

## Track & Field Fixtures 2006

|                |                                |                      |
|----------------|--------------------------------|----------------------|
| 22nd April     | Southern Women's League        | Cricklefield, Ilford |
| 23rd April     | East Anglian League            | Norwich              |
| 29th April     | Southern Men's League          | Hemel Hempstead      |
| 30th April     | UK Young Athlete's League      | Peterborough         |
| 3rd May        | Eastern Vet's League           | Peterborough         |
| 7th May        | National Junior League         | Ipswich              |
| 20th May       | Southern Men's League          | Bedford              |
| 20th May       | Southern Women's League        | Hemel Hempstead      |
| 21st May       | UK Young Athlete's League      | Corby                |
| 3rd June       | Southern Men's League          | Peterborough         |
| 4th June       | East Anglian League            | St Ives              |
| 4th June       | UK Young Athlete's League      | Stratford            |
| 7th June       | Eastern Vet's League           | Milton Keynes        |
| 11th June      | National Junior League         | Ipswich              |
| 25th June      | East Anglian League            | Luton                |
| 25th June      | UK Young Athlete's League      | Derby                |
| 5th July       | Eastern Vet's League           | Cambridge            |
| 8th July       | Southern Men's League          | Kings Lynn           |
| 15th July      | Southern Women's League        | St Mary's            |
| 16th July      | National Junior League         | Bedford              |
| 23rd July      | UK Young Athlete's League      | Peterborough         |
| 2nd August     | Eastern Vet's League           | Bedford              |
| 5th August     | Southern Men's League          | Woodford Green       |
| 6th August     | East Anglian League            | Peterborough         |
| 12th August    | Southern Women's League        | Peterborough         |
| 13th August    | National Junior League         | Cambridge            |
| 28th August    | Marshall Peugeot Games         | Peterborough         |
| 2nd September  | Southern Women's League        | Biggleswade          |
| 3rd September  | Eastern Vet's League ( Final ) | Bedford              |
| 17th September | East Anglian League ( Final )  | Bury St Edmunds      |
| 24th September | Multi-Events                   | Peterborough         |

\* Please note all fixture's are provisional check for confirmation \*

Date:  
April  
2006

## PAC Newsletter



### New Track & Field Season

Welcome to everyone for the start of the new track and field season. We hope that many of you will enjoy competing for the club taking part in your respective leagues.

There are more details of what's happening this season within the Newsletter and on the notice board in the clubhouse .

The Club also needs help from parents and friends to volunteer with assistance in any way, be it from helping transport athletes to away matches, serving a cup of tea in the refreshment bar or by helping assist the officials at home meetings.

Just see Elaine Larkins or Dick Dawson at refreshment bar and sign up to help.

PETERBOROUGH  
ATHLETICS ARENA

TRAINING  
TUESDAYS 6.00 — 8.00 PM  
THURSDAYS 6.00 — 8.00 PM

[www.peterborough-ac.org.uk](http://www.peterborough-ac.org.uk)

Contacts;

Chairman Ron Crosby 01733 202901

Hon Sec Elaine Larkins 01733 210353

## Renewal of Membership Fee's

The renewal of membership fees are due from the 1st April 2006. So could you please make prompt payment as you can only compete for the club once your new membership is paid.

Please see Elaine Larkins or Dick Dawson in the clubhouse to make your payment and receive your new membership card.

Your Membership 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.

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 club's qualified coaches.

### News from A.G.M

At the recent A.G.M meeting held on the 17th March 2006 the following people were elected in the following roles.

|                             |                 |
|-----------------------------|-----------------|
| President;                  | Carole Hollman  |
| Chairman;                   | Ron Crosby      |
| Vice Chair;                 | Kevin McKeivitt |
| Secretary;                  | Elaine Larkins  |
| Treasurer;                  | Audrey Sutton   |
| Membership Secretary        | Elaine Larkins  |
| Officials Secretary         | Maureen Torr    |
| Coaching Secretary          | Dave Clay       |
| Road Running Secretary      | Graham Ward     |
| Cross Country Secretary     | Dave Longman    |
| Committee member            | Dick Dawson     |
| Committee member            | Dave Longman    |
| Southern Men's Team manager | Ron Crosby      |
| Women's/Girls Team manager  | Jan Longman     |
| Boys Team manager           | Kevin McKeivitt |
| Vet's Team manager          | Laurie Cooke    |
| Club U20 Liaison officer    | Kevin McKeivitt |
| Club Liaison officer        | Joan Emanuel    |
| Fixtures Secretary          | Alison Ball     |
| Website Manager             | Nigel Godly     |
| Statistician                | Allyson Godly   |
| Child Care officer          | Derrick Biggs   |
| Newsletter Editor           | Dave Longman    |

## Fred Wright 10k and 3k fun run.

Many P.A.C athletes turned out to run in both the 10k and 3k fun run on a sunny but very windy day, which made the conditions hard to run in. Both races were won by quite a large margin with both Glen Watts (10k) and Richard Pawlak (3k) having well over a minute between themselves and the second placed runner. The Senior men's team also came first place overall with 42 points.

It was also nice to see the appearance of Graham Ward (Road Running Team Manager) for the first time since undergoing an operation, and we all wish him a speedy recovery and look forward to seeing him back with us in the near future. ( A full report from Graham will follow in next month's newsletter )

### 10k Run

|    |       |               |               |
|----|-------|---------------|---------------|
| 1  | 34.25 | Glen Watts    | Senior Men    |
| 2  | 35.43 | Matthew Axton | Senior Men    |
| 4  | 37.06 | Jason Burke   | Senior Men    |
| 8  | 38.50 | Peter Kirwin  | Senior Men    |
| 11 | 39.39 | Oliver Mason  | Senior Men    |
| 16 | 40.12 | Brian Corleys | Senior Men    |
| 34 | 43.43 | Ryan Arnold   | Senior Men    |
| 41 | 45.08 | John Taylor   | Vet Male 55   |
| 42 | 45.08 | Roger Smith   | Vet Male 50   |
| 44 | 45.25 | Janice Burke  | Vet Female 40 |
| 57 | 48.09 | Jill Eve      | Vet Female 40 |
| 84 | 72.05 | Nicola Kenny  | Vet Female 35 |

### 3k Fun Run.

|    |       |                 |            |
|----|-------|-----------------|------------|
| 1  | 11.31 | Richard Pawlak  | Male 15    |
| 2  | 12.58 | Nicholas Stone  | Male 12    |
| 5  | 13.39 | Gemma Bays      | Female 13  |
| 7  | 13.46 | Nathan Pople    | Male 15    |
| 9  | 13.54 | Peter Godly     | Male 12    |
| 10 | 14.00 | Sam Longman     | Female 12  |
| 11 | 14.54 | Laura Arnold    | Female 11  |
| 12 | 15.31 | Charlotte Kenny | Female 13  |
| 15 | 15.58 | Richard Stone   | Male 14    |
| 17 | 16.49 | Nigel Godly     | Senior Men |
| 18 | 17.45 | Robert Stone    | Male 9     |
| 25 | 22.07 | Tabitha Eve     | Female 10  |

## PAC Indoor Athletics Round Up

Two Peterborough Athletics Club sprinters have competed with distinction at indoor meetings.

Running in the Scottish Indoor Championships at Kelvin Hall, Glasgow, Sharna Emanuel was 2<sup>nd</sup> in her heat of the U15 Girls 60m in 8.48sec. She then ran a PB of 8.42 to finish 4<sup>th</sup> in the semi-final.

Harriet Ball also competed in the U15 Girls in the Midland Counties meeting at the NIA in Birmingham. She ran a PB of 8.48 in the 60m and was the 4<sup>th</sup> fastest out of 29 competitors over 200m in a time of 27.7.

Both girls were competing as part of their preparation for the National Indoor Championships to be held at the NIA Birmingham on March 4/5.

There they will be joined by club high jumpers Leah Parsons and Jamie Irons, multi-eventer Sean Band and shot putter Martin Tinkler all of whom compete at U17 level.

## Eastern Championships

Entry forms for the Eastern Championships on Sunday 9th July 2006 are now available. They are to be held at the Ridlins Stadium, Woodcock Road, Stevenage, Herts.

Entries close on 21st June 2006.

Entry Fee's are £4.50 per event for Senior men, U20 men and Senior women and £3.50 per event for all other age groups.

Please see Elaine Larkins in the clubhouse for entry forms.

## National Junior U20 League

If any P.A.C athletes who are interested in competing for team Cambridgeshire in the National Junior U20 League could you please see Kevin McKevitt for an application form and more details.

Also would all athletes who have already signed up to compete please return your form to Kevin A.S.A.P.

\* A provisional fixture list is on the notice board inside the clubhouse. \*

## Cambridgeshire Throws Development meeting held at Cambridge on 12th March 2006

A handful of P.A.C athlete's turned out to compete in a throws development meeting held at Cambridge. There were many fine performances as detailed below.

|                   |     |                |        |
|-------------------|-----|----------------|--------|
| Men's U20 Discus  | 1st | Daniel Tinkler | 40.80m |
| Men's U20 Shot    | 1st | Daniel Tinkler | 15.88m |
| Men's U20 Javelin | 1st | Daniel Tinkler | 43.24m |
| Men's U17 Hammer  | 2nd | Sean Band      | 40.65m |
| Men's U17 Discus  | 1st | Martin Tinkler | 38.15m |
|                   | 2nd | Sean Band      | 34.82m |
| Men's U17 Shot    | 1st | Martin Tinkler | 14.64m |
|                   | 4th | Sean Band      | 11.91m |
| Men's U17 Javelin | 2nd | Sean Band      | 34.66m |
| Boy's U15 Discus  | 3rd | Roger Tinkler  | 19.01m |
| Boy's U 15 Shot   | 1st | Roger Tinkler  | 8.89m  |

## CLUB SHOP

|                     |                     |         |
|---------------------|---------------------|---------|
| Club Vests          |                     | £ 15.00 |
| Crop Tops           |                     | £ 14.50 |
| High neck Crop Tops |                     | £ 16.00 |
| Club Track Jackets  | Small / Medium      | £ 22.00 |
|                     | 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.

## National Cross Country Championships

On a very cold and windy day 23 P.A.C. Athletes turned out to run Parliament Hill at Hampstead Heath with many of them performing well, the best performances coming from Richard Pawlak (U15) in 24<sup>th</sup> place, Glen Watts (U20 Men) in 25<sup>th</sup> place and Matt Gunby (U20 Men) in 84<sup>th</sup> place. Other runners ran well to finish in the top 200 as this was a major championship. Once again it was the same faces who ran and maybe next season some new members will get involved and find out for themselves what great fun it can be competing as a team.

|                   | <u>Name</u>      | <u>Position</u>   | <u>Time</u> |
|-------------------|------------------|-------------------|-------------|
| U13 Girls (3k)    | Gemma Bays       | 158 <sup>th</sup> | 15m 06s     |
|                   | Samantha Longman | 167 <sup>th</sup> | 15m 10s     |
|                   | Georgina Wilson  | 171 <sup>st</sup> | 15m 13s     |
|                   | Penelope Ford    | 298 <sup>th</sup> | 16m 38s     |
| U15 Girls (4k)    | Laura Burke      | 128 <sup>th</sup> | 21m 27s     |
|                   | Michelle Longman | 129 <sup>th</sup> | 21m 28s     |
| U17 Women (5k)    | Emily Craven     | 146 <sup>th</sup> | 28m 12s     |
| Senior Women (8k) | Janice Burke     | 178 <sup>th</sup> | 41m 25s     |
|                   | Stephanie Cooper | 218 <sup>th</sup> | 42m 53s     |
|                   | Wendy Perkins    | 294 <sup>th</sup> | 46m 04s     |
| U13 Boys (3k)     | Nicholas Stone   | 236 <sup>th</sup> | 14m 28s     |
|                   | Peter Godly      | 317 <sup>th</sup> | 15m 27s     |
| U15 Boys (4.5k)   | Richard Pawlak   | 24 <sup>th</sup>  | 18m 37s     |
|                   | Luke Banham      | 301 <sup>st</sup> | 23m 33s     |
| U17 Men (6k)      | Matthew Pettit   | 142 <sup>nd</sup> | 25m 30s     |
|                   | Jason Burke      | 154 <sup>th</sup> | 25m 47s     |
|                   | Michiah Debbage  | 165 <sup>th</sup> | 26m 01s     |
|                   | James Lampett    | 199 <sup>th</sup> | 26m 46s     |
| Junior Men (10k)  | Glen Watts       | 25 <sup>th</sup>  | 35m 36s     |
|                   | Matthew Gunby    | 84 <sup>th</sup>  | 38m 11s     |
|                   | Andy Suter       | 144 <sup>th</sup> | 41m 45s     |
| Senior Men (12k)  | Jamal Adams      | 397 <sup>th</sup> | 49m 05s     |
|                   | Oliver Mason     | 517 <sup>th</sup> | 51m 05s     |
|                   | Paul Hayman      | 640 <sup>th</sup> | 53m 12s     |

## English Schools Cross Country Championships held at Berry Hill, Mansfield on 25th March 2006

Once again PAC members performed very well whilst representing Cambridgeshire and Northamptonshire at the recent English Schools Cross Country Championships at Berry Hill, Mansfield. Best performances coming from Richard Pawlak in the Inter boys who came 47<sup>th</sup>, Laura Burke in the inter girls who came 63<sup>rd</sup> and Mathew Gunby in the senior boys coming home in 98<sup>th</sup>.

### Senior boys

|                 |                   |
|-----------------|-------------------|
| Mathew Gunby    | 98 <sup>th</sup>  |
| Andrew Suter    | 172 <sup>nd</sup> |
| Michiah Debbage | 252 <sup>nd</sup> |
| James Lampett   | 256 <sup>th</sup> |

### Inter Girls

|             |                   |
|-------------|-------------------|
| Laura Burke | 63 <sup>rd</sup>  |
| Lucy Davies | 217 <sup>th</sup> |

### Inter Boys

|                |                  |
|----------------|------------------|
| Richard Pawlak | 47 <sup>th</sup> |
| Mathew Pettit  | D.N.F            |

### Senior Girls

|              |                   |
|--------------|-------------------|
| Emily Craven | 272 <sup>nd</sup> |
|--------------|-------------------|

### Junior Girls

|                  |                   |
|------------------|-------------------|
| Michelle Longman | 322 <sup>nd</sup> |
|------------------|-------------------|

## Cross Country Trophy Winners 2005/2006

|                       |     |                  |  |                      |                 |
|-----------------------|-----|------------------|--|----------------------|-----------------|
| <u>Under 13 Girls</u> | 1st | Samantha Longman | Vet Women  | 1st                  | Janice Burke    |
|                       | 2nd | Penelope Ford    |  |                      |                 |
|                       | 3rd | Georgina Wilson  |  | <u>Under 13 Boys</u> | 1st             |
| <u>Under 15 Girls</u> | 1st | Laura Burke      | <u>Under 15 Boys</u>                                 | 1st                  | Richard Pawlak  |
|                       | 2nd | Michelle Longman |  |                      |                 |
| <u>Under 17 Women</u> | 1st | Lucy Davies      | <u>Under 17 Men</u>                                  | 1st                  | Jason Burke     |
|                       | 2nd | Emily Craven     |  | 2nd                  | Matthew Pettit  |
|                       |     |                  |  | 3rd                  | Michiah Debbage |
| Senior Women          | 1st | Kelly Sutton     | ( unfortunately no Senior/Vet Men ran in more than ) |                      |                 |
|                       | 2nd | Steph Cooper     | ( one race in the Midland League thus forfeiting )   |                      |                 |
|                       | 3rd | Wendy Perkins    | ( any Individual trophies being awarded )            |                      |                 |