Hurdles	2A	L Bass	16.6			
Highjump	6A	H Forbes-Lange	1.35			
Longjump	8A	F Kumar	4.03	5B	H Forbes-lange	3.70
Triplejump	4A	L Sammout	10.45	5B	F Kumar	8.76
Shot	5A	H Sayer	8.75	2B	J Richards	7.94
Discus	3A	L Sammout	28.71	4B	H Sayer	17.02
Javelin	6A	L Sammout	25.87	1B	F Kumar	23.78
4 x 100 relay	1A	I Asztalos, Bass, Morris, Sammout				51.5

100m	5A	N Ward	12.74	6B	J Mair	13.90
200m	6A	J Wainwright	26.97			
400m	6A	L Rawlings	61.95			
800m	6A	G Kendall	2.22.6	3B	L Rawlings	2.26.4
1500m	5A	S Kennard	4.49.97			
80m Hurdles	5A	B Littleddyke	19.83			
Highjump	6A	N Ward	1.40			
Longjump	6A	J Vane	3.86	6B	B Littleddyke	3.66
Shot	5A	M Young	8.62	3B	W Blackwell	7.92
Discus	2A	M Young	27.63	3B	W Cox	18.38
Javelin	2A	M Young	37.60	2B	W Blackwell	32.21
Hammer	3A	W Cox	21.28			
Under 13 Boys - 4 th 53 pts						
100m	3A	J Mckeown-Tofts	14.72	2B	B Mckeown-Tofts	14.85
200m	4A	L Oxley	29.92	3B	J Mckeown-Tofts	30.60
800m	2A	O Cantrill	2.34.4	3B	B Mckeown-Tofts	3.02.0
1500m	6A	T Heylen	5.53.37	5B	J Biggs	5.58.21
Highjump	4A	J Biggs	1.30	4B	S Kumar	1.20
Longjump	4A	S Kumar	3.84			
Shot Putt	3A	S Kumar	5.93	2B	J Mckeown-Tofts	5.69
Discus	5A	L Oxley	14.11	5B	B Mckeown-Tofts	10.78
4 x 100 relay	4A		60.53			
Under 17 Women - 4 th 89pts						
100m	1A	E Morris	13.21	5B	F Kumar	15.67
200m	1A	E Morris	27.4	2B	H Forbes-Lange	29.41
300m	5A	H Forbes-Lange	46.79	4B	S Baxter	53.52
800m	2A	E Kier	2.27.3			
1500m	3A	A Dow	5.21.0	2B	R Carter	5.23.5
Highjump	6A	H Forbes-lange	1.30	4B	J Richards	1.25
Longjump	4A	E Morris	3.97	3B	F Kumar	3.55
Shot	3A	H Sayer	8.57	1B	J Richards	7.61
Discus	1A	L Sammout	31.19	1B	H Sayer	18.90
Javelin	3A	L Sammout	25.65	3B	S Baxter	8.43
Hammer	1A	H Sayer	40.37			
4 x 100	3A		56.17			
Under 15 Girls - 6 th - 62pts						
100m	5A	M George	13.77	4B	J Fox	13.92
200m	4A	M George	28.42			
300m	5A	M Turner	47.05	3B	N Rehakova	46.15
800m	3A	M Turner	2.32.7	4B	Z MacDonald	2.44.8
75m Hdls	2A	E Cave	12.6	3B	K Bass	13.3
Highjump	5A	H Peacock	1.25			
Longjump	5A	J Fox	4.51	5B	M Turner	3.37
Shot	6A	A Goggin	6.03	4B	Z Macdonald	5.58
Discus	4A	A Goggin	17.70	3B	I Hyde	14.57
Javelin	3A	L Millichap	22.16	1B	I Hyde	18.19
4 x 100	5A		55.47			
Under 13 Girls - 4 th - 66pts						
100m	5A	C Marriot	14.85	4B	S Dowsett	14.72
200m	5A	C Marriot	30.60	2B	S Dowsett	30.38
800m	4A	L Schmidt	2.54.9	1B	A Pettit	2.58.2
1500m	2A	H Parker	5.13.99	2B	C Wilson	5.33.28
70m Hdls	6A	L Weber	13.7	6B	K Reynolds	15.5
Highjump	1A	K Reynolds	1.35	3B	L Weber	1.20
Longjump	6A	S Dowsett	3.71	8B	M Cassidy	3.02
Shot	3A	K Reynolds	6.70	2B	O Abbott	6.13
Discus	2A	H Parker	16.57	2B	O Abbott	12.30
4 x 100	5A		60.38			
East Anglian League Final - Bury St Edmunds Sept 20th						
Senior Men - 2ne - 154pts (Ipswich 1 st 164pts)						
100m	1A	C Morter	11.1	5B	J Stafford	12.2
200m	1A	C Morter	22.7	3B	J Stafford	25.0
400m	1A	G Baker	50.9	6B	T Brennand	60.8
800m	4A	J Morley	2.05.8			

We have been awarded a number of significant trophies. Charlotte Cox was awarded 'Disabled Performer of the Year' in the Cambridge City Sports Awards. She was in competition with athletes from all sports across the city and did the club proud once again. Noel Moss was presented with the award for 'Services to Officiating' by England Athletics East Region. This is a much deserved award and recognises Noel's contribution for many years - it is not 'Official of the Year' but for services to the sport over more years than (I suspect) Noel cares to remember. England Athletics East also awarded the club 'Partnership of the Year' for its work in the Cambridge Festival of Running. This involved the 'Expo' and Cambridge Cambourne 10k earlier in the year and was carried out in partnership with South Cambs District Council, Cambourne Business Park and Advance Performance. The award was made for the contribution to community development and participation which the Festival promoted and it is good that these kinds of efforts have been recognised. Both the England Athletics awards will go forward for consideration at a national level later this year. Members sometimes ask me why the club's subs are so high. Actually, I think they are incredibly good value at less than £1 a week and are lower than most equivalent clubs, which usually have a subscription and a track fee (collected for each session). A track fee is logistically impossible for us, given the open nature of the track. The subs are also significantly less per year than most gyms charge per month.

But enough of comparisons, what do they pay for? Our biggest cost is for facility hire at the track and Chesterton - around 37% of total expenditure last year. We then have affiliation fees (£5 per head to England Athletics plus flat rate affiliations to other athletics bodies), new and replacement equipment, courses for coaches and officials, costs associated with matches, such as first aid and starters' ammunition(!) and general administration. Transport to track and field matches is a major cost but we cannot avoid this if members (particularly young members) are going to have full opportunities to take part. Members get free entry into any team competition (lots of clubs don't do this), free coaching, subsidised entries into road races, discounts at sports shops, a heavily discounted track fee for use of Wilberforce Road outside C&C times and free use of all facilities.

I think that is a bargain and it is possible because the club is run entirely by volunteers. That may not be sustainable for ever but, happily, is possible now. As the summer season draws to a close I would like to thank all the club's volunteers (who are young and old with lots of different connections to the sport) for all their efforts. They do a wonderful job for the club and enable all of us to enjoy our membership. If you are interested in joining this happy band, please let me know and I'm sure a place can be found for your skills.

Neil Costello September 2009



AGM Agenda - November 23rd at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 24th November 2008

Matters arising from the minutes

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

Other items to report

Formal adoption of a definition of the quorum required for AGM/SGM voting

Subscriptions 2010

Any other motions tabled

Election of officers and committee 2010

Presentation of Track and Field awards, Road race awards, and record certificates.

Nominations for President, Chairman, and Treasurer must be received by 25th October in

Order to be eligible. (ie 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.

- The proposal for the definition of a quorum for AGM's/SGM's is 10% of the current membership or 30 members, whichever is the smaller. (i.e. 30 members would apply if the current membership exceeds 300)

Minutes of the 47th Annual General Meeting held on Monday, 24th November, 2008 at Wilberforce Road.

Present: Barry Wallman (President), Neil Costello (Chairman) and 74 members

Apologies for absence: Mark Chaplin, Marcus Ennis, Phil Garrett, Hayley Ginn, Ben Kelk, Wally Mitchell, Ann Negus, Roger Thurley, Joe Tucker and Matthew Witt.

1. The Minutes of the AGM held on 26 November, 2007 were approved, proposed by Nigel Bloxham and seconded by Noel Moss.

2. Matters Arising from the Minutes.

There were no matters arising from the Minutes.

3. Chairman's Report

Neil reported that the Club had won the England Athletics Junior Club of the Year for the Eastern Region for our work with long term coaching of young athletes. Femi Akinsanya won the award for Development Coach of the Year, James Brennan the award for Coaching Development and Neil the award for Club Development.

Lauren Sammout was runner up for the Young Volunteer of the Year award. They were all put forward for National Awards – Femmi was nominated but did not get the award.

C&C also got the Living Sport BBC Radio Cambridgeshire Community Club of the Year Award. This award is given for all sports not just athletics.

There is a steady increase in the membership – we now have 538 members of which 71 per cent compete in competitions.

We also have an increase in the number of coaches, especially young coaches.

We urgently need more match officials and team managers.

Neil thanked all the coaches and officials.

UK Athletics is proposing an Athletics Network and it is proposed that Cambridge should be one of these networks.

4. Treasurer's Report

The Treasurer's Report was circulated to the meeting.

Money spent on coaching was down this year as we had a big push on coaching last year. All coaching courses are paid for by the club. The accounts were accepted – proposed by Barry Wallman and seconded by Mary Holmes.

5. Subscriptions

Sen Men	800m	4 th	M Bell	1.59.00				
	1500m	2 nd	J Morley	4.26.4				
	Longjip	2 nd	S Richards	5.80				
	Highjip	3 rd	S Richards	1.60				
Vet men	3000m	4 th	D Pettit	12.10.40				
U17 men	100m	2 nd	G Cummins	11.75				
	200m	2 nd	G Cummins	24.20				
	Longjip	3 rd	B Davies	6.01	4 th	G Cummins	5.61	
U11 Girls	80m	3 rd	L Parker	13.02 (12.96 in ht)	4 th	A Fox	13.84	
	Longjip	7 th	A Fox	2.73				
	600m	1 st	LParker	1.56.07	5 th	E Schaertlin-Coffey	1.12.25	
U13 Girls	100m	1 st	E Houghton	13.85	6 th	M Cassidy	16.68	
	200m	2 nd	E Houghton	28.81	7 th	M Cassidy	35.64	
	1500m	1 st	H Parker	5.12.98	4 th	A Pettit	6.22.89	
	Longjip	14 th	M Cassidy	2.83				
U15 Girls	100m	6 th	J Fox	13.98 (13.90 in ht)				
	800m	3 rd	M Turner	2.33.38				
	Longjip	3 rd	J Fox	4.60				
U17 Women	100m	2 nd	E Morris	13.29				
	200m	2 nd	E Morris	27.30				
	800m	4 th	R Carter	2.32.33				
	Triplejip	3 rd	L Sammout	10.72				
	Javelin	2 nd	L Sammout	29.19				
	Discus	4 th	L Sammout	29.02	7 th	H Sayer	21.07	
	Shot	4 th	H Sayer	8.57				
	Hammer	4 th	H Sayer	39.73				

Woodford Green Open – Sept 1st

1500m Sen men 4th J Morley 4.21.92

UK School Games – 5th/6th Sept

400m Hurdles 2nd B Kelk 55.19

Southern Womens League – Sept 5th at West London Stadium

Seniors

100m 4A R Mackay 14.3

1500m 3A N Richards 5.39.8

Longjump 2A R Mackay 4.75

Triplejump 2A R Mackay 10.75

Shot 2A A Forster 10.43 1B H Sayer 8.74

Discus 2A A Forster 28.98 1B H Sayer 21.16

Hammer 2A H Sayer 38.56 1B A Forster 31.28

Under 15 girls

Triplejump 1A J Fox 9.92

Discus 2A I Hyde 17.47

Javelin 2A I Hyde 20.74

Watford Open meeting Sept 9th

800m Women 3rd L Dowsett 2.08.70

1500m Females 4th H Parker (1st U13) 5.13.45

Eastern Young Athletes League Plate final– Cambridge - Sept 13th

Overall match result – 1st Dac & Tring and Herts Phoenix 478, 3rd Basildon 476, 4th SAouthend 468.5,

5th PAC 446.5, 6th C&C 417

Under 17 men – 1st 101pts

100m 5A G Cummins 12.19 1B B Davies 12.03

200m 5A G Cummins 24.67 5B B Kennard 27.93

400m 4A O Bass 56.97 3B S Pullen 59.26

800m 4A O Bass 2.08.1 1B S Pullen 2.17.0

1500m 4A H Whittingham 4.34.6 4B B Kennard 5.03.5

Hurdles 1A B Kelk 13.70

Longjump 2A B Davies 6.15 1B G Cummins 5.45

Triplejump 2A B Kelk 12.51 2B B Davies 10.52

Highjump 1A B Kelk 1.90 2B S Pullen 1.30

Shot 1A M Lawrence 13.25 1B A Morter 9.27

Discus 3A M Lawrence 33.75 5B A Morter 20.13

Javelin 4A A Morter 32.68

Hammer 4A M Lawrence 27.76

4 x 100 2A 46.78

Under 15 Boys = 6th 46pts

Discus	5A	O Abbott	11.20			
4 x 100	2A		58.6			
National Junior League – Lee Valley August 16th – Team Cambridgeshire						
Team Cambridgeshire 6 th – overall 8 th in the Premier Division						
Under 20 Men						
100m				8B	B Davies	12.0
1500m						
400Hdls	3A	W Mycroft	4.13.7	7B	A Howarth	67.2
2k S/C				4B	A Howarth	7.18.6
Longjump	6A	B Davies	6.24			
Triplejump	8A	B Davies	10.08			
Under 20 Women						
400m	2A	L Dowsett	57.5			
800m	6A	E Kier	2.22.5			
100 Hdls	4A	L Bass	16.3			
400Hdls				1B	L Bass	67.6
Highjump	3A	Z Kier	1.55			
Shot	4A	A Forster	9.60			
Discus	5A	A Forster	31.85			

ECAA Intercounties trophy meeting at Ipswich – August 20th (6 competing counties)

Senior Men (Cambs 34 th)						
100m	3A	C Morter	11.12			
200m	3A	C Morter	22.64			
400m	2A	E Aston	49.25			
1500m	2A	M Reid	4.06.69	2B	W Mycroft	4.19.88
S/C	3A	M Reid	10.29.91			
Longjump	5A	S Richards	6.20			
Triplejump	4A	S Richards	10.97			
Discus				3B	G Parsons	33.92
Javelin				5B	C Morter	26.68
Hammer	4A	A Lee	42.17	2B	G Parsons	33.85
Senior ladies (Cambs 4 th)						
100m				2B	G Clements	13.02
200m	3A	I Asztalos	25.76			
400m	2A	L Dowsett	56.59			
100m Hdls	1A	G Clements	14.66	1B	L Bass	16.21
400m Hdls	1A	L Bass	66.62			
Highjump	2A	G Clements	1.65	3B	Z Kier	1.50
Triplejump	2A	G Clements	10.75	1B	L Sammout	10.28
Shot	6A	H Sayer	8.45			
Discus				5B	H Sayer	20.42
Javelin	2A	G Clements	42.88	4B	L Sammout	31.07
Hammer				3B	H Sayer	36.10
Under 17 men (Cambs 4 th)						
100m	4A	G Cummins	11.75			
200m				2B	G Cummins	23.89
800m	5A	O Bass	2.10.12			
Longjump				4B	G Cummins	5.14

SEAA Under 15/U20 Intercounties match – Watford – August 30th

Under 15 Boys	Shot	M Dilauro	9.22	13 th		
Under 20 men	100m	C Morter	11.14	5 th		
	Longjump	B Davies	6.01	7 th		
Under 15 Girls	100m	J Fox	13.80	6 th		
	75m Hdl	K Bass	12.90	7 th		
	Longjump	J Fox	4.57	9 th		
Under 20 Women	400m	Z Kier	62.74	6 th		
	1500m	L Dowsett	4.32.57	1 st		
	400m Hdl	L Bass	67.88	2 nd	(67.39 in hts)	
	Highjump	Z Kier	1.50	9 th		
	Longjump	L Sammout	4.86	8 th		
	Triplejump	R Mackay	10.61	5 th		
	Shot	A Forster	10.94	1 st		
	Javelin	L Sammout	29.22	7 th		
	Hammer	H Sayer	37.70	5 th		

Peterborough Games – August 31st

There will be no increase in subscriptions this year (2008/9).

6. Other Items to Report

There were no further items to report.,

7. Elections of Officers

President – Barry Wallman – proposed by Phil Bramford and seconded by Noel Moss

Chairman – Neil Costello – proposed by Noel Moss and seconded by Glyn Smith

Treasurer – The Treasurer was retiring so the Committee put forward Chris Flood as

Treasurer. There were no further nominations so Chris was elected – proposed by Glyn Smith and seconded by Alex Downie.

Committee Secretary – Mary Holmes – proposed by Noel Moss and seconded by Glyn Smith

Portfolio Holders – Coaching – James Brannand, Track and Field – Noel Moss

Endurance – Adam Poole, Young Athletes – Anna Bird

Committee Member without portfolio – Hilary Vogel

(for information the following were co-opted to the Committee subsequently – Grace Clements, Brian Corbett, Martin Crabb and Matt Witt)

Barry thanked Neil and the 2008 Committee on behalf of the Club

9. Presentation of Track and Field Trophies

The awards and certificates were presented by the President Barry Wallman.

There was no further business so the President thanked everybody for coming and congratulated the award winners.

Seasons Best performance Trophies 2008

BP - The seasons	Ed Aston
BP Veteran	Mary Holmes
BP Most Improved	Sam Richards
Simpson Trophy 400m	Richard oppong-Konadu
Senior Throw - Female	Alice Forster
Senior Throw male	Andrew Lee
Junior Throw	Jake Cronin
Senior HJ	Ben Kelk
Junior HJ	Guy Kendall
B P Longjump	Davis October
BP Short Hurdles BU13	Harry Cotton
BP Short Hurdles GU13	Katrina Bass
BP 13 - 17 Hurdles male	Ben Kelk
BP 13-17 Hurdles female	Csepi Asztalos
BP – sprints male	Chris Morter
BP - sprints female	Ellie Morris
BP - track >800m male	Ed Aston
BP - track >800m female	Lucy Dowsett
Peter Howard Marathon Trophy	Dave Yenerski

League Trophies 2006

BP Vets league Male	Noel Moss	BP Vet League Female	Mary Holmes
Young Athlete W&C Female	Sumin Baxter	Young athlete W&C Male	Ben davies
SWL Most helpful	Jessica Fox	BP Male league	William Blackwell
BP League Female	Lucy Dowsett	SML Team Managers	Tom Brennand
Anglian League Managers	Chris Ennis & Laura and Katrina Bass		

Handicap Trophies 2008

110 yds Handicap	Not contested	440 yds handicap	Not contested
------------------	---------------	------------------	---------------

Road Race Trophies 2008

Open 10 m RR Male	Ben Baldelli	Open 10 m RR Female	Rachel Roberts
Open 10 m RR Male vet	Alex Downie	Open 10 m RR Fem Vet	Fiona Murphy
10K RR - Male	Will Clarke	10K RR – Female	Jaline D'Alesandro
Marathon – Male	Ben Baldelli	Marathon – Female	Kim Masson
Half Marathon – Male	Giacomo Capetti	Half Marathon – Female	Kim Masson
Most Improved RR - Male	Andrew Herne	Most Improved RR – Female	Amanda lasseter

Greater Cambridge Athletics Network

You should have heard about the proposal for a Greater Cambridge Athletics Network in previous newsletters or by email. The Network has now been established, a contract has been signed and funding of over £100,00 over three years provided by England Athletics, subject to performance indicators. The funding is part of a sponsorship deal with McCains chips. The Network has appointed an 'activator' to move its plans forward. She is June Swift and will be starting her job at the beginning of October. June was previously a Club and Coach Support Officer for England Athletics in the North of England and we are delighted to welcome her to Cambridge. She is also an international athlete for biathlon. You are likely to meet June around the track or at athletics events in the region over the coming months.

The Network has ambitious aims: 'To provide excellent services and facilities, for coaches and all levels of athlete in the Greater Cambridge area, which are easily accessible and adopt best practice. Through this to increase the skills of coaches and their enjoyment, to increase the numbers of coaches and to increase participation in athletics and the retention of athletes in the sport.'

It will attempt to fulfil these aims primarily through coach development, which will then feed into opportunities and better coaching for athletes. Coach development depends in part on appropriate facilities and sources of expertise. There are plans to set up a High Performance Service providing facilities via suppliers in the city and sub-region. Greater Cambridge has lacked facilities which are taken for granted elsewhere. We hope to develop service level agreements with a number of suppliers including scholarships, or free support for elite athletes, discounts for non-elite athletes and training days for coaches and athletes. This will include development days, the use of excellent coaches from elsewhere and mentoring – local coaches acting as a mentor and receiving mentoring.

The network will identify athlete development pathways for a number of categories of athletes: elite athletes, non-elite and new participants. For track and field athletes, definitions of elite, non-elite etc. will be made in relation to 'Power of 10' criteria. Progress of athletes outside 'Power of 10' criteria, and in, for example, road running, will be defined in relation to age-related and gender related percentages. We also hope, in the longer term to provide better competitive progression as part of the development pathways. This is likely to involve discussion about eligibility rules to enable athletes to take part in appropriate competitions, potentially composite teams and the creation of new competitive opportunities.

This is an exciting development and has the potential to make step changes in athletics provision in the area. If you would like to know more about the Network, please get in touch with Neil Costello.

Do you hold a trophy from the 2008 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2008, that they should be returned by 19th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Angela Young or Neil Costello rather than rely on handing it to someone on a club night.* You can contact Angela on a.young690@btinternet.com to arrange to pass them back.

Please do not leave it until the AGM evening – we cant clean them and sort them for presentation quickly enough on the night.

Would you like to help on the committee or assist us with other things such as team management, coaching or officiating

could you be the club general secretary, a team manager, Child welfare officer, or do another of the jobs?? All offers are welcome – the club officers positions should come up for formal elections each year.

We always appreciate offers to help with team management both for T&F and Crosscountry. We try to have as many team managers as possible each working with one agegroup in a

Longjump	6A	C Ennis	3.82	N/S	M Carter	4.92
Shot	2A	M Dilauro	10.92	1B	M Young	9.65
	N/S	W Cox	6.93			
Discus	2A	M Dilauro	30.80	1B	M Young	27.20
	N/S	W Cox	15.10			
Javelin	2A	J Bailey	40.33	1B	M Young	36.39
	N/S	J Hackett	35.11	N/S	W Blackwell	32.04
Hammer	2A	W Cox	18.89			
	4A		54.8			
Under 13 Boys 100m	2A	J Carden	13.4	2B	J Mckeown-Tofts	14.1
	N/S	B Mckeown-Tofts	14.3	N/S	T Mila	15.1
	N/S	T Heylen	16.1			
200m	2A	J Mckeown-Tofts	29.9	2B	B Mckeown-Tofts	30.3
	N/S	M Davies	27.3	N/S	L Oxley	29.6
800m	3A	T Heylen	2.47.0	2B	R MacDonald	3.11.7
1500m	2A	A Slack	6.25.9			
75m Hurdles	3A	R MacDonald	17.9			
Highjump	3A	S Kumar	1.25	2B	A Slack	1.15
Shot Putt	3A	S Kumar	6.13	4B	J Richards	4.67
Discus	3A	R MacDonald	10.66	N/S	A Slack	11.21
4 x 100 relay	1A		56.9			
Under 17 Women 100m	2A	E Morris	12.8	3B	S Baxter	15.4
	2A	E Morris	27.4	1B	H Forbes-Lange	30.1
	2A	H Forbes-Lange	48.4			
	3A	R Carter	2.43.4			
	3A	H Forbes-lange	1.30			
	2A	E Morris	4.49			
Triplejump	1A	L Sammout	10.64			
Shot	4A	F Kumar	6.61			
Discus	1A	L Sammout	31.89	1B	F Kumar	14.52
Javelin	2A	L Sammout	26.89	1B	F Kumar	19.88
4 x 100	2A		55.3			
Under 15 Girls 100m	3A	M George	13.5	1B	J Fox	13.6
	N/S	J Ring	13.7			
	2A	M George	28.1			
	4A	M Turner	47.6	4B	Z MacDonald	53.8
	2A	M Turner	2.32.8	2B	Z MacDonald	2.53.8
	2A	E Dickson	5.45.2			
75m Hdls	3A	J Fox	12.8	3B	G Newton-Livens	16.1
Highjump	2A	H Peacock	1.20			
Longjump	1A	J Fox	4.76	3B	G Newton-Livens	3.54
Shot	2A	M Turner	6.02	2B	Z MacDonald	5.88
Discus	3A	H Peacock	16.18	2B	G Newton-Livens	11.80
Javelin	2A	H Peacock	16.96			
4 x 100	1A		56.5			
Under 13 Girls 100m	1A	E Houghton	13.0	2B	C Marriott	14.1
	N/S	S Dowsett	14.4	N/S	L Weber	14.8
	N/S	T Mcvey	14.9	N/S	M Cassidy	16.0
	N/S	J Evans	16.0			
200m	1A	E Houghton	28.5	2B	C Marriott	31.2
	N/S	T McVey	31.1	N/S	S Dowsett	31.3
	N/S	A Pettit	32.1	N/S	M Cassidy	36.4
800m	3A	A Pettit	2.52.2	1B	C Murphy	2.54.0
	N/S	L Weber	2.59.8			
1500m	4A	J Evans	6.36.5			
70m Hdls	4A	L Pinner	18.4			
Highjump	2A	K Reynolds	1.35	N/S	T McVey	1.15
Longjump	2A	S Dowsett	3.83	4B	M Cassidy	3.04
	N/S	L Pinner	3.15	N/S	J Evans	2.57
Shot	4A	K Reynolds	6.64	2B	C Marriott	5.79
	N/S	O Abbott	6.09			

Highjump	5A	E Deeks	1.10			
Longjump	6A	B New	1.80			
Shot	3A	C Marriott	6.56	1B	O Abbott	5.93
Discus	2A	O Abbott	13.08			
4 x 100	4A		NTR			
Under 11 Girls						
80m	1 st	F Marriott	12.1	3 rd	E Schaertiger-Coffey	13.3
	7 th	A Deeks	15.2			
600m	2 nd	E Schaertiger-Coffey	2.05.7	6 th	A Deeks	2.2.8.6
Longjump	2 nd	F Marriott	3.23	4 th	A Deeks	2.31

Eastern Veterans league at Lee Valley – Aug 5th

Men – 4th 32 pts								
200m	M40	4 th	S Emmings	27.5	M50	3 rd	J Phillip	35.8
	M60	2 nd	N Moss	32.7				
800m	M40	4 th	S Emmings	2.41.7	M50	3 rd	J Phillip	3.31.7
Mile walk					M50	5 th	P Howard	10.08.3
Pole vault					M50	1 st	N Moss	2.40
Triplej'p	M40	3 rd	S Emmings	9.57	M60	3 rd	N Moss	6.95
Discus	M50	2 nd	P Bramford	31.88	M60	1 st	F Martin	21.72
Javelin	M40	3 rd	F Martin	20.68	M50	2 nd	P Bramford	29.93
Women – 2 nd 49 pts								
200m	W35	3 rd	R Roberts	34.6	W45	2 nd	J Lasenby	33.1
800m	W35	2 nd	R Roberts	3.01.6	W45	1 st	J Lasenby	2.38.5
	W55	1 st	S Barnett	3.07.3			M Holmes	3.36.3
3000m	W35	3 rd	R Roberts	14.25.1	W45	2 nd	D Braverman	13.42.2
Mile walk	W35	2 nd	R Roberts	11.50.0	W55	1 st	D Braverman	9.58.5
Triplejump	W35	1 st	R Roberts	7.99				
Discus					W45	1 st	R Martin	26.30
Javelin	W35	2 nd	R Martin	????	W45	2 nd	C Morris	????
					W55	1 st	M Holmes	????

Relay 4.,2,2,4 W35 2nd ????

Amsterdam Open meeting – 8th August

800m	2 nd	E Aston	1.48.72
400m Hdls	4 th	J Huddleston	63.24

England Athletics U15/U17 Championships at Bedford on August 8/9th

U17 Men 400m Hdls	3 rd	B Kelk	54.94
U15 Boys 800m	6 th	J Cochrane	2.08.26
U17 Women Discus	8 th	L Sammout	31.24
U15 Girls 75m hdls	8 th	E Cave	12.02
U15 Girls Longjump	19 th	J Fox	4.56

Eastern Young Athletes League – Cambridge - August 16th

Overall match result – 1st St Albans 625, 2nd Basildon 558½, 3rd C&C 551½, 4th Hert Phoenix 543, Harlow 93, 6th Ryston/WN 48

Under 17 men						
100m	3A	G Cummins	11.6			
200m	3A	G Cummins	24.2			
400m	3A	O Bass	55.8	3B	B Kennard	63.9
800m	3A	O Bass	2.12.2			
1500m	3A	B Kennard	5.21.3			
Longjump	1A	G Cummins	5.60	1B	O Bass	5.21
Shot	2A	M Lawrence	13.24	1B	A Morter	9.70
Discus	2A	A Morter	24.36			
Javelin	2A	A Morter	37.94			
Hammer	2A	M Lawrence	25.44			
4 x 100	3A		50.7			
Under 15 Boys						
100m	3A	N Ward	11.9	4B	J Hackett	12.7
200m	3A	N Ward	25.3	4B	J Wainwright	29.5
	N/S	W Blackwell	27.2	N/S	L Webber	30.2
400m	2A	J Cochrane	56.2	4B	S Reynolds	61.4
	N/S	J Hackett	60.1	N/S	J Wainwright	60.2
800m	4A	B Littledyke	2.33.3			
1500m	2A	S Kennard	5.04.3			
80m Hurdles	3A	M Carter	13.5	3B	B Littledyke	16.9
Highjump	3A	N Ward	1.50	=3B	M Carter	1.20

league to make it light work, but currently we need additional help with both Eastern Young Athletes League and East Anglian League. Please offer your services.

Cambridgeshire AA AGM – Friday 4th December - 7.30pm at Hemingford Grey House

It would be nice to see a few of the members in attendance, and not just the trophy winners and athletes who have been awarded colours. You don't need an invitation – just turn up.

Come and shift the Christmas Turkey and make room for more!

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

Road Running Bits

Fun Run Roundup: “Ain’t No Cure For The Summertime Blues.” Alex Downie

Summer's here and the living is easy, and for us road runners it brings a veritable crop of fun runs. Leaving aside the highly debatable contention(for which I personally have a great deal of sympathy) that the words “FUN” and “RUN” don't belong on the same page as each other, let alone be placed next to one another, should we be elated or should we be worried?

Well, it all depends on how you view them. They tend to change course quite frequently (though hopefully not DURING the race), eg Sawston Fun Run, Sutton Feast Beast, Histon Fun Run(often aided and abetted by one D. Mail). This obviously makes year-on-year comparisons difficult, if not hopelessly inappropriate, whilst at the same time providing variety and spice to the race.

At Sawston, where the fancy dress runners/walkers are released ahead of the main race, you have the added delight of negotiating small excited children wandering about unpredictably in front of you, often waving buckets or other large objects at about knee height. It is not a dull race.

Fun Runs also tend not to have distance markers, though Sawston does have an infamous 1st mile flagged up at a point which I seem to reach in something like 5min 30.....Total race distance is not usually accurately measured, and indeed at the Histon Fun Run it almost seems to be a matter of local pride that no-one actually knows its actual distance, perhaps out of fear for spoiling its mystique.....?

You may find that water stations are thinner on the ground than in other races, and bearing in mind that this is the allegedly hot time of year, this may be a problem.

The number of prizes can be idiosyncratic, and the quality of field variable. Of course, if it is too easy, club runners can be accused of “pot-hunting”, but then again, if there are wide age-categories, prizes may prove elusive.

Girton Feast ran a 5k for the first time this year, and seemed to get most things right, attracting a quality field, though the prospect of free beer at the end may have helped!

Questionable and Quotable Quotes

Continuing his quirky occasional series of observations on running matters, Alex Downie turns his attention to the Wibbly Wobbly Log Jog.

First the quotable quotes from the runners taking part this year:-

“I could put a tent here, or even a static caravan, and be very happy – as long as the showers worked!” – Tim Long.

“Impenetrably dark in places!” – Carmel McEneiry.

“I still really don't like this race!” – Mandy Lasseter.

“Not nearly filthy enough!” – Andy Irvine.

“Another runner said as we raced that we've been going down for an awful long time, which probably means that there's a lot of up to come. She was right!” – Carol Stanier.

“I enjoyed keeping company with the ladies at the back!” – Phil Garrett.

"A magical fairytale in the ferns – but tough" – Fiona Downie.

A spokesperson for John Kazer said he was unavailable for comment.

"An even better course than last year, with seemingly fewer hills and more wibbly wobbly wiggly jiggly bits" – Alex Downie.....at least that 's what I would have said to the Race Organiser as he shook my hand at the end of the race, had I had a brain, which begs the question (assuming I had a brain at the start) what happens to our mental processes during a race?

The previously unavailable John Kazer later adds "The trees and roots along the course make this into a natural slalom course for the runners. It's great fun stumbling through puddles, scrambling over roots and avoiding branches."

Well I guess it's what's called "Race Focus"- a constant dialogue between the brain and the many reluctant bits of the body which protest like mad when we demand great things of them during the course of the race. Most of our mental activity consists of everything in the range of persuasion from gentle suggestion, pathetic wheedling, bluff and bluster, and finally outright bullying!

There follows a (highly questionable) argument between the overworked brain and the overheated body of a hypothetical runner, not dissimilar to your correspondent, attempting to run the Log Jog.

Brain(B): C'mon legs, you can go faster than that!

Legs: We can't, we're not trained up for this.

B: Yes you are, remember what Neil, Alan and James have told you! [desperately hoping that

Legs wouldn't ask for too many details!]

Right Leg: [whining] I haven't done enough miles for this sort of thing!

Left Leg: And I've done too many miles; I am tired, I am weary, I could sleep for a thousand years.

B: Oh stop moaning you two; just connect with the core.

Legs: How can we? Remember you gave up pilates classes!

B: Good grief, just get a move on! Look, there's an easy downhill bit coming up.

General Secretary of the Union of Pores and Sweat Manufacturers Incorporating The Epidermis [UPSMITE]: My members have informed me that they are completely overloaded, overworked and underpaid, and are forthwith unfortunately going to have to withdraw their labour.

B: Look, if you do that sort of thing, I will stop hydrating altogether, and my only fluid intake will be coffee and beer! [not altogether bluffing.] And anyway, there's a nice shady bit of forest coming up.

UPSMITE: I will take that reply back to the membership and you can be sure that a response will be forthcoming.

Eyes and Nose: Brain, we have a problem.

B:[thinks: these guys are beginning to sound like astronauts on Apollo 13]. I don't usually hear from you two on a run; what's wrong?

Eyes : Well, it's all these branches and leaves that keep smashing into our face. It's downright dangerous!

Nose: And I have sustained a significant scratch on my left flank, which will require urgent medical attention!

B: OK, I'll send urgent messages to Fingers, Hands and Arms to do a more effective job over there. Don't worry.

Lungs: More air!

Heart: More blood now!

B: OK, I hear your concerns. I feel your pain. I fully empathise. But look here, guys, you know it's me that's in charge, and I say it's full speed ahead. There's a bloke up there in front and I want you to power me past him, so just get your act together, tweak everything up to maximum, and fly on for glory and for Club! And remember your race time will be found out by The Mighty Webmaster, and published on the Club Website for all to see, so it had better look good!

.....And so it goes on. I'm suggesting that in perhaps 99% of races/training, some sort of dialogue like this goes on. Where the reluctant body bits win out, this equates to "losing the will."

Hammer 2A M Lawrence 23.61

4 x 100	3A		48.5				
Under 15 boys - 3 rd - 110pts							
100m	3A	J Peacock	12.5	3B	M Jones	12.8	
	N/S	J Mair	13.6	N/S	W Blackwell	13.8	
	N/S	J Vane	14.2				
200m	1A	J Peacock	25.0	2B	M Jones	26.3	
	N/S	J Vane	31.3				
400m	4A	?	71.3				
800m	2A	B Littledyke	2.32.9				
1500m	1A	J Cochrane	4.33.8				
Hurdles	3A	B Littledyke	17.6				
Longjump	4A	J Mair	4.50	3B	J Vane	3.89	
Triplejump	3A	J Mair	9.38	1B	C Ennis	8.72	
Shot	1A	M DiLauro	11.94	1B	M Young	9.26	
Discus	2A	M Young	28.10				
Javelin	1A	J Bailey	37.66	1B	M Young	30.51	
	N/S	W Blackwell	32.61				
Hammer	2A	M DiLauro	24.87				
4 x 100 relay	3A		52.6				
Under 13 Boys - 3 rd - 76pts							
100m	2A	J Carden	14.9	2B	J McKeown-Tofts	15.2	
	N/S	B Mckeown-Tofts	14.9	N/S	J Biggs	15.8	
200m	3A	J Mckeown-Tofts	31.0	2B	B McKeown-Tofts	30.7	
	N/S	M Davies	27.6				
800m	4A	B McKeown-Tofts	3.00.6	2B	J Biggs	2.41.5	
	N/S	J McKeown-Tofts	2.55.0				
Hurdles	3A	J Carden	15.6				
Highjump	3A	A Slack	1.10	1B	S Kumar	1.10	
Longjump	2A	J Biggs	4.11				
Shot	3A	S Kumar	6.23				
Discus	5A	A Slack	12.18				
Javelin	2A	S Kumar	20.04	N/S	A Slack	17.03	
4 x 100	4A		63.0				
Senior Ladies - 3 rd - 109pts							
200m	1A	L Bass	27.8				
300m (U17)	2A	E Kier	45.3				
400m	3A	Z Kier	65.2	3B	A Moindrot	70.2	
800m	1A	E Kier	2.24.3				
1500m	2A	J Lasenby	5.23.3				
100m Hurdles	1A	L Bass	16.4				
Highjump	3A	Z Kier	1.50				
Longjump	3A	L Bass	4.48	2B	F Kumar	3.69	
Triplejump	2A	L Sammout	10.70	1B	A Moindrot	9.63	
Shot	3A	H Sayer	8.21	2B	A Bramford	6.05	
Discus	3A	L Sammout	28.70	1B	A Moindrot	26.70	
	N/S	H Sayer	20.17	N/S	A Bramford	14.49	
Javelin	1A	L Sammout	31.01	1B	F Kumar	23.42	
	N/S	A Bramford	12.54				
Hammer	N/S	H Sayer	37.70	N/S	A Bramford	24.92	
Under 15 Girls - 4 th 69pts							
100m	3A	M George	13.9	1B	E Cave	13.7	
	N/S	J Ring	14.5				
200m	3A	M George		3B	K Bass	30.0	
1500m	4A	L Gaunt	6.19.2				
Hurdles	2A	E Cave	12.2	1B	K Bass	13.1	
Longjump	6A	A Young	3.99	4B	J Ring	3.84	
Shot	5A	J Ring	5.67	4B	A Young	5.04	
Javelin	3A	E Cave	16.47	1B	K Bass	11.73	
Hammer	N/S	I Hyde	20.57				
4 x 100	3A		53.9				
Under 13 Girls - 4 th - 54pts							
100m	3A	C Marriott	15.4	6A	B New	18.8	
200m	3A	C Marriott	29.9	3B	A Pettitt	32.1	
800m	5A	A Pettitt	3.16.7				

800m	1A	E Dickson	2.33.1	2B	A Pettit	3.01.7
1500m	1A	G Schweining	5.13.6			
Longjump	4A	S Dowsett	3.61	2B	E Dowsett	3.59
Shot	3A	Z Macdonald	6.06	2B	C Marriott	5.28
Discus	3A	I Hyde	16.55	1B	Z Macdonald	12.66
Javelin	1A	I Hyde	22.86			
Hammer	N/S`	I Hyde	21.93			
4x100	3A		61.9			

National Junior League – Bromley July 26th – Team Cambridgeshire

Team Cambridgeshire 8th – 8th in the Premier Division

U20 Men						
100m				7B	B Davies	12.0
Longjump				3B	B Davies	5.85
Under 20 Women						
100m				3B	E Morris	12.9
200m				4B	E Morris	26.9
100 Hdls	4A	L Bass	16.3			
400Hdls				2B	L Bass	68.2

Southern Mens League at Basingstoke on 1st August

1 st Thurrock 143, 2 nd St Marys 136, 3 rd C&C 106, 4 th WSE&H 65, 5 th Winchester 7						
100m	2A	J Stafford	11.8	3B	B Davies	12.2
200m	2A	A Starnes	24.0	3B	J Stafford	24.7
400m	3A	M Bell	57.0	4B	A Howard	74.8
800m	2A	M Bell	2.01.8	4B	T Brennand	2.50.2
1500m	3A	W Mycroft	4.13.8	1B	J Morley	4.23.5
5000m	5A	J Baslington	17.23.6	3B	A Howard	19.50.0
3000S/C		Not entered				
110 hdls	3A	T Brennand	21.1			
400hdls	1A	B Kelk	57.9	1B	T Brennand	70.3
Highjump	4A	B Kelk	1.70	4B	T Brennand	1.40
Longjump	4A	B Davies	5.41	4B	A Boyce	5.11
Triplejp	2A	B Kelk	12.96	2B	T Brennand	10.75
Polevault	1A	A Boyce	3.50	3B	N Moss	2.20
Shot	4A	M Lawrence	10.78	2B	A Lee	10.04
Discus	3A	A Lee	29.64	3B	M Lawrence	27.48
Javelin	4A	A Lee	19.97	4B	N Moss	19.92
Hammer	2A	A Lee	42.51	2B	M Lawrence	19.44
4 x 100	2A		46.1			
4 x 400	3A		3.48.5			

East Anglian League – Braintree August 2nd

Overall match – 1st PAC 903, 2nd Chelmsford 747, 3rd C&C 602, 4th Braintree 486, 5th Diss 219, 6th Leighton

Buzzard 170						
Senior Men - 3 rd 108 pts						
100m	3A	S Richards	12.8	3B	J Brennand	15.2
400m	3A	A Howard	69.3			
800m	3A	A Howard	2.36.2			
3000m	3A	A Howard	11.11.4	2B	D Pettit	11.45.5
Hurdles	4A	J Brennand	26.2			
Longjump	2A	S Richards	6.49	3B	J Brennand	4.63
Triplejump	4A	S Richards	10.17	2B	J Brennand	7.32
Highjump	2A	S Richards	1.60	2B	J Brennand	1.10
Shot	4A	P Bramford	8.09	3B	A MacGillivray	7.53
Discus	4A	P Bramford	24.54	2B	A MacGillivray	21.73
Javelin	2A	P Bramford	31.43	4B	A MacGillivray	18.43
Hammer	2A	P Bramford	20.29	2B	A MacGillivray	19.58
Under 17 Men – 3 rd – 76pts						
100m	2A	B Kelk	11.8	2B	B Davies	12.4
400m	2A	S Pullen	56.8			
800m	2A	S Pullen	2.12.3			
Highjump	1A	B Kelk	1.85			
Longjump	1A	B Davies	6.06			
Triplejump	1A	B Kelk	12.75			
Shot	1A	M Lawrence	13.81	1B	B Davies	10.31
Discus	2A	M Lawrence	33.15			

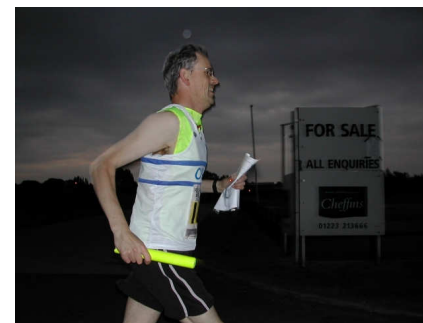
We find it almost impossible to go any further or faster, the slothful tendency has won the argument with the brain, and that pretty much is that. Just occasionally, maybe one run out of a hundred, we don't have this dialogue at all, and everything is wonderful. Phrases to describe this glorious state are "we've got wings" or "we're in the flow". We feel strong, fast, powerful....invincible, even – if it ever happens to you, treasure it!

Chariots of Fire



Glorious sunny morning for the annual Chariots of Fire Relay with many C&C members taking part. The C&C Mixed team took top spot in their category and were fifth overall, with an (official) time of 57:06

Round Norfolk Relay



The Round Norfolk Relay is literally what it says, starting Saturday very early and finishing Sunday around 10am with 17 stages of varying length. C&C had two teams running, one male, one female. Results are as follows (more details in the results section):

Overall (all classes) - 55 teams, winners Norwich

Road Runners A - 20:31:42

24th - C&C A (male) 25:15:33 53rd -

C&C B (female) 28:27:52

Open Class (no restriction on team content) - 20

teams. 16th - C&C A 25:15:33

Ladies Class (female only!) - 5 teams, winners City of



Norwich 25:27:20 5th - C&C B 28:27:52

A few photos above – many more on the Endurance website - <http://ccac.aci-net.co.uk>



Cross Country

This year we have again entered the Hertfordshire based Sunday League (there are no U13/U15/U17 age-groups in this league but athletes aged 16 and over can run as under 20's). John Kazer is the contact for those who want to run. This league offers more conventional cross-country distances when compared to the Ryston Runners series. We shall also participate as usual in the Ryston Runners Grand Prix series and in the multi-terrain Frostbite league. Both of these have races for the younger age-groups and we would like to see more younger athletes participating..

Unfortunately an initiative to start a Cambs Cross-country league fell by the wayside because of a lack of volunteers for the management group, although most clubs were keen.

We would also like to have a better turn out in the Cambs Cross-country championships this year, especially in the younger age-groups – there are medals to be won for both individuals and teams so its worthwhile entering – you could get a team medal even if you are not an individual medallist.

All of the dates are now shown in the fixture list in this issue of the newsletter and a championships entry request form is also enclosed for those who want to be entered for any of the team/individual championship events.

Fixtures 2009/2010

Contact Adam Poole 07932 622892 to run road or John Kazer 01223 308357 to run XC

Oct 4 th	R	Cologne Marathon	Cologne	Seniors
Oct 4 th	R	SEAA Open 10k road race	Crystal Palace	Seniors
Oct 4 th	R	Standalone 10k	Letchworth	Seniors
Oct 4 th	R	Abington 10k	Abington	Seniors
Oct 4 th	M	Frostbite league	St Neots	All
Oct 4 th	R	Loch ness marathon	Inverness	Seniors
Oct 11 th	X	Ryston XC Grand prix	Ryston	All
Oct 11 th	R	Great Eastern Run (Half Marathon)	Peterborough	Seniors
Oct 11 th	R	Leicester marathon	Leicester	Seniors
Oct 17 th /18 th		6 stage relays	Sutton Park	All
Oct 18 th	R	Abingdon marathon	Abingdon	Seniors
Oct 18 th	R	Camcer Research 10k	Cambridge	All
Oct 18 th	R	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors
Oct 18 th	X	Amphill Trophy Cross Country	Amphill	All
Oct 18 th	X	EVAC Cross country Champs	Amphill	Veterans
Oct ?	X	Sunday XC league	Cheshunt	All over 16
Oct 25 th	R	Fenland 10 mile	Wisbech	Seniors
Oct 25 th	R	Venice Marathon	Venice	Seniors
Oct 25 th	R	BUPA Great South Run	Southsea	All over 16
Oct 25 th	R	Frankfurt Marathon	Frankfurt	Seniors
Oct 26 th	R	Dublin marathon	Dublin	Seniors
Oct 31 st	X	National Crosscountry Relays	Mansfield	Seniors
Nov 1 st	X	Dovedale Dash	Dovedale	Seniors
Nov 1 st	R	Stevenage Half marathon	Stevenage	Seniors
Nov 1 st	R	New York Marathon	New York	Seniors
Nov 8 th	M	Frostbite League	Bushfield (P'bro)	All
Nov 8 th	R	Stebbing 10	Dunmow	Seniors
Nov 8 th	R	Stowmarket Senic 7	Stowmarket	Seniors
Nov 14 th	X	UK Cross challenge	Gateshead	All
Nov 15 th	R	St Neots Half Marathon	St Neots	Seniors
Nov 15 th	X	Ryston XC Grand prix	Ryston	All
Nov 22 nd	M	Hereward Relays	Peterborough	All over 16
Nov 18 th	X	UK Cross challenge and European Trials	Liverpool	All
Nov 29 th	R	Norwich half Marathon	Norwich	Seniors
Dec 6 th	R	Luton marathon	Luton	Seniors
Dec 6 th	R	Nene Valley 10	Peterborough	All over 15
Dec 12 th	S	Cambs Sportshall League match 1	Chesterton 10am	All under 15

Longjump	4A	K Bass	4.22			
Shot	5A	I Hyde	5.83	4B	M Turner	5.11
Discus	3A	I Hyde	15.18	4B	E Gaunt	6.79
Javelin	2A	L Millichap	23.76	1B	I Hyde	20.60
Hammer	N/S	I Hyde	20.57			
4 x 100	5A		61.8			
Under 13 Girls - 4 th – 63pts						
100m	4A	C Marriott	14.1	5B	M Cassidy	16.1
	N/S	S Dowsett	14.8			
200m	3A	C Marriott	29.9	1B	I Sanusi-Bartlett	31.1
	N/S	S Dowsett	31.8	N/S	M Cassidy	35.6
800m	5A	A Pettitt	2.59.1	3B	C Murphy	3.06.7
Highjump	3A	K Reynolds	1.25			
Longjump	7A	S Dowsett	3.31	3B	M Cassidy	3.06
Shot	2A	K Reynolds	6.88	1B	C Marriott	6.19
	N/S	I Sanusi-Bartlett	5.63			
Discus	2A	I Sanusi-bartlett	10.90			
Javelin	2A	K Reynolds	13.48			
Under 11 Girls						
80m	1 st	F Marriott	12.3	=2 nd	E Dowsett	12.5
	5 th	E Schaertiger-Coffey	13.0			
600m	4 th	E Schaertiger-Coffey	2.09.2	9 th	E Dowsett	2.15.2
	12 th	F Marriott	2.19.0			
Longjump	1 st	E Dowsett	3.35	2 nd	F Marriott	3.00
Cambs Devt meeting at St Ives – July 22nd						
80m	U11 G	1 st	F Marriott			12.1
100m	U13G	4ht	C Marriott			14.4
100m	U15B	4ht	W Blackwell			13.3
200m	U13G	3ht	C Marriott			32.1
600m	U13G	1 st	A Pettitt			1.55.9
1 Mile	Sen Men	2 nd	D Pettit (M40)			5.31.7
1 Mile	U20M	1 st	J Baslington			4.54.3
1 Mile	U15B	1 st	J Cochrane			4.54.8
1 Mile	U17W	2 nd	A Dow			5.35.4
1 Mile	U15G	2 nd	E Dickson			5.35.8
		6 th	N Rehakova			6.07.2
Javelin	U15B	1 st	M Young			38.46
Javelin	U13B	2 nd	L Young			19.03
Javelin	U17W	1 st	L Sammout			28.52
Longjump	U20M	1 st	S Richards			6.08
Longjump	U13B	2 nd	J Richards			3.71
Longjump	U17W	1 st	L Sammout			4.67
Longjump	U11G	1 st	F Marriott			3.35
Enfield Walks League July 25th						
5000m walk		18 th	S Barnett (W55)			32.59
Southern Womens League – Cambridge, July 25th						
Senior Women						
100m		3A	R MacKay			13.1
400m		1A	L Dowsett			58.1
800m		1A	R Carter			2.34.4
Longjump		2A	R MacKay			4.95
Triplejump		1A	R Mackay			10.48
Highjump		4A	R Mackay			1.02
Shot		2A	H Sayer			8.63
Discus		2A	H Sayer			20.79
Hammer		2A	H Sayer			41.20
Javelin		4A	A Bramford			11.16
Under 15 Girls						
100m		4A	C Marriott			14.0
200m		4A	C Marriott			30.8
				4B	S Dowsett	13.9
				3B	S Dowsett	30.9

800m	2A	S Pullen	2.13.3				
1500m	4A	B Kennard	5.11.7				
Highjump	1A	B Kelk	1.60				
Longjump	1A	B Davies	6.23	1B	O Bass	5.36	
Triplejump	1A	B Kelk	12.66				
Shot	1A	M Lawrence	12.60	2B	B Davies	9.67	
Discus	1A	M Lawrence	33.08				
Javelin	2A	G Cummins	30.03	3B	M Lawrence	18.59	
Under 15 boys - 1 st - 135pts							
100m	3A	M Jones	12.7	3B	J Vane	13.3	
	N/S	J Peacock	12.4	N/S	J Mair	13.3	
200m	3A	N Ward	25.0	2B	M Jones	26.4	
	N/S	J Vane	29.1	N/S	L Webber	30.4	
	N/S	J Peacock	25.0				
400m	4A	L Rawlings	61.5	5B	N Steiniger	68.2	
800m	3A	G Kendall	2.22.7	1B	L Rawlings	2.26.2	
	N/S	B Littleddyke	2.40.6				
1500m	1A	J Cochrane	4.35.7	2B	S Kennard	5.09.8	
Hurdles	2A	B Littleddyke	17.0				
Longjump	2A	J Mair	4.64	2B	L Rawlings	4.34	
	N/S	J Vane	3.82				
Triplejump	2A	N Steiniger	9.68	2B	C Ennis	7.74	
Shot	1A	M DiLauro	12.09	1B	M Young	8.20	
	N/S	W Cox	7.10				
Discus	2A	M Young	28.40	1B	M DiLauro	27.39	
Javelin	1A	M Young	33.79				
Hammer	2A	M DiLauro	25.81	1B	W Cox	17.24	
4 x 100 relay	3A		50.9				
Under 13 Boys - 3 rd - 74pts							
100m	1A	J Ebanks	13.3	5A	A Van Enis	17.3	
	N/S	J Carden	13.9	N/S	J Richards	16.7	
200m	2A	J Ebanks	28.1	4B	A Van Enis	38.9	
800m	1A	O Cantrill	2.34.0				
Hurdles	3A	J Carden	15.3				
Highjump	3A	A Slack	1.10				
Longjump	4A	J Richards	3.85	5B	A Van Enis	3.26	
Shot	2A	D Assadi	6.34	1B	J Richards	6.23	
Discus	3A	A Slack	11.88				
Javelin	1A	S Kumar	29.60	N/S	L Young	17.83	
4 x 100	4A		63.0				
Senior Ladies - 2 nd - 118pts							
100m	2A	E Morris	12.8	1B	L Bass	13.4	
	N/S	H-J Cone (guest)	12.8				
200m	3A	E Morris	27.1	3B	H Cox	30.3	
300m (U17)	4A	J Jones	49.6				
400m	4A	L Bass	64.2	4B	F Tournant	71.2	
800m	4A	A Dow	2.35.6	3B	R Carter	2.35.9	
1500m	1A	L Dowsett	4.43.6	4B	J Lasenby	5.26.7	
100m Hurdles	1A	L Bass	16.2				
Longjump	3A	A Moindrot	4.21	3B	H Cox	3.83	
	N/S	H-J Cone (Guest)	5.30				
Triplejump	1A	L Sammout	10.47				
Shot	4A	H Sayer	8.44	3B	A Moindrot	7.20	
	N/S	F Kumar	5.97				
Discus	2A	L Sammout	32.41	2B	A Moindrot	24.74	
	N/S	H Sayer	20.69				
Javelin	2A	L Sammout	26.79	1B	F Kumar	18.39	
Hammer	N/S	H Sayer	38.22	N/S	A Bramford	24.83	
4 x 100	3A		54.2				
Under 15 Girls - 3 rd - 81pts							
100m	5A	L Millichap	13.9	4B	K Bass	14.5	
200m	4A	M Turner	30.1				
800m	3A	E Dickson	2.36.3	3B	N Rehakova	2.41.4	
1500m	2A	M Turner	5.20.8	1B	E Gaunt	6.11.4	
Hurdles	2A	K Bass	12.6	3B	L Millichap	16.0	

Dec 13 th	M	Frostbite League		Hinchingbrooke Park	All
Dec 13 th	X	Ryston XC Grand prix	6.5k	Ryston	All
Dec 26 th	R	C&C Boxing day 4 mile race		Lamas land	All
Dec 31 st	R	Ely 10k		Little Downham	All over 16
Jan 1 st	R	Wymondham New year day 10k		Wymondham	All over 16
Jan 9 th /10 th	S	Cambs Sportshall league match 2		Bushfield (Pbro)	All under 15
Jan 10 th	X	Cambs AA Crosscountry Champs		St Neots	All
Jan 10 th	IT&F	SEAA U15/U17 Indoor Combined events		Lee Valley?	U15/U17
Jan 16/17 th	IT&F	SEAA Indoor Championships		Lee Valley?	U15/U17
Jan 17 th	X	Ryston XC Grand prix	5k	Ryston	All
Jan 17 th	X	Frostbite League		Ramsey	All
Jan 17 th	X	UK Cross Challenge		Cardiff	All
Jan 23 rd	X	UK Cross Challenge		Antrim	All
Jan 30 th	X	SEAA XC Championships		Parliament Hill	All
Feb 7 th	M	Frostbite League		Bourne Woods	All
Feb 14 th	X	Ryston XC Grand prix	9k	Ryston	All
Mar 7 th	M	Frostbite League		Huntingdon	All
Mar 13 th	X	UK Cross Challenge		Birmingham	All
Mar 14 th	X	SEAA Masters Cross country		Trent Park	Veterans
Mar 20 th	X	English Schools XC		Manchester	Schools select
Mar 21 st	X	Ryston XC Grand prix	6.5k	Ryston	All
Mar 21 st	R	Hastings Half Marathon		Hastings	Seniors
Apr 11 th	M	Cambridge Cambourne 10k		Cambourne	All
Apr 25 th	R	London Marathon		London	Seniors

R = Road, M = Mutiterrain, X = Crosscountry, IT&F = Indoor Track and Field, S = Sportshall

Useful telephone numbers for winter 2009

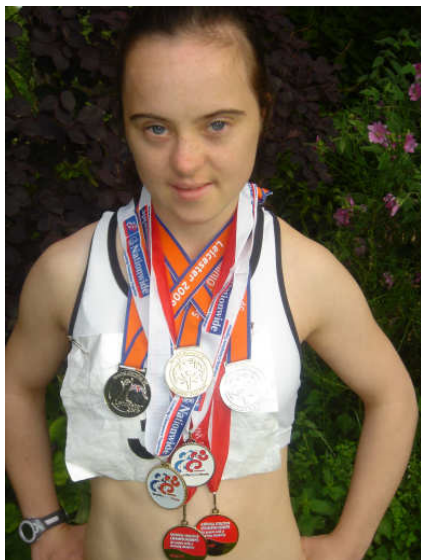
J Wallman - President	01223 893013	Neil Costello - Chairman	01223 524428
Noel Moss	Men's T&F teams, and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 743997
Sonia Cox	Welfare & Child protection		01223 264889
James Brennan	Coaching Secretary		01223 249410
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		07900 897125
Chris Flood	Treasurer		01223 319549
Adam Poole	Endurance running		07932 622892

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request to	johnkazer@hotmail.com
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
Road running unofficial website	http://ccac.aci-net.co.uk
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.ukathletics.net
Power of 10 database (you may be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
SEAA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	www.bournesports.com
Athletics equipment (Stadia Sports online)	www.clicksports.co.uk

Review of Summer 2009 Track and Field

More National medals for Charlotte



Yet more congratulations to Charlotte Cox, who went to the Disability Sport England National Championships in July at Blackpool again this year, winning gold in the 200m and silver in the 100m.

Charlotte also competed in the Special Olympics in Leicester. The Special Olympics was a festival of sport over 7 days, 19 regions competed in over 21 sports with 1200 coaches, 1500 volunteers and 2700 athletes.

Charlotte went as part of the Eastern Region Squad and competed in the 100m (winning Gold) the 200m (Silver) and the 4x100m Relay (Silver).

This event was a culmination of a great season for Charlotte which started with the Mencap National Championships in Watford in late June, winning gold in the 100m and Silver in the 200m.

The Special Olympics held in Leicester was a festival of sport over 7 days, 19 regions competed in over 21 sports with 1200 coaches, 1500 volunteers and 2700 athletes, a fantastic

experience for those involved. Charlotte went as part of the Eastern Region Squad and competed in the 100m (winning Gold) the 200m (Silver) and the 4x100m Relay (Silver).

Southern Men's League – 13th in Division 2 (25 clubs)

The men achieved a good result this year after having an up and down season.

Having won their first match at home and beaten one of the clubs who eventually gained promotion, the team was short of distance runners for the next two away fixtures and had to settle for 4th place in both.

In the fourth match, there were more athletes around again and the team came 2nd, missing a win by just two points. The fifth match at Guildford was another where we had no sprinters available and some other key athletes missing and the team was 5th.

In the last fixture at Basingstoke, there were more athletes available but still some notable gaps in the team, but a 3rd place made the season completely safe.

Notable consistent results during the season came from Sam Richards (LJ/TJ), Alex Boyce (PV), and at the last match 16 year old Martin Lawrence is to be congratulated for his 10.78m shot put – his first with the Senior implement in competition. Ben Davies and Ben Kelk, also 16 years old also made major contributions to the season.

Southern Women's League – 16th and last in Mixed Div 1

This year the women were in Division 1 (really Div 2 because there is a Premier Division) of the U15's and Seniors league. The SWL now also have a Seniors only league and because clubs are moving over to that, we unexpectedly found ourselves promoted from Div 2 North to Div 1 for 2009.

Turn-out was low possibly because fixtures were mainly around or well south of London and we had to withdraw from the match at Abingdon because there were no athletes wishing to go. That means the team will be relegated again to the lowest Division for 2010 which hopefully will be a more local Division.

1500m	3A	A Dow	5.15.2		
Highjump	1A	J Richards	1.25		
Longjump	4A	E Morris	4.60		
Shot	2A	H Sayer	8.60	1B	J Richards 7.05
Discus	1A	L Sammout	32.01	1B	H Sayer 19.37
Hammer	1A	H Sayer	34.92	N/S	L Sammout 20.81
Javelin	3A	L Sammout	23.15	3B	S Baxter 9.60
Under 15 Girls – 3 rd					
100m	4A	M George	13.9	5B	H Peacock 15.6
200m	4A	M George	28.7		
300m	5A	N Rehakova	47.4	4B	Z MacDonald 52.7
800m	3A	N Rehakova	2.40.2	3B	Z MacDonald 3.01.5
Hurdles	5A	H Peacock	19.0		
Highjump	6A	A Young	1.30		
Longjump	5A	A Young	4.02		
Shot	5A	A Goggin	6.34	4B	Z MacDonald 5.71
Discus	3A	I Hyde	20.24	1B	A Goggin 18.90
Javelin	2A	I Hyde	17.40	3B	A Goggin 14.68
Hammer	1A	I Hyde	23.16		
4 x 100	6A		59.6		
Under 13 Girls – 5 th					
100m	3A	C Marriott	14.6	4B	L Weber 15.5
	N/S	I Sanusi-Bartlett	15.6		
200m	5A	C Marriott	32.0	4B	A Pettit 32.2
800m	6A	A Pettit	2.58.4		
1500m	3A	C Wilson	5.30.2		
Hurdles	5A	K Reynolds	14.3		
Highjump	4A	K Reynolds	1.25	5B	L Weber 1.15
Longjump	6A	C Wilson	3.32		
Shot	3A	K Reynolds	6.97	1B	C Marriott 6.50
Discus	5A	I Sanusi-bartlett	13.45		
4 x 100	5A		60.0		
Watford Open meeting July 15th					
1500m	3 rd U20	W Mycroft	4.08.21		
BMC meeting Solihull July 18th					
800m	3 rd B race	L Dowsett	2.08.34		
East Anglian League – Cambridge July 19th					
Overall match – 1 st PAC 850, 2 nd C&C 711, 3 rd Luton 669.5, 4 th NVCH 354, 5 th Colch & Tend 327, 7 th Leighton Buzzard 104.5					
Senior Men - 1 st – 141pts					
100m	1A	E Aston	11.3	4B	S Emmings 12.8
	N/S	J Markley	11.9	N/S	D Armstrong 12.8
200m	1A	E Aston	22.6	3B	S Richards 24.9
400m	1A	E Aston	49.8	1B	O Francis 53.9
	N/S	T Brennan	61.6		
800m	3A	M Bell	2.10.5	3B	D Pettitt 2.18.7
3000m	1A	J Baslington	10.04.4	1B	D Johnson 10.26.3
	N/S	K White	10.26.2		
Hurdles	2A	T Brennan	21.0	1B	J Brennan 25.7
Longjump	5A	T Brennan	4.81	4B	S Richards 4.49
	N/S	S Cassidy	4.26		
Triplejump	3A	S Richards	11.18	2B	T Brennan 10.70
Highjump	2A	S Richards	1.60	2B	T Brennan 1.50
Shot	4A	G Parsons	10.12	3B	A Lee 9.67
Discus	4A	G Parsons	33.60	3B	A Lee 22.39
	N/S	P Bramford	24.20		
Javelin	5A	P Bramford	29.47		
Hammer	2A	A Lee	42.80	2B	G Parsons 33.98
	N/S	P Bramford	22.43		
4 x 100 relay	4A		53.2		
Under 17 Men – 2 nd – 99pts					
100m	2A	G Cummins	11.7	3B	B Davies 11.8
200m	3A	G Cummins	24.3		
400m	1A	B Kelk	53.1	1B	O Bass 57.2

U20W 400m Hdls	3 rd ht	L Bass	65.82			
U20W Triplejump	9 th	R Mackay	10.69			
U17W Hammer	9 th	H Sayer	36.41	(7 th with 38.82 in Pools)		
U17W Discus		L Sammout				
U15 Girls Hdls	3 rd ht	E Cave	11.77			
U20 Men 200m	4 th ht	C Morter	22.72			
U17 men 400 hurdles	3 rd	B Kelk	55.58	(1 st ht 56.98)		
U17 men Shot	9 th	M Lawrence	12.90			
U15 Boys hurdles	5 th	D October	11.86	(11.79 in ht)		
UK Trials – Birmingham – July 9/10/11th						
800m	6 th	E Aston	1.48.67	(heats 1.50.89, semi's 1.48.58)		
Eastern Young Athletes league on 12th July at Braintree						
Match result – 1 st Chelmsford 701, 2 nd Havering 642, 3 rd C&C 488, 4t Enfield 468, 5 th Braintree 355, 6 th Colch & Tend 303						
Under 17 men – 3 rd						
100m	2A	G Cummins	11.8	2B	B Davies	12.2
200m	3A	G Cummins	24.3			
400m	4A	B Kennard	63.1			
1500m	3A	S Pullen	4.37.0	2B	B Kennard	5.14.8
Hurdles	4A	I Bello	18.2			
Longjump	3A	G Cummins	5.34	2B	S Pullen	4.15
Shot	3A	M Lawrence	12.88	1B	B Davies	10.72
Discus	3A	M Lawrence	34.98			
Javelin	4A	B Davies	2.64			
Hammer	1A	M Lawrence	19.76			
4 x 100	4A		49.6			
Under 15 Boys – 1st						
100m	4A	J Peacock	12.7	2B	N Ward	12.8
	N/S	J Mair	13.3			
200m	2A	J Peacock	25.2	3B	N Ward	26.1
	N/S	L Webber	30.8			
400m	2A	J Travers	58.8	3B	S Reynolds	62.4
800m	1A	J Cochrane	2.08.2	2B	G Kendall	2.18.5
	N/S	C Morris	2.32.4			
1500m	4A	B Littledyke	5.27.4	2B	S Kennard	5.10.3
Hurdles	4A	W Smeeton	18.3	3B	B Littledyke	17.0
Highjump	4A	N Ward	1.45			
Longjump	5A	C Morris	4.50	5B	C Ennis	3.71
	N/S	J Mair	4.68	N/S	B Littledyke	4.31
Polevault	1A	S Reynolds	2.10			
Shot	3A	W Cox	6.93	N/S	M Young	9.17
Discus	3A	M Delauro	26.46	2B	M Young	25.92
	N/S	W Cox	19.76			
Hammer	3A	W Cox	14.73			
Javelin	2A	M Young	35.05	4B	J Travers	17.52
4 x 100	3A		50.7	N/S		58.8
Under 13 Boys – 3 rd						
100m	2A	J Ebanks	13.5	4B	N Farboud	14.5
	N/S	L Oxley	14.6			
200m	3A	J Ebanks	27.7	4B	L Oxley	30.4
	N/S	O Cantrill	30.0	N/S	J Biggs	30.3
800m	1A	J Biggs	2.43.1	4B	S Kumar	3.13.3
	N/S	O Cantrill	2.39.2	N/S	T Clements	3.18.7
Hurdles	4A	R MacDonald	19.7			
Longjump	1A	J Ebanks	4.62	2B	J Richards	4.15
	N/S	J Biggs	3.96	N/S	T Clements	2.51
Highjump	3A	S Kumar	1.20	3B	O Cantrill	1.15
Shot	4A	S Kumar	6.52	2B	J Richards	6.50
	N/S	N Farboud	5.98	N/S	R McDonald	4.00
Discus	3A	L Oxley	17.63	1B	M Howe	13.09
	N/S	T Clements	14.50			
4 x 100 relay	3A		57.4			
Under 17 Women – 3 rd						
100m	1A	E Morris	13.4	5B	S Baxter	15.8
200m	1A	E Morris	27.2	5B	S Baxter	34.0

We will also have to consider if C&C would be better in one of the Seniors only Divisions if there is a North of the Thames Division – Last year they had planned to do that but changed it at their AGM and didn't have regionalised divisions.

Carl Woolf has decided that 2009 was his last year as the SWL team manager, so we will be looking for a volunteer/volunteers for 2010. The club thanks Carl for his efforts and for putting up with the poor turnout of athletes for so long.

Eastern Veterans League

As in previous years, neither the Men nor the Women were able to fill all the events and as a result the Men didn't reach the league finals, but the Womens team did in 8th place.

East Anglian league

A good season overall. No trophies in the league this year but C&C qualified for the final in 5 age-groups, the exceptions being the under 13 Girls for the 3rd year in succession, and the Under 15 Girls for the 2nd year in succession although it was close.

The Senior Men finished a very close 2nd to Ipswich, Under 17 men were 4th but only 4 points behind 2nd place, Under 13 Boys were 5th, Senior Ladies were 6th in a very tight match, and the Under 15 Boys were 8th due to a low turnout because of to football.

Eastern Young Athletes league

A much better season this year, finishing in 11th position and reaching the Plate final.

Turn-out has generally been better this year but team managers have still struggled to fill the teams – surprising really when you consider how many athletes we have as members – we should be able to comfortably fill two or three teams!

In the Plate final which we hosted at Cambridge, C&C were as usual affected by the Under 13's and under 15's football – a pity really after working all season to reach the final. The team finished 6th but the scores were very close (winners 478pts, 6th 417 pts), and the Under 17 Men won their agegroup, and have a trophy to show for it.

Anna Bird has decided to hang up her clipboard after a long spell overseeing the EYAL team, and that honour now goes to Martin & Mandy Crabb who have gradually taken over during the season. Anna was presented with a gift and card as a thankyou for what she has done over several years.

National Junior League – Team Cambridgeshire

The composite team in the national Under 20's league made up from C&C, Hunts AC, PAC and NVH. A good number of our athletes competed for the team again this year.

The team was in the Southern Premier Division – about as hot as it can get in that league but sadly they finished 8th this year and are relegated to the Thames division next year.

The Thames division is still quite good competition, being mainly composite teams like the Cambs team, but it should be easier to be amongst the top clubs.

Nigel Faben is retiring from the team management next year and Cambs AA are looking for a new team manager in order to keep this team going. Its not something that the current Cambs committee members can take on as they all have other roles, so if you are interested please volunteer.

Some new club records (up to 20th September)

Congratulations go to the following:

Lucy Dowsett	Sen Womens 400m	56.59**
Lucy Dowsett	U20 Womens 800m	56.65
Lucy Dowsett	U20 Womens 800m	2.07.26
Laura Bass	U20 Womens 400m Hdls	65.69
Lauren Sammout	Senior Womens Javelin	31.07**
Lauren Sammout	U20 Womens Javelin	29.22*
Lauren Sammout	U17 Womens Javelin	31.01
Lauren Sammout	U17 Womens Discus	34.52

Hayley Sayer	U17 Womens Hammer	41.56
Jessica Fox	U15 Girls Triplejump	10.57
Lucy Parker	U11 Girls 600m	1.56.07
Ed Aston	Sen Mens 800m	1.48.22
Ben Kelk	U17 Mens 400m Hdls	54.94

** Set competing in a Senior Womens competition

* Set competing in an U20 competition

National Schools Championships – a bronze for Ben Kelk

There was a bronze medal for Ben Kelk in the 400m Hurdles at the National schools.

Ben then went on to take the Silver medal in the 400 hurdles at the UK school Games this year.

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

The County will be running Sportshall Athletics competitions again during the winter season, and C&C hope to participate. Provisional dates are 12th December at Chesterton (10am – 1pm) and 9th or 10th January at Bushfield (Peterborough) (1pm – 4pm)

We need offers for people to act as team managers for these events (support will be given).

Results, Results, Results

ROAD

Stortford 10 June 28th

55th K Samuelson-Dean 1.18.38

Stortford 10k – June 28th

65th A Marshall 52.58

Summer 5k League – Havewrhill 2nd July

1st overall – 1st mens team, 1st ladies team – team standings overall 1st, men 1st, women =1st

4 th M	M Branco	17:14	6 th M	D Pell	17:50
9 th M	B Watson	18:07	11 th M	T Johnson	18:15
14 th M	A Shields	19:04	16 th M	D Abbott	19:23
17 th M	S Brightwell	19:39	18 th M	M Smith	19:40
23 rd M	J Evans	20:06	24 th M	A Poole	20:11
25 th M	C Clissold	20:14	26 th M	I Badr	20:20
27 th M	S Thoday	20:31	32 nd M	J Jenkins	21:14
37 th M	A Howard	21:40	39 th M	D Yenersalski	21:48
45 th M	S Kennard	22:28	46 th M	P Shenton	
47 th M	B Kennard	22:42	49 th M	C Cooke	22:57
56 th M	M Kreetzer		62 nd M	D Bayles	
1 st F	J Clarry	19:20	2 nd F	A Goymour	20:42
4 th F	E Kreetzer	20:47	5 th F	K Illum Jordansen	20:49
8 th F	K Samuelson-Dean	21:37	9 th F	R Parsons	21:40
16 th F	D Braverman	23:48	29 th F	S Culit	
31 st F	I Graham Hagg	26:00	37 th F	D Carter	27:07
41 st F	V Sidney	30:00			

Cranfield 5 – July 3rd

4th B Baldelli 27.26

Stratford Summer 6 – 6 miles – 4th July

49th K Samuelson-Dean 2nd F 41.41

Newmarket 10k – 5th July

4th M Branco 36:03 43rd C Brown 44:36
49th A Herne 45:29 137th M Jennings F 1:00:33

Girton Feast 5k – July 9th

4th B Baldelli 1st M40 16:46 6th A Pritchard 17:31
10th G Capetti 2nd M40 18:05 16th A Shields 3rd M40 18:26
17th D Abbott 4th M40 18:37 18th G Schwiening 1st F 18:52
26th A Poole 19:38 28th S Thoday 19:57

Sen Mens 800m	3 rd	M Bell	2.05.38		
Sen mens 1500m	2 nd	D Pettit	5.10.21		
Sen mens 3000m	2 nd	J Bowstead	9.32.24	4th	D Johnson 10.15.24
Sen mens Longjump	4 th	S Richards	6.30		
Sen mens Triplejump	2 nd	S Richards	11.25		
U20 mens 100m	3 rd	J Baxter	11.73		
U17 Men 100m	3 rd	G Cummins	11.66		
U17 men 400m hdls	1 st	B Kelk	56.52 (CBP)		
U17 mens Shot	2 nd	M Lawrence	13.46		
U17 Mens Discus	5 th	M Lawrence	36.54		
U15 Boys 100m	5h	M Carter	13.22	8h	K Robbins 13.97
U15 Boys 200m	6h	K Robbins	29.02		
U15 Boys 800m	2 nd	J Cochrane	2.08.59		
U15 Boys Highjump	2 nd	A Tapley	1.60		
U15 Boys Triplejump	1 st	M Carter	10.38		
U15 Boys Discus	3 rd	M Young	26.24		
U15 Boys Javelin	3 rd	J Bailey	36.94	4 th	M Young 36.51
	6 th	M Carter	32.83	7 th	W Blackwell 30.52
U13 Boys 100m	8 th	M Carter	15.48		
U13 Boys 800m	8 th	N Monck	2.54.69		
U13 Boys Longjump	2 nd	J Richards	4.46	7 th	S Kumar 4.02
	11 th	M Carter	3.63		
U13 Boys Shot	2 nd	J Richards	6.40	3 rd	S Kumar 6.36
	4 th	M Carter	5.87		
U20 Womens 1500m	1 st	N Richards	5.54.14		
U20 Wom Shot	1 st	A Forster	10.85		
U17 Women 100m	2 nd	E Morris	12.96		
U17 Womens 800m	2 nd	E Kier	2.19.81		
U17 Women 1500m	2 nd	E Kier	5.02.16		
U17 Womens Hamm	1 st	H Sayer	41.56 (CBP)		
U17 Womens Discus	1 st	L Sammout	34.52		
U17 Womens Shot	2 nd	H Sayer	8.52		
U17 Womens Longjip	2 nd	L Sammout	4.90		
U17 Womens Triplejip	1 st	L Sammout	10.46	7 th	F Kumar 8.47
U15 Girls 200m	6h	L Millichap	30.61		
U15 Girls 75m Hdls	2 nd	E Cave	11.77		
U15 Girls 800m	4h	M Turner	2.32.80		
U15 Girls Longjump	4 th	J Fox	4.90		
U15 Girls Triplejip	1 st	J Fox	10.26 (CBP)		
U15 Girls Javelin	2 nd	L Millichap	23.85		
U13 Girls 100m	3 rd	E Houghton	13.20 (13.17 ht)		A Pettit 15.25
U13 Girls 200m	7 th	A Pettit	32.63		
U13 Girls 800m	4 th	H Parker	2.34.56 (2.34.38 in ht)		

Southern Mens League at Guildford on 11th July

1 st Guildford 128, 2 nd Bexley 123, 3 rd London heathside 106.5, 4 th Colchesters 89, 5 th C&C 79.5					
100m	5A	S Richards	12.2	4B	S Wilkie 13.4
200m	4A	S Richards	25.9	5B	A Boyce 27.2
400m	5A	W Mycroft	57.8	5B	A Howard 82.0
800m	3A	W Mycroft	2.05.5	1B	M Bell 2.03.1
1500m	2A	J Morley	4.21.9	2B	M Bell 4.27.7
5000m	2A	J Bowstead	16.25.2	5B	A Howard 20.12.8
3000S/C	5A	T Brennan	15.28.9		
110 hdls	4A	T Brennan	21.5		
400hdls	3A	T Brennan	66.6		
Highjump	4A	S Richards	1.65	=2B	T Brennan 1.50
Longjump	2A	S Richards	6.42	3B	A Boyce 5.43
Triplejp	4A	S Richards	11.21	2B	T Brennan 10.76
Polevault	1A	A Boyce	3.45	2B	N Moss 2.20
Shot	4A	G Parsons	10.04	4B	S Wilkie 6.50
Discus	2A	G Parsons	33.79		
Javelin	5A	G Parsons	29.68	5B	T Brennan 21.99
Hammer	4A	G Parsons	30.94	4B	N Moss 11.98
4 x 100	4A		54.0		
4 x 400	5A		350.8		

National Schools at Birmingham 10th/11th July

27th Dave Yeneralski 1:29:18 46th Jalandie D'Alessandro 1:42:20

Note - C&C B (the female team) took a penalty on stage 12 - DNF (illness)

Team Results

Overall (all classes) - 55 teams, winners (Norwich Road Runners A) 20:31:42

24th - C&C A (male) 25:15:33

53rd - C&C B (female) 28:27:52

Open Class (no restriction on team content) - 20 teams, winners (Norwich Road Runners A) 20:31:42

16th - **C&C A** 25:15:33

Ladies Class (female only!) - 5 teams, winners (City of Norwich D) 25:27:20

5th - **C&C B** 28:27:52

Berlin Marathon Berlin, Sunday 20th September

55th D Ó Séaghdha 2:28:43 824th I Badr 2:56:54

3624th A Goymour F 3:21:25 4233rd A Poole 3:24:42

5428th A Hill F 3:29:46 T Johnson 3:53:00

TRACK & FIELD

Mencap National Championships – 27th June Watford

100m, 200m C Cox 100m 1st 15.9, 200m 2nd 35.3

Anglian Schools Combined events – Corby – 27th June

U15 Boys 3rd D October 2563pts
Hurdles 12.2, 800m 2.16.7, Longjump 5.28, Highjump 1.66, Shot 9.50.

Eastern veterans league – 1st July at Chemsford

Men
100m M40 4th S Emmings 13.3 M50 3rd J Phillip 16.2

400m M40 4th J Courtney 64.7 M60 2nd N Moss 15.5

1500m M40 3rd J Tucker 5.39.3 M50 4th J Phillip 82.6

2km Walk M50 1st P Howard 12.19.1

Highjump M50 4th N Moss 1.10

Longjump M40 2nd J Courtney 4.36 M60 2nd N Moss 3.61

Shot M40 3rd J Tucker 5.15 M50 3rd P Bramford 8.78

Hammer M40 3rd F Martin 19.99 M60 1st F Martin 7.89

4 x 400 M40 3rd Emmings, Tucker, Courtney, Moss 4.50.7 M50 3rd P Bramford 25.80

Women
100m W35 3rd D Braverman 21.2 W45 3rd M Holmes 19.7

400m W35 3rd D Braverman 93.4 W45 2nd M Holmes 91.0

1500m W45 1st S Barnett 86.4

2km Walk W35 1st D Braverman 12.23.5 W45 1st J Lasenby 5.25.0

Shot W35 2nd R Martin 7.89 W45 1st S Barnett 13.02.8

Hammer W45 3rd A Bramford 5.90

4 x 400 relay W45 2nd Braverman, Holmes, Barnett, Lasenby 5.53.4 W45 3rd A Bramford 19.99

National Disability Sport England Champs – Blackpool – July 4th/5th

100m, 200m, C Cox 100m 2nd 16.3, 200m 1st 34.0 W45 1st R Martin 29.35

British Masters, Birming ham, July 4th/5th

100m M40 5th S Emmings 13.25

400m W70 1st M Holmes 91.96 800m 1st 3.36.09

800m W45 3rd J Lasenby 2.35.36

Javelin W70 1st M Holmes 17.94

3k Walk M65 2nd P Howard 19.40.94

3k Walk W55 1st S Barnett 20.15.67

Shot M55 7th P Bramford 8.78 Discus 5th 32.00

Javelin M55 3rd P Bramford 37.88 Hammer 7th 24.96

Weight M55 6th P Bramford 10.79

Shot W60 4th A Bramford 6.54 Discus 4th 16.07

Hammer W60 3rd A Bramford 27.33 Weight 4th 10.89

Javelin W60 4th H Vogel 14.65 6th A Bramford 10.96

Eastern AA Championships – Cambridge 5th July

36th K Illum Jordansen 2nd W35 20:31 41st A Herne 20:59
43rd K Samuelson-Dean 7th F 21:04 45th D Mail 21:17
50th A Downie 21:44 54th T Long 22:00
65th P Garrett 22:47 86th K Semple 24:16

Leadville Trail Marathon USA 11th July

S Redfern 7.31.40

Felsted 10k – 12th July

4th B Baldelli 1st M40 34.29 20th G Capetti 38.06

330th D Carter F 57.11

Missoula Marathon – USA 12th July

S Redfern 4.47.32

Bushey 10k – Peterborough July 12th

5th B Watson 1st M45 35:36 14th N Carroll 36:19

18th J Ferguson 3rd M45 36:49 19th A Pritchard 36:49

30th T Johnson 38:10 82nd K Ferrin 7th F 42:13

100th A Herne 43:12 137th K Samuelson-Dean F 45:33

Peterborough 5k Grand Prix – Stamford 15th July

82nd J Jenkins 1st M60 20.27

St Ives Dairy Crest 10k – 19th July – 458 finished

6th M Salt 1st M35 35:48 87th A Herne 43:29

108th D Mail 44:19 118th P Shenton 45:24

206th K Semple 49:06 216th J Pashley F 49:40

281st I Graham Hagg F 52:38 331st P O'Brien 54:56

395th O Harper 1:00:49

Doung Anderson 5k – Bedford July 22nd

3rd B Baldelli 1st M40 16.44

March Spud run 5 mile – 26th July

52nd A Downie 3rd M60 38:31 69th F Downie 2nd W40 41:00

86th D Braverman 1st W55 42:47

San Francisco 5k July 26th

8th D Abbott 18.44

Peterborough 5k Grand prix – Werrington July 29th

4th B Baldelli 1st M40 16:37

36th G Capetti 18:10

86th J Jenkins 2nd M60 19:59

Kevin Henry 5K League – Newmarket 6th August

29 males and 13 females finished but most names and times are missing – This is what we have

C&C 1st Mens and Womens teams and 1st overall

3rd M ? 5th M M Branco 17:10

7th M 9th M B Watson 18:02

13th M 14th M

15th M 17th M

18th M G Cinque 22nd M S Brightwell 18:52

24th M 25th M I Badr 19:20

27th M 28th M

29th M 33rd M

2nd F 3rd F

38th M J Jenkins 20:29 40th M S Thoday 20:33

6th F 44th M D Yeneralski 21:09

48th M 49th M A Herne 21:22

10th F M Simmons 21:25 53rd M P Shenton 21:54

14th F 15th F A Pascual-Garrido 21:56

16th F 62nd M

63rd M 66th M

23rd F 67th M

68th M 70th M

30th F 37th F

41st F
71st M

43rd F

Wibbly-Wobbly Log Jog – Brandon 7th August – 5 miles

33 rd	J Kazer		35:17	42 nd	A Herne		36:08
47 th	K Samuelson-Dean	5 th F	36:26	58 th	T Long		37:11
62 nd	A Downie		37:36	77 th	A Irvine		38:31
106 th	F Downie	F	40:37	152 nd	C Stanier	F	42:56
153 rd	C McEniery	F	43:00	160 th	A Lasseter	F	43:51
161 st	P Garrett		43:51				

Wandlebury 5 mile – August 9th

5 th	D Johnson		30:00	9 th	G Capetti		31:07
18 th	G Cinque		32:49	21 st	A Coianiz		33:20
38 th	A Downie		37:24				

St Levan 10k – 14th August

14 th	J Evans		37.50	113 rd	D Braverman	W50	50.36
------------------	---------	--	-------	-------------------	-------------	-----	-------

Thorney 5mile – 16th August

3 rd	M Salt		28:01	4 th	N Carroll		28:07
8 th	B Watson	1 st M45	28:42	21 st	A Pritchard		29:42
80 th	A Herne		35:18	9 th	K Samuelson-Dean	F	36:36
172 nd	I Graham Hagg	F	41:50				

Cambs AA 5 mile championship

C&C 1st Male Team (Mike Salt, Noel Carroll, Bob Watson)

Cambs County Champion: Mike Salt. Runner-Up: Noel Carroll.

Reepham Summer Sunday run – 10k – 16th August

72 nd	M Jennings		59.52
------------------	------------	--	-------

YCC 5k fun run – Rosslvn USA 17th August

3 rd F	C Stanier		24.43
-------------------	-----------	--	-------

NVH 5k – Wed 19th August

11 th	B Baldelli	1 st M40	16.39
69 th	J Jenkins	1 st M60	20.08

Boston 6 hour race 30th August

S Redfern		32.056 miles
-----------	--	--------------

Ipswich Half Marathon 30th August

71 st	A Poole		1.32.06
------------------	---------	--	---------

Wicken Wobble – 30th August – 9 miles

32 nd	D Braverman		1.52.20
------------------	-------------	--	---------

Summer 5k series – Cambridge – Sept 3rd

Results – Men 1st team, Women 1st team, overall 1st team – 48 C&C runners!

1 st M	D O'Seaghda	16:07	3 rd M	B Baldelli	16:24
4 th M	M Branco	16:33	5 th M	M Bell	16:37
9 th M	B Watson	17:04	10 th M	T Johnson	17:06
14 th M	A Pritchard	17:25	15 th M	A Coianiz	17:27
17 th M	W Mycroft	17:36	18 th M	J Ferguson	17:42
19 th M	J Baslington	17:45	20 th M	G Capetti	17:48
22 nd M	M Ward	18:09	26 th M	G Cinque	18:18
2 nd F	G Schwiening	18:32	30 th M	S Bowen	18:48
32 nd M	S Brightwell	18:55	4 th F	H Zenner	18:56
34 th M	I Badr	19:00	36 th M	T Evans	19:11
39 th M	C Clissold	19:19	43 rd M	S Thoday	19:30
45 th M	A Howard	19:47	5 th F	A Goymour	19:50
47 th M	C Schwiening	20:30	13 th F	K Samuelson-Dean	20:37
49 th M	D Yeneralski	20:37	14 th F	J Clary	20:39
11 th F	K Toynton	20:43	51 st M	S Kennard	20:45
15 th F	A Pascual-Garrido	21:13	16 th F	R Parsons	21:17
55 th M	A Downie	21:20	18 th F	M Simmons	21:28
57 th M	T Long	21:33	58 th M	P Shenton	21:40
59 th M	M Kreetzer	21:45	63 rd M	A Herne	21:55
21 st F	Andrea ?	22:30	69 th M	M DiFranco	23:00
70 th M	S Redfern	23:02	71 st M	K Semple	23:10

25 th F	C McEniery	23:18	26 th F	D Braverman	23:57
29 th F	I Graham Hagg	24:30	31 st F	C Stanier	24:40
38 th F	D Carter	25:00	76 th M	D Pell	

Final Result of 5k series – Overall 1st team, Men 1st team, Ladies 1st team

Littleport 10k – Sept 6th

1 st	B Baldelli	33:36	22 nd	C Brown	19 th M	41:30	
32 nd	A Downie	28 th M	43:44	71 st	D Braverman	12 th F	51:54

Wissey Half Marathon – Sept 6th

48 th	K Masson	4 th F	1.30.21
------------------	----------	-------------------	---------

Bourne 10k – 13th Sept

6 th	G Capetti		37:43	8 th	J Morley		38:23
29 th	D Yeneralski		42:24	46 th	C Pritchard	F	46:24
49 th	E Alexander	F	46:41				

Gruntv Fen Half Marathon – 13th September

15 th	B Watson	15 th M	1:19:14	33 rd	D Johnson	32 nd M	1:24:47
81 st	S Barr	73 rd M	1:33:49	121 st	K Samuelson-Dean	16 th F	1:37:20
133 rd	M Simmons	17 th F	1:38:22	146 th	S Cullit	20 th F	1:39:24
185 th	A Herne	158 th M	1:43:57	237 th	V Green	43 rd F	1:48:39
295 th	M DiFranco	235 th M	1:53:38	436 th	I Rushkin	313 th M	2:23:56
437 th	N Yufa	125 th F	2:24:07				

7th male team of 22 (Bob, David, Sam and Andrew)

2nd female team of 12 (Katie, Meinou and Syndiah)

Round Norfolk Relay King's Lynn, Norfolk, Saturday 19th to Sunday 20th September 2009

Leg 1 - King's Lynn to Hunstanton - 16.32 miles (accurate), 55 finishers.

29 th	Andrew Shields	2:02:53	51 st	Helen Parfrey	2:26:31
------------------	----------------	---------	------------------	---------------	---------

Leg 2 - Hunstanton to Burnham Overy - 14.06 miles (accurate),

6 th	Simon Brightwell	1:38:13	46 th	Fiona Downie	2:05:40
-----------------	------------------	---------	------------------	--------------	---------

Leg 3 - Burnham Overy to Wells-next-the-Sea - 5.39 miles (accurate), 55 finishers.

36 th	Neil Costello	47:34	47 th	Cristina Martins	53:40
------------------	---------------	-------	------------------	------------------	-------

Leg 4 - Wells-next-the-Sea to Salthouse - 12.85 miles (accurate), 55 finishers.

7 th	John Ferguson	1:26:45	30 th	Katie Toynton	1:43:40
-----------------	---------------	---------	------------------	---------------	---------

Leg 5 - Salthouse to Cromer - 8.61 miles (accurate), 55 finishers..

29 th	Paul Dewison	1:15:14	54 th	Mary Jennings	1:36:30
------------------	--------------	---------	------------------	---------------	---------

Leg 6 - Cromer to Mundesley - 7.86 miles (accurate), 55 finishers.

38 th	Phil Garrett	1:10:24	42 nd	Rachel Roberts	1:11:36
------------------	--------------	---------	------------------	----------------	---------

Leg 7 - Mundesley to Lessingham - 9.24 miles (accurate), 55 finishers.

17 th	Robert Kreetzer	1:05:40	24 th	Meinou Simmons	1:08:41
------------------	-----------------	---------	------------------	----------------	---------

Leg 8 - Lessingham to Horsey - 7.52 miles (accurate), 55 finishers.

14 th	Alex Downie	54:20	41 st	Carol Stanier	1:03:26
------------------	-------------	-------	------------------	---------------	---------

Leg 9 - Horsey to Great Yarmouth - 11.3 miles (accurate), 55 finishers.

27 th	Tim Long	1:25:06	35 th	Alejandra Pascual-Garrido	1:27:39
------------------	----------	---------	------------------	---------------------------	---------

Leg 10 - Great Yarmouth to Geldeston - 15.08 miles (accurate), 55 finishers.

29 th	Steve Thoday	1:53:01	47 th	Carmel McEniery	2:10:27
------------------	--------------	---------	------------------	-----------------	---------

Leg 11 - Geldeston to Scole - 19.6 miles (accurate), 55 finishers.

17 th	Kim Masson	2:22:50	49 th	Andrew Herne	2:58:52
------------------	------------	---------	------------------	--------------	---------

Leg 12 - Scole to Thetford - 19.67 miles (accurate), 55 finishers.

50 th	Simon Redfern	2:57:37		Anna Costello	
------------------	---------------	---------	--	---------------	--

Leg 13 - Thetford to Feltwell - 13.25 miles (accurate), 55 finishers.

13 th	Cole Clissold	1:32:21	32 nd	Rebecca Parsons	1:40:07
------------------	---------------	---------	------------------	-----------------	---------

Leg 14 - Feltwell to Wisington - 8.8 miles (accurate), 55 finishers.

31 st	John Kazer	1:09:13	43 rd	Maria Brightwell	1:13:31
------------------	------------	---------	------------------	------------------	---------

Leg 15 - Wisington to Downham Market - 7.2 miles (accurate), 55 finishers.

5 th	Mike Smith	49:01	23 rd	Diana Braverman	57:38
-----------------	------------	-------	------------------	-----------------	-------

Leg 16 - Downham Market to Stowbridge - 5.49 miles (accurate), 55 finishers.

19 th	Joe Tucker	40:01	44 th	Sarah Moon	49:29
------------------	------------	-------	------------------	------------	-------

Leg 17 - Stowbridge to King's Lynn - 11.73 miles (accurate), 55 finishers.