

Fixtures 2007

15th April	Open Meeting	Peterborough
22nd April	Open Meeting	Peterborough
22nd April	Flora London Marathon	Greenwich
28th April	Southern Women's League	Deangate
29th April	Eastern Young Athletes League	Watford
2nd May	Veterans League	Peterborough
5th May	Southern Men's League	Havering
6th May	East Anglian League	King's Lynn
12th May	Cambridgeshire Championships	St Ives
14th May	U11 & U13 Open Meeting	Peterborough
19th May	Southern Women's League	Peterborough
23rd May	Development Meeting	St Ives
2nd June	Southern Men's League	Hillingdon
2nd June	Southern Women's League	Woking
6th June	Veterans League	King's Lynn
13th June	Development Meeting	St Ives
17th June	Eastern Young Athletes League	St Ives
18 June	U11 & U13 Open Meeting	Peterborough
23 June	Southern Women's League	Colchester
24 June	East Anglian League	St Ives
1st July	Eastern Young Athletes League	Picketts Lock
4th July	Veterans League	Milton Keynes
7th July	Southern Women's League	Epsom
8th July	EAA Track & Field Championships	Cambridge
14th July	Southern Men's League	Milton Keynes
15th July	Eastern Young Athletes League	Peterborough
16th July	U11 & U13 Open Meeting	Peterborough
18th July	Development Meeting	St Ives
22nd July	East Anglian League	Peterborough
28th July	Southern Women's League	Luton
1st August	Veterans League	Bedford

Date:
April
2007

PAC Newsletter



New Season of Track & Field Up & Coming.

The Club are organising two open meetings on April 15th & April 22nd to be held at the Embankment Track.

Please lookout for Timetables within the Clubhouse.

Anyone and everyone can enter on the day of competition.

This season P.A.C teams will once again be competing in matches in the Eastern Vet's League, The Southern Men's League, The Southern Women's League, The East Anglian League, and new for this coming season the Young Eastern Athletes League which is for athletes aged between U13 and U17.

This has replaced the U.K. Athletes League as are no fixture clashes and, with local teams competing, less travelling for athletes and officials.

Please try to make yourself available for club matches by letting the Team Managers know what events you would like to compete in. Remember you cannot compete unless you are a paid-up member and have a P.A.C. vest.

We hope you'll enjoy your season & help make P.A.C as successful as last year.

PETERBOROUGH ATHLETIC ARENA

TRAINING

TUESDAYS 6.00 — 8.00 PM

THURSDAYS 6.00 — 8.00 PM

www.peterborough-ac.org.uk

Contacts;

Chairman Ron Crosby 01733 202901

Hon Sec Elaine Larkins 01733 210353

Renewal of Membership Fee's

If you have not renewed, 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 towards reduced travel costs.

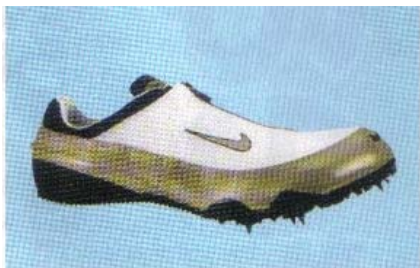
More importantly your membership covers your insurance while you are training within the confines of the club and with the clubs qualified coaches.

CLUB SHOP

Club Vests		£ 15.00
Crop Tops		£ 14.50
High neck Crop Tops		£ 16.00
Club Track Jackets	Small / Medium	£ 25.00
	Large / Extra Large	£ 27.00
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



Nike Sprint Spikes for Sale.



Sprint S Plus.
Size, U.K. 4 1/2
Price, £15.00.
Spike Key Included.

See Jan or Dave Longman by Clubhouse or Telephone: 0787 1684882

Thorney 10K Sunday 25th March 2007.

This was the 1st of the 8 race Cambridgeshire Road Race League programme for the 2007 season. P.A.C's men's team are challenging to retain the title of County Champions for the 5th successive year. Unfortunately we were without 4 athletes who would have been pushing for a place in the scoring 4. Matthew Gunby and Andrew Suter are both in Australia at the moment, Brian Corleys is at last beginning to recover from a groin injury, but at present is restricted to running on the grass every other day. Finally Peter Kirwin has literally vanished as I have not seen or heard from him for over 4 months. Unfortunately no P.A.C. Ladies competed in the race, but we did have 6 male athletes and they performed as shown below;

<u>Results.</u>	<u>Name.</u>	<u>Pos.</u>	<u>Time.</u>	<u>Comments.</u>
	Matthew Axton	2nd	35m 37s	
	Oliver Mason	3rd	35m 42s	P.B by 52 secs.
	James Lampett	14th	37m 44s	
	Matthew Pettit	15th	38m 01s	Ran English Schools day before.
	Micaiah Debbage	35th	41m 02s	
	Peter Bramton	131st	48m 52s	

225 finishers.

Team Race in conjunction with the race (3 to score).

A very close battle between P.A.C and N.V.H meant that the A.A.A rule had to be enforced to decide the team winners and runners-up;

N.V.H Team positions, 4, 6, & 9 = 19 pts.

P.A.C. Team positions, 2, 3, & 14 = 19 pts.

N.V.H. were awarded 1st place based on the position of their 4th scorer.

Cambs Road Race League.

At the time of writing this report I have not received any information from the Cambs Road Race League Secretary, but the actual winner of the race came from Corby A.C So Matthew Axton and Oliver Mason will be placed 1st and 2nd in the league standings, as for the team positions with 4 to score N.V.H will be in 1st place with P.A.C 2nd as they had 4 men home before James Lampett finished.

Graham Ward. (Road Race Sec & Team Manager.)

Peterborough Athletic Club Cross Country Awards 2006/07

Under 13 Girls

1st Georgie Freeman
2nd Amy Haines-Eynon
3rd Laura Arnold

Under 15 Girls

1st Michelle Longman
2nd Gemma Bays
3rd Charlotte Kenny

Under 17 Women

1st Sarah Caskey
2nd Lucy Davies
3rd Laura Burke

Under 20 Women

1st Emily Craven
2nd Hayley Abrahams

Senior Women

1st Janice Burke
2nd Wendy Perkins
3rd Christina Birch

Under 13 Boys

1st Nicholas Stone

Under 15 Boys

1st Jacob Wiseby

Under 17 Men

1st Richard Pawlak
2nd Matthew Pettit

Under 20 Men

1st Matt Gunby
2nd Jason Burke

These awards were awarded to athletes who competed in the 2006/2007 North Midlands League, held over 4 meetings between October 2006 and January 2007.

A rather successful season saw both the Under 13 Girls and the Under 17 Ladies win both their league age groups.

Also there was individual success for Georgie Freeman (1st), Sarah Caskey (3rd), and Matt Gunby (3rd) in the overall league positions

Peterborough Athletic Club Open Meetings

The Open meetings will be held at the Embankment Track on Sunday 15th April 2007 and Sunday 22nd April 2007.

For full Timetable and List of Events please see either Ron Crosby/ Elaine Larkins or Dick Dawson at the track on Tuesday and Thursday training nights in the clubhouse.

Officials and helpers are also needed on the day, please see Maureen Torr for details.

National Cross Country Championships @ Sunderland on 10th March 2007.

P.A.C. had 17 runners and 25 supporters who travelled up the night before to run in these championships held on a rather undulating course that had wide-open spaces and very little cover from the strong winds that buffeted them and the team tent all day long.

The U13 girls ran well once again as a team finishing 11th overall, with Amy Haines-Eynon coming in a well placed 48th, followed by team mates Laura Arnold (91st), Penny Ford (109th) and Georgia Woods (118th).

In the U17 Ladies, Sarah Caskey came 58th with Lucy Davies finishing 93rd, unfortunately Laura Burke woke up in the morning feeling unwell and couldn't run.

Emily Craven (U20) who was running her last Cross Country to concentrate on 400m Hurdles came 98th and was rather emotional as she was presented with an engraved shield, flowers and champagne by her fellow runners.

In the U13 boys race Nicholas Stone came 85th, with Midge Pettit (U17) finishing in 115th place. In the U20 Men's race Glen Watts came home in 20th place with team-mates Jason Burke 117th and Michiah Debbage 133rd, unfortunately a lack of a fourth runner meant they were unable to feature in the team standings with the same situation arising in the U15 girls with Gemma Bays (213th), Michelle Longman (214th) and Charlotte Kenny (243rd).

To sum up a long season the team spirit has been excellent with all the athletes performing well during their races and then having the energy to join the rest of the parents out on course in supporting all their team mates as they run their races.

As retiring Team manager it has been so rewarding to see the younger athletes coming through (especially the U13 girls) this year and I would like to thank the parents and the use of mini-buses for their help in getting the children to the races this year. Whoever takes over as Team manager certainly has the foundations set for the coming season starting once again with the North Midlands League in October 2007.

Results.

<u>Under 13 Girls.</u>	Amy Haines-Eynon	48 th	12.19
	Laura Arnold	91 st	12.51
	Penelope Ford	109 th	12.59
	Georgia Woods	118 th	13.03
	Stephanie Williams	201 st	13.52
	Samantha Longman	246 th	14.58

<u>Under 15 Girls.</u>	Gemma Bays	213 th	21.55
	Michelle Longman	214 th	22.00
	Charlotte Kenny	243 rd	24.05

<u>Under 17 Ladies.</u>	Sarah Caskey	58 th	20.17
	Lucy Davies	93 rd	21.15

<u>Under 20 Ladies.</u>	Emily Craven	89 th	25.09
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National Cross Country Championships @ Sunderland on 10th March 2007.

<u>Under 13 Boys.</u>	Nicholas Stone	85 th	11.46
<u>Under 17 Men.</u>	Matthew Pettit	115 th	24.08
<u>Under 20 Men.</u>	Glen Watts	20 th	34.00
	Jason Burke	117 th	38.47
	Michiah Debbage	133 rd	41.51

English Schools Cross Country Championships Temple Newsam, Leeds, 24th March 2007

Results of P.A.C. members who represented Cambridgeshire Schools at the recent English schools Championships.

Junior Girls.

Georgie Freeman	132nd
Amy Haines-Eynon	169th
Laura Arnold	239th
Penelope Ford	272nd

Junior Boys.

Jacob Wiseby	229th
Nicholas Stone	288th

Inter Girls.

Laura Burke	178th
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Senior Girls.

Sarah Caskey	87th
Lucy Davies	129th

Senior Boys.

Matthew Pettit	137th
Jason Burke	218th

Officials & Helpers Urgently Needed.

The Club need any Parents or Friends who can spare an hour or two to help as officials or helpers in any way at home and away track & field meetings as we need to cover officiating duties in all the meetings that P.A.C. compete in or we will lose up to 25 points on the day, meaning that all the athletes hard work would have gone to waste.

If you could spare any time, please see Maureen Torr (Officials Secretary) at the track or telephone her on 01733 312719 for more details.