

Cross Country Fixtures 2005/2006

4th February	Cambridgeshire Schools	Hinchingbrooke	Cambridge
19th February	Eastern Counties	RAF Barnham	Thetford
25th February	National Championships	Parliament Hill	London
11th March	Inter Counties	Wollaton Park	Nottingham
25th March	English Schools	Berry Hill	Mansfield

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.

Relay Training with Maureen

Maureen Torr is organising two sessions of Relay training to enable all runners to learn how to pass the baton and make the teams more competitive at all future meetings.

These will be held at the Peterborough Athletic Arena on Sunday 19th March 2006 and Sunday 23rd April 2006. Anyone interested should contact Maureen on training nights over at the 100m start.

Date:
Feb
2006

PAC Newsletter



What's new at P.A.C

With the club expanding its membership every month, it would be great if as many of you could compete this season as we have many fixtures for all age groups in different leagues lined up this year. You may not be aware that the club has purchased a team tent for use at all fixtures this coming season. As well as raising the profile of PAC, this will give everyone a meeting point as well as a place to shelter and leave their holdalls. The Club also needs help from parents and friends to volunteer in any way. This could be 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 ATHLETIC ARENA

TRAINING	
TUESDAYS	5.45 — 8.00 PM
THURSDAYS	5.45 — 8.00 PM

www.peterborough-ac.org.uk

Contacts;

Chairman	Ron Crosby	01733 202901
Hon Sec	Elaine Larkins	01733 210353

New Members

Welcome to the following new members who have joined the club in December. We hope you enjoy your athletics and have a happy and successful time with us. The new members are Sebastian Aquilar, Sam Blunt, Erin Carmody, Catherine England, and Katherine Stratton.

Your membership fee pays towards the running of the club. It helps to pay the cost of hire of the club facilities on training nights. Your membership also covers insurance whilst you are training within the confines of the club and with the club's qualified coaches, as well as allowing us to subsidise the cost of travel to race meetings.

Annual General Meeting & Cross Country Awards

The AGM will be held on Friday 17th March 2006 at St Mary's Church Complex, Boongate, Peterborough at 7.30pm. This is a week later than usual to avoid clashes with any other events.

It is important that all members try to attend if possible as it is at the AGM when major decisions regarding the club's future are made. Points for discussion include membership fees, cost of travel, and training fees etc.

There will also be the chance for you to be nominated to join the committee and take an active part in the club by completing the form within this newsletter and forwarding it to Elaine Larkins (club secretary) by Tuesday 20th February 2006.

So why not come along to have your say and vote on any decisions that may affect your club. We need your ideas and input on the way the club can progress in the future .

[Also that same evening the cross country awards will be awarded in all age groups, so please make every effort to be there.](#)

Many Thanks

The Committee.

Cross Country @ Sutton-in-Ashfield, 7th January 2006.

Once again a small group of 18 athletes represented the club at Sutton-in-Ashfield. With the team tent making its first appearance which came in very handy on a cold and sleety winters day many of the Athletes and Parents appreciated the dry conditions and the hot chocolate and tea that they were given after running in awful conditions.

Although the course itself was very difficult which included a farmer's ploughed field to contend with there were some fine performances from the small turnout. The best performances came from Lucy Davies in the U17 ladies race who came 3rd which meant she had gained 2nd place overall in the league, which was matched by Richard Pawlak in the U15 Boys league after coming 2nd in his race.

There were also fine runs from Daniel Pettit who came 6th in the Senior Men's race, Jason Burke and Matthew Pettit in the U17 Men and P.B's for Laura Burke and Michelle Longman in the U15 Girls. There was also a P.B for Kelly Sutton in the Senior Ladies. Whilst Gemma Bays in the U13 Girls also ran an excellent race in what was only her second ever cross country as she has mainly been training at 100m/200m on the track this winter.

Under 13 Boys	Nicholas Stone Adam Kimber	18th D.N.F
Under 15 Boys	Richard Pawlak	2nd
Under 17 Men	Jason Burke Matthew Pettit James Lampett	10th 11th D.N.F
Senior Men	Daniel Pettit Andy Suter	6th 88th
Under 13 Girls	Georgina Wilson Gemma Bays Samantha Longman Penelope Ford	22nd 23rd 25th 26th
Under 15 Girls	Laura Burke Michelle Longman	11th 14th
Under 17 Ladies	Lucy Davies	3rd
Jun/Sen/Vet Women	Kelly Sutton Wendy Perkins Tamara Cooke	27th 40th 52nd

Cambridgeshire County Cross Country Championships.

There was an excellent turnout of P.A.C runners in the Cambridgeshire County Cross Country Championships held at Priory Park, St Ives on 15th January 2006. With 30 runners representing P.A.C this was one of the best turnouts for the club in many years and hopefully with P.A.C having equally good turnouts for the Southern and National Championships the future of the club is looking rather healthy in distance running. So many thanks should go to distance coaches, Graham Ward, John Sutton, Kevin McKeivitt and Dave Clay for getting their athletes to enter the races. Now is the time us to go forward and make P.A.C not only the best club in Cambridgeshire but also one of the best in the country.

There was plenty of success in team and individual performances with team gold in the Senior Men, U20 Men, and the U13 Girls, Silver in the U15 Boy's and bronze in the U15 Girls. On the Individual front Dan Pettit got a gold medal for the U20 Men to add to his bronze in the Senior Men, Richard Pawlak also gained gold in the U15 Boy's. Whilst Lucy Davies U17 Ladies and Georgie Freeman U13 Girls both gained bronze.

If there was a medal for sheer guts and determination it would go to Georgina Wilson who lost one of her shoes in the water filled ditch. Having stopped to search for it but not finding it, Georgina then carried on to finish wearing only one shoe in 15th place in the Under 13 girls race which certainly robbed her and her team mates of a medal as the B-Team finished 4th only one or two points behind the 3rd place side.

Results

<u>Senior Men</u>	Dan Pettit (U20)	3rd	<u>Senior Women</u>	Janice Burke	5th
	Lee Athersmith	4th			
	Matt Gunby (U20)	7th	<u>Under 17 Ladies</u>	Lucy Davies	3rd
	Glen Watts (U20)	11th		Emily Craven	9th
	Matthew Axton	13th			
	Brian Corleys	23rd	<u>Under 15 Girls</u>	Michelle Longman	7th
	Jamal Adams	28th		Laura Burke	9th
	Andy Suter (U20)	38th		Chelsea Oldham	13th
	Oliver Mason	39th			
	Paul Hayman	44th	<u>Under 13 Girls</u>	Georgie Freeman	3rd
				Samantha Longman	7th
<u>Under 17 Men</u>	Jason Burke	4th		Gemma Bays	9th
	Matthew Pettit	5th		Laura Arnold	14th
				Georgina Wilson	15th
<u>Under 15 Boys</u>	Richard Pawlak	1st		Penelope Ford	18th
	Ed Gunby	5th			
	Toby Sutton	13th			
<u>Under 13 Boys</u>	Nicholas Stone	10th			
	Peter Godly	14th			
	Adam Kimber	21st			

Peterborough Athletic Club Dinner.

To Be Held at Peterborough Masonic Hall,
Ellindon, Bretton, Peterborough,

On Saturday 18th March 2006.

Tickets £16.00 per person.

See Kelly Sutton, Christina Birch or Paul Hayman in the
clubhouse to book your tickets.

Fred Wright 10k and 3k Fun Run.

To Be Held at Sir Harry Smith Community College.
Whittlesey.

On the 26th March 2006.

Fun Run starts at 10.20am.

10k run starts at 11.00am.

Entry Fee: 10k run, 16 yrs old & upwards = £7.00 Affiliated.
£9.00 Non-Affiliated.

3k Fun Run = £3.00.
(Registration on the day.)

Entry on the day £2.00 extra (except for fun run.)

Pre race entries to:

Graham Ward, 37 Audley Gate, Peterborough, PE3 9PG.
Or by e-mail on www.activeeurope.com

Closing date for entry 21st March 2006.

Track & Field Presentation Night

An excellent night was had by everyone who attended the recent presentation night held at the Railway Club, Bourges Boulevard on 6th January 2006.

Thank you to John and Audrey Sutton for organising and booking the entertainment which was supplied by the superb Cabaret Act of Johnny Dee (with help from extras John Sutton, Karen and Kevin McKeivitt and young Nicholas Stone). The night was brilliant with many people commenting on what an enjoyable evening they had.

A big thank you must go to everyone behind the scenes for organising the evening and to Audrey, Elaine, Linda, Jo and others far too many to mention (you know who you are) for supplying and preparing the food. Thank you to everyone who donated raffle prizes and to Colin Pettit for being the compare for the night.

The presentation of track & Field Awards were made as follows:

Under 13 Boys

Track & Field: Nicholas Stone, Lewis Eve, Peter Godly, Joshua Christie

Under 15 Boys

Track: Richard Pawlak Field: Martin Tinkler Support: Jamie Irons

Under 17 Men

Track: James Lampett Field: Dan Tinkler Support: Aaron Steels

Junior Men

Track: Glen Watts Field: Scott McKeivitt Support: Dan Pettit

Senior Men

Track: Craig Torr Field: Chris Lawniczak Support: Simon Bannister

Vet Men

Track: Dave Whitehead Field: Karl Eve Support: Bernie Mules

Under 11 Girls

Track & Field: Megan Edwards, Charlie Wing, Jay Bingham, Renee Earl-Jarrett, Tabitha Eve

Under 13 Girls

Track: Gemma Bays Field: Samantha Longman Support: Molly Edwards

Under 15 Girls

Track: Chelsea Oldham Field: Michelle Longman Support: Laura Burke

Under 17 Woman

Track: Lucy Davies Field: Leah Parsons Support: Nichola Gibson

U20 Women

Track: Nakita Waldin-Walker

Senior Women:

Track: Christina Birch Support: Steph Cooper Support: Wendy Perkins

Vet Women:

Track: Janice Burke Track: Wendy Dunn Support: Audrey Sutton

Track & Field Presentation Night

Special International Awards

Daniel Tinkler & Leah Parsons for being selected to compete for Great Britain in the European Youth Olympics.

Louise Hazel for being selected to compete for Great Britain in the European U23 Championships.

Daniel Watts for winning the English Schools' Cross Country title; the English Schools' 3km Championships and being selected to compete for Great Britain in the World Cross Country Championships.

East Anglian League Finals

Athletes who helped the club gain a place in the East Anglian League finals all presented with a medal.

U15 girls

Chelsea Oldham, Michelle Longman, Lauren Jones, Tyisha Lannon, Emily Edwards, Laura Burke, Toni Oakes, Rachel Freemantle.

U17 women

Leah Parsons, Verity Swinscoe, Jess Langford, Nichola Gibson, Lucy Davies, Emily Craven.

Senior women

Nikita Waldin-Walker, Stephanie Cooper, Kay Laundry, Janice Burke, Janice Longman, Christina Birch, Wendy Perkins, Stacy McGivern, Kay Gibson.

Senior men

Paul Hayman, Michael Ward, Scott McKeivitt, Simon Banister, Glen Watts, Daniel Pettit, Mike Wright, Martin Dawson, Karl Eve, Dan Watts, Andy Suter, Adam Jackson.

A Night at the Dogs

A night of Greyhound racing at Peterborough Stadium is being organised on Wednesday 12th April 2006 for all P.A.C members, their families and friends on a six pack deal.

This consists of entrance & racecard, a basket meal (scampi or Chicken nuggets & chips), 2 pints of either Bitter/ Lager or 2 single house Spirits + mixer and 2 x £1 tote vouchers for betting with all in reserved seating.

The cost is £12.00 per Adult, Children are welcome to come along but food and drink must be purchased separately but there is a charge of £2.00 for their reserved seating.

If you wish to come along to join in the fun and maybe make a few bob, please ask inside the clubhouse for Dave or Jan Longman to add your name to the list and make your payment.