

## Cross Country Fixtures 2005/2006

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	£ 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.

## 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. If you are interested please contact Maureen on training nights over at the 100m start for more details of as and when training will be held.

Date:  
March  
2006

## PAC Newsletter



## Membership Renewal

Please note at the end of this month all membership fees are due for renewal. Please see Elaine Larkins at the refreshment bar and pay her as quickly as possible. Your membership fees need to be paid to enable you to carry on training and to let you compete in the league meetings this coming season.

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 5.45 — 8.00 PM  
THURSDAYS 5.45 — 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

## 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 Lauren Hughes, Clarissa Murphy, Nicola Kenny and Nigel Godly.

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, Boon-gate, 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.

## Track & Field Presentation Night

Apologies go to the following athletes who were omitted from the list of East Anglian Medal winners in February's Newsletter. As Newsletter Editor I am very sorry if this may have upset anyone in anyway and hopefully this makes amends.

Under 15 girls: Harriett Ball, Sharna Emanuel.

Under 17 Ladies: Sam Eve, Chloe Weaver, Fiona Okonkwo.

## Cross Country @ Bicton College, Exmouth, 28th January 2006.

In the South of England championships P.A.C had 23 athletes supported by families and friends who had made the long two-day trip down to Devon to represent the club. On a very cold and windy day the team tent certainly came into good use.

Once again there were many fine performances with a top 5 finish for Dan Pettit in the U20 Men and a 17<sup>th</sup> place for Richard Pawlak in the Under 15 Boys. There were two teams represented the Under 13 Girls (Georgie Wilson, Gemma Bays, Samantha Longman and Penelope Ford) who came 12<sup>th</sup> and the Senior Woman (Janice Burke, Steph Cooper, Kelly Sutton and Wendy Perkins) who came 19<sup>th</sup>.

Unfortunately the Under 20 Men's team (Dan Pettit, Matt Gunby and Andy Suter) were a runner short, after Glen Watts had to pull out from running the race due to illness, after travelling down on the coach the day before. Looking at the overall results and where all the teams came in the Under 20 men, if Glen had been able to run P.A.C probably would have gained a silver medal on the day.

### Results

Under 13 Girls (3k)	67 <sup>th</sup>	Georgina Wilson.	13m 11s
	75 <sup>th</sup>	Gemma Bays.	13m 15s
	78 <sup>th</sup>	Samantha Longman.	13m 18s
	110 <sup>th</sup>	Penelope Ford.	14m 13s
Under 15 Girls (4k)	63 <sup>rd</sup>	Laura Burke.	18m 00s
	65 <sup>th</sup>	Michelle Longman.	18m 01s
Under 17 Ladies (5k)	54 <sup>th</sup>	Lucy Davies.	23m 21s
	90 <sup>th</sup>	Emily Craven.	28m 04s
Senior Women (8k)	89 <sup>th</sup>	Janice Burke.	36m 18s
	124 <sup>th</sup>	Steph Cooper.	38m 04s
	141 <sup>st</sup>	Kelly Sutton.	39m 18s
	171 <sup>st</sup>	Wendy Perkins.	41m 15s
Under 13 Boys (3k)	92 <sup>nd</sup>	Nicholas Stone.	12m 16s
Under 15 Boys (4.5k)	17 <sup>th</sup>	Richard Pawlak.	15m 46s
	83 <sup>rd</sup>	Ed Gunby.	17m 17s
Under 17 Men (6k)	64 <sup>th</sup>	Matthew Pettit.	23m 21s
	77 <sup>th</sup>	Jason Burke.	23m 54s
Under 20 men (8k)	5 <sup>th</sup>	Daniel Pettit.	26m 54s
	34 <sup>th</sup>	Matthew Gunby.	29m 20s
	46 <sup>th</sup>	Andy Suter.	30m 20s
Senior Men (15k)	111 <sup>th</sup>	Matthew Axton.	57m 08s
	300 <sup>th</sup>	Paul Hayman.	65m 08s

## Eastern County Cross Country Championships.

There was only a small turnout of P.A.C runners who took part in the Eastern Counties Cross Country Championships held at R.A.F Barnham Nr Thetford on 19th February 2006. With 10 runners representing P.A.C this was one of the lowest turnouts for the club this year but with the National Championships taking place the following week many athletes chose to give this championship a miss and run in the Nationals.

There was success with team and individual performances with a team silver in the U13 Girls. With no other teams representing P.A.C it was left to Richard Pawlak in the U15 boys who gained an individual gold medal, as did Janice Burke in the Veteran Ladies 35 as well as a bronze in the Senior Ladies. Jason Burke gained Silver in the U17 Men and Laura Burke gained bronze in the U15 Girls, making this once again a fine family performance.

### Results

<u>Senior Women</u>	Janice Burke	3rd (1st V35)
<u>Under 17 Ladies</u>	Emily Craven	4th
<u>Under 15 Girls</u>	Laura Burke	3rd
	Michelle Longman	4th
<u>Under 13 Girls</u>	Georgina Wilson	5th
	Samantha Longman	6th
	Penelope Ford	10th
<u>Under 17 Men</u>	Jason Burke	2nd
<u>Under 15 Boys</u>	Richard Pawlak	1st
<u>Under 13 Boys</u>	Nicholas Stone	5th

## 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 & race card, 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

Last date for booking and payment is Thursday 9th March 2006, though please bare in mind that there may not be any reserved seating available.

## 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](http://www.activeeurope.com)

Closing date for entry 21st March 2006.

## Eastern Counties Indoor Championships

Peterborough A. C. Athletes did well at Eastern Counties Indoor Championships

Nine athletes from Peterborough Athletic Club competed with distinction in the Eastern Counties AAA Indoor Championships at Kings Lynn on Sunday (12thFeb). Each one finished in the top 6 in their respective finals.

There was a notable family flavour to the male shot putt. Daniel Tinkler continued his winning ways by setting an U20 meeting record some 2.50 metres further than the previous one. His brother Martin won the U17 competition while younger brother Roger came 2nd in the U15s.

Peter Godly (U13 boys) was an impressive double winner in the field and on the track, taking both the Long Jump and the 60 metre hurdles.

Sharna Emanuel (U15 girls) finished 2nd in the 60 metres, an exciting race which saw the first three runners given the same time. Catherine England was 6th in the same race. There was also a blanket finish in the Senior Men's 60 metres; Craig Torr continuing his comeback by taking .3 off his previous best in finishing 2nd in the same time as the winner.

In the Long Jump Nichola Gibson was 4th in the U17 women's event and Jamie Irons 5th in the U20 men's High Jump.

Results:

U13 Boys: Peter Godly 1st Long Jump 3.55m; 1st 60m Hurdles 11.6sec

U15 Girls: Sharna Emanuel 2nd 60m 8.5sec  
Catherine England 6th 60m 8.9sec

U15 Boys: Roger Tinkler 2nd Shot 8.49m

U17 Boys: Martin Tinkler 1st Shot 13.91m  
Jamie Irons 5th High Jump 1.65m

U17 Women: Nichola Gibson 4th Long Jump 4.45m

U20 Men: Daniel Tinkler 1st Shot 15.98m (meeting record)

Senior Men: Craig Torr 2nd 60m 7.5sec (PB)

## Keith Ward Memorial Trophy Meeting Held @ Kings Lynn on 22nd January 2006

<u>U13 Boys</u>	Long Jump	Peter Godly	3.69 M	3rd
	60M Hurdles	Peter Godly	11.8 S	2nd
<u>U17 Boys</u>	Long Jump	Sam Blunt	5.21 M	4th
	High Jump	Jamie Irons	1.80 M	2nd
	60M	Sam Blunt	7.9 S	4th
<u>U15 Girls</u>	60M	Sharna Emanuel	8.5 S	1st
	60M	Catherine England	8.7 S	4th

## Sportshall Match held @ St Ivo sport's centre On the 22nd January 2006

A group of Under 11, Under 13 and under 15 boy's and girl's competed for P.A.C at the recent sportshall match held at St Ivo against three other teams from Cambridge & Coleridge, Riverside Runners and host club Hunts A.C. There were many fine performances with the most pleasing coming from the Under 11 Girls 4 X 2 lap relay team who won their event, which left their coach Duncan Edwards with the broadest smile in Cambridgeshire. Under 13 boy Alex Slingsby gained selection for the Cambridgeshire Team that went on to compete at Norwich in the Area Finals as did Under 13 girls Laura Arnold and Molly Edwards as well as Gemma Bays in the Under 15 Girls.

Under 11 Boys	Owen Hawker	6th 8th	Standing Long Jump. Speed Bounce.
Under 13 Boys	Alex Slingsby	6th 4th 2nd	2 Lap Race. 4 Lap Race. Speed Bounce.
Under 11 Girls	Jay Bingham Rachael Dunn  Clarissa Murphy  Megan Edwards  ( All four girls mentioned above)	7th 4th 3rd 5th 4th 2nd 2nd 1st	Speed Bounce. Speed Bounce. Sitting Ball Throw. Speed Bounce. Sitting Ball Throw. Standing Long Jump. Speed Bounce. 4 X 2 Lap Relay.
Under 13 Girls	Laura Arnold  Molly Edwards  Penelope Ford  Samantha Longman  Jasmine Tynan	3rd 5th 2nd 2nd 3rd 6th 8th 9th 3rd 7th 8th 7th	4 Lap Race. Standing Long Jump Speed Bounce. Standing Triple Jump Shot. 6 Lap Race Speed Bounce. Vertical Jump. 6 Lap Race. Standing Long Jump Vertical Jump. 4 Lap Race.
Under 15 Girls	Gemma Bays  Michelle Longman	5th 5th 3rd 2nd 7th	2 Lap Race. Speed Bounce. Standing Long Jump. 4 Lap Race. Vertical Jump.

## Track & Field Open graded Meetings

P.A.C would like to announce that the club are organising two Open graded meetings which are to be held at the Peterborough Athletic Arena at the beginning of April. The first meeting will be held on the 2nd April 2006 which will consist of track races of various distances and long jump only.

The second will be on 9th April 2006 and will consist of track races including hurdle races and a full field programme ( subject to cage being available). Entries on the day. £ 2.00 per event, 3 events £ 5.00

Contact Ron Crosby, tel; 01733 202901

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