

# Newsletter

Harold: "If I can't win, I won't run!"    Sybil: "If you won't run, you can't win."  
From the script of Chariots of Fire [1981 Film]

Week 27 2022-23

## CHARIOTS OF FIRE



Chariots of Fire is an annual charity relay race, initiated in 1991, that takes place in Cambridge, England. It was inspired by the 1981 film Chariots of Fire, which takes place at the University of Cambridge and depicts the Great Court Run.

CATS Cambridge students and staff engage in the race every year, and for this event, we are proud to say we fielded the most teams out of any institution in Cambridge.



# CHARIOTS OF FIRE

29 students and staff ran the 30th Chariots of Fire, raising money for the Arthur Rank Hospice. Relay distances were 1.7 miles, running through Queen's Green, Silver Street, Queen's Road and King's Parade. The city was buzzing with spectators and the atmosphere was electric as the runners raced through the streets of Cambridge.





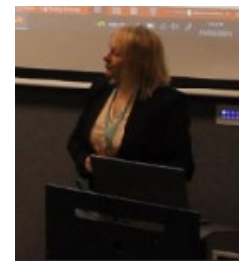
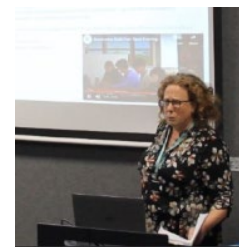
# CAMSTAR CONFERENCE

On Thursday 23<sup>rd</sup> March, staff gathered in the lecture theatre to present their research to their peers. The CamSTAR programme enables teachers to actively engage in educational research, as well as discover new ideas for their own practice.

By conducting research, teachers are able to explore different teaching methodologies and strategies, and identify what works best for their students. This can help them to improve their teaching skills and create more effective learning experiences for their students.

Engaging in educational research can also help teachers to develop new skills and knowledge in their field, which can contribute to their personal and professional growth. This can lead to new opportunities for career advancement. Research can also help teachers to identify and address specific challenges that they may be facing in the classroom, such as improving student engagement or managing behaviour. By finding effective solutions to these challenges, teachers can create a more positive learning environment for their students.

By incorporating research findings into their teaching practices, teachers can ensure that they are using the most effective methods to help their students learn and succeed.



# CAMSTAR CONFERENCE

**Introduction by the Principal**

**Dominic Tomalin**

**Challenges And Encounters of Technology On The Educator**

**Simon Mullen,  
Helene Wheeler &  
Paul McCracken**

**Evaluating The ESL Placement Test**

**Rob Derbyshire &  
Nathalie Grech**

**Does Past Paper Practice Help with Understanding And Learning**

**Kevin Healey &  
Steve Scott**

**Extensive Reading**

**Janet Wilson**

**Effective UFP Strategies**

**Rob Mathers & Ian  
Hunt**

**Academic Counselling and Its Effectiveness**

**Frank Nkum and  
Fidelis Landy**

**Value-added Analysis in Schools: an International Context**

**Adrian Hubbard**

**Developing Strategies to Improve Student Awareness And Ownership Of Learning**

**Jo Whitehouse &  
Katherine Woodard**

**Student Centred Approach.**

**Mike Liptrot &  
Neelam Debata**

**The Power of Feedback.**

**Sandra Vojnovic,  
Paul Ibram**

**Closing Remarks**

**Dr Sue Brindley**

## Spending Sunday Sticking to the Speed Limit

**Dominic Tomalin**  
Principal



Last Sunday I had the great pleasure of running in the annual Chariots of Fire event. Over 1,600 runners each in a team of 6, run in relay, each covering 1.7 mile (2.7km) of Cambridge streets, College quads and 'The Backs'. It is a stunning route, a real privilege to have access to much that is usually hidden away, particularly so on a lovely Spring morning.

I say great pleasure; at the time, I have to say it was one of the most uncomfortable experiences of my life. In the past I have been a good runner, won over 1500m, easily navigated my way through half-marathons, even enjoyed combat fitness tests when in the Army. Last Sunday saw the 53 year old version of myself, disappointingly shuffle, jog, gasp and, I fear at times, walk, round the course. If there was pleasure to be had, it was when the trial ended, as trials always do. I had done little more than survive the perils of what, in the past, have been little more than a warm-up.

That said, survival brings its own kind of joy, particularly so when the trial has been to benefit of others. In this case, I was part of a fabulous event that really does see Cambridge town and gown come together, and for charity, the event raised £17k for a local hospice. My own participation meant that Tiger House had a team; Tiger House is for our younger students, few of whom meet the minimum age requirement for the event, 16. Perhaps, ironically, the average age of the Tiger House team was into the mid 30s, I was not only the only staff member emblazoned with 170, the Tiger Team's number. As I stumbled and wheezed my way over the course, I certainly did my bit in making others feel better about themselves. But, perhaps, most proudly, I was part of making CATS Cambridge, with 29 runners, the best represented institution on the day.

Beyond all of that, the experience has galvanised me into action to work on my weight and my fitness, both with every expectation of making a less uncomfortable spectacle of myself when the race next comes around. Nevertheless, it is the contribution to something that fosters a sense of community that is the real merit in any participation, even if it was matter dragging oneself round in a sorry state. As Theodore Roosevelt once said:

"The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

As a final aside, Einstein proved that time dilates as a body moves at speed, I have to say at my pace it felt more like distance was doing the dilating; 1.7 miles seems ever so much further these days!