

Fixtures 2005

April

Sun 3rd	Open Graded Meeting	11.00am -5.30pm	Peterborough
Sun 10th	Fred Wright 10km	10.20am	Whittlesey
Sun 17th	East Anglian League	11.45am -5.00pm	Norwich

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 (not confirmed)
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/ Cambridge

Date:
April /
May 2005

PAC Newsletter

Peterborough Athletic Club

Dan's Dream Comes True

Dan Watts fulfilled his dream of becoming an full international when he represented Great Britain in the recent World Cross Country Championships held at St Etienne, France.

This late call up to run for his country came after Dan became the first Cambridgeshire athlete to win the English Schools Cross Country Championships held at Norwich on 12th March.

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

Welcome everybody to the start of the new Track & Field season.

Hopefully many of you are looking forward to be representing your club this coming season, be it in the Eastern Vets League, Southern Men's League, East Anglian League or UKA Young Athletes League thus achieving as many P B's as possible (this will make all those winter nights training worthwhile).

Obviously for P.A.C to be successful we need as many of our athletes to compete and as this is the clubs Golden Jubilee lets all pull together and put the club back in the top rank where it should be.

If we turn up at meetings with insufficient competitors we have lost the meeting before we have even started.

So if everybody can please try to get to as many meetings as possible both home and away it would be magnificent. Also if you have relatives or friends who could help out and volunteer to be field judges or helpers please let Ron Crosby or your team manager know because as a rule if we do not supply any field judges at the meetings the team are deducted points.

Many thanks

Read all about it

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 and I will endeavour to squeeze it in.

You can contact myself by either e-mail on davelongman@tiscali.co.uk or telephone on 07901 735357 and if you prefer you can see me at the track on training nights (as always I will be sitting on the benches by the hut).

Thanks
Dave Longman

ENGLISH SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Twelve athletes from PAC qualified to represent Cambridgeshire schools held at Norwich on the 12th March 2005. These championships provide the highest quality of competition for young athletes and to finish in the top 100 represents an extremely victorious performance.

The senior boys race, over 6.8km, was a great personal triumph for Daniel Watts who ran the perfect race to become English Schools' Champion from a field of 309, who finished the race. Daniel has shown consistent improvement since he joined the club in April 2000 (almost 5 years ago) and he is now on the verge of international honours with the School's his best performance to date Twin brother Glen also had a brilliant run to finish 22nd. Other PAC finishers are Matt Gunby 102nd and Andrew Suter 254th, both of these athletes will have an opportunity to improve on these placings in 2006. All four athletes are coached by Kevin McKeivitt and he is to be congratulated on developing the athletes careers of these four youngsters who could form the nucleus of a strong senior men's team in 3 or 4 years time.

Inter boys (6k– 326 finishers)

Peter Capps 165th
Jason Burke 189th
James Lampett DNF (lack of experience apparent at this level)

Junior boys (4.2k– 330 finishers)

Richard Pawlak 39th (Excellent-congratulations to John Harrison)
Ed Gunby 143rd

Junior girls (3.2k— 340 finishers)

Laura Burke 221st

Inter girls 3.9k—333 finishers)

Lucy Davies 75th (Excellent— congratulations to John Sutton)

Senior girls (4.2k– 295 finishers)

Lisa Ainslie 204th

Graham Ward

Cross Country

Cross Country Awards Club Championships

U 13 Girls

1st Michelle Longman

U 15 Girls

1st Lucy Davies
2nd Laura Burke
3rd Chelsea Oldham

U 17 Women

1st Emily Craven

U 17 Men

1st Andrew Suter
2nd Jason Burke

Senior Women

1st Tanya Taylor
2nd Stephanie Cooper

U 20 Men

1st Ashley Allen
2nd Ed Mitchell

Vet Women

1st Janice Burke
2nd Debra Harris

Vet Men

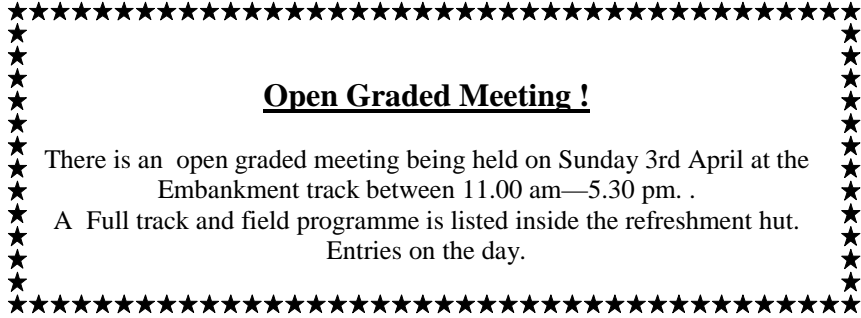
1st Oliver Darney

Special Awards

Both Daniel Petit & Ed Gunby also received awards to acknowledge their achievements this year.

Daniel 's award was for gaining his England vest & making his international debut for England in Spain.

Ed received his for his overall performance in the Reebok Cross Challenge 2004/2005 where he finished 6th in the final standings.



Open Graded Meeting !

There is an open graded meeting being held on Sunday 3rd April at the Embankment track between 11.00 am—5.30 pm. .
A Full track and field programme is listed inside the refreshment hut.
Entries on the day.

Quiz Night

The Club are holding a quiz night on Saturday 9th April at Newborough Village Hall starting at 7.30pm.

Teams consist of 6 players maximum per team at a cost of £ 5.00 per team.

Nibbles will be supplied but please bring your own drink.

East Anglian League

A coach will be running to Norwich for the East Anglian League match on Sunday 17th April, It will leave the Embankment track at 8.30am prompt and will be back at the track approx 8.00pm.

Anyone wishing to travel by coach should put their name on the list inside the refreshment hut.

The cost of the coach is subsidised by the club, therefore charges are kept to a minimum.

The cost will be £6.00 for Age 20 & over (senior)
£4.00 for under 20

Peterborough Open Meeting

PAC members performed well in the recent Open Meeting held at the Embankment Track on the 20th March 2005.

Boys & Men's Results

80m	Boys U13	2nd	Joshua Christie	12.8
		3rd	Lewis Eve	13.3
80m	Men's U17	1st	Stefan Bidula	10.1
		2nd	Minhi Huyna Quoc	10.4
80m	Sen/Vet Men	1st	Neil Torr	9.9
		2nd	Craig Torr	10.0
150m	Boys U13	2nd	Joshua Christie	24.6
		3rd	Nicholas Stone	26.1
150m	Men's U17	1st	Stefan Bidula	18.7
		2nd	Grant Oakes	19.0
		3rd	Minhi Huyna Quoc	19.1
150m	Sen/Vet Men	1st	Martin Chambers	17.6
		4th	Neil Torr	18.1
		5th	Craig Torr	18.3
300m	Sen/Vet Men	3rd	Richard Washbrooke	40.9
600m	Boys U13	1st	Nicholas Stone	2.05.4
600m	Boys U15	2nd	Nathan Pople	2.31.8
600m	Men's U17	2nd	Jason Burke	1.34.5
1000m	Boys U 15	1st	Richard Pawlak	3.03.3
1000m	Men's U 17	2nd	Jason Burke	3.01.1
1000m	Sen/Vet Men	2nd	Paul Hayman	2.47.1
3000m	Sen/Vet Men	4th	Michael Ward	9.31.2
		5th	Oliver Mason	10.01.6
		6th	Paul Hayman	10.17.0

Long Jump

Boys U13	2nd	Lewis Eve	3.43
	3rd	Joshua Christie	3.35
Men's U17	1st	Aaron Steels	6.22
Sen/Vet Men	2nd	Richard Washbrooke	5.30

Girls & Women's Results

80m	Girls U11	1st	Megan Edwards	13.6
		2nd	Tabitha Eve	14.9
80m	Girls U13	5th	Gemma Bays	12.6
		7th	Liza Watts	13.5
80m	Girls U15	2nd	Sharna Emanuel	11.3
		4th	Harriet Ball	11.6
		7th	Tyisha Lannon	12.5
		8th	Miranda Copping	Fell
80m	Women's U17	1st	Chloe Weaver	11.1
		3rd	Sam Eve	11.4
150m	Girls U13	3rd	Molly Edwards	23.6
		4th	Gemma Bays	23.6
		5th	Liza Watts	25.8
150m	Girls U15	1st	Sharna Emanuel	21.2
		3rd	Felicity Baines	21.5
		4th	Harriet Ball	21.7
		6th	Tyisha Lannon	23.0
150m	Women's U17	1st	Chloe Weaver	21.0
		2nd	Sam Eve	21.3
300m	Women's U17	1st	Chloe Weaver	44.6
		3rd	Nichola Gibson	46.5
300m	Sen/Vet Women	3rd	Christina Birch	44.3
600m	Women's U17	1st	Chelsea Oldham	1.47.3
		2nd	Emily Craven	1.49.9
600m	Sen/Vet Women	1st	Stephanie Cooper	1.42.2
		2nd	Wendy Perkins	1.59.7
1000m	Girls U15	1st	Michelle Longman	3.24.7
1000m	Woman's U17	1st	Lucy Davies	3.17.7

Long Jump

Girls U11	1st	Megan Edwards	2.38
Girls U13	3rd	Molly Edwards	2.81
	4th	Samantha Longman	2.63
Women's U17	1st	Nichola Gibson	4.05