

Leagues



Cambridge & Coleridge
Athletic Club

League	Who for?	When	Contacts	Notes
Southern Athletics League	Seniors*	Saturdays	Men: Noel Moss noelmoss@btinternet.com Women: Joan Lasenby jl221@cam.ac.uk	Register with team manager in advance. No entry fee payable.
East Anglian League	Juniors and Seniors*	Sundays	Men: Noel Moss noelmoss@btinternet.com Women: Wendy Fox wendyjfox@hotmail.com	Register with team manager in advance. No entry fee payable.
Eastern Veterans League	Veterans only (over 35)	Wednesdays	Carole Morris Carole.morris2@ntlworld.com	Need to be an EVAC member to score
Cambridgeshire development meets	Juniors and Seniors*	Wednesdays	Enter yourself in advance or on the night (£2.50 entry fee). Forms at: www.cambsathletics.org.uk	13 May includes womens 3k county champs (must enter in advance)
Open meets	Juniors and Seniors*	Various	See fixture list for details	

* Veterans can compete but there is no separate race / results – you run and score with the seniors.



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How do I find out about events?

Log into the membership system (<https://memberdesq.imgstg.com/index.cfm?fuseaction=login&OrgID=9615>) and tick 'Track and Field' on your email preferences (under Update My Details tab) to receive emails about upcoming events.

Is there a fixture list?

Yes, go to <http://cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

Where can I find out about all the different leagues and see which one is for me?

Full details of all leagues are in the T&F handbook at

http://cambridgeandcoleridge.org.uk/images/stories/files/Competition_handbook_Generic_websiteversion.pdf

Can I just turn up on the day?

For the SAL and EAL, you must register with the team manager in advance as they must submit the names of people running to the organisers.

For most open meets and the Cam development meets, you can turn up on the day but must register before racing.

For county championships, you must register a week in advance.

Isn't T&F just for quick and young runners?

Not at all! T&F is for everyone. There will be some superstars competing, but the masses are just 'normal' club runners. You wouldn't shy away from a road race because you're 'not quick enough' so apply the same mentality to T&F!