

Cross Country Fixtures 2005/2006

2nd December	Peterborough Schools	Bretton Woods	Peterborough
3rd December	North Midland League	Berry Hill	Mansfield
7th January	North Midland League	Ashfield School	Sutton in Ashfield
15th January	County Championships	St Neots	Cambridgeshire
21st January	County Schools	T.B.A	T.B.A
28th January	Southern Championships	Bicton College	Exmouth
4th February	Anglian Schools	T.B.A	T.B.A
25th February	National Championships	Parliament Hill	London
11th March	Inter Counties	Wollaton Park	Nottingham
* 18th March	Eastern Counties	RAF Barnham	Thetford *
25th March	English Schools	T.B.A	Mansfield

* Denotes Provisional Fixture *

Date:
Dec
2005

PAC Newsletter



PRESENTATION NIGHT

The club award's and presentation night is to be held on the 6th January 2006 at the Parkway Sports & Social Club in Maskew Avenue (Nr Bourges Boulevard) from 7.30pm - 11.30pm.

The entertainment will be a Cabaret (Music/ Comedy Act) and a Disco to dance the night away, a buffet will be provided and a licensed bar is available.

Tickets are £5.00 each and can be obtained from Elaine Larkins in the Pavilion clubhouse.

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

Hall For Hire

Stanground Community Centre on Whittlesey Road has two hall's to hire for any function maybe a Birthday or Wedding, a Christening or general meeting.
A fully licensed bar is available upon request (£50 refundable deposit) also kitchen facilities.

Main Hall £15 per hour. (holds 120 people max)
Small Hall £9 per hour. (holds 40 people max)
Or £20 per hour for both.

Telephone Mandy on 01733 552599 (centre)
or 01733 896424 (home)



New Members

Welcome to the following new members who have joined the club in November. We hope you enjoy your athletics and have a happy and successful time with us. The new members are Katie Woodward, Lewis Rickards, Cherle Sanderson, Amber Kenny, Adam Kimber, Penelope Ford, Megan Ross, Georgina Wilson, Sean Band, Megan McQuaid, Nigel Meek, Thomas Paddock, Owen Hawker, Michael McKenzie.

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.

CLUB SHOP

Club Vests		£ 15.00
Crop Tops		£ 14.50
High neck Crop Tops		£ 16.00
Club Track Jackets	Small / Medium	£ 21.00
	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.

Cross Country @ Shipley Park, Heanor 5th November 2005.

Once again a small squad of only 17 runners represented P.A.C in their second Cross Country of the new season at Shipley Park, Heanor. With heavy conditions underfoot, but a dry and chilly day everyone performed well.

There were many excellent performances, the best being Lucy Davies (U17 Ladies) and Richard Pawlak (U15 Boys) who both achieved 3rd places. Other impressive performances came from Nicholas Stone (U13 Boys) who came 15th and both Laura Burke and Michelle Longman (U15 Girls) who came 12th and 18th respectively. The best team performance came from the under 13 girls, for the first time in 2 years a team of 4 runners lined up at the start enabling them to score as a team with 3 of the young ladies obtaining PB's. Samantha Longman headed the quartet finishing in 21st place followed by new recruits Georgina Wilson in 23rd and Penelope Ford in 28th place. Unfortunately Charlie Wing failed to finish.

Results

Under 13 Boys	(3.3k)	Nicholas Stone	15 th	14m 28s
Under 15 Boys	(5k)	Richard Pawlak	3rd	20m 32s
Under 17 Men	(6.6k)	Micah Debbage	14 th	27m 32s
		Matthew Pettit	17th	28m 13s
		Jason Burke	23rd	29m 29s
Under 13 Girls	(3k)	Samantha Longman	21st	15m 28s
		Georgina Wilson	23rd	16m 29s
		Penelope Ford	28th	18m 12s
Under 15 Girls	(3.3k)	Laura Burke	12 th	14m 58s
		Michelle Longman	18th	15m 29s
Under 17 Women	(5k)	Lucy Davies	3rd	24m 38s
		Emily Craven	12th	29m 26s
Jun/Sen/Vet Women	(6.0k)	Janice Burke	20 th	28m 40s
		Stephanie Cooper	33rd	30m 21s
Under 11's Fun Run	(1.2k)	Robert Stone	33rd	9m 05s

SOUTHERN CROSS COUNTRY CHAMPIONSHIPS

28th JANUARY 2006

Bicton College, Exmouth

If you would like to represent P.A.C in these championships and the National championships at Parliament Hill please see Janice Burke or Kevin McKeivitt by Tuesday 6th December 2005 and add your name to the entry list.

If you also require transport and overnight accommodation for Exmouth please contact Janice Longman on 0787 1684882 or see her on training nights at the track.

South Of England Indoor Championships

Entry Forms for the above championships are now available from Elaine Larkins in the Clubhouse. There are two different weekends for these championships. On the 8th January 2006 at Sutton Arena, Surrey for the pentathlons (closing date for entries is Tuesday 20th December 2005) with the rest of events being held at Brunel University, Middlesex on either 21st or 22nd January 2006 (closing date for these entries is Tuesday 10th January 2005)

Norwich Union AAA U20, U17, and U15 Indoor Championships

These Championships are to be held on Saturday 4th and Sunday 5th March 2006 at the NIA Birmingham. Entry standards and forms can be obtained from Elaine Larkins in the Clubhouse

Presentation Evening Raffle Tickets

Tickets for the annual Christmas / New Year raffle are on sale in the club house. Please do your best to purchase some.

They will cost £1 for a strip of 5 tickets, Prizes include £100 cash, a bicycle plus many, many more.

This is the single largest way our club raises funds to help towards the cost of the hire of buses and hire of training facilities etc.

You can purchase your tickets from Elaine Larkins in the Clubhouse.

Many Thanks.

Christmas Track Closure

The Embankment track will be closed from the 23rd December to the 28th December 2005. So the last training session on the track will be Thursday 22nd December but we can all return on Thursday 29th December.

Annual General Meeting

The AGM will be held on Friday 17th March 2006 (venue to be advised), a week later than usual as this will hopefully not clash with any other events.

It is at the AGM when major decisions regarding the club are made, for example Membership fees, cost of travel, and training fees etc). So why not come along to vote on any decisions that may affect your club.

This is also the same evening that the cross country awards will be presented.

South of England A.A Road Relays

Saturday 24th September 2005, Aldershot.

6 X 6K Senior Men

In 2004 a club had to finish in the top twenty to qualify for the National Championships, although this year it was the top thirty which enabled P.A.C to qualify. Listed below are where each athlete came respectively.

<u>Leg</u>	<u>Name</u>	<u>Time</u>	<u>Position</u>
1st	Daniel Pettit	18m 26s	8th
2nd	Glen Watts	19m 52s	21st
3rd	Matthew Axton	20m 26s	25th
4th	Lee Athersmith	20m 22s	24th
5th	Brian Corleys	20m 30s	24th
6th	Michael Ward	22m 38s	30th

Unfortunately Michael Ward had a troublesome calf muscle injury which flared up during the race. Looking at the times, if Michael had run anywhere near to form, the team would have finished in the top twenty.

Sunday 25th September 2005, Aldershot.

4 X 3K Under 17 Men

P.A.C also had a team in the U17 men's and did extremely well to finish inside the top twenty.

<u>Leg</u>	<u>Name</u>	<u>Time</u>	<u>Position</u>
1st	Jason Burke	13m 09s	16th
2nd	Miciah Debbage	14m 09s	22nd
3rd	Matthew Pettit	14m 10s	23rd
4th	James Lampett	13m 15s	19th

To conclude, I would like to place on record my appreciation to both Colin Pettit and Kevin McKevitt for acting as team managers whilst I was away on holiday at the time.

Graham Ward

Men's National Road Relay Championships

Saturday 22nd October 2005, Birmingham

The Amateur Athletic Association of England staged their National Road Relay Championships at Sutton Park, Birmingham on Saturday 22nd October 2005.

Peterborough A.C's men's team had qualified for the (6 X 5.847K) race following their top thirty placing in the South of England Championships staged at Aldershot in September. Unfortunately three members of the qualifying team were not available, Lee Athersmith (injured calf muscle), Matthew Axton (mother's 60th birthday celebration) and Michael Ward (work commitments).

They were replaced by Oliver Mason, a comparative newcomer to the club together with Matthew Gunby and Andrew Suter who are both in the U20 age group, in fact of the six athletes who ran, all but two are still in their "teens" which augers well for the future of the club if we can retain their loyalty and enthusiasm for athletics.

The race consisted of six legs of 5.847K for each stage. Eighty-two teams started the race and seventy-six completed the course.

<u>Leg</u>	<u>Name</u>	<u>Time</u>	<u>Position</u>
1st	Daniel Pettit	17m 48s	10th
2nd	Glen Watts	19m 55s	44th
3rd	Andrew Suter	21m 08s	63rd
4th	Matthew Gunby	19m 31s	60th
5th	Brian Corleys	20m 16s	57th
6th	Oliver Mason	21m 23s	61st

Graham Ward
Road Running Sec & Team Manager