

# View from the Lakes Spring 2007

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## CSL Archaeology

There is no doubt that when completed the Cambridge Sport Lakes will be a popular destination point as a regional recreation and leisure centre. With thousands of visitors anticipated annually, the site will be a new feature on the Cambridge Landscape. However, this will not be the first time that the land between Milton and Waterbeach has enjoyed such activity. Archaeologists have found evidence of Bronze Age and Early Saxon settlements, items from the Early or Middle Age and structures from the Romano- British period.

Before any construction work can proceed, archaeological teams will undertake intense investigation of eight sites located chiefly in the Competition and Storage Lake areas. Early work on the site included evaluation trenches, test pits, and geophysical surveys of portions of the land, conducted by the Cambridgeshire County Archaeology Unit and by the Oxford Archaeology Unit. This resulted in a map of the areas that require special attention.

A mitigation plan developed and approved by the Cambridgeshire County Archaeology Office will guide the process of intense investigation that must precede construction work.

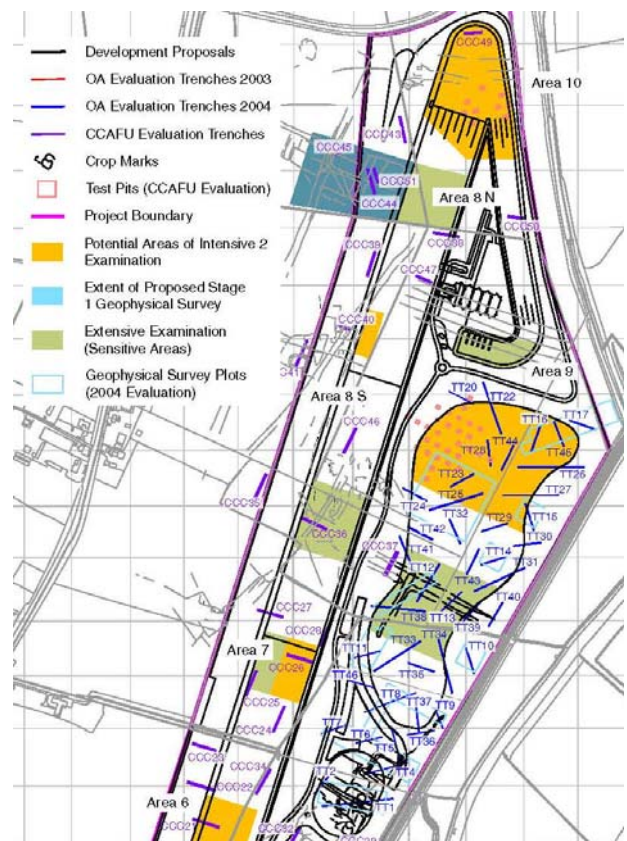
As stated in the Research Design, wherever possible, “a complementary programme of

intensive and extensive examination” will be followed. This will be made in conjunction with plans to preserve areas *in situ* such as the Roman habitation located on the south shore of the storage lake. Teams of archaeologists are anticipated to commence the next stage of their work on the canal, the Training Lake, and the Storage Lake in the autumn of 2007.

In addition to intensive excavation of these set sites, the removal of all topsoil will be monitored to ensure that no area requiring detailed investigation is missed.

During the various phases of examination, the Trust will once again invite school children from the neighbouring villages to visit the site. It is hoped that this experience will lead to a better understanding of the changing aspect of the land around them and strengthen their understanding of local history.

When completed, artefacts will be catalogued and put on display at a suitable location in the area for the community to enjoy.





## British Triathlon Federation; CSL Patron elected President



Former British elite Triathlete and Vice President of the International Triathlon Union, **Sarah Springman OBE**, has been appointed as the inaugural President and Chair of the Board of

Directors of the British Triathlon Federation following a stringent selection process. She took up her position early in the New Year.

**Sarah said:** "I am greatly honoured to be entrusted with the task of leading the Board of the newly constituted British Triathlon Federation to set up winning partnerships with our Home Nation members of England, Scotland and Wales. It will be an extremely challenging but exciting task, and one that the new Board will relish." •

## Community Rowing Coach Joins CSL team

Our new Community Rowing coach, **Monica Relph**, joined our coaching team in December and has begun a programme of indoor rowing in Impington Village College, Parkside Community College and Bottisham Village College.

Monica has been rowing for 3 years as an athlete in the Amateur Rowing Associations 'World Class Start' programme and is looking forward to a GB training camp in August after which she will leave us to study Sports and Nutrition at Loughborough University.

She hopes that the Community Sport Coach position will be the first step towards a career as a professional Rowing Coach. •



### Job Advert

## COMMUNITY ROWING COACHES

Cambridge Sport Lakes, in partnership with Living Sport and Rob Roy Boat Club, currently has funding for 2, 6.5ph per week junior coaching positions, starting Sept 07.

Please see our website for more details or contact Aimée Mason on 01223 567360 or [aimée.mason@cambridgesportlakes.org.uk](mailto:aimée.mason@cambridgesportlakes.org.uk) for an application pack.

Applicants must hold a minimum level 2 ARA coaching qualification (or IA). Would suit post grad student, part time or self employed person.



## City Sport Success

The beautiful Easter weather saw more than 30 local children participating in Rowing and Triathlon through Cambridge City Council's, City Sport Programme, in partnership with Cambridge Sport Lakes Trust.



Triathletes at Chesterton City Sport Course, Easter 2007

Rowing courses are run with thanks to Lady Margaret Boat Club and St. John's College for use of their wonderful facilities. Cont. pg.3



Page 3. Cont.



*Easter City Sport rowers enjoying the sunshine!*

Details of Summer Rowing and Triathlon courses can be found on pg. 4, or on our website at [www.cambridgesportlakes.org.uk/news](http://www.cambridgesportlakes.org.uk/news) Courses do fill up fast, so please book early to avoid disappointment! •



### ***A conversation with Rob Smith, Kayaker and CSL Volunteer extraordinaire!***

#### **How will the Lakes impact the future of your club?**

'We are finding it increasingly difficult to teach and encourage young paddlers, primarily due to concerns of safety on an increasingly congested river. To have an un-congested environment means it will be safer to teach and encourage junior and youth canoeing, and so develop a foundation of people who will carry our club forward in the future.'

#### **How will the Lakes impact your sport in this region?**

'We have many regional clubs who also have limited and congested venues where they struggle to train and race. CSL is a great opportunity for a safe and comfortable environment to be used by clubs from across the region to hold coaching, training and racing sessions. It is also a potential venue where national British Canoe Union sprint and marathon regattas could be held. I am also hopeful that leading up to the London 2012 Olympics, CSL will be identified as a venue which international Canoe & Kayak squads might consider as a precursor to moving down to the main venue at Eton.'

#### **What do you enjoy about volunteering at CSL?**

'It's great to be involved with such a monumental project and to see it develop into a facility for future generations. The country, and region, seems currently to be obsessed with building many thousands of new homes and, in my opinion, without facilities like CSL I feel there would be major shortfalls in encouraging social activity and interaction.'



*The Cam Marathon race. The picture was taken sometime during the 1980's and shows how many people enjoy coming to race on the River Cam. The race is still held, but the organisers are finding it increasingly difficult to hold with more punts, rowers, fishing and motor cruisers all wanting to use the river.*



Cambridge  
Sport Lakes



## OPEN HOUSE

Tuesday 12<sup>th</sup> June, 6:00-7:30pm

Cambridge Blue, Gwydir Street

Sponsored by Cambridge Blue and Milton Brewery

An exhibition of plans and a chance to come and talk to the people behind the project and the proposed facilities.

### View from the Lakes

Written & produced by Aimée Mason

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## SAVE THE DATE SUMMER COURSES 2007

### TRIATHLON

#### Junior Beginners Triathlon Course

Monday 30<sup>th</sup> July – Friday 3<sup>rd</sup> August

#### Junior Improve your Triathlon Course

Monday 6<sup>th</sup> July – Friday 10<sup>th</sup> August

### ROWING

#### Ladies Beginners Rowing

Wednesdays 24<sup>th</sup>, 31<sup>st</sup> July, 7<sup>th</sup>, 14<sup>th</sup> August,  
6:30-8 pm.

#### Ladies Improvers Rowing

Thursdays 25<sup>th</sup> July, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> August. 6:30-8 pm.

#### Beginners Rowing Courses

##### Age 9-12

Monday 30<sup>th</sup> July – Friday 3<sup>rd</sup> August: 9:30 – 11am

##### Age 13-16

Monday 30<sup>th</sup> July – Friday 3<sup>rd</sup> August: 11:30 – 1pm

#### Improve your Rowing Courses

##### Age 9-12

Monday 6<sup>th</sup> – Friday 10<sup>th</sup> August: 9:30 – 11am

##### Age 13-16

Monday 6<sup>th</sup> – Friday 10<sup>th</sup> August: 11:30 – 1pm

For more information please contact Aimée Mason at [aimee.mason@cambridgesportlakes.org.uk](mailto:aimee.mason@cambridgesportlakes.org.uk) or on: 01223 576 360.

For prices and booking, contact Andy Thompson at Cambridge City Council City Sports on 01223 457534

### 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