



## New Members

Welcome to the following new members who have joined the club in October. We hope you enjoy your athletics and have a happy and successful time with us. The new members are Sophie Fowler and Penelope Ford.

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 @ Mark Eaton Park

A small squad of only 19 runners represented P.A.C in their first Cross Country of the new season at Mark Eaton Park, Derby. In Indian summer like conditions everyone performed well and will be looking to improve on these results as the season goes on and hopefully there will be more runners representing the club.

There was one drawback though as the U15 Boys & Under 17 Women's races were declared void as poor marshalling led to some runners in both races not completing the correct distances with much of the field finishing before the leaders had started their 2<sup>nd</sup> lap of the course.

Unfortunately due to lack of representation the Senior Women were the only team to have their full quota of runners and finished 11<sup>th</sup> overall.

### Results

Under 13 Boys	(2.9k)	Nicholas Stone	30 <sup>th</sup>	12m 41s
Under 15 Boys	(4.7k)	Richard Pawlak		
Under 17 Men	(6.0k)	Jason Burke	13 <sup>th</sup>	22m 33s
		Matthew Pettit	D.N.F	
Jun/Sen/Vet Men	(10.0k)	Matt Gunby	24 <sup>th</sup>	36m 23s
		Ryan Arnold	93 <sup>rd</sup>	40m 11s
		Paul Hayman	105 <sup>th</sup>	40m 49s
		Andy Suter	D.N.F	
Under 13 Girls	(2.9k)	Samantha Longman	26 <sup>th</sup>	14m 31s
		Penelope Ford	34 <sup>th</sup>	16m 14s
Under 15 Girls	(3.9k)	Laura Burke	16 <sup>th</sup>	17m 01s
		Michelle Longman	32 <sup>nd</sup>	18m 00s
Under 17 Women	(4.7k)	Lucy Davies		
		Emily Craven		
Jun/Sen/Vet Women	(6.0k)	Janice Burke	29 <sup>th</sup>	26m 38s
		Stephanie Cooper	37 <sup>th</sup>	27m 47s
		Kelly Sutton	49 <sup>th</sup>	28m 23s
		Wendy Perkins	71 <sup>st</sup>	30m 43s
		Christina Birch	72 <sup>nd</sup>	30m 49s

# 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 and add your name on 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.

## Raffle Tickets

Tickets for the annual Christmas / New Year raffle will soon be on sale in the club house. Please do your best to sell and even purchase some.

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.

If you would like to donate a prize to the raffle please see either Audrey Sutton or Elaine Larkins who will be only to pleased to hear from you.

## SOUTHERN WOMEN'S LEAGUE

We have made movements into the possibility of re-joining the Southern Women's League next season.

Following the league's AGM last month we are waiting to hear on what division we will be in or indeed whether the league will be just seniors or U15's and seniors.

Peterborough AC has said that we don't mind how the league will be made up as we have enough female athletes who have said they are prepared to compete in this league.

We will let everyone know the outcome as soon as we can.

## NATIONAL JUNIOR LEAGUE

There is a possibility the club will be involved in a composite U20 team which will compete in the National Junior League. The composite team will be made up of any club who has U20 members within the county of Cambridgeshire.

So far the county has informed UK Athletics of its intention to enter a composite team (and paid the relevant fee). All we have to do is decide what the team's name will be and what colour the vests will be (Team Cambs and light blue vests seem favourite).

There are one or two other things to discuss further but things are moving along nicely and it looks as though P.A.C. will be able to provide our U20 age-group athletes (men and women) with competition in their own age group next season.

We will keep you posted.

# NENE VALLEY HARRIERS 5K

Nene Valley Harriers were the promoting club and the race was staged around the large lake in Ferry Meadows on Wednesday 31st August 2005 this was the 6th of 8 races in the Cambs Road Race League.

One Hundred and sixty six athletes completed the course and amongst them were 19 P.A.C runners.

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Cambs Lge Position</u>
1st	Daniel Pettit (U20)	15mins 42secs	1st
5th	Lee Athersmith (SNR)	16mins 28secs	—
6th	Matthew Axton (SNR)	16mins 31secs	4th
9th	Brian Corleys (SNR)	16mins 40secs	7th
12th	Jason Burke (U17)	17mins 31secs	—
18th	James Lampett (U17)	17mins 38secs	—
32nd	Paul Hayman (SNR)	18mins 27secs	26th
34th	Peter Kirwin (SNR)	18mins 37secs	27th
47th	Matthew Pettit (U17)	19mins 37secs	—
62nd	David Ainslie (VET)	20mins 22secs	—
67th	Janice Burke (VET)	20mins 36secs	6th
77th	Gary Sutton (SNR)	21mins 09secs	—
103rd	Lisa Ainslie (U20)	22mins 19secs	10th
115th	Peter Branton (VET)	23mins 15secs	—
122nd	Kelly Sutton (SNR)	23mins 47secs	16th
123rd	Audrey Sutton (VET)	23mins 48secs	—
125th	Wendy Perkins (SNR)	23mins 57secs	—
126th	Emily Craven (U17)	24mins 11secs	—
149th	Tamara Cooke (SNR)	26mins 38secs	—

## Cambs League Male Team Result

1st	P.A.C	15 Pts
2nd	N.V.H	24 Pts
3rd	March	108 Pts

## Cambs League Female Team Result

1st	Werrington	20 Pts
2nd	N.V.H	22 Pts
3rd	P.A.C	32 Pts

After completing 6 races, the impressive performances from the first 4 athletes above has widened the gap between N.V.H and ourselves at the top of the league. Currently P.A.C lead the way with 179 Pts, with N.V.H on 174 Pts and Werrington Joggers on 157 Pts.

# Grunty Fen 1/2 Marathon

In the 7th of the 8 match series Lee Athersmith unfortunately had to withdraw from the race due to a calf muscle strain which left P.A.C with the minimum of 4 athletes to run in the team competition that had approx 650 starters.

All 4 P.A.C runners made it a wonderful performance in particular Matthew Axton who won the race and took the 1st prize of £200.00. With 4 to score P.A.C won the team prize as well with each of the quartet collecting £25.00 each. They also hold an unassailable lead in the league table by 6 Pts with the last race the Fenland 10 still to be run.

<u>Position</u>	<u>Name</u>	<u>Time</u>
1st	Matthew Axton	1 Hr 14mins 20 secs
9th	Brian Corleys	1 Hr 18mins 39 secs
11th	Oliver Mason	1 Hr 18mins 55secs
35th	Peter Kirwin	1 Hr 23mins 19secs

## CAMBRIDGESHIRE ROAD RACE LEAGUE ( AFTER 7 RACES) Max score 210 Pts

1st	P.A.C	209 Pts
2nd	N.V.H	203 Pts
3rd	Werrington	183 Pts

## MALE INDIVIDUAL PLACINGS AFTER 7 RACES ( Best 5 results to count)

<u>Position</u>	<u>Name</u>	<u>Total Points</u>	<u>Races scored in</u>
1st	Matthew Axton	13 Pts	5
2nd	Brian Corleys	40 Pts	5
6th	Oliver Mason	83 Pts	5
7th	Peter Kirwin	84 Pts	5
28th	Daniel Pettit	4 Pts	4
29th	Ashley Allen	15 Pts	4
34th	Paul Hayman	116 Pts	4