



CAMBRIDGESHIRE OPEN EVENING DEVELOPMENT MEETINGS 2010

**WEDNESDAY MAY 26th, WEDNESDAY JUNE 9th, & WEDNESDAY JULY 21st
AT THE ONE LEISURE ST IVES OUTDOOR CENTRE, ST IVES (CAMBS)**

Incorporating BMC Regional races (800m and 1500m) on June 9th

and including the Cambs AA 3000m, Steeplechase, and Mile Championships

Photofinish/Electronic timing on track events

The events are intended to give athletes from clubs and schools additional competition opportunities. This year there are open 3000m, Mile and steeplechase events which also include the Cambs AA Championships.

These are all Open events - everyone is welcome to enter - Athletes do not have to be Cambridgeshire eligible (except to qualify for the Cambs championships), or to be members of a Cambridgeshire club.

The St Ives track has been selected as the venue because of its centralised access from most areas.

The events will be as follows (times are approximate):

Wednesday May 26th

19.00: Sprint hurdles (U13's, U15's, U17's)
19.20: 100m (all ages, graded races)
19.50: 800m (All ages, graded races)
20.30: 200m (all ages, graded races)
20.50: 3000m (Under 15's up to Seniors, inc. Cambs County Championship events)
19.00: Hammer (Under 15's up to Seniors)
19.30: Longjump (Under 13's up to Seniors)
20.15: Shot (Under 13's up to Seniors)
Under 11 events – 19.00: Longjump, 19.45: 80m, 20.25: 150m

Wednesday June 9th

19.05/20.10: 100m (All ages, graded races) 2 rounds,
19.25: 4/300m (Under 15's up to Seniors),
19.45: BMC Regional 800m Races and open races M + F all ages,
20.30: BMC Regional 1500m races and open races all ages,
19.00: Discus (Under 13 to Senior)
19.45 Triplejump (Under 15's up to Seniors)
20.15 Shot (Under 13's up to Seniors)
Under 11's events – 19.00: 80m, 19.10: Turbo Javelin, 19.40:300m

Wednesday July 21st

19.05: Womens 2k Open Steeplechases (Inc. Cambs County Championship events)
19.20: 100m (All ages, graded races)
19.50: The Cambridgeshire Open Mile, all ages (Inc. Cambs county championship for Under 17's up to Seniors),
20.15: 200m (All ages, graded races)
20.35: Open Steeplechases (Inc. Cambs County Championship events) SM 3k, U20M 2k & U17M 1.5k
19.00: Javelin (Under 13's up to Seniors)
19.30: Polevault (the bar will start at 2.10m)
20.00: Longjump (Under 13's up to Seniors).
Under 11's events – 19.00: 150m, 19.10: Longjump, 19.45: 600m

Field events for distance will get 5 or 6 trials and entries will be restricted accordingly.

Entry numbers in the field events will have to be limited, so advance postal application is strongly advised.

General Open events – all dates - Entry fee £2.00 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 scheduled event times for seeding

The 3000m (May 26th), and Steeplechase (July 21st) – Open events, but also including the Cambs AA Championships. Open entry fee £2.00, Cambs AA Championship entry fee £2.50.

- Open events for any athlete in the appropriate age-groups (Under 15's up to Seniors Male and Female)
- Cambridgeshire 3000m championships for U15B, U17M, U20M, U15G, U17W, U20/SenW (not Sen Men)
- Steeplechase events for Sen Men (3k), U20M (2k), U17M (1.5k) and for U20/SenW Women (2k)
- **Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£2.50)**
- **Club, County or National vests must be worn by those athletes contesting the County Championship.**

The Cambridgeshire Mile (July 21st): Open Entry fee £2.00. Cambs AA Championship entry fee £2.50.

Who can run sub-4min?

- Open to all Under 15's, Under 17's, Under 20's and Seniors, including non-Cambridgeshire athletes.
- Under 17's, Under 20's and Senior athletes with Cambridgeshire eligibility will be competing for the County Championship (medals to first 3 in each age-group)
- **Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£2.50)**
- **Club, County or National vests must be worn by those athletes contesting the County Championship.**
- Cambridgeshire Under 15's may elect to compete as Under 17's for the Mile championship

BMC Regional races June 9th – 800m and 1500m – all ages Male and Female – Entry fee £4.00 per event

- To be in the BMC races you must pre-register in advance by 5th June at www.britishmilersclub.com
- Collect your numbers and pay your entry fee on the night by 19.15.
- Additional entries will be accepted on the night, but you may not get into one of the paced races.
- We intend that there will be pacemakers for the two fastest 800m races and the fastest 1500m race.

The St Ives track is at the One leisure St Ives Outdoor Centre in California Road St Ives. From the South or North, the track is reached by continuing on the A14 west-wards from the end of the M11, turning off the A14 just past Fenstanton, onto the A1096 (B1040) toward St Ives. Follow the road which skirts St Ives, avoiding any turns signed to the town centre. At the first and 2nd roundabouts, go straight ahead, bear left at the 3rd, and stay to the left on the 4th and 5th (which are close together). You are then on the A1123 (St Audreys Lane) heading out of St Ives, towards Huntingdon. At the major traffic lights (cross roads) go straight ahead. After about 300m there is a set of pedestrian lights, and then after another 300m there is a set of traffic lights with a right turn into a housing estate. This turn is signed St Ivo outdoor centre. Take the right turn, and follow the road for ca 400m, when you will see the centre signed to the left in California Road. The centre is ca 300m at the end of California Road. The track is accessed through the centre. If travelling on the A1123 from Huntingdon, turn left at the first set of traffic lights as you enter St Ives. Centre Tel No - 01480 388555.



CAMBRIDGESHIRE SUMMER ATHLETICS DEVELOPMENT MEETINGS 2010

ENTRY FORM

DATE OF MEETING ENTERED

(Please Use a separate form for each meeting please)

SURNAMEFIRSTNAME(S)

HOME ADDRESS.....

TELEPHONE e-mail

DATE OF BIRTHAGE GROUP.....

CLUB and/or SCHOOL

EVENTS ENTERED (1)..... (2)..... (3).....

PERSONAL BESTS / TARGETS (1)..... (2)..... (3).....

If entering the Mile - my current best 1500m time in 2008/9 is.....
(Personal bests will be used for seeding races where appropriate, and should be for 2009/10)

If entering the 3000m, S/C or mile, - I am/am not Cambridgeshire County eligible (delete as appropriate)
- Eligible by Birth/Residence/Forces (delete two if claiming eligibility)

FEE PAID (£2.00 per Open event, £2.50 for Cambs Championship entries, and £4.00 for BMC race entries)
(higher fee for BMC races to help offset the cost of providing pacemakers)
(Cambs championship events are the 3000m, the steeplechases and the Mile)

Payment of this fee should be by Cheque or Postal order payable to Cambridgeshire AA Development Group.
(Cash will be ok if registering on the night)

If confirmation or directions are required, an e-mail address or a SAE must be provided.

This form, when completed, should be sent to : N S Moss, 18 Hunts Road, Duxford, Cambs. CB22 4RE
Tel 01223 833470

If you want more information please e-mail championships@cambsaa.org.uk

Open event entries will be accepted on the day, but advance entry by post is helpful. Entry numbers in the field events will have to be limited, so advance postal application is advised. Postal entries for Open events should be received by Monday May 24th, Monday June 6th, and Monday July 19th respectively.

Note - Cambridgeshire Championship entries, for 3000m, Steeplechases or the Mile, must be by prepaid postal entry at least 1 week in advance (£2.50). Championship entries will not be accepted on the day. Cambs athletes can still enter the Open event on the day (but will not be eligible for Cambs AA medals)

Additional copies of this form are available from the Cambs AA website at <http://www.cambsaa.org.uk>

Please remember that for BMC Regional races, you should pre-register at www.britishmilersclub.com. If you wish to send in a prepaid entry, or don't have internet access, complete the above form and send it in, together with the fee of £4.00 per BMC event, to the above address and I will register your entry onto the BMC entry website. (In this case please also quote your realistic target time for the race as well as your recent PB).