



ALUMNI ASSOCIATION

Welcome

Another winter has come and gone and more importantly, another Varsity match has been recorded in CUAC's history. Fear not - the excitement is not over! The 125th Transatlantic match is fast approaching and will see a strong Achilles Team take on Harvard and Yale at Wilberforce Road. We hope to see many of you there for what promises to be a fantastic match.

Alumni News

CUAC alumni and former 200m runner, Gemma Game, placed 3rd in the ultra of ultra races - the Marathon des Sables. This was the third time Gemma has run the race, and her second 3rd place medal.

Another alumnus, Matt Leach, has been selected to represent GB in the upcoming European 10,000m Cup, to be held at Parliament Hill as part of the Night of the 10,000m PBs on Saturday 6th July. A GB vest has also been awarded to Alex Milne following his 2:20.08 run at the London Marathon (4th male club athlete). Alex has been selected to race for Great Britain at the IAU 50km World Championships in Brasov (Romania) in September.

An impressive 35 members of the Cambridge University Greyhounds (past and present of CUHHCUAC) attended the annual running festival on the Isle of Man over Easter. The men's A team (Paul Aste, James Chettle, James Hoad and Paddy Roddy) placed second overall after the three days of racing (5k, 10k and hill race) with the B and C teams also making the top 7. James Hoad, Richard Ollington and Paul Aste all placed in the overall top 10 individually. Many of these distance running alumni have also been busy recording PBs on the road and track since then.

CUAC was saddened to hear of the death of long-time coach, Roy Carter. Several alumni attended his funeral and expressed their gratitude for his support during their time in CUAC.



Gemma Game in the Mds 2019
Captured by Ian Coreless © 2019



Roy Carter (left) with Dr Chris Thorne and
the 1972 Blues Team

CUAC Competition Reports

BUCS

A strong contingent of CUAC athletes once again put themselves forward representing Cambridge at the BUCS Championships. Maciej Maruszczak, Flo Cochrane, Mary Adenji, Bridget Fryer, Emily Ruane, Nancy Scott, Jeremy Dempsey, Phil Crout and Jude Compton-Stewart all took the light blue to finals. The atmosphere proved conducive to great performances, with Flo Cochrane, James Walden, Joe Burton, Sam Clarke and Jack Wickham all setting new PBs.

More details of the competition can be found here: <https://bit.ly/31pRP59>

Varsity

Despite some fantastic individual performances and a close match between the Women's Firsts teams, Oxford won the 145th Varsity Match 4-0 (Women's Blues 102-99, Men's Blues 113-88, Women's Seconds 110-89, Men's Seconds 110-91).

Highlights included an individual sprint double for Moriyo Aiyeola, which she later backed up with a strong anchor leg to seal the Blues 4x100m for CUAC, and fresher Sam Clarke's incredible hurdle triple, all in new PBs (15.31, 24.70, 54.20). Isabel Dye and fresher Jeremy Dempsey won their 1500m races, both defeating previous Varsity winners in the process. Sadly, the pole vault was cancelled due to technical problems, but other jumpers were in fine form - Gunther Klobe won the men's high jump on countback while Mary Adenji won the women's long jump with a new PB.

In the throws Cara James produced a first blues standard in the shot put to win comfortably with President Bridget Fryer winning the discus with her first ever throw over 40m. CUAC alumnus and hammer throw record holder Michael Painter, now competing in dark blue, was upset in his favoured event but won the discus by 5cm.

In the final track events Nancy Scott led from the gun to win the 2000m steeplechase, while the CUAC women backed up their sprint relay win by taking the 4x400m too. Arguably the race of the day was the men's 5000m, with Oliver Fox and Phil Crout pushing the pace hard throughout. Fox (14:11.86) eventually pulled away to win with all eight men finished under 15 minutes and from an initial scouring of past races this has been suggested as the fastest ever Varsity 5000m race (by average time). William Ryle-Hodges, already a record holder in Blues Varsity Cross Country match appearances, set a new Alverstones match record (14:34.26) in the process.

Special mention must go to our Trophy Winners:

- The Le Touquet Trophy for most improved athlete - Sam Clarke, for his hurdle PBs and wins
- The Paul Gomme Trophy for best throwing performance - Bridget Fryer, for her 40m discus
- The Drake Digby Trophy for best men's performance - Ollie Fox, for his win in the 5000m

A full-write-up can be seen here: <https://bit.ly/2wNI6Yd>



Clockwise from top: Kaesi Opara and Jeff Chu in the Men’s Blues 100m, Martha Stevens in the Women’s Blues 200m Hurdles, Andrew Ejemai and Kaesi Opara at the final changeover of the 4 x 100m relay, Sam Clarke in the 110m Hurdles, Andrea N´ovoa Mart´inez in the Javelin, and Olivia Anderson keeping the Women’s Blues ahead in the 4 x 400m relay.

Captured by Napier Fuller and Andy Hodge

New Committee

President – Cara James
 Honorary Secretary – Belinda Clark
 Men's Captain – Sam Day
 Women's Captain – Lea Wenger
 Junior Treasurer – Thung You Xuan
 Alverstones' Captains – Max Robertson and Oliver Riley
 Alligators' Captains – Emily Baker-Thurston and Alex Prickett

New Blues

Cara James – Shot Put,
 Hammer Throw
 Sam Clarke – 110mH,
 200mH, 400mH
 Jeremy Dempsey – 1500m
 Fiona Bunn – 2000m steeplechase

Hawk of the Year – Oliver Fox

A special mention must be given to 4th year medical student Oliver Fox, who was recently voted Hawk of the Year by the university men's sports club – the Hawk's Club. His win in the Varsity 5000m has been just part of a brilliant season, including bronze at BUCS XC and topped by a 58th place in the Senior Men's race at the World Cross Country Championships. He was selected to run for the GB U23 team at the European XC Championships last December (unfortunately having to miss Varsity XC) but came third in the Intercounties selection race in March to earn his first senior GB vest. Ollie beat a number of previous Olympians in Aarhus, helping the GB team to place 9th overall.

Bluebird article: <https://bit.ly/2F5Zo7t>

Athletics weekly article: <https://bit.ly/2TVaMaH>

Breaking the sponsorship drought

After much work, the CUAC Committee secured extensive sponsorship for the club this year, with Roland Berger and Tracksmith supporting the club for the full year, and The Eyebag Company and Horizon 37 sponsored the Varsity Match. If your organisation (or one you know) would like to use this opportunity to get their name out there with a fantastic bunch of people, please get in touch using the details below.

Dates for the Diary

- Achilles v. Harvard and Yale and Achilles Centenary Ball – **29th June 2019**

Contact Us

We are constantly growing our own alumni database. If you are unsure whether or not you are on our system, please fill in your details here: <https://goo.gl/forms/Dw0v3AgflzYQ3Itk2>.

Our privacy statement is online at <https://www.cuac.org.uk/files/CUAC-Privacy-Statement.pdf>.

If you are an alumnus with **something interesting to share**, we'd love you to fill in this form with your news: <https://goo.gl/forms/2PDWmKGrzNzQBwou1>. Alternatively, you can email Alumni Secretary James Coxon (jwmtc2@cam.ac.uk) and Past-President Daisy Irving-Hyman (dei23@alumi.cam.ac.uk) with your news. Finally, please feel free to join the following Facebook groups, to keep up-to-date regarding upcoming tours and matches:

CUAC: <https://www.facebook.com/groups/485707904847358/>.

Achilles: <https://www.facebook.com/groups/2313464688/>.