



View from the Lakes Autumn 2006

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Young Rowers take on the Sport Lakes Team Challenge

On Saturday 14th October 2006, over 60 young people from schools and rowing clubs throughout the region took part in the Cambridge Sport Lakes Junior Indoor Rowing Challenge 2006 at Parkside Community College, Cambridge. Participants lined up on indoor rowing machines to see if their team could follow in the footsteps of the country's rowing heroes and achieve gold.



A Rower from Bottisham Village College gets ready to race.

The competition took the same format as last year's event, allowing young people with disabilities and teams of mixed age and gender, to compete without disadvantage against their peers.



The Winning Perse School Team; Rory Attfield, Sam Beresford, Charles Parker, & Oscar Swift.

Achievement of individuals was measured against "Gold Medal Standard Distances" and expressed as a percentage of that distance. Each competitor completed a 2-minute sprint trying to beat his or her "Gold Medal" target.

The final was an exciting competition, with The Perse Under 18 Boys narrowly beating the under 18 team from Champion of the Thames Boat Club to take the title of Challenge champions. Pewter tankards were awarded to both teams for their efforts by Mike Norman, Cross Atlantic Rower and friend of Cambridge Sport Lakes.

A gold Medal was awarded to Ben Wiegman of St Johns College School, who scored an impressive 109% for his team in heat 3. Medals were also awarded to David Hunt from St Johns College School and Rory and Callum Attfield from The Perse School, for outstanding individual performances.

The results of the final were as follows:

- 1st** The Perse Boys Under 18
- 2nd** Champion of the Thames Boys Under 18
- 3rd** St Johns College School Boys Under 13
- 4th** St Johns College School Mixed Under 13
- 5th** Cantabrigian Rowing Club Boys Under 18



Lakes Volunteer's Atlantic Rowing Epic

Cambridge Sport Lakes Volunteer Mike Norman set off from the Canary Islands with his pairs partner Tim Bradbury, in 'Fraser's Boat' on the 9th of January on an epic 3,000 mile row across the Atlantic.



Mike Norman in 'Fraser's Boat'.

The pair rowed an average of 30 miles a day, taking turns to row and braving storms and even a close encounter with a shark.

Arriving in Antigua on the 21st of May, after 112 days at sea, the pair were glad to be back on dry land and admitted that whilst finishing the challenge had been an incredible moment, there were definitely no plans for a repeat performance.

Helen comes to us with a background in Physiotherapy and a keen and active interest in promoting healthy living. A dedicated and committed member of Cambridge Triathlon Club; she has competed internationally in Ironman competitions and represented Great Britain in Triathlon and Duathlon.

With the new school year now well underway we have 10 School Triathlon Clubs up and running in Cambridge schools, giving children the chance to broaden their athletic horizons and get involved in this multi disciplined sport

The addition of Dawn and Helen to the team further strengthens our schools Triathlon programme as it continues to expand following the successes of the past year.



Triathletes from Bottisham Village College training in June.

New Triathlon Coaches Join the Community Sport Coach Team

Our two new Triathlon Coaches, Dawn and Helen, joined the Cambridge Sport Lakes Community Sport coaching team at the beginning of September. They are working alongside coach Don Hutchinson in delivering our Schools Triathlon Programme.

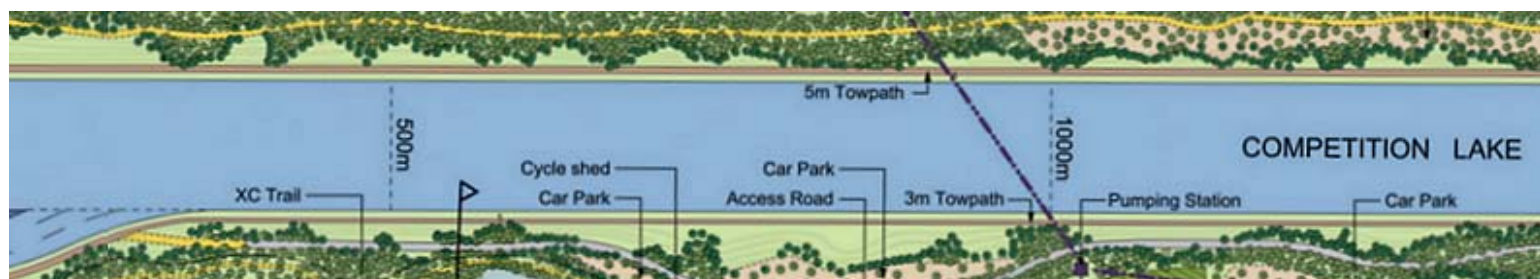
Dawn, an enthusiastic member of FVS Triathlon Club, has been actively involved in the sport for two years. A busy Mum and part time student at the Institute of Optimum Nutrition, she is a motivated and enthusiastic Triathlete & coach.

Triathlon in your school!

Participating Schools;

Impington Village College • Netherhall School • Chesterton Community College
• Fawcett Primary School • Histon & Impington Junior School • Comberton Village College • Sawston Village College • Melbourn Village College • Bottisham Village College •
Coming soon; Cottenham Village College • Milton Primary School

CSL Triathlon Program is funded in part by grants from Cambridge Sport Lakes Trust, Sport England East and Cambridge Triathlon Club.



“With a mind to support”

The Planning Committee of the South Cambridgeshire District Council reviewed the Trust's planning permission application at their September 2006 meeting. Citing that the Committee had a “mind to support” the scheme. The Committee voted to defer approval of the application pending further detailed information on several issues.

The action taken by the Planning Committee represents a step forward for the project but falls short of the approval recommended by the Planning Officers to grant planning permission subject to conditions. The application will now go back to Committee at the end of the year.

The proposed park has been cited as a priority recreation and sporting facility in area structure plans and is intended to be a major resource for the fast expanding Cambridge region.



View from Waterbeach Main entrance south to Cambridge

Sport Lakes FAQ's

Q *Rowing, cycling and Triathlon are not mass-participation sports - how will you get more people to take part?*

A We will work closely with clubs, schools, and businesses to promote active lifestyles through use of the park (jogging, walking, or cycling) and by our organised programmes. We believe the uptake of these sports by young people in the Cambridge region may well be below national averages because of a lack of facilities.

For example, Cambridge Triathlon Club is experiencing serious growing pains and needs a site such as the Lakes in order to offer its young athletes a safe training space away from the dangerous road systems. Many people are not motivated by traditional mass- participation sports. Opportunities for participation in other sports in Cambridgeshire are currently limited by the lack of facilities in the area.

Q *What will be the knock-on effects for the local area, transport especially? Where will the access point be? Will it be off the back of Milton High Street? How will the locals feel?*

A A transportation report indicates that our anticipated traffic volume at our entrance on Car Dyke Road should be within the norms on the existing road system for weekday traffic. For large events - on weekends - we will have a traffic management programme that is approved by the Local Highway Authority and centers on several Park & Ride locations.

Q *Will you be charging people who want to use the site for walking etc?*

A Visitors who walk or cycle to the park will pay no fee. Also, people with disabilities will be able to park at no charge. We will otherwise charge for those with cars, much like the National Trust. Those who participate in organised training programmes, either through CSL or through a CSL-associated sports club will have free parking.

Questions Courtesy of Cambridge Evening News, January 2006.



Cambridge
Sport Lakes



View from the Lakes

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local network fund
for children and young people

SAVE THE DATE

EASTER BREAK 2007

Triathlon Taster Day

3rd April 2007

Beginners Rowing Courses

Age 9-12

Monday 2nd – Thursday 5th April: 2:00 - 3:30pm

Age 13-16

Monday 2nd – Thursday 5th April: 4:00 - 5:30pm

SUMMER BREAK 2007

Beginners Triathlon Course

Monday 30th – Friday 3rd August

Improve your Triathlon Course

Monday 6th – Friday 10th August

Beginners Rowing Courses

Age 9-12

Monday 30th – Friday 3rd August: 9:30 – 11am

Age 13-16

Monday 30th – Friday 3rd August: 11:30 – 1pm

Improve your Rowing Courses

Age 9-12

Monday 6th – Friday 10th August: 9:30 – 11am

Age 13-16

Monday 6th – Friday 10th August: 11:30 – 1pm

For more information please contact Aimée Mason at aimee.mason@cambridgesportlakes.org or on: 01223 576 360. Times & dates may be subject to change.

Become a Friend of Cambridge Sport Lakes

Your generosity provides vital support for our educational outreach programmes and underwrites important pre-construction work.

With your help we will make the vision a reality.

Name(s): _____

Address: _____

County/State: _____ Post code/ZIP: _____

Country: _____ Telephone: _____

(UK) £_____ made payable to *Cambridge Sport Lakes Trust*

(US) \$_____ made payable to *Friends of Cambridge Sport Lakes*.

☐ Please consider this gift an anonymous donation to the Trust.

☐ My company will match this gift. Name of company: _____

☐ I declare that I am a UK tax payer and request that this donation be treated as a Gift Aid donation.

Please send your contribution to: *Cambridge Sport Lakes Trust,
Murdoch House, Station Road, Cambridge CB1 2 RS United Kingdom*