

Fixtures 2005

May

Wed 4th	Eastern Vets League	7.00pm	Peterborough
Sat 7th	Southern Men's League	Noon-5.30pm	Peterborough (Double fixture)
Sun 8th	UKA Young Athletes League	11.45am-5.00pm	Grantham
Sat 14th	County Championships		Peterborough
Sat 21st	Southern Men's League	Noon-5.30pm	Kings Lynn

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 31st	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/

Date: PAC Newsletter
May 2005

Peterborough Athletic Club

A big THANK YOU to all the athletes, judges, parents and helpers who attended the recent East Anglian League match at Norwich on the 17th April 2005 (results inside). The team spirit was brilliant and a great day was had by everyone with P.A.C coming third overall behind host club Norwich and Luton.

This month sees the Vet's and the senior men take to the track in their respective leagues at the Embankment also the first fixture in the U K Athletes League being held at Grantham. So please keep up the good start and try to get along to represent the club in as many competitions you can (see fixture list on back page).

See your team manager or call in at the tea hut for more details.

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 751185

Hon Sec Elaine Larkins 01733 210353

If you have any news or information that you would like to be put inside the next issue of the newsletter please let me know you can contact me by either E-mail on janlongman@tiscali.co.uk or telephone on 07871 684882. If you prefer you can see me at the track on training nights.

Thanks
Dave Longman

P.A.C Open Meeting

FRED WRIGHT 10K AND 3K FUN RUN

There was a well supported P.A.C Open Meeting held at the Embankment on Sunday 3rd April 2005
 Excellent performances by the throwers with Scott McKeivitt in the U20 hammer.
 All the Tinkler brothers performed well in front of coach Geoff Capes with Daniel throwing a PB in the U17 hammer of 39.98.

WHITTLESEY SUNDAY 10 . 04. 05

Kevin McKeivitt organised an excellent mornings athletics for the Road Race held around the streets of Whittlesey and with Chairman Ron Crosby starting his cycling training for the Tour De France the Fred Wright 10k was a success.

Audrey Sutton and her team also produced a excellent set of results and Camb's Road Race Secretary Ray Church commented that he was pleased to leave the Event with a full set of them. Also a big thank you must go to the all the P.A.C members who marshalled the course and for giving up their Sunday morning.

3k Fun Run

Forty-three athletes faced the starter and with thirty-nine completing the 3k race was won by Matthew Pettit in a time of 10min 9 secs. There was also a good turnout from nine other P.A.C runners with Lucy Davies being the first female home in fifth place in a time of 11min 15secs.

Results

1st	Matthew Pettit	M15	10m 09s	10th	Toby Sutton	M14	12 m 01s
2nd	Richard Pawlak	M15	10m 14s	11th	Michelle Longman	F12	12m 24s
3rd	Micah Debbage	M15	10m 41s	12th	Emily Craven	F16	12m 53s
5th	Lucy Davies	F15	11m 15s	24th	Laura Arnold	F10	14m 20s
7th	Luke Banham	M15	11m 41s	26th	Samantha Longman	F11	14m 59s

Fred Wright Memorial 10k

One hundred and sixty-four athletes started the race and one hundred and fifty-six completed.

Daniel Pettit emulated his younger brother with a very impressive piece of front running to win by a clear one minute twenty-two seconds.

Once again there was ten competitors from P.A.C, whilst on the team front with the top four scoring, N.V.H scored twenty-one points whilst P.A.C scored twenty-two.

Results

Male

Female

1st	Daniel Pettit	32m 03s	144th	Tamara Cooke	56m 37s
4th	Ashley Allen	33m 25s			
8th	Michael Ward	34m 52s			
9th	Andrew Suter	34m 55s			
13th	Matthew Axton	35m 18s			
19th	Oliver Mason	36m 40s			
22nd	Paul Dunn	37m 02s			
27th	Peter Kirwin	37m 53s			
36th	Paul Hayman	38m 59s			

Graham Ward

Results

Female

Sen Women	Christina Birch	400m	1st	61.8
U20 Women	Nikita Waldin-Walker	100m	1st	13.9
	Nikita Waldin-Walker	200m	2nd	28.4
	Kay Laundry	400m	2nd	65.1
U17 Women	Chloe Weaver	100m	1st	14.1
	Sam Eve	100m	2nd	14.8
	Sam Eve	200m	2nd	29.3
	Chloe Weaver	300m	2nd	44.8
	Emily Craven	800m	3rd	2.42.2
U15 Girls	Toni Oakes	Shot	1st	5.32
	Sharna Emanuel	100m	3rd	14.2
	Sharna Emanuel	200m	2nd	28.9
	Michelle Longman	800m	2nd	2.34.3
	Chelsea Oldham	800m	3rd	2.38.3
	Michelle Longman	Long Jump	2nd	3.90
U13 Girls	Gemma Bays	100m	2nd	14.9
	Molly Edwards	100m	6th	15.7
	Liza Watts	100m	8th	16.6
	Gemma Bays	200m	1st	29.9
	Molly Edwards	150m	3rd	24.1
	Liza Watts	150m	5th	26.0
	Georgie Freeman	600m	2nd	1.57.1
	Laura Arnold	600m	3rd	2.03.2
	Molly Edwards	600m	4th	2.07.4
	Liza Watts	600m	6th	2.12.3
	Samantha Longman	600m	7th	2.15.7
	Samantha Longman	Long jump	5th	2.86
U11 Girls	Tabitha Eve	Long jump	1st	2.90
	Megan Edwards	80m	2nd	13.5
	Tabitha Eve	80m	3rd	14.7
	Megan Edwards	600m	2nd	2.21.7
	Megan Edwards	Long Jump	2nd	2.89

Road Relays

YOUNG ATHLETES 3 STAGE NATIONAL ROAD RELAY CHAMPIONSHIPS

The English Road Running Association staged their Young Athletes 3 Stage National Road Relay Championships held at Sutton Park, Birmingham on Sunday 3rd April 2005. Each of the three age groups in both sexes ran the same distance of 3.861k, but unfortunately P.A.C were only able to compete in two of the six races the U15 Boys and the U17 Men.

In the U15 Boys race seventy-one teams competed ,there were also twenty-two incomplete teams which meant that ninety-three athletes faced the starter on the first leg. Richard Pawlack took the lead leg for P.A.C running a time of 14m 04s before handing over to Matthew Pettit in fifty-ninth place. Matthew ran a excellent leg pulling up twenty places in a time of 13m 56s he then passed over to Chris Dunn on the anchor leg who ran a time of 16m 04s who unfortunately slipped down seventeen places in the field bringing home the team in fifty-sixth place.

In the U17 Men's race P.A.C were able to field an 'A' and 'B' team. Fifty-four teams competed and once again there was thirteen incomplete teams with Havant A.C being disqualified. Peter Capps took the lead leg for the 'A' team getting to the changeover in fifty-sixth place in a time of 14m 10s. Handing over to Matt Gunby who ran the second leg in a time of 13.01 pulling back twenty-one places before handing over for the final leg to Andrew Suter in thirty-fifth place (six places behind N.V.H) Andrew then ran an excellent anchor leg clocking 12m 42s gaining another six places to finish in twenty-ninth place with a accumulative time of 39m 53s finishing one second and one place in front of N.V.H

Running for the 'B' team James Lampett ran the lead leg in 13m 14s handing over in thirty-fifth place to Micah Debbage who ran a time of 14m 25s. Micah lost eleven places handing over to Paul Dunn for the third and final leg in forty-sixth place. On the last leg Paul dropped down a further two places with a time of 14m 33s to bring the 'B' team home in forty-eighth place.

Graham Ward

Results

<u>U15 Boys</u>	1st leg	Richard Pawlack	14min 4secs	44min 4secs
	2nd leg	Matthew Pettit	13min 56secs	
	3rd leg	Chris Dunn	16min 4secs	
<u>U17 Men</u>	'A' Team			39min 53secs
	1st leg	Peter Capps	14min 10secs	
	2nd leg	Matt Gunby	13min 1sec	
	3rd leg	Andrew Suter	12min 42 secs	
'B' Team	1st leg	James Lampett	13min 14secs	42min 6secs
	2nd leg	Micah Debbage	14min 25secs	
	3rd leg	Paul Dunn	14min 33secs	

Results

Male

Sen Men	Martin Chambers	100m	2nd	11.9
	Neil Torr	100m	3rd	12.5
	Martin Chambers	200m	3rd	24.3
	Martin Dawson	200m	6th	26.8
	Paul Hayman	800m	2nd	2.09.5
	John Taylor	800m	3rd	2.27.1
	Michael Ward	3000m	1st	9.46.4
	Paul Hayman	3000m	2nd	9.54.8
	Jemal Adams	3000m	4th	10.31.2
U20 Men	Scott McKeivitt	Hammer	1st	49.62
U17 Men	Minh Huynh-Quoc	100m	3rd	12.8
	Simon Turnock	100m	4th	12.9
	Minh Huynh-Quoc	200m	4th	26.6
	Stefan Bidula	400m	2nd	57.7
	Aaron Steels	Javelin	1st	38.54
	Aaron Steels	Long Jump	2nd	5.49
	Daniel Tinkler	Shot	1st	16.13
	Daniel Tinkler	Discus	1st	37.76
	Daniel Tinkler	Hammer	1st	38.98
U15 Boys	Martin Tinkler	Shot	1st	13.97
	Roger Tinkler	Shot	2nd	7.84
	Martin Tinkler	Discus	1st	37.62
	Roger Tinkler	Discus	2nd	19.18
U13 Boys	Lewis Eve	100m	1st	17.1
	Peter Godly	100m	2nd	17.3
	Peter Godly	200m	2nd	35.0
	Lewis Eve	Long Jump	1st	3.65
U11 Boys	Joel Stern	80m	1st	12.8

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

East Anglian League

Many P.A.C Athletes turned out to represent the club at Norwich in their first meeting of this season in the East Anglian League.

Held at the University of East Anglia, P.A.C competed against five other sides. These were Breckland, Great Yarmouth, Luton A.C, West Norfolk and home club City of Norwich.

There were many excellent results with eight PBs being achieved.

U17 male thrower Daniel Tinkler achieved a club record in the Discus with a distance of 45.54 to add to his other club record that he achieved earlier in the season with the Shot.

U17 female Leah Parsons also had a wonderful day with two PBs one in the Long jump with a distance of 5.10 and the other in the High jump with a great leap of 1.70. It was also a good day for the distance runners in the 1500m with PBs for Samantha Longman and Mollie Edwards in the U13 girls, also for Samantha's older sister Michelle Longman and Laura Burke in the U15 girls. Jason Burke and Matthew Pettit also lowered their bests in the U17 men's race, whilst a mention must also go to Michael Ward who ran a fine race to win the Seniors 3000m.

Once again the P.A.C male throwers were untouchable winning seven times in the throwing events, Daniel added the Shot to his win list, whilst younger brother's Martin and Roger both won their Shot and Discus events for the U15 boys A and B strings. Scott McKeivitt once again launched the Hammer to first place in the Senior men .and there were also two wins for Aaron Steels in Long jump and Javelin in the U17 men.

In the ladies section there were wins for Nichola Gibson 300m b-string U17, Sharna Emmanuel in the 100m b-string U15, Toni Oakes in the Discus b-string u15 and Michelle Longman in the Javelin b-string U15. Finally there was a great performance by the U15 girls relay team (Lauren Jones, Sharna Emmanuel, Chelsea Oldham and Miranda Copping) who were very unlucky not to win after their second leg runner was hampered at first changeover by the Norwich Athlete in the lane outside P.A.C forcing her to check up and swerve around her.

Track Results

<u>U11 Girls</u>	80m	Megan Edwards Charlie Wing	A4 B4	13.1 14.2	<u>U13 Girls</u>	4 x 100m Relay	M.Edwards, L.Watts, C.Bowen, G.Bays	A4	63.1
	600m	Charlie Wing Megan Edwards	A4 B6	2.11.7 2.17.1	<u>U15 Girls</u>	100m	Miranda Copping Sharna Emmanuel Tyisha Lannon	A4 B1 N/S	13.8 13.7 14.9
<u>U13 Girls</u>	100m	Gemma Bays Molly Edwards Charlotte Bowen	A3 B3 N/S	14.7 15.3 15.6		200m	Miranda Copping Sharna Emmanuel	A3 B2	28.7 28.8
	200m	Gemma Bays Liza Watts	A3 B5	30.4 34.4		800m	Chelsea Oldham Emily Edwards	A2 B3	2.34.9 3.03.0
	800m	Liza Watts Charlotte Bowen	A3 B3	2.59.8 3.03.3		1500m	Michelle Longman Laura Burke	A2 B2	5.24.4 5.26.8
	1500m	Samantha Longman Molly Edwards	A2 B2	6.25.3 6.28.2		4 x 100m Relay	L.Jones, S.Emmanuel C.Oldham, M.Copping	A2	54.9

Track Results

<u>U17 Ladies</u>	80m Hur	Leah Parsons	A2	13.2
	300m	Chloe Weaver Nichola Gibson	A2 B1	45.0 48.6
<u>Senior Ladies</u>	100m	Nikita Waldin-Walker Holly Gregson	A4 B2	12.5 13.7
	200m	Sam Eve Chloe Weaver	A4 B5	28.9 28.6
	400m	Christina Birch Kay Laundry	A2 B2	61.6 64.4
	800m	Emily Craven	A3	2.42.7
	1500m	Emily Craven Wendy Perkins	A4 B3	5.48.5 6.18.4
	4 x 100m Relay	S.Eve, N.Gibson C.Weaver, H.Gregson	A4	54.0

<u>U13 Boys</u>	75m Hur	Nicholas Stone	A3	17.6
	100m	Peter Godly Lewis Eve	A3 B4	15.8 16.7
	200m	Peter Godly	A6	34.4
	800m	Nicholas Stone	A3	2.49.8

<u>U15 Boys</u>	800m	Richard Pawlak	A2	2.13.4
-----------------	------	----------------	----	--------

<u>U17 Men</u>	100m	Stefan Bidula	A3	12.3
	200m	Stefan Bidula	A5	25.4
	800m	James Lampett	A2	2.04.4
	1500m	Jason Burke Matthew Pettit	A3 B1	4.40.3 4.44.4

<u>Senior Men</u>	100m	Martin Chambers Craig Torr	A2 B2	11.7 12.0
	200m	Martin Chambers	A4	25.0
	400m	Chris Knights Martin Dawson	A2 A5	55.5 58.1
	800m	Chris Knights Paul Hayman	A2 B2	2.03.5 2.09.1
	3000m	Michael Ward Paul Hayman	A1 N/S	9.12.6 9.46.9

Field Results

<u>U13 Girls</u>	Longjump	Molly Edwards Samantha Longman	A6 B6	3.25 2.52
	Javelin	Samantha Longman	A4	6.80
<u>U15 Girls</u>	Highjump	Lauren Jones	A2	1.25
	Long jump	Lauren Jones Michelle Longman	A4 B2	3.97 3.65
	Javelin	Tyisha Lannon Michelle Longman	A3 B1	13.55 13.10
	Shot	Toni Oakes	A3	5.76
	Discus	Rebecca Harber Toni Oakes	A5 B1	13.18 12.47
<u>Senior Ladies</u>	Highjump	Leah Parsons	A1	1.70
	Longjump	Leah Parsons	A1	5.10
	Shot	Verity Swinscoe	A5	5.19
	Discus	Verity Swinscoe	A4	16.48
	Javelin	Verity Swinscoe	A6	10.82
<u>U13 Boys</u>	Longjump	Lewis Eve	A2	3.97
<u>U15 Boys</u>	Shot	Martin Tinkler Roger Tinkler Richard Pawlak	A1 B1 N/S	13.92 8.48 4.95
	Discus	Martin Tinkler Roger Tinkler	A1 B1	37.86 17.53
<u>U17 Men</u>	Long jump	Aaron Steels	A1	5.97
	Triple jump	Jason Burke	A2	10.26
	Javelin	Daniel Tinkler Aaron Steels	A2 B1	44.18 35.66
	Shot	Daniel Tinkler	A1	16.07
	Discus	Daniel Tinkler	A1	45.54
<u>Senior Men</u>	Hammer	Scott McKeivitt Karl Eve	A1 B3	40.84 22.65
	Shot	Karl Eve Craig Torr	A4 B4	9.44 8.54
	Discus	Karl Eve	A4	25.03
	Javelin	Karl Eve	A5	32.47
	Highjump	Karl Eve	A3	1.60