

New Members

Welcome to the following new members who have joined the club in August. We hope you enjoy your athletics and have a happy and successful time with us. The new members are Toby Eldred, Joe Abbott-Gribben, Benedict Abbott-Gribben, Julie Philpott, Renee Earl-Jarrett, Jay Dobbs, James Thomes, Jay Bingham, Dominic Jones, Alex Slingsby, Leanne Knights, Laura Wilkins, Laura Bedford, Leon Weathers, Jordan Burgess and Jazzmin Tynan.

Membership Renewal

Your membership fees should have been paid by now as it was due on April 1st, if you have not paid then please do so now. Elaine is available each Tuesday and Thursday evening to take your payment of £20 for over 20's and £15 for under 20's.

Your membership fee helps towards the running costs of the club, it helps towards the hire of facilities on training nights and also helps towards reduced travel costs, these are just some of the things your membership fee helps.

But, perhaps the most important thing that your membership covers is your insurance should anything happen to you while you are training within the confines of the club and with the clubs qualified coaches.

So please make sure the next time you are at the club and you have not paid your fee's, that you see Elaine to do so.

HELP IS NEEDED !

We are constantly on the look for people to help at our home meetings and especially the Marshall Peugeot games. It takes around 100 people to run a meeting successfully. If you are able to help in any way please speak to Ron Crosby or Elaine Larkins who will be down the track on Tuesday's and Thursday's. It really doesn't matter if you can only spare us one hour, if five people help for one hour each that is so much better than one person helping for five hours.

Eastern Veterans League

Peterborough Athletic Club's women once again finished second and the men came third in the fourth fixture of the Veterans League held at Bedford on Wednesday 3rd August 2005. Both competed against teams from Bedford, Cambridge & Coleridge and Milton Keynes.

This result means that both the men and women's team are through to the finals which are also to be held at Bedford on Sunday 4th September 2005.

Women

<u>LV35</u>	200m	2nd	J.Burke	30.8
	800m	2nd	S.George	2.39.1
	3000m	1st	Y.Scarrott	11.35.6
	400m Hur	2nd	J.Burke	80.4
	Pole Vault	1st	J.Burke	1.60
	Triple Jump	2nd	S.George	7.29
	Discus	3rd	K.Gibson	18.36
	Javelin	3rd	J.Longman	12.15
	Medley Relay	2nd		3.34.5

<u>LV45</u>	200m	1st	W.Dunn	27.4
	3000m	3rd	A.Sutton	13.14.9
	Triple Jump	2nd	S.Andrews	6.64
	Discus	3rd	S.Andrews	17.13
	Javelin	3rd	W.Dunn	15.20
	Medley Relay	2nd		3.59.6

<u>LV55</u>	800m	2nd	A.Sutton	3.06.6
	Javelin	3rd	L.Blackmore	11.47
	Mile Walk	2nd	L.Blackmore	10.54.8

Men

<u>MV40</u>	200m	4th	M.Stewart	31.5
	800m	4th	R.Smith	2.52.05
	3000m	4th	R.Smith	11.47.06
	Pole Vault	2nd	K.Eve	2.70
	Triple Jump	3rd	M.Stewart	6.64
	Discus	3rd	K.Eve	23.53
	Javelin	1st	K.Eve	33.86
	Medley Relay	4th		3.40.1
	Mile Walk	2nd	R.Dunn	8.15.1

<u>MV50</u>	200m	1st	D.Whitehead	26.0
	800m	1st	J.Taylor	2.32.01
	3000m	3rd	P.Brantom	13.13.1
	400m Hur	2nd	J.Taylor	76.20
	Triple Jump	3rd	J.Taylor	8.15
	Discus	4th	B.Keegan	18.89
	Javelin	4th	L.Cooke	18.22
	Medley Relay	1st		3.10.9
	Mile Walk	1st	B.Keegan	9.08.7

<u>MV60</u>	200m	3rd	L.Cooke	35.80
	3000m	3rd	B.Mules	15.04.6
	Triple Jump	3rd	B.Mules	5.49
	Discus	3rd	L.Cooke	19.50

Match Scores

<u>Women</u>	Milton Keynes	118 Pts	<u>Men</u>	Milton Keynes	122 Pts
	P.A.C	88 Pts		Bedford	99 Pts
	Bedford	52 Pts		P.A.C	94 Pts
	Cambridge & Coleridge	51 Pts		Cambridge & Coleridge	64 Pts

St Ives 10k Road Race

With the Police implementing a maximum of 500 runners for this race ,it caused a great deal of worry and concern to many athletes and team managers. I myself issued blank entry forms to 16 athletes on the 7th June for the Ramsey 12K (10.7.05) and the St Ives 10K (17.07.05). If the athletes had taken advantage of my initiative they would not only have saved themselves some money but they would also avoided a great deal of worry on the day.

A significant number of runners had taken advantage of being able to enter this race via the internet. Oliver Mason and Glen Watts having travelled to St Ives had to have their names entered on a waiting list, however they were able to have their entries accepted shortly before the start of the race, because 52 of the pre- race entrants had failed to turn upon the day.

In future please take advantage of a pre-race entry and avoid anxiety on the day.

As for the race there were 462 finishers and P.A.C athletes who competed ran very well, winning the team award based on the accumulation of times posted by their first 4 runners. In all 6 male athletes represented the club and they finished as shown below.

Results

6th	Matthew Axton	34 mins 24 secs
9th	Ashley Allen	34 mins 41 secs
11th	Glen Watts	35 mins 03 secs
18th	Oliver Mason	36 mins 55 secs
31st	Peter Kirwin	38 mins 53 secs
194th	Peter Brantom	48 mins 54 secs

After completion of 4 of the 8 races which constitute the Camb's League fixture list last Sunday's result should have insured P.A.C's position at the top of the league table.

Rumour has it that Glen's dad (Dave) will not be increasing his contents insurance as a result of Glen's latest acquisition to the Watts trophy cabinet.

Graham Ward.

Forthcoming Camb's Road Race League Fixtures

The 4 remaining races in the league programme are;

Sunday 21st August 10.30am Thorney 5 miles (includes Camb's County Champs)

Wednesday 31st August 7.00pm N.V.H 5K (Ferry Meadows) (Entry on the night)

Sunday 11th September 10.30am Grunty Fen 1/2 Marathon (Entry form from G.Ward)

Sunday 30th October 10.00am Fenland 10 mile (Entry form from G Ward)

SOUTHERN MEN'S LEAGUE

P.A.C's senior men just missed promotion in the league with a Second place in the 5th league match of the season which was held at Bury St Edmunds on Saturday July 30th 2005. This time they were up against a strong side from Ipswich (who won promotion), Harrow and Great Yarmouth.

A - String

B - String

100m	2nd Neil Torr	12.0	2nd Steve Tidy	12.3
200m	2nd Neil Torr	24.2	2nd Peter Arnott	24.9
400m	2nd Steve Tidy	53.9	1st Mick Wright	53.5
800m	1st Ashley Allen	1.58.0	2nd James Lampett	2.01.9
1500m	1st Dan Pettit	3.56.9	1st Dan Watts	4.01.6
5000m	2nd Matthew Axton		2nd Michael Ward	
3000m s/c	1st Glen Watts	9.50.8	2nd Paul Hayman	11.47.2
110m Hur	2nd Chris Lawniczak	18.7	2nd Simon Bannister	21.3
400m Hur	2nd Mike Wright	62.3	2nd Chris Lawniczak	63.7
High jump	2nd Simon Bannister	1.75	2nd Karl Eve	1.65
Pole Vault	1st Carl Titman	4.10	1st Leo Aimes	3.20
Long jump	2nd Aaron Steels	5.82	2nd Richard Washbrooke	5.08
Triple jump	2nd Simon Bannister	11.59	2nd Richard Washbrooke	10.69
Shot	1st Dan Tinkler	13.75	3rd Karl Eve	9.58
Discus	1st Dan Tinkler	36.44	2nd Simon Bannister	27.86
Hammer	3rd Dan Tinkler	29.71	3rd Karl Eve	21.93
Javelin	3rd Aaron Steels	40.08	2nd Simon Bannister	37.19

4 x 100m Relay 1st 46.9 Richard Washbrooke, Peter Arnott, Mike Wright, Neil Torr.

4 x 400m Relay 1st 3.33.8 Ashley Allen, James Lampett, Dan Watts, Glen Watts.

Match Result: Ipswich 168 pts, P.A.C 150 pts, Harrow 95 pts, Yarmouth 45 pts.

East Anglian League

A small squad of P.A.C members represented the club at King's Lynn on Sunday July 24th 2005. The U15 girls, U17 ladies & Senior Women all performed well to qualify for the finals. The East Anglian League finals will be held at Cambridge on Sunday September 18th 2005.

<u>U13 Boys</u>				
100m	Lewis Eve	A3	14.8	
Long Jump	Lewis Eve	A2	4.00	
	Nicholas Stone	B3	3.10	
Javelin	Peter Godly	A2	21.49	
800m	Nicholas Stone	A1	2.44.9	
	Peter Godly	B1	2.48.6	
75m Hur	Lewis Eve	A3	17.3	

<u>U15 Boys</u>				
100m	Jay Dobbs	A3	12.6	
	Dominic Jones	B1	12.5	
200m	Jay Dobbs	A4	26.8	
	John Burgess	B1	26.8	
400m	John Burgess	A2	56.4	
	Richard Pawlak	B2	62.8	
800m	Richard Pawlak	A1	2.14.5	
Long Jump	John Burgess	A4	4.82	
High Jump	Jamie Irons	A2	1.60	
Shot	Martin Tinkler	A1	12.96	
	Roger Tinkler	B1	7.77	
Discus	Martin Tinkler	A1	35.48	
	Roger Tinkler	B1	18.62	
Hammer	Martin Tinkler	A1	34.27	
	Richard Stone	B1	22.80	
Javelin	Dominic Jones	A1	33.86	
	Ryan Davis	B1	18.15	
4 X 100m Relay	Jay Dobbs Dominic Jones Richard Pawlak John Burgess	A2	50.2	

<u>Senior Men</u>				
100m	Neil Torr	A4	11.4	
200m	Steven Tidy	A3	24.5	
400m	Steven Tidy	A1	53.6	
	Ryan Arnold	B2	58.0	
800m	Ryan Arnold	A3	2.10.0	
3000m	Michael Ward	A1	9.29.1	
100m Hur	Scott McKeivitt	A2	25.5	
Hammer	Scott McKeivitt	A1	41.46	
Long Jump	Neil Torr	A3	5.31	
4 X 100m Relay	N.Torr R.Arnold S.Tidy M.Ward	A2	48.5	

<u>U17 Men</u>				
1500m	James Lampett	A1	4.25.6	
	Jason Burke	B1	4.33.0	
Shot	Daniel Tinkler	A1	16.24	
Discus	Daniel Tinkler	A1	37.95	
Hammer	Daniel Tinkler	A1	40.24	



<u>U15 Girls</u>					<u>Senior Ladies</u>				
75m Hur	Tyisha Lannon	A3	16.7		80m Hur	Leah Parsons	A1	12.5	
	Sharna Emanuel	B3	13.4			Jess Langford	B1	14.5	
100m	Miranda Copping	A1	13.2		100m	Nikita Walden Walker	A1	12.9	
	Sharna Emanuel	B2	13.3			Sam Eve	B1	13.5	
200m	Miranda Copping	A3	28.2		200m	Nikita Walden Walker	A1	27.2	
	Sharna Emanuel	B2	28.3			Nichola Gibson	B1	28.3	
800m	Chelsea Oldham	A2	2.30.9		300m	Nichola Gibson	A1	45.6	
	Michelle Longman	B1	2.31.1			Sam Eve	B2	47.5	
1500m	Laura Burke	A3	5.29.3		400m	Christina Burch	A1	62.1	
						Wendy Perkins	B3	73.1	
High jump	Emily Edwards	A2	1.25		800m	Stephanie Cooper	A1	2.24.7	
	Harriett Ball	B2	1.20			Wendy Perkins	B2	2.48.4	
Long jump	Michelle Longman	A5	3.75		1500m	Lucy Davies	A1	5.21.5	
	Laura Burke	B3	3.57						
Shot	Harriett Ball	A3	6.01		High jump	Leah Parsons	A1	1.55	
	Toni Oakes	B2	5.31			Jess Langford	B1	1.00	
Discus	Harriett Ball	A1	16.11		Long jump	Nichola Gibson	A4	3.88	
	Michelle Longman	B1	14.18			Lucy Davies	B2	3.10	
Javelin	Tyisha Lannon	A1	16.85		Triple Jump	Jess Langford	A3	8.54	
	Toni Oakes	B2	10.89			Sam Eve	B1	8.29	
4 X 100m Relay	H.Ball, S Emanuel, C Oldham, M Copping	A1	54.7		Javelin	Leah Parsons	A2	23.10	
						Verity Swinscoe	B3	11.34	
					Shot	Kay Gibson	A2	6.84	
						Verity Swinscoe	B2	5.94	
					Discus	Verity Swinscoe	A3	18.56	
						Kay Gibson	B3	15.76	
4 X 100 m Relay	N.Walden Walker , S Eve, N Gibson , L Parsons	A1	53.4						

Summer B-B-Q.

There will be a Summer Barbeque on Wednesday September 7th starting at 6.30pm. Tickets are on sale in the refreshment hut and will cost £3.00 each. All the food will be supplied but you will need to provide your own drink. As well as food there will be fun and games for everyone, so bring your friends and mums and dads to join in the fun.

Family Fun Day at the Races.

There will be a Family Fun Day for all P.A.C members , family and friends at Huntingdon Race course on Sunday 25th September. There will be a Barbeque and refreshments for all also a Free Bouncy Castle, Free rides and face painting for the Children .

The cost for food & drink will be £6.00 for Adults and £3.00 for Children. Please see Jan or Dave Longman for more details and let them know what drinks you would like.

Entrance to the Race Track via the Picnic Car Park is £6.00 per Adult, Children Free

