

# Cambridge University Athletics Club

## Quarterly Newsletter



IN THIS ISSUE...

**Limited Edition Kit & Sponsorship Opportunities**

**Fresher's Varsity Match Results**

**The 164<sup>th</sup> Annual Dinner**

... AND MORE!



### *A Message from the Captains*

*Jess O'Flaherty & Oli Hector*

Hi there, we're Jess and Oli and are the Women's and Men's captains for the 2024-2025 year. For the Lent 2025 newsletter we'd like to introduce ourselves to you. Oli is a hurdler who specialises in sprint hurdles but somehow always ends up running 400H too, and Jess's home is the 400 (Team 4) squad but is also trying out hurdles for the first time this year.

We have been committed members of CUAC since starting at the university. In previous roles we were our respective squads' leaders and Oli was also Alver's' captain last year. This year, however, we take care of the respective men's and women's teams and repay the support we've had from our previous captains. Together with our president, honorary secretary and the committee, all of which have become good friends during our time here, we will oversee a smooth running of the club. It is a momentous year, celebrating 150 years of men's, 50 years of women's, and two years of para-athletics Varsity Matches on the 17<sup>th</sup> of May. Save the date!

The year has had a great start already. Despite the weather, we received strong performances at cuppers and our first win for both teams at Freshers Varsity in O\*ford. We hope to continue this streak with the upcoming indoor varsity match (VFEAR) on the 8<sup>th</sup> of February and preparations are underway for a Cambridge team at the Indoor British Universities and Colleges Championships the following week. We would be honoured to see you at these events and our Varsity in the summer. These have been amongst our happiest of memories of the club so far, along with BUCS trips, Achilles events, warm weather training, Alver's' cocktails and of course the swaps.

Thank you for your continued support to the club and, as always, GDBO!

## Save the Dates!

### VFEAR

8 February 2025, Lee Valley Athletics Centre

### 164<sup>th</sup> Annual Dinner

7 March 2025, Selwyn College

### 150<sup>th</sup>/50<sup>th</sup>/2<sup>nd</sup> Anniversary Varsity Matches

17 May 2025, Wilberforce Road



Photo credit: Andy Hodge

## Alumni Kit

Dillon Rinauro & Ben Massey

Cycling has become a popular pursuit among many of our athletics alumni, offering a fantastic way to stay active whilst embracing the benefits of cross-training.

As such, we are thrilled to announce the launch of a **specially designed, limited edition cycling jersey**, created in partnership with Kalas cycling. The jersey commemorates the remarkable triple milestone of the 150th Men's Varsity Match, the 50th Women's Varsity Match, and the 2nd Para athletics Varsity Match against O\*ford. This unique jersey celebrates our proud history and the enduring spirit of our community. Whether you're a seasoned cyclist or new to the sport, this jersey is a meaningful way to connect with fellow alumni and showcase your pride.

Soon available for purchase, the jersey also **offers exclusive sponsorship opportunities**, with prominent advertising space to showcase your support whilst gaining visibility within our network and beyond! Join us in marking this historic occasion by wearing and/or sponsoring a piece of sporting legacy! If you'd like to hear more about sponsorship details and pricing, please fill out this [short questionnaire](#) and we'll be in touch with you shortly!



## Updates on the Women's Athletics Sponsorship Programme

Jess Poon, Jess O'Flaherty, Susi Caesar, Joan Lasenby & Johanna Schönecker



Photo credit: Andy Hodge

On behalf of CUAC, thank you for your generous support in celebrating 50 Years of Women's Athletics Varsity. With the help of 19 donors and gift aid, we've raised over £4,500—75% of our £6,000 goal. Your efforts will directly sponsor our women and help to sustain the future of CUAC by nurturing new talent, fostering a culture of inclusion, and inspiring the next generation of athletes to achieve their full potential (and beat O\*ford).

The application is now open to all eligible athletes, and decisions will be finalised by the end of the month. We are excited to begin matching donors with athletes very soon!

Every contribution, no matter the size, will help us reach our goal and create lasting opportunities for women in sport. If you haven't had a chance to donate yet, but would like to, it's not too late! click [here for more information](#).

This milestone celebration and the support it has inspired would not have been possible without our alumni community. Your belief in our mission ensures a strong and inclusive future for Cambridge athletics.

Thank you again for your generosity and commitment. Together, we are shaping a future where our athletes can truly thrive.



# Freshers Varsity Match (FVM) Results

Dillon Rinauro

Despite contentious timing of an early November outdoors competition, this year's FVM at Iffley Rd showcased CUAC's rising talent. Captains Jess O' and Oli fielded strong squads that delivered a day packed with standout performances. CUAC emerged victorious in the men's (82-61) and women's (80-73), solidifying their dominance against O\*ford.

The men's match featured commanding victories, with Cambridge sweeping key events like the pole vault, 400mH, and discus. A highlight included the 400m, where just 1.5s separated the top four finishers, including half-blue performances from Ben Greenleaf (51.28), Sol Inglis (51.82), and Zac Baylis (51.52). Zhe Xi Ho impressed in the 200m with a 23.47 (half-blue), whilst Tobias Plank dominated with a 40.09 (half-blue) in the discus. The 4x100 added to excitement with a dominant 48.14 to OUAC's 50.31.

The women's match was closer but equally impressive. Anne-Sophie Bremans claimed the 200m in a 26.90 (half-blues) whilst Kaila Borgards stole the show with victories in the hammer



Photo credit: Matt Williams

(27.17) and discus (28.82). Bogards also recorded a third half-blue throw of 9.39 in the shot but fell shy of the win. Emma Hart's pole vault (2.20) and Maïke Deckert's javelin (30.78) also stood out. Perhaps most thrilling was the Ladies' 4x100, with Cambridge narrowly edging out OUAC to the line by just 0.57s.

The cherry on top was the mixed 4x400, where Cambridge's Greenleaf, (Olivia) Sparks, Inglis, and Bremans broke the match record with a stunning 3:45.29, narrowly beating O\*ford. The FVM highlighted CUAC's developing depth and potential for years to come, setting the stage for a promising Spring! For the full report, check out the results on [OpenTrack](#).

## CUAC Strava Club Challenge

Dillon Rinauro

The January 5-hour Strava Challenge is in full swing and the first week has officially come to an end! The challenge is to encourage athletes (current or alumni) to complete 5 hours of activity each week, with **all types of exercise counting** toward the goal. Participants who hit the mark earn a raffle entry. There will be **two winners at the end of the month** – one current athlete and one alumni.

We're thrilled that **42 athletes have successfully completed the first week** and earned your stripes! If you haven't joined in on the fun, join the Strava group [here](#) and start tracking your activities today; it's free! Let's see how many more of you can hit the 5-hour mark in Week 2.

LENT | 2025

## The 164<sup>th</sup> Annual Dinner

Edwin Robson



The 164<sup>th</sup> Annual Dinner will be held on the 7<sup>th</sup> of March at Selwyn College. We are excited to announce that our guest speaker will be **Sarah Winckless, MBE**. Sarah is not only an accomplished discus thrower (blues), she also represented Team GB at the 2004 Olympic Games in Athens where she received a bronze medal in the double sculls (rowing).

There will be a drinks reception from 18.45, followed by dinner at 19.30. Please join us in celebrating the world's oldest athletic club. You can RSVP [here](#).



Photo credit: Andy Hodge

CAMBRIDGE UNIVERSITY ATHLETIC CLUB

164<sup>th</sup>  
ANNUAL  
DINNER

7<sup>th</sup> MARCH 2025

6:45<sub>pm</sub> ~ Drinks Reception

7:30<sub>pm</sub> ~ Dinner

Guest Speaker  
SARAH WINCKLESS MBE

SELWYN COLLEGE