

# Greater Cambridge Athletic Network



**Greater  
Cambridge**  
Athletics Network

Giving athletes the support and  
advice they need to get the best  
out of themselves



[www.gcan.org.uk](http://www.gcan.org.uk)

# Welcome

## Welcome to the first GCAN brochure.

This is our first brochure setting out the opportunities and activities provided by the Greater Cambridge Athletics Network. You'll also find a little bit about the Network and its member organisations. If you would like to know more please have a look at the individual organisation's web sites or at [www.gcan.org.uk](http://www.gcan.org.uk).

I hope you find the information here useful and that the things we are offering meet your needs. The Network is trying to provide opportunities for athletes in the Greater Cambridge area to have the support and advice they need to get the best out of themselves. Please join in the Network events and help us to achieve these ambitious goals.

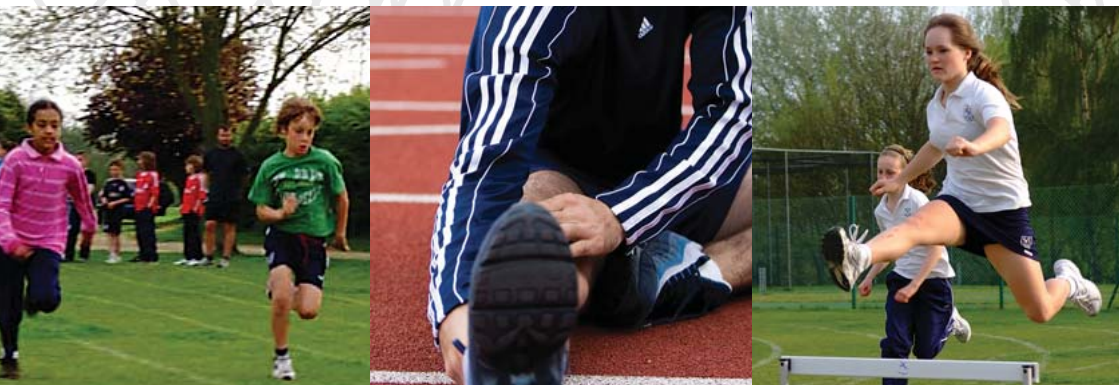
Good luck and welcome to the Network.



Dr Neil Costello  
Chair GCAN



**Greater  
Cambridge**  
Athletics Network



# Development sessions

Working alongside external partners GCAN will be delivering a series of coach and athlete development sessions including:

**Thursday 18th May 5.30pm**

## Carol Jackson High Jump Masterclass

Cambridge University Athletic Track

This session aims to provide an introduction for coaches and technical coaching points of high jump.

**Saturday 5th June 10.00am**

## GCAN Quaddkids Final

Cambridge University Athletic Track

The GCAN Quaddkids Final offers a new and exciting sporting concept designed to give more children the opportunity to enjoy the benefits of athletics and also to help identify the stars of tomorrow

**Saturday 5th June 10.30-11.30am**

## Proactive Clinic Injury Prevention Workshop

Cambridge University Athletic Track

The workshop will be delivered by ex-international athlete Sam Boden and aims to provide an introduction of common athletic injuries, prevention and treatment.

**Saturday 5th June 12.00-1.00pm**

## Sports Nutrition Workshop

Cambridge University Athletic Track

The session aims to provide an introduction to sports nutrition and how to apply the principles of sports nutrition into your training.

**Saturday 5th June 2.00pm**

## 5km Open Graded Meeting

Cambridge University Athletic Track

**Thursday 24th June 8.00pm and  
Thursday 12th August 8.00pm**

## GCAN Athletic Social Evening

Cambridge University Athletic Track

The evening will include a 3km open graded time trial followed by a sports-related talk and lively debate. This is a great opportunity for athletes to set new personal bests and test their fitness over 3km.

**Monday 13th September 7.00-8.30pm**

## Designing the ultimate off season training program

Core Cambridge, CB4 1TG

Each offseason is your opportunity to prepare – to recover, repair any injuries and increase your performance for the next season ahead. This session will teach you all of the aspects of training and rehab that you should put into place, and when you should be doing them to maximise the benefits.

**To reserve your place or for more information please contact  
June Swift (GCAN Activator)**

# About us

Established in October 2009, the Greater Cambridge Athletic Network (GCAN) is one of 56 athletics networks setup by England Athletics with the support of McCains. GCAN is a partnership of athletic and road running clubs working alongside other sporting bodies in and around the Greater Cambridge area to improve the sport at a local level and achieve the following aims:

- ◆ To provide a high performance support service for coaches and athletes comparable to those world wide
- ◆ To improve the standards of coaching and increase the number of coaches within the Greater Cambridge area
- ◆ To provide athlete development pathways for all athletes whatever their standard
- ◆ To increase participation in athletics at all levels



# Membership

The current members of GCAN include:

**Cambridge & Coleridge AC**

[www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)

**Cambridge Triathlon Club**

[www.cambridgetriathlonclub.com](http://www.cambridgetriathlonclub.com)

**Cambridge University AC**

[www.cuac.org.uk](http://www.cuac.org.uk)

**Cambridge University Hare & Hounds Club**

[www.cuhh.org.uk](http://www.cuhh.org.uk)

**Cambridge University Physical Education Dept**

[www.sport.cam.ac.uk](http://www.sport.cam.ac.uk)

**East Cambridgeshire AC**

[www.kingsschoolely.co.uk](http://www.kingsschoolely.co.uk)

**Ely Runners**

[www.elyrunners.co.uk](http://www.elyrunners.co.uk)

**Haverhill Running Club**

[www.haverhillrunningclub.org.uk](http://www.haverhillrunningclub.org.uk)

**Newmarket Joggers**

[www.newmarketjoggers.org.uk](http://www.newmarketjoggers.org.uk)

**Saffron Striders RC**

[www.saffronstriders.org.uk](http://www.saffronstriders.org.uk)

**South Cambridgeshire District Council**

[www.scambs.gov.uk/LeisureandCulture/SportsDevelopment](http://www.scambs.gov.uk/LeisureandCulture/SportsDevelopment)

**South Cambridgeshire School Sports Partnership**

[www.scssp.co.uk](http://www.scssp.co.uk)



Cambridge University Hare & Hounds



East Cambs TO COME



newmarket joggers TO COME



# Athletics Support Services

GCAN are developing partnerships with high quality service providers. These include:

## PHYSIOTHERAPY CLINICS

### Cambridge Medical Centre

[www.cambridgemedicalcentre.com](http://www.cambridgemedicalcentre.com)

With over 25 years combined experience, the Cambridge Medical Centre ([www.cambridgephysio.com](http://www.cambridgephysio.com)) provides skilled private physiotherapy, sports massage, personal training and Pilates classes. Located in Central Cambridge, Cambourne and coming soon to Sawston, the Cambridge Medical Centre will offer a 20% discount for GCAN members (excluding people who have private health care insurance).



## SPORTS THERAPY AND REHABILITATION CLINICS

### Core Cambridge

[www.core-cambridge.com](http://www.core-cambridge.com)

Core Cambridge offer a complete range of services for athletes & clubs - ranging from physiotherapy, injury rehabilitation and sports massage to free-weight coaching, technique analysis and year-round strength training / nutrition plans



### Pro Active Clinic

[www.proactive-clinic.co.uk](http://www.proactive-clinic.co.uk)

The ProActive Clinic is Cambridge specialist running and athletics injury clinic where we treat all problems commonly associated with top performance. The lead practitioner is Sam Boden who is an ex international distance runner having represented England and Great Britain on numerous occasions



### Fit for Sport

[www.fitforsportclinic.com](http://www.fitforsportclinic.com)

Sports Therapy and Injury Clinic specialising in prevention, diagnosis, treatment, rehabilitation and sports massage. Fit for Sport Clinic will provide a 20% discount for GCAN members

### FIT FOR SPORT

*Sports Therapy & Injury Clinic*

### Activate Pilates

[www.activatepilates.co.uk](http://www.activatepilates.co.uk)

Opened in March 2009 Activate Pilates offers reformer Pilate session which bring together more traditional Pilates with circuit training exercises alongside personal training and sports massages.

### ACTIVATE PILATES

### Cambridge Podiatry and Chiropody Ltd

[www.cambridgepodiatry.co.uk](http://www.cambridgepodiatry.co.uk)

The practice offers both routine chiropody and biomechanical assessments, which include the use of video gait analysis and pressure mat systems. We are able to prescribe a range of off-the-shelf and custom-made insoles/orthoses.



## HIGHER EDUCATION INSTITUTIONS

### Anglia Ruskin University

[www.anglia.ac.uk](http://www.anglia.ac.uk)

The sports science department can provide GCAN with physiological testing and support and workshops that offer academic information on an array of sport related topics.



## SPECIALIST RUNNING SHOPS

### Advance Performance

[www.advanceperformance.co.uk](http://www.advanceperformance.co.uk)

Advance Performance is an award winning specialist running shop who prides themselves on their exceptional levels of service along with quality products at sensible prices. The store offers free gait analysis to ensure that you are exercising in the most suitable shoe for your unique running style, minimising your risk of injury.



### Sweatshop

[www.sweatshop.co.uk/cambridge](http://www.sweatshop.co.uk/cambridge)

Sweatshop are the official retailer for England Athletics and are the UK's largest specialist running shop, offering running shoes, clothing and accessories.



# Useful Contacts

**Network Activator**

**June Swift**

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**Network Chair**

**Neil Costello**

E-mail [neil.costello@gcan.org.uk](mailto:neil.costello@gcan.org.uk)

**England Athletics Club and Coach Support Officer**

**James Cudmore**

Mobile 07720 147247

E-mail [jcudmore@englandathletics.org](mailto:jcudmore@englandathletics.org)

Coach Education [www.englandathletics.org](http://www.englandathletics.org)

**County Sport Partnership**

**Living Sport**

Telephone 01487 841387

Website [www.livingsport.co.uk](http://www.livingsport.co.uk)

