

Cambridge University Athletics Club

Quarterly Newsletter



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A Message from the Alvers' & Allies Captains

*Jack Lipman, Ed Parker,
Maya Vandermark &
Adanna Okoli*

As Easter term approaches, I'd like to introduce myself, Jack, as one of the Alver's Co-Captains for the 2024-25 year. Alongside Ed Parker (Clare College – 400m) as my fellow Alver's Co-Captain and Adanna Okoli (Christ's College – Long Jump) and Maya Vandermark (Downing College – Sprints & 400m) as Allies Captains, we have been organising social events for the club and helping our captains, Oli and Jess, and the rest of the committee with some competitive team selection decisions throughout the year.

The year so far has already been an exciting one for CUAC. Following on from our success at Fresher's Varsity in Michaelmas term, CUAC had another strong performance at VFEAR, winning three out of four matches to secure a comfortable team win. Lent term was rounded off with a successful Warm Weather Training camp – the club's first WWT in three years and at a new destination: Vila Real de San António, Portugal! as the team begins preparations for the Varsity Match next term. Meanwhile the 2025 Transatlantic Americas Tour is currently underway, with a strong contingent of CUAC athletes representing the Achilles team. In the first fixture against Penn & Cornell wins from Oyare Aneju (Long Jump), Carys Ward (Javelin), Adam Dray (1500m) and Thomas Dugre (3k steeple) bode well for the upcoming match against Harvard & Yale.

Looking ahead to Easter Term our focus now turns to the Varsity Match, marking the 150th Anniversary of the Men's Match and 50th Anniversary since the first Women's Match, as well as the 2nd Para-athletics Match, being held at our home track Wilberforce Road on 17th May 2025. CUAC is also sending a large team of 28 athletes to the Outdoor BUCS Championships at the start of term, with many athletes doubling up as part of relay teams.

As we approach the historic Varsity Match, I would like to extend an invitation to stay involved with the club and join us in supporting our athletes. The dedication of our committee, coaches, and the incredible alumni network is extremely important for CUAC and its athletes, and the club wouldn't be the same without the relationships we have built. Thank you on behalf of CUAC, and I look forward to meeting all of you and hopefully sharing in the celebrations of another successful Varsity Match soon!

150/50/2 Varsity Match

Jess Poon, Johanna Schönecker, Milly Dickinson, Leonie Brunning, & Dillon Rinauro



Photo credit: Andy Hodge

We are delighted to invite you to attend the 2025 Varsity Matches on Saturday May 17th, at Wilberforce Road in Cambridge. This will be the 150th edition of the Men's Match, and we will celebrate 50 years since the first Women's Varsity Match as well as the second Para-athletics Match. Rest assured, there are plenty of festivities planned for the weekend!

On Friday, 16 May 17:00-20:00, there will be a reception held at the Wilberforce Pavillion hosted in honour of 50 years of Oxbridge women's athletics. This will also coincide with the opening of World Athletics' pop-up exhibition. You can register [here](#).

On Match Day (17 May), the provisional start time for the competition is 10:30, ending with presentations around 17:45. A finalised Timetable will be published on the event website shortly.

Finally, we would like to encourage you to submit your favourite photos, memories, or whatever else you would like to share that shows what Varsity means to you. Please follow [this link](#) to submit your memories. We aim to share some highlights on our social media channels and may feature in an exhibit.

We look forward to seeing you on Match Day!

Save the Dates!

150th/50th/2nd Anniversary Varsity Match

16 May 2025 – Grand Opening of Exhibition & Celebration of Women in Athletics

17 May 2025 – Match Day, Wilberforce Road

CUAC / OUAC / Achilles Dublin Match

11-13 July, Trinity College Dublin

Alumni Kit

Dillon Rinauro & Ben Massey

Excitingly, CUAC has been sponsored by Wordley Partnership Solicitors! Their generous donation will go a long way to support our athletes track usage, equipment, and travel to competitions. Thank you, WP solicitors!

You will find their logo featured on our new kit, including the alumni cycling jersey and all 150/50/2 Varsity Match Commemorative merchandise (see examples below).

On Match Day, there will be limited quantities of each piece of kit to purchase. If you aren't able to make it to Wilberforce Road or the item(s) you are after prove to be highly sought after; don't fret! There will be links to purchase them and have them sent right to your doorstep. Links will go live on the 17th of May. From then, you will have two weeks to place your order. More details to follow!



Varsity Field Event & Relays Results

Olivia Sparks



Kicking things off with a buzzing pre-race social at Hughes Hall (complete with mocktails and a regrettable Domino's dinner), CUAC arrived at Lee Valley in style—blaring *Chariots of Fire* thanks to men's captain Oli Hector. The energy translated into a stellar day of competition, with Cambridge taking home 17 event wins to Oxford's 11.

Throwers braved the rain and wind outdoors, with Maike Deckert and Kaila Bogards smashing multiple PBs and earning half-blue standards across the board—Deckert with standout performances in hammer (29.73), javelin (18.38), discus (28.78), and shot (9.89); Bogards impressing with 10.53 in shot, 26.96 in discus, and 30.83 in hammer. On the track, Lauren Healy cleared a PB of 2.81m in pole vault, securing her half-blue, while the men's high jump saw all four Light Blues dominate—Phillip Odugbile and Oyare Aneju both soaring to 1.95m to share first place.

Track relays also brought drama and speed: Anise Mellodey and Helen Pretorius clocked PBs in both the 60m and 4x200m, while the men's 4x200 took a decisive win in 1:32.45 after a dramatic Oxford b-team collision.

Post-competition, team spirit remained high through the trophy ceremony, group photos (shoutout to Team 4's sleepover-style high jump mat pic), and well-earned naps on the coach back. Celebrations carried on into the night at Hawk's and Lola's—drinking ban officially lifted. All eyes now turn to Outdoor Varsity in May! Read the full report [here](#).



Photo credit: Andy Hodge

Achilles Dublin Match

Jess O'Flaherty & Oren Kenny (DUHAC Track Captain)

We have graciously received invitation from Dublin University Harriers & Athletics Club (DUHAC) to a competition held between Trinity College Dublin, Oxford, and Cambridge the weekend of 12-13 July. CUHH & OUCCC have also been invited.

In addition to the competition (draft timetable of events attached) The programme will include a brief history of the athletics ties between the three clubs, and a post-match dinner hosted at the Pavilion Bar, overlooking College Park, the cricket pitch where DUHAC trains.

As of now, 12 current athletes and alumni have confirmed they would like to compete, and many more have expressed interest! CUAC has been granted the space to enter ~25 athletes. Priority will be given to current athletes and any alumni interested in assisting the club with organisation. Total costs for flights, accommodation, and dinner will come to around £150. If you are interested in competing or would like further information, please contact Jess at jo460@cam.ac.uk.



Photo courtesy of DUHAC



Instagram [@cambridgeuniathleticsclub](#) & [@varsity150](#)



Facebook Group [CUAC](#)



Strava Club



WhatsApp Alumni Group

Powerhouse Games

John Bennett

For the second year in a row, a strong number of volunteers took part in the CUAC Powerhouse Games. Organised with John Willis' charity Power2Inspire, a morning of inclusive sports was enjoyed by local schools and CUAC members alike. With activities such as sitting volleyball, boccia and foam javelin throwing, children of all abilities were fully immersed in sport!

The morning's grand finale came as a giant 20-a-side game of sitting netball! Morale was high as three netballs flew from person to person, and the Power2Inspire vision of "no one left on the bench" was captured.

Overall, a very fun morning left some children asking when we would next be back. A big thank you should go to John Willis and Power2Inspire as we look forward to hosting another CUAC Powerhouse Games next year!



BUCS Indoors Championships

Helen Pretorius

The BUCS indoor athletics championships in Sheffield was a wonderful weekend away for the CUAC team, providing the opportunity for some great performances against a strong field and lots of team bonding. The competition had an electric atmosphere, with the best student athletes gathering from across the country to top off the 2025 indoor season.

On Friday, Reese Robinson competed in the qualification round of the women's triple jump, with an impressive jump of 12.00 to clinch her a spot in the final on Sunday. A highlight of the weekend was her final on Saturday, where she jumped an awesome 12.39, just shy of her PB, to finish in 5th place overall. Also on Friday, Helen Pretorius competed in the women's 60m heats, finishing 4th in her heat with a time of 8.02.

Saturday was the busiest day for CUAC, with several club members posting impressive performances in their heats rounds. Jess O'Flaherty had a great run in the women's 400m heats, finishing in 3rd place with a time of 61.02. Helen placed 2nd in her heat of the women's 200m in 25.66, advancing to the semi-final but withdrawing. Jane Mills jumped a standout 5.03 in the women's long jump, showing strong winter form. Morgan Treasure had an excellent jump of 6.77 in the men's long jump, which secured him a spot in the final on Sunday, where he finished 11th with another impressive jump of 6.69.

CUAC's performances over the weekend bode very well for the upcoming outdoor season. It was a great opportunity to have a fun weekend away, spent some quality time as a team, and prepare for the exciting season ahead! Check out the report on the [CUAC website](#).



VARSITY MATCH 2025

**SATURDAY, MAY 17TH 2025
WILBERFORCE ROAD ATHLETICS TRACK
CAMBRIDGE**

10:30 AM TRACK EVENTS BEGIN

10:45 AM FIELD EVENTS BEGIN

12:30 PM 150/50 PHOTO & CEREMONY

5:45 PM AWARDS PRESENTATION

7:30PM DINNER & CELEBRATIONS



*World Athletics pop-up exhibition
in the pavilion all day.*

CAMBRIDGE

VS

OXFORD

More information
www.cuac.org.uk | @varsity150



SATURDAY, 12TH JULY 2025
MORTON STADIUM, DUBLIN

THE CROSS
CHANNEL
CLASSIC



DUHAC v CUAC v OUAC Track & Field Competition

Trinity College Dublin

Draft Programme of Events

Saturday 12th July 2025

Event Time	Track Events		Field Events	
9:30am	Track Opens			
10:00am	100mh (W)	Final		
10:10am	110mh (M)	Final	Javelin Throw (M)	Final
10:20am	10000m (M)	Final		
10:30am			Long Jump (M)	Final
10:40am			High Jump (M)	Final
11:00am	400mh (W)	Final		
11:10am	400mh (M)	Final		
11:15am	100m (W)	Finals		
11:25am	100m (M)	Finals		
11:35am			Shot Put (M & W)	Final
11:40am	800m (W)	Final		
11:50am	800m (M)	Final		
12:00pm	200m (W)	Finals	Long Jump (W)	Final
12:10pm	200m (M)	Finals	Javelin Throw (W)	Final
12:20pm	5000m (W)	Final		
12:45pm	400m (W)	Final		
12:55pm	400m (M)	Final		
1:05pm			Weight for Distance (M & W)	Final
1:10pm	10000m (W)	Final		
1:55pm	5000m (M)	Final		
2:05pm			High Jump (W)	Final
2:20pm	1500m (W)	Final		
2:30pm	1500m (M)	Final		
2:50pm	4x400m Mixed	Final		
3:00pm	4x100m (W)	Final		
3:10pm	4x100m (M)	Final		
3:20pm	4x400m (W)	Final		
3:30pm	4x400m (M)	Final		

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