

Fixtures 2005

June

| | | | |
|----------|---------------------------|----------------|---------------|
| Wed 1st | Eastern Vets League | 7.00pm | Milton Keynes |
| Sun 5th | East Anglian League | 11.45am-5.00pm | Luton |
| Sun 5th | UKA Young Athletes League | 11.45am-5.00pm | Peterborough |
| Sat 25th | Southern Men's League | Noon-5.30pm | Basildon |
| Sun 26th | East Anglian League | 11.45am-5.00pm | Cambridge |
| Sun 26th | UKA Young Athletes League | 11.45am-5.00pm | Leamington |

July

| | | | |
|----------|---------------------------|------------------------------------|--------------------|
| Wed 6th | Eastern Vets League | 7.00pm | Cambridge |
| Sat 9th | Southern Men's League | Noon-5.30pm | Kings Lynn |
| Sun 17th | UKA Young Athletes League | 11.45am-5.00pm (Double fixture) | Sutton-in-Ashfield |
| Sat 30th | Southern Men's League | Noon-5.30pm (Double fixture) | Bury St Edmunds |
| Sun 24th | East Anglian League | 11.45am-5.00pm | Kings Lynn |
| Sun 31st | UKA Young Athletes League | 11.45am-5.00pm | Peterborough |

August

| | | | |
|----------|-----------------------|---------|--------------|
| Wed 3rd | Eastern Vets League | 7.00pm | Bedford |
| Sun 21st | Eastern County Champs | | Ipswich |
| Mon 29th | Bank Holiday Games | 10.30am | Peterborough |

September

| | | | |
|----------|----------------------------|--|-------------------------------|
| Sun 4th | Hibbard Trophy Meeting | | Stevenage |
| Sun 18th | East Anglian League Finals | | Bury St Edmunds/ Cambridge |

Date:
June
2005

PAC Newsletter

Peterborough Athletic Club

CHANGE OF DATE

The East Anglian League fixture to be held at Kings Lynn has been changed to 24th July 2005.

This enables P.A.C to field a full strength team at both this fixture and the following week in the UK Athletes League at the Embankment on 31st July.

EMBANKMENT TRACK
PETERBOROUGH

TRAINING
TUESDAYS 6.00 — 8.00 PM
THURSDAYS 6.00 — 8.00 PM

www.peterborough-ac.co.uk

Contacts

Chairman Ron Crosby 01733 202901
Hon Sec Elaine Larkins 01733 210353

Have You a Story

Bob Frank who is Sports Editor at the Evening Telegraph would like any Athletic info/news.

If anyone has a story or any results that need publishing should contact him by either of these.

E T Sports Desk Telephone No 01733 588710 E T Fax No 01733 313147

Bob's Home Telephone No 01733 326878 Bob's Mobile Telephone No 07989 616176

Or you can E-mail him at bob.frank@peterboroughtoday.co.uk

SOUTHERN MEN'S LEAGUE

P.A.C's senior men comfortably won their 1st league match of the season held at the Embankment Track on Saturday May 7th 2005 beating sides from Stevenage, West Norfolk and Harlow.

Results

| | <u>A - String</u> | <u>B - String</u> |
|-------------|-----------------------------|------------------------------|
| 100m | 1st Martin Chambers 11.5 | 1st NeilTorr 12.2 |
| 200m | 3rd Neil Torr 24.9 | 2nd Chris Hanley 25.5 |
| 400m | 2nd Martin Dawson 57.6 | 2nd Daniel Watts 57.7 |
| 800m | 2nd Daniel Watts 2.03.4 | 1st Chris Knights 2.06.0 |
| 1500m | 1st Ashley Allen 4.08.3 | 1st Glen Watts 4.18.3 |
| 5000m | 1st Michael Ward 16.01.4 | 1st Brian Corleys 17.04.7 |
| 3000m s/ch | 1st Glen Watts 10.23.5 | 1st Paul Hayman 11.20.8 |
| 110m Hur | 1st Chris Lawniczak 18.1 | 1st Simon Bannister 20.3 |
| 400m Hur | 3rd Chris Lawniczak 67.6 | 2nd Martin Dawson 72.0 |
| High jump | 3rd Simon Bannister 1.75 | 2nd Simon Howard 1.70 |
| Pole Vault | 1st Carl Titman 3.60 | 1st Leo Amies 2.60 |
| Long jump | 3rd Richard Washbrooke 5.27 | 1st Simon Bannister 5.26 |
| Triple Jump | 2nd Chris Lawniczak 11.50 | 1st Richard Washbrooke 10.62 |
| Shot | 3rd Karl Eve 9.46 | 2nd Chris Lawniczak 9.39 |
| Discus | 3rd Karl Eve 26.97 | 2nd Simon Bannister 26.12 |
| Hammer | 1st Scott McKevitt 40.72 | 1st Karl Eve 21.77 |
| Javelin | 3rd Simon Bannister 33.92 | 3rd Karl Eve 31.80 |

4 X 100m Relay 1st 47.9 Richard Washbrooke, Chris Hanley, CraigTorr, Martin Chambers

4 X 400m Relay 1st 3.54.7 Martin Dawson, Ashley Allen, Andy Suter, Michael Ward

Match Result: P.A.C 155 pts Stevenage 120.5 West Norfolk 104.5 Harlow

Eastern Veterans League

Peterborough Athletic Club's women finished second and the men came third in the opening fixture of the Veterans League held at the Embankment on Wednesday 4th May 2005. Both competed against teams from Bedford, Cambridge & Coleridge and Milton Keynes.

Results

Women

| | | | | |
|-------------|-----------|-----|------------|--------|
| <u>LV35</u> | 100m | 3rd | D.Plaice | 15.2 |
| | 400m | 1st | J.Burke | 68.3 |
| | 1500m | 2nd | Y.Scarrott | 5.30.8 |
| | 100m Hur | 2nd | J.Burke | 21.6 |
| | High Jump | 2nd | S.George | 1.25 |
| | Long Jump | 3rd | S.George | 3.84 |
| | Shot | 4th | K.Gibson | 6.00 |
| | Hammer | 2nd | K.Gibson | 19.59 |
| | 2k Walk | 1st | J.Eve | 13.18 |

| | | | | |
|-------------|-----------|-----|-----------|--------|
| <u>LV45</u> | 100m | 1st | W.Dunn | 13.5 |
| | 400m | 1st | W.Dunn | 66.7 |
| | 1500m | 3rd | S.Cooper | 6.11.7 |
| | High Jump | 3rd | S.Andrews | 1.15 |
| | Long Jump | 3rd | S.Andrews | 2.64 |
| | Shot | 4th | S.Andrews | 6.43 |
| | Hammer | 4th | S.Andrews | 13.65 |
| | 2k Walk | 1st | S.Cooper | 12.11 |

| | | | | |
|-------------|-----------|-----|--------------|--------|
| <u>LV55</u> | 100m | 1st | T.Bell | 18.3 |
| | 1500m | 3rd | A.Sutton | 6.36.0 |
| | Long Jump | 2nd | L.Blackmore | 3.01 |
| | Shot | 3rd | L. Blackmore | 5.23 |

Men

| | | | | |
|-------------|-----------|-----|-----------|--------|
| <u>MV40</u> | 100m | 3rd | S.George | 14.4 |
| | 400m | 4th | M.Stewart | 71.3 |
| | 1500m | 3rd | R.Smith | 5.36.1 |
| | High Jump | 1st | K.Eve | 1.60 |
| | Long Jump | 3rd | S.George | 3.91 |
| | Shot | 2nd | K.Eve | 9.58 |
| | Hammer | 2nd | K.Eve | 23.16 |
| | 2k Walk | 1st | R.Dunn | 10.30 |

| | | | | |
|-------------|-----------|-----|-----------|--------|
| <u>MV50</u> | 100m | 4th | L.Cooke | 19.3 |
| | 400m | 1st | J.Taylor | 63.5 |
| | 1500m | 4th | K.Bell | 5.05.3 |
| | 110m Hur | 2nd | J.Taylor | 20.60 |
| | High Jump | 2nd | J.Taylor | 1.35 |
| | Long Jump | 3rd | J.Taylor | 4.00 |
| | Shot | 4th | L.Cooke | 7.40 |
| | Hammer | 4th | L.Cooke | 17.20 |
| | 2k Walk | 1st | P.Brantom | 12.45 |

| | | | | |
|-------------|---------|-----|---------|-------|
| <u>MV60</u> | 400m | 4th | B.Mules | 88.5 |
| | Hammer | 4th | B.Mules | 13.32 |
| | 2k Walk | 3rd | B.Mules | 13.51 |

Match Scores

| | | | | | |
|--------------|-----------------------|---------|------------|-----------------------|--------|
| <u>Women</u> | Milton Keynes | 124 Pts | <u>Men</u> | Milton Keynes | 114Pts |
| | P.A.C | 109 | | Bedford | 106 |
| | Bedford | 95 | | P.A.C | 92 |
| | Cambridge & Coleridge | 43 | | Cambridge & Coleridge | 66 |

THANK YOU

This big thank you goes to Karen, Karen, Debbie and Sandra for helping to serve those much needed hot teas and for making those lovely rolls during the recent Cambridge-shire County Championships held here at the Embankment. Thanks also to Linda for making those lovely cakes. Without your help things would not have gone so smoothly.

For your information we served 12 dozen filled rolls, used 11 litres of milk, more than 350 cups of tea, coffee and hot chocolate, 100 cans of coke, fanta and sprite, 80 bottles of Lucozade and water, 70 Mars bars, 30 Kit kats, 70 Double deckers, 30 Twix, 48 Jaffa cakes (pkts of 3 biscuits), 50 pieces of fruit and around 40 slices of cake.

Elaine Larkins

As You Were

Further to the notices issued regarding the closure of the track on Thursday June 16th This will no longer apply, apparently Elton John was expected to do a few laps of the track that evening in one of his diamond studded tracksuits, as a warm-up for his planned gig on the Embankment but now he's chickened out.
Now this means we can all get back on the track that night to train.

CLUB SHOP

| | | |
|---------------------|---------------------|---------|
| Club Vests | | £ 15.00 |
| Crop Tops | | £ 14.50 |
| High neck Crop Tops | | £ 16.00 |
| Club Track Jackets | Small / Medium | £ 21.00 |
| | Large / Extra Large | £ 25.00 |
| Club Sweatshirts | | £ 12.50 |
| Club T-Shirts | Short sleeve | £ 5.50 |
| | Long sleeve | £ 8.50 |
| Club Shorts | | £ 16.00 |
| Club Briefs | | £ 11.00 |
| Club Badges | | £ 1.00 |



Second hand spikes & trainers (ask inside refreshment-hut for details)

Also the place to get your bottled water & high energy drinks.

SOUTHERN MEN'S LEAGUE

P.A.C's senior men followed up their good start in the league with a second place in the 2nd league match of the season which was held at Kings Lynn on Saturday May 21st 2005. This time they were up against sides from Ryston, Barnet and Enfield.

Results

| | A - String | | B - String | |
|-------------|---------------------|---------|---------------------|-------------|
| 100m | 3rd Neil Torr | 12.1 | 2nd Graig Torr | 12.0 |
| 200m | 3rd Neil Torr | 26.6 | 2nd Craig Torr | 24.4 |
| 400m | 4th Martin Dawson | 57.1 | 2nd Glen Watts | 55.3 |
| 800m | 1st Glen Watts | 2.01 3 | 1st Jamal Adams | 2.07.3 |
| 1500m | 2nd Andrew Suter | 4.18.2 | 1st James Lampett | 4.19.8 |
| 5000m | 1st Michael Ward | 15.35.2 | 1st Matthew Axton | 16.25.0 |
| 3000m s/c | 2nd Paul Hayman | 11.17.6 | 2nd Brian Corleys | 11.57.8 |
| 110m Hur | 2nd Chris Lawniczak | 18.0 | 2nd Simon Bannister | 22.0 |
| 400m Hur | 2nd Chris Lawniczak | 63.4 | 2nd Martin Dawson | 75.6 |
| High jump | 2nd Simon Bannister | 1.65 | 2nd Leo Amies | 1.50 |
| Pole Vault | 2nd Leo Amies | 2.40 | N/A Carl Titman | (No height) |
| Long jump | 4th Simon Bannister | 5.49 | 2nd Neil Torr | 5.14 |
| Triple jump | 2nd Simon Bannister | 11.71 | 1st Chris Lawniczak | 11.51 |
| Shot | 1st Daniel Tinkler | 13.09 | 1st Chris Lawniczak | 9.13 |
| Discus | 1st Daniel Tinkler | 37.73 | 2nd Simon Bannister | 27.74 |
| Hammer | 1st Scott McKeivitt | 42.40 | 3rd Chris Lawniczak | 17.87 |
| Javelin | 2nd Daniel Tinkler | 38.63 | 2nd Simon Bannister | 36.46 |

4 x 100m Relay 2nd 48.7 Martin Dawson, Chris Lawniczak, Scott McKeivitt, Craig Torr

4 x 400m Relay 3rd 3.53.2 James Lampett, Andrew Suter, Jamal Adams, Michael Ward

Match Result: Ryston 162 pts P.A.C 140 Barnet 91.5 Enfield 82.5

UK Young Athletes League

Many P.A.C youngsters performed well in difficult & testing conditions with strong winds & heavy rain at Grantham on Sunday 8th May 2005. The team finished third overall behind the home team & Nuneaton who both fielded strong sides. Once again P.A.C proved that they have the quality but it was quantity that let them down. Thirteen Athletes achieved PB's whilst Daniel Tinkler gained the Field Athlete man of the match award, after achieving three victories in the Shot, Discus & Javelin. The highlight of the day came in the last event the 4 X 400m with the U17 men's Relay team. Peter Capps, Jason Burke, Matthew Pettit & James Lampett all ran fine legs to pull away & win by a good 20m which had all the rest of the P.A.C squad cheering them all the way.

It has been commented that the team spirit at the last two league matches has been excellent. The whole squad of all ages is gelling together and cheering their team mates on, long may it continue. So a big thank you must go to everyone who has contributed from Athletes to judges & parents included.

| U13 Girls | 75m | Molly Edwards | A4 | 11.7 |
|-----------|-----------|------------------|----|--------|
| | | Megan Edwards | B4 | 16.0 |
| | 150m | Molly Edwards | A2 | 22.2 |
| | | Liza Watts | B1 | 23.7 |
| | 800m | Liza Watts | A2 | 3.00.3 |
| | 1200m | Samantha Longman | A3 | 5.08.6 |
| | Long Jump | Samantha Longman | A4 | 3.02 |
| | | Molly Edwards | B3 | 2.75 |
| | Shot | Samantha Longman | A4 | 2.88 |

| U15 Girls | 100m | Miranda Copping | A2 | 13.5 |
|-----------|----------------|-----------------------|----|--------|
| | | Sharna Emmanuel | B1 | 13.6 |
| | 200m | Miranda Copping | A1 | 29.4 |
| | | Sharna Emmanuel | B1 | 30.0 |
| | 300m | Chelsea Oldham | A1 | 46.8 |
| | | Emily Edwards | B2 | 52.0 |
| | 800m | Chelsea Oldham | A2 | 2.33.9 |
| | | Emily Edwards | B1 | 2.54.1 |
| | 1500m | Michelle Longman | A1 | 5.23.1 |
| | | Laura Burke | B1 | 5.32.7 |
| | Long jump | Michelle Longman | A3 | 3.57 |
| | | Laura Burke | B3 | 3.56 |
| | Javelin | Rebecca Harber | A3 | 6.79 |
| | Shot | Rebecca Harber | A2 | 5.72 |
| | | Toni Oakes | B1 | 5.29 |
| | Discus | Rebecca Harber | A1 | 15.00 |
| | | Toni Oakes | B1 | 12.85 |
| | 4 x 100m Relay | M.Longman, S.Emmanuel | A1 | 56.5 |
| | | C.Oldham, M.Copping | | |

| U17 Ladies | 100m | Sam Eve | A2 | 13.7 |
|------------|----------------|----------------------|----|--------|
| | | Jess Langford | B2 | 14.7 |
| | 200m | Chloe Weaver | A2 | 28.8 |
| | | Sam Eve | B2 | 29.2 |
| | 300m | Chloe Weaver | A3 | 45.7 |
| | | Nichola Gibson | B1 | 46.4 |
| | 1500m | Lucy Davies | A1 | 5.11.0 |
| | 300m Hur | Sam Eve | A2 | 55.2 |
| | Long Jump | Nichola Gibson | A2 | 3.72 |
| | | Lucy Davies | B2 | 3.57 |
| | Discus | Verity Swinscoe | A2 | 17.29 |
| | | Jess Langford | B2 | 10.76 |
| | Javelin | Verity Swinscoe | A3 | 9.84 |
| | 4 x 100m Relay | S.Eve, N.Gibson | A2 | 56.5 |
| | | C.Weaver, J.Langford | | |
| | 4 x 400m Relay | L.Davies, S.Eve, | A3 | 4.34.3 |
| | | C.Weaver, N.Gibson | | |

| U13 Boys | 100m | Lewis Eve | A4 | 15.4 |
|----------|-----------|-----------------|----|--------|
| | | Joshua Christie | B1 | 15.4 |
| | 200m | Joshua Christie | A4 | 33.4 |
| | | Nicholas Stone | B2 | 34.4 |
| | 800m | Nicholas Stone | A1 | 2.41.5 |
| | 75m Hur | Lewis Eve | A1 | 16.9 |
| | | Nicholas Stone | B1 | 17.9 |
| | Long Jump | Joshua Christie | A2 | 3.62 |
| | | Lewis Eve | B1 | 3.58 |

| U15 Boys | 100m | John Burgess | A4 | 13.2 |
|----------|-----------------|--|----|--------|
| | 200m | John Burgess <td>A4</td> <td>26.8</td> | A4 | 26.8 |
| | 800m | Elliott Rippon <td>A3</td> <td>2.49.5</td> | A3 | 2.49.5 |
| | Pole Vault | Andrew Punter <td>A1</td> <td>1.70</td> | A1 | 1.70 |
| | Long Jump | John Burgess <td>A2</td> <td>4.87</td> | A2 | 4.87 |
| | | Roger Tinkler <td>B2</td> <td>3.76</td> | B2 | 3.76 |
| | Shot | Martin Tinkler <td>A1</td> <td>13.57</td> | A1 | 13.57 |
| | | Roger Tinkler <td>B2</td> <td>7.37</td> | B2 | 7.37 |
| | Discus | Martin Tinkler <td>A1</td> <td>30.27</td> | A1 | 30.27 |
| | | Ben Collin <td>B1</td> <td>15.85</td> | B1 | 15.85 |
| | Hammer | Richard Stone <td>A2</td> <td>14.95</td> | A2 | 14.95 |
| | | Andrew Punter <td>B1</td> <td>14.15</td> | B1 | 14.15 |
| | Javelin | Richard Stone <td>A3</td> <td>13.27</td> | A3 | 13.27 |
| | | Ben Collin <td>B1</td> <td>13.00</td> | B1 | 13.00 |
| | 4 x 100 m Relay | A.Punter, E.Rippon, | A3 | 66.4 |
| | | R.Stone, N.Stone | | |

| U17 Men | 100m | Stefan Bidula | A2 | 12.3 |
|---------|----------------|---|----|--------|
| | 200m | Stefan Bidula <td>A2</td> <td>26.0</td> | A2 | 26.0 |
| | 400m | James Lampett | A3 | 56.4 |
| | | Peter Capps | B2 | 58.0 |
| | 800m | James Lampett | A1 | 2.06.6 |
| | | Peter Capps | B1 | 2.08.2 |
| | 1500m | Jason Burke | A2 | 4.35.7 |
| | | Matthew Pettit | B1 | 4.40.3 |
| | Long jump | Stefan Bidula <td>A3</td> <td>4.89</td> | A3 | 4.89 |
| | | Matthew Pettit | B1 | 3.56 |
| | Triple jump | Jason Burke | A1 | 11.00 |
| | Javelin | Daniel Tinkler | A1 | 42.73 |
| | Shot | Daniel Tinkler | A1 | 15.81 |
| | | Jason Burke | B1 | 8.42 |
| | Discus | Daniel Tinkler | A1 | 39.87 |
| | | Matthew Pettit | B1 | 15.69 |
| | 4 x 400m Relay | P.Capps, J.Burke, | A1 | 3.55.7 |
| | | M.Pettit, J.Lampett | | |

P.A.C. Social Events

Quiz Night.

A great turn out for our first social event of the year and, judging by the smiles and laughter everyone seemed to enjoy the evening. Paul Hayman, Sarah Biggs and Paul's parents were the eventual winners. They are currently enjoying their prize of a Caribbean cruise in Jamaica. Well almost, they all won a sports bag filled with goodies.

Forthcoming Attractions



Ten Pin Bowling.

The date has been set for the 13th July with an evening start of 7.00pm. If you are interested in taking part please can you write your name on the sheet in the refreshment hut as we will need to have some idea of numbers in order to pre-book the correct number of lanes.



Sunny Hunny Training/Fun Day.

This date has been set for Sunday 14th August and for those of you who fancy something a bit different with a training session on the beach at Hunstanton, followed by team games and a football kick about, all topped off with a fish and chip supper?. Again we need some idea of numbers so please sign your life away in the refreshment hut