

## Track & Field Fixtures 2006

2nd August	Eastern Vet's League	Bedford
5th August	Southern Men's League	Ware
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 \*

### FOR SALE

One Pair Asics Cyber Throw Spikes	Size 8	Brand New	£50.00
One Pair Asics High Jump Spikes	Size 9	Brand New	£50.00

Please see Leah Parsons at the track on training night's or telephone:  
01945 410153

### NOTICE TO ALL MEMBERS.

**It has been brought to our notice that some people are doing their training before 6.00 pm. If you are training before this time you could be charged £2.80 by DC Leisure because it is outside of our designated time slot. Also brought to our attention that a number of people are arriving before Marion, or whoever is on the gate and not paying for the training session. This has got to stop now! If you arrive and there is no-one in the hut you can pay at the refreshment bar or go back to the hut to pay. If you do not do this it is unfair on the members who do pay.**

Date:  
August  
2006

## PAC Newsletter



### Important Notice.

**From the 1st September, Peterborough City Council are enforcing a £1 parking charge for all people parking their cars at the Regional pool car park after 5.00pm. This will cover parking until 7.00am the following morning, when normal rates will apply.**

### Marshall Peugeot Games .

**On Bank Holiday Monday (28th August 2006) the club will be hosting the Peterborough Marshall Peugeot city games. Entry forms are available from either team managers, Elaine Larkins in the clubhouse or online.**

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 were due from the 1st April 2006. So could you please make your 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 clubs qualified coaches.

Welcome to the following new members who have joined the club in July. We hope you enjoy your athletics and have a happy and successful time with us. Devon Spencer, Isla Spencer, Leah Barnes, Amelia Jenkins, Charlotte Long, Michelle Turner, Daniel Batty, Jessica Craighead and Evie Rata

## 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.

## Cambridgeshire Road Race League 2006.

Race 1	26th March	Fred Wright	Glen Watts
Race 2*	14th May	Eye 10k	Matthew Axton
Race 3	9th July	Ramsey 10k	Matthew Axton
Race 4	23rd July	St Ives 10k	Daniel Pettit
Race 5*	20th August	Thorney 5k	Thorney Running Club
Race 6*	30th August	Nene Valley 5k	Nene Valley Harriers
Race 7*	10th September	Grunty Fen 1/2 Marathon	Ely Runners
Race 8*	29th October	Fenland 10k	Fenland AC

\* Denotes Cambridgeshire County Championship Race.

### Prizes

<u>Individuals</u>	First 3 Men
	First 3 Ladies

<u>Teams</u>	First 3 Men's teams ( 4 to score)
	First 3 Ladies teams (3 to score)

Please see Graham Ward ( Road Running Manager) for details and entry forms on Tuesday or Thursday night after training.

## ST IVES 10K on Sunday 23rd July 2006

This was the 4th of the 8 Cambs Road Race League fixtures incorporated in the league programme for 2006. The race attracted over 600 entries and with the minimum entry fee of £8 (i.e. For an affiliated club runner entering pre race.) the promoting club's funds will have been significantly advanced by the income from this race.

The race - an out and back 10K, was a tremendous success for the P.A.C team, as the results set out below illustrate:

### RESULTS

1st	Daniel Pettit	32 mins 59 secs
2nd	Matthew Axton	34 mins 39 secs
3rd	Ashley Allen	34 mins 47 secs
11th	Oliver Mason	37 mins 49 secs
33rd	Matthew Pettit	39 mins 57 secs
38th	Peter Kirwin	40 mins 44 secs

The promoting club also awarded progress to both male and female athletes in 5 year age bands.

### Male Age Bands

15-19 yrs	1st	Daniel Pettit
20-24 yrs	1st	Ashley Allen
25-29 yrs	1st	Matthew Axton

### Team Race

The team race for male athletes incorporated in the race did not follow the usual practice of scoring by finishing positions, but was based on the accumulative times of a club's first 4 runners home and this produced the result set out below:

1st	P.A.C	2 hrs 20 mins 14 secs
2nd	Riverside Runners	2 hrs 32 mins 59 secs
3rd	N.V.H	2 hrs 37 mins 15 secs.

Graham Ward  
Road Team Manager

## Track Discipline

We have recently had a couple of near accidents on the track, and now the weather is getting warmer and the nights longer there seems to be more and more people using the track. Please be much more aware of what is happening around you at all times.

- \* You must not walk back along the track after your effort, always use the outside grass area.
- \* Never just walk across the track, look first to make sure there is no-one running down the track.
- \* Never run the wrong way up/around the track.
- \* Keep all hurdles to the outside two lanes.
- \* Keep all block practice to the outside three lanes and preferably where no other group is working.
- \* Never ever walk or run across the centre of the grass area.
- \* Middle/long distance runners to use the inside two lanes, if you have to start off in lanes 3, 4, 5, 6, 7, 8 then move into the inside lanes as soon as possible.
- \* Sprinters to use lanes 3, 4 & 5 (6, 7 & 8 only when no hurdles are out in the home straight).

These are just a few rules of the track you must adhere to for your own safety and the safety of everyone else.



## Marshall Peugeot Games

Monday 28th August 2006

## Peterborough Athletics Arena

Full details at

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

*Entry forms are available from:*

*Team Managers*

*Elaine Larkins*

*Online.*

## The Abbey 10K on Sunday 9th July 2006

This was the 3rd of the 8 race Cambridgeshire Road Race League programme for 2006 and it was staged from the Leisure Centre in March. The race attracted 277 entries and 246 completed the course.

Seven male athletes competed from P.A.C. The club were fortunate to have Daniel Watts available for this fixture, but this will be the only League race he will be able to run, because he has to return to his University in the U.S.A shortly. Unfortunately we do not appear to be introducing any female endurance event athletes to challenge the other Cambridgeshire clubs, since we had no running from P.A.C.

So far as the race was concerned, this for me as team manager was a dream performance, because in the 4 to score Cambs League team race our quartet achieved the best possible performance, scoring just 10 points.

### RESULTS

1st	Matthew Axton	34 mins 27 secs
2nd	Daniel Watts	34 mins 27 secs
3rd	Glen Watts	35 mins 06 secs
4th	Ashley Allen	35 mins 51 secs
7th	Oliver Mason	37 mins 47 secs
14th	Peter Kirwin	39 mins 20 secs
117th	Peter Branton (O 55)	51 mins 15 secs

The recent spill of high temperatures abated, in fact it was quite breezy and that together with the fact that the surfaces in certain stretches of the course were not easy to negotiate which meant that fast times were impossible. Matthew Axton and Daniel Watts approached the finishing line together and were given the same time, but Daniel very sportingly held back a body width to allow Mathew to be declared the winner, and so help him to retain the overall individual title which he won last year. Ashley Allen coming back from injury and following a demanding day at Kings Lynn 24 hours earlier ran very well to finish 4th. In conclusion a mention of Peter Branton (O 55) who suffering from emphysema although a non smoker the medical profession are struggling to diagnose what has caused Peter to suffer from the disease of the lungs. Showing great fortitude in fighting this illness he cycled from his home in Peterborough leaving at 8:00 am to run the 10K and finish in the top half, which is a very commendable reflection on his strong character.

Graham Ward  
Road Team Manager

### URGENT HELP IS NEEDED.

On Sunday August 6th (East Anglian League) and on Saturday August 12th (Southern Women's League) our club will be hosting both of these fixtures.

We would like help in making some filled rolls, sandwiches and cakes as we would like to have a selection of rolls and cakes to sell to spectators from our tea bar.

The more people who offer to help the less everyone will have to do. If you are able to help please see Elaine behind the tea bar on training nights.

### SPECIAL THANKS.

Special thanks to Kay, Nicki and Glyn for helping to make and serve sandwiches, tea and coffee at the recent UKA Young Athletes League match.

### Vest's Wanted

If anyone has an old vest or crop top that is too small or they do not require any more, could you please donate them for use by new members who are waiting for the new stock of vests to come in, so that they are able to compete for the club.

Please see Jan Longman if you have one to donate.

### A Message to all Coaches.

Would all Coaches please ensure that all athletes within their group are paid up members of the club and if they are not please advise them to see Elaine Larkins in the clubhouse.

Also could you please make every effort to encourage your athletes within your group to compete for the club as it seems pointless for yourselves to train these athletes, if for at the end of the day they only want to keep fit. If that's what they want then they should go and join the local gym and free up the track for the athletes who want to train and compete.

Many Thanks

The Committee

### Eastern Vets 5th July 2006 Held at Cambridge.

Peterborough Athletic Club's Women finished second and the Men came first in the third fixture of the Veterans League held at Cambridge on Wednesday 5th July 2006. Both competed against teams from Bedford, Cambridge & Coleridge and Milton Keynes.

#### Results

#### Women

LV35	100m	2nd	D.Plaice	14.3
	400m	2nd	T.Taylor	65.6
	1500m	1st	T.Taylor	5.21.4
	High jump	1st	J.Burke	1.20
	Long jump	1st	D.Plaice	4.02
	Shot	4th	K.Gibson	6.08
	Hammer	2nd	K.Gibson	20.43
	Medley Relay	2nd		3.31.4
	2k Walk	1st	J.Eve	12.08.4

#### Men

MV40	100m	3rd	H.Cooke	14.8
	400m	2nd	G. Brewster	62.0
	1500m	1st	G.Brewster	4.35.0
	High jump	1st	K.Eve	1.50
	Long jump	2nd	K.Eve	4.93
	Shot	1st	K.Eve	9.54
	Hammer	2nd	K.Eve	21.62
	Medley Relay	3rd		3.06.0
	2k Walk	2nd	R.Smith	11.29.2
	110m Hur	2nd	K.Eve	23.2

LV45	100m	3rd	A Sutton	17.6
	Shot	3rd	W Dunn	7.02
	Hammer	3rd	W Dunn	12.74

MV50	100m	1st	D.Whitehead	13.0
	400m	1st	D.Whitehead	60.3
	1500m	3rd	G Baker	5.44.6
	100m Hur	1st	D Whitehead	21.3
	2k Walk	1st	R Dunn	10.52.9
	Long jump	2nd	D.Whitehead	4.22
	Shot	3rd	T Needham	8.07
	Hammer	2nd	T Needham	31.63

LV55	400m	2nd	A Sutton	90.2
	Hammer	4th	A Sutton	12.32
	2k Walk	1st	A Sutton m	14.24.5

MV60	100m	4th	B.Mules	17.6
	1500m	1st	B.Mules	7.17.0
	Long jump	4th	B.Mules	1.90
	Shot	4th	B.Mules	5.73

#### Match Scores

<u>Women</u>	Milton Keynes	110 Pts	<u>Men</u>	P.A.C	108 Pts
	P.A.C	72		Milton Keynes	106
	Cambridge	64		Bedford	100
	Bedford	63		Cambridge	51

## Southern Women's League @ Twickenham 15th July 2006

Once again the PAC Women excelled in the recent Southern Women's League match held at Twickenham on the 15<sup>th</sup> July 2006. On a very hot and sunny day there were many fine performances with Leah Parsons excelling in gaining a personal best and a club record of 1.75m in the high jump in addition to her wins in the 100H, the javelin and the final leg of the relay. Stacy McGivern gained six wins and a second in her seven events that she competed in. With three wins from Kelly Sutton in 400H, the 400m and the 400m relay and a valuable contribution from Nichola Gibson with three wins, Steph Cooper and Chelsea Oldham both with two wins each. There was also valuable support from Lucy Davies, Sarah Caskey and Jenny Cade, even assistant team manager Kay Gibson and team manager Jan Longman also played their part by throwing the hammer making it a great all round team performance.

In the junior section there was a sprint treble for Sharna Emanuel in the 100m, 200m and relay also there was sprint wins from Caroline Swain and Gemma Bays. Samantha Longman gained a win in the 1500m with her sister Michelle joining the sprint trio to win the 100m relay to add to a fine performance in the 75H, an event she has never trained for. Finally a special mention must go to 11 year old Clarissa Murphy who was competing against girls 2-3 years older than herself achieving a PB in the Long Jump, a PB in the hurdles (which were U15 height) and also a PB in the 800m which gained valuable points in the overall teams effort.

### Senior Women

Hammer	Kay Gibson	3	20.29	Jan Longman	2	14.64
Long Jump	Stacy McGivern	1	5.34	Nichola Gibson	2	4.14
Discus	Jenny Cade	3	20.14	Chelsea Oldham	3	16.20
300H	Nichola Gibson	1	61.7			
400H	Kelly Sutton	1	72.6	Stacy McGivern	1	75.4
100m	Kelly Sutton	2	14.0	Stacy McGivern	2	14.2
High Jump	Leah Parsons	1	1.75	Stacy McGivern	1	1.50
800m	Lucy Davies	2	2.27.7	Sarah Caskey	2	2.44.4
Shot	Leah Parsons	3	8.20	Jenny Cade	3	5.92
Triple Jump	Stacy McGivern	1	11.01	Nichola Gibson	1	8.48
100H	Leah Parsons	1	16.1			

## Southern Men's League @ Kings Lynn 8th July 2006

<u>Results</u>						
<u>A - String</u>				<u>B - String</u>		
100m	2nd	Craig Torr	11.8	1st	Alex Garner	12.0
200m	1st	Craig Torr	23.9	1st	Alex Garner	23.9
400m	2nd	Ashley Allen	54.4	1st	James Lampett	55.7
800m	2nd	James Lampett	2.02.4	2nd	Jamal Adams	2.06.9
1500m	1st	Ashley Allen	4.15.3	2nd	Jamal Adams	4.37.3
5000m	2nd	Matthew Axton	16.15.9	1st	Michael Ward	17.06.3
High jump	1st	Simon Bannister	1.70	1st	Karl Eve	1.50
Pole Vault	1st	Leo Amies	3.00			
Long jump	1st	Aaron Steels	6.02	1st	Simon Bannister	5.54
Triple jump	1st	Aaron Steels	12.36	1st	Simon Bannister	12.11
Shot	1st	Karl Eve	9.88	1st	Adam Jackson	9.15
Discus	2nd	Adam Jackson	27.20	1st	Karl Eve	25.50
Hammer	1st	Adam Jackson	29.97	2nd	Simon Bannister	20.72
Javelin	1st	Simon Bannister	40.85	1st	Aaron Steels	39.78
4 x 100m Relay		1 <sup>st</sup>	45.9			
4 x 400m Relay		1 <sup>st</sup>	3.45.9			
N/Scorers	100m	Tyler Fayose	11.8	Matthew Dalton		12.5
	200m	Tyler Fayose	23.0			

## Southern Men's League @ Peterborough 3rd June 2006

### Results

<u>A - String</u>				<u>B - String</u>			
100m	1st	Alex Garner	11.8	1st	Matthew Dalton	12.1	
200m	1st	Alex Garner	24.1	1st	Matthew Dalton	24.4	
400m	1st	Mike Wright	51.8	2nd	Glen Watts	55.7	
800m	1st	Dan Watts	2.02.2	1st	James Lampett	2.05.5	
1500m	1st	Dan Watts	4.09.1	1st	Andy Suter	4.25.0	
5000m	1st	Matthew Axton	16.29.8	1st	Brian Corleys	17.31.1	
110m Hur	1st	Chris Lawniczak	18.7				
400m Hur	1st	Mike Wright	58.6	1st	Chris Lawniczak	64.2	
High jump	1st	Jamie Irons	1.90	1st	Simon Bannister	1.75	
Pole Vault	2nd	Chris Lawniczak	3.20				
Long jump	2nd	Aaron Steels	5.46	1st	Sean Band	5.43	
Triple jump	1st	Aaron Steels	12.35	1st	Simon Bannister	12.23	
Shot	1st	Adam Jackson	9.58				
Discus	2nd	Simon Bannister	29.00	4th	Adam Jackson	34.62	
Hammer	1st	Scott McKeivitt	43.25	1st	Adam Jackson	34.62	
Javelin	2nd	Aaron Steels	41.37	1st	Sean Band	38.50	
4 x 100m Relay		1 <sup>st</sup>	46.4				
4 x 400m Relay		1 <sup>st</sup>	3.46.24				
N/Scorers	400m	Martin Dawson	58.8	800m	Jason Burke	2.23.7	
	1500m	Oliver Mason	4.40.1	5000m	Michael Ward	16.30.4	
	H/Jump	Sean Band	1.75	Discus	Sean Band	32.45	

400m	Steph Cooper	1	64.2	Kelly Sutton	1	64.3
200m	Chelsea Oldham	1	28.8	Lucy Davies	1	30.3
Javelin	Leah Parsons	1	28.31	Kelly Sutton	3	17.94
1500m	Steph Cooper	2	5.27.0	Sarah Caskey	3	5.37.0
4 x 100m	Chelsea Oldham Stacy McGivern			Nichola Gibson Leah Parsons	1	53.7
4 x 400m	Chelsea Oldham Kelly Sutton			Steph Cooper Stacy McGivern	1	4.23.7

### U13 & U15 Girls

Shot	Sharna Emanuel	3	6.33	Gemma Bays	2	4.84
Long Jump	Gemma Bays	2	4.02	Clarissa Murphy	3	3.31
100m	Sharna Emanuel	1	13.7	Caroline Swain	1	14.6
Javelin	Michelle Longman	2	13.85	Sam Longman	3	8.56
800m	Penelope Ford	2	3.02.6	Clarissa Murphy	2	3.07.6
75H	Michelle Longman	2	16.8	Clarissa Murphy	2	21.5
Discus	Penelope Ford	3	11.17	Sam Longman	2	10.12
200m	Sharna Emanuel	1	27.7	Gemma Bays	1	29.4
1500m	Michelle Longman	2	5.51.7	Sam Longman	1	6.08.7
4 x 100m	Caroline Swain Michelle Longman			Gemma Bays Sharna Emanuel	1	

UK Young Athletes League @ Peterborough  
23rd July 2006.

	<u>A String</u>	<u>B String</u>
300m H U17L	Jess Langford 1 54.7	
150m U13 G	Laura Arnold 3 22.5	
200m U13 B	Joe Andresen 1 28.0	Tristan Smith 3 31.4
200m U15 G	Sharna Emanuel 1 26.8	Gemma Bays 3 28.4
200m U15 B	Anthony Church 2 26.8	
200m U17 L	Chloe Weaver 3 27.8	Chelsea Oldham 1 28.4
200m U17 M	James Crockett 3 24.7	
800m U13 G	Laura Arnold 3 2.47.3	Lynsey Irons 3 3.02.9
800m U13 B	Nicholas Stone 2 2.37.1	Josh Shields DQ
800m U15 G	Charlotte Kenny 4 3.08.7	
800m U17 M	John Burgess 2 2.09.8	
70m H U13 G	Clarrisa Murphy 3 15.5	
75m H U13 B	Peter Godly 1 14.1	Adam Kimber 1 13.9
75m H U15 G	Michelle Longman 4 16.7	Gemma Bays 3 16.3
80m H U17 L	Jess Langford 2 14.3	
100m H U17M	Jamie Irons 1 16.9	
3000m U17 L	Sarah Caskey 3 12.19.0	
3000m U17 M	Richard Pawlak 1 9.46.5	
1200m U13 G	Penelope Ford 2 4.31.5	Liza Watts 2 4.55.2
400m U17 M	John Burgess 3 57.1	
300m U17 L	Chloe Weaver 3 44.0	Chelsea Oldham 3 45.5
75m U13 G	Jay Bingham 3 12.4	Clarissa Murphy 3 12.5
100m U13 B	Joe Andresen 1 13.5	Tom Paddock 3 14.7
100m U15 G	Sharna Emanuel 1 12.9	Olivia Royce 3 14.2
100m U15 B	Anthony Church 3 12.7	Conor Nicholls 3 13.1
100m U17 L	Chloe Weaver 2 13.7	
100m U17 M	James Crockett 3 12.2	
1500m U13 B	Tristan Smith 3 5.43.3	
1500m U17 L	Laura Burke 3 5.12.0	
1500m U17 M	Richard Pawlak 2 4.40.6	

UK Young Athletes League @ Peterborough  
23rd July 2006.

	<u>A String</u>	<u>B String</u>
Hammer U15 B	Richard Stone 1 29.97	
Long Jump U15 G	Gemma Bays 3 4.04	Michelle Longman 3 3.59
Long Jump U17 L	Sarah Caskey 3 3.73	Emily Edwards 1 3.38
High Jump U13 B	Adam Kimber 2 1.25	Peter Godly 1 1.20
High Jump U13 G	Jay Bingham 3 1.20	
Discus U15 B	Adam Smith 1 29.95	
Discus U17 M	Sean Band 1 38.01	
Shot U13 B	Tom Paddock 3 5.00	Tristan Smith 3 4.31
Shot U13 G	Penelope Ford 3 5.41	Amber Kenny 2 5.25
Long Jump U13 G	Jay Bingham 4 3.08	Clarissa Murphy 2 3.07
Long Jump U13 B	Joe Andresen 2 3.95	Nick Hargrave 4 3.31
High Jump U17 L	Emily Edwards 2 1.30	
Discus U17 L	Chelsea Oldham 2 16.46	Laura Burke 3 12.84
Discus U15 G	Izzy Murphy 4 11.34	
Shot U15 B	Adam Smith 1 10.31	
Long Jump U17 M	Jamie Irons 1 5.04	
Javelin U17 L	Laura Burke 3 15.05	
Javelin U15 G	Izzy Murphy 4 8.46	Charlotte Kenny 3 8.09
High Jump U15 B	Adam Smith 1 1.75	
High Jump U17 M	Jamie Irons 1 1.85	Sean Band 1 1.80
Shot U15 G	Michelle Longman 2 6.32	Sharna Emanuel 1 6.08
Shot U17 L	Sarah Caskey 4 5.50	
Javelin U17 M	Sean Band 2 40.55	
Javelin U15 B	Conor Nicholls 2 26.55	Richard Stone 1 21.47
Triple jump U17 L	Jess Langford 1 8.93	