

Cambridge University Athletics Club

Quarterly Newsletter



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A Message From the Hon Sec

Nausicaa Ng

I have never thought a sport could mean this much to me, until I became part of CUAC.

Hey everyone, I'm Nausicaa, currently the Hon Sec at CUAC and will be graduating this year from the Natural Science degree at Cambridge. Three years ago, I travelled all the way from Hong Kong to the UK for the first time to begin my undergraduate study abroad journey. As I attempted to navigate and adapt to the novelty around me, I immediately decided to join CUAC, anchoring myself to something that feels familiar. I have been running on the track since I was six and started doing high jump when I was ten,

yet due to COVID-19 and the massive stress from public exams, I took a huge break from athletics. Hence, training with CUAC just felt like reconnecting to my childhood self. At CUAC, I continued training for high jump, and even started taking on the 400m hurdles last year. Not only was I able to get a temporary break from work, but also it felt awesome to train hard with a vibrant community of like-minded athletes, pushing through one rep and another, followed by lying down dead on the track after the session.

My journey here has not been smooth. I fell victim of an eating disorder and RED-S during my first two years and struggled with an on-going knee injury alongside. Nevertheless, all the coaches, athletes, physios at CUAC were incredibly supportive and kept me accountable as I went through all of this. They helped me slowly get stronger from my injuries, made sure I wasn't overly harsh on myself during recovery, and most importantly made me feel included when I wasn't fully ready to train and compete. While I was not able to achieve the best performances in the past two years because of health issues, I am incredibly grateful for everything I have learned with everyone on the team.

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Strava Club



WhatsApp Alumni Group

Now, as I slowly ease back into training with the group, I am excited to see how things will unfold at CUAC.

Freshers' varsity match in Michaelmas was a tight competition, with Cambridge's women emerging victorious (84-83), whereas the men just fell short (85-86). We have had many newcomers on our team this year, both freshers and non-freshers. Some have already gotten half-blue & blue standards during the Freshers Varsity Match (FVM) and Cuppers in November, while some freshers have taken on multiple events for the team. Fresher Esther Tay has achieved best performance of 3.60m in Pole Vault at the Cardiff International in December, which equals the CUAC record by Chloe Billingham in 2017 and qualifies her for the Asian Indoor Champs in February.

Coming ahead in Lent Term, we have Varsity Field Events and Relays and BUCS lined up, and I am so excited to see what our brand-new team achieves in the upcoming seasons.

I am really proud of how far we've come for the past few years, and confident that great things will unfold ahead of us. Here, I would just like to shout-out to every one of you reading this. Thank you all for being part of this journey, sponsoring and supporting the growth of CUAC, a club with a rich history. I look forward to welcoming and meeting all of you at our events this year, whether it's The Varsity Match or Annual Dinner. We hope that you will continue to support and connect with CUAC, building a community and legacy with the many years ahead of us.

Save the Dates!

Varsity Field Events and Relays

7th of February

Lee Valley Athletics Centre from 10:40

BUCS Indoor Championships

13th to the 15th of February

English Institute of Sport, Sheffield

CUAC Annual Dinner

28th of February

Churchill College, 18:45

CUAC Annual Dinner

We are excited to announce that the 165th Annual Dinner will be held this year on the 28th of February at Churchill College. Please arrive to the college by 18:45 for a drinks reception, followed by dinner. Click [here](#) to secure your ticket!

We are also delighted to announce that this year's honorary speaker is Andy Baddeley! Baddeley competed for both CUAC and CUHH whilst studying Engineering at Cambridge, subsequently enjoying an enormously successful career; he represented Team GB in The Olympic Games in both 2008 and 2012, picking up an eighth-place finish in the former. Aside from his decorated competitive career, he co-founded The Running Channel in 2019 and serves as its CEO.

Please join CUAC in celebrating this historic occasion -- the night promises to be a good one!



Photo credit: Graham Smith



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A Thank-you from the Throwers

Alex Blake-Martín, Heavy Throws Squad Leader

The Heavy Throws Squad are extremely grateful for the support from an anonymous donor. Your contributions have helped us invest in a fresh new set of training equipment across all the throws, letting us support a thriving team to train and compete beyond Wilby and Iffley Road. Shiny new implements (pictured, left) are the perfect accompaniment to the same hard work everyone's been putting in so far and the light blue skies that will soon return to Cambridge.



Photo credit: Graham Smith

Athlete Sponsorship Program

Maya Vandermark, Women's captain

Following a fantastic 2024/25 season, CUAC is primed for another year of excellent sporting achievement. No doubt one of the contributors to our success last year was the Women's Sponsorship initiative. Last year, 20 memberships for our female athletes were covered by sponsorships.

Being fortunate enough to receive a sponsorship myself, I can attest that sponsorships make a huge impact in the way CUAC is able to support our athletes. These sponsorships help to remove financial barriers so that athletes can focus on performing at their best. In November the Women's team achieved our first success of the season at Freshers Varsity Match which saw several athletes reach half-blues standards and even a few achieve full blues! Light blue talent is strong as ever and our team is excited for what VFEAR and Varsity will bring. Through donations via Achilles we hope to continue the Women's sponsorship initiative this year to sponsor our entire Varsity team and, if possible, extend this to the mens' team starting either this year or next year, depending on donations. Sponsorship donations of any size are hugely appreciated and can be made towards specific athletes or events you wish to sponsor; please use [this](#) form to donate.

An Update on the Thorne Society

After the deeply saddening passing of CUAC stalwart Dr Chris Thorne last year, we thought it appropriate to establish the official alumni group of the club, the Thorne Society, to honour his immense commitment and legacy in our sport.

We are pleased to announce that his wife, Dr Karen Thorne, is the first official patron of the society, ensuring that his memory will live on for many years to come. Funds raised will be used to build a memorial bench at Fenner's, a plaque at the Wilberforce Road Timekeeper's Booth, and support students in obtaining officiating licenses.

Please keep an eye on the Achilles and CUAC webpages, where full details of the society functions will be shared in the near future.



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