

Cross Country Fixtures 2005/2006

15th October	North Midland League	Mark Eaton Park	Derby
5th November	North Midland League	Shipleigh Park	Heanor
12th November	National Relays	Berry Hill	Mansfield
2nd December	Peterborough Schools	Bretton Woods	Peterborough
3rd December	North Midland League	Berry Hill	Mansfield
7th January	North Midland League	T.B.A	Sutton in Ashfield
15th January	County Championships	St Neots	Cambridgeshire
21st January	County Schools	T.B.A	T.B.A
28th January	Southern Championships	Bickley Park	ExemOUTH
4th February	Anglian Schools	T.B.A	T.B.A
25th February	National Championships	Parliament Hill	London
11th March	Inter Counties	Wollaton Park	Nottingham
25th March	English Schools	T.B.A	Mansfield

Date:
Oct
2005

PAC Newsletter

Peterborough Athletic Club

COACHING COURSES

★ Are there any athletes over 18 years of age or parents who are interested in becoming an assistant coach with the club. If so please see Dave Clay or Jan Longman for an application form and details of courses that are taking place at various venues over the next couple of months.

★ Also with the membership increasing every month the club are now looking for more parents to volunteer to help out on training nights as well as officiating at the club athletics league meetings.

★ Please see Elaine Larkins or Ron Crosby if you can help in any way.

Many Thanks

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)



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

New Members

Welcome to the following new members who have joined the club in September. We hope you enjoy your athletics and have a happy and successful time with us. The new members are Stuart George, Jonathon Mason, Bal Dhaliwal, Joshua-Luke Shield, Michael Wright, Lee Athersmith, Will Cook, Frank Cook, Hayley Reeve, Nick Rowlands, Scott Robertson, Thomas Lees, and Kerrie Hughes.

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.

Men 60				Women 55			
100m	B.Mules	5th	16.8	100m	T.Bell	4th	17.7
400m	B.Mules	4th	79.1	400m	L.Blackmore	4th	93.4
3000m	B.Mules	7th	15.24.7	Long	T.Bell	4th	2.80
Long	B.Mules	6th	2.85	Shot	T.Bell	2nd	7.32
Shot	B.Mules	7th	5.60	Javelin	T.Bell	1st	21.33
Javelin	B.Mules	6th	11.32				

Combined Events Championships

P.A.C Athlete Leah Parsons won both the Eastern County Championships, the Cambridgeshire County Championships and also broke the Cambridgeshire County Championship record on her way to winning the Under 17 women's pentathlon gold medal with a total score of 2726 points at the Embankment on Sunday 25th September.

Michelle Longman got a bronze medal in the Cambridgeshire County Championships Under 15 girls pentathlon scoring 1701 points. Both Leah & Michelle won the club gold awards as did Gemma Bays in the Under 13 girls minithon, Peter Godly in the Under 13 boys minithon and John Burgess in the Under 15 boys pentathlon.

There were silver awards for Laura Burke in the Under 15 girls, Richard Stone in the Under 15 boys and Nicholas Stone in the Under 13 boys, whilst Lewis Eve claimed the bronze award with Joshua Christie just missing out in 4th place.

A special mention must go to Richard Stone (primarily a Hammer thrower) who after falling & injuring himself in the Hurdles carried on and completed the competition.

<u>Pentathlon</u>	Age	Hurdles	Shot	High	Long	800m
Leah Parsons	U17W	12.8s	7.28m	1.61m	4.69m	2.51.2s
Michelle Longman	U15G	16.7s	5.85m	1.22m	3.65m	2.38.1s
Laura Burke	U15G	16.8s	6.24m	1.10m	3.31m	2.44.9s
John Burgess	U15B	14.7s	8.45m	1.44m	4.75m	2.19.9s
Richard Stone	U15B	20.9s	4.56m	1.20m	3.60m	3.08.5s

<u>Minithon</u>	Age	Hur	100m	200m	800m	shot	javelin	long	high
Gemma Bays	U13G			29.9s		4.76m		4.19m	
Peter Godly	U13B	16.3s					21.43m	3.57m	
Nicholas Stone	U13B				2.40.2s		12.18m	3.57m	
Lewis Eve	U13B		15.5s				21.01m	3.89m	
Joshua Christie	U13B			33.3s			17.14m		1.20m

Eastern Vets League

Peterborough Athletic Clubs veteran Men & Women's teams performed well in the Finals of the Eastern Vets League held at Bedford on 4th September 2005. The Men came seventh and the Women fifth.

Results

Men 40				Women 35			
100m	H.Cooke	8th	15.9	100m	D.Plaice	2nd	14.8
200m	H.Cooke	7th	32.7	200m	D.Plaice	2nd	30.0
400m	H.Cooke	7th	82.6	400m	J.Burke	3rd	70.1
800m	R.Smith	7th	2.49.6	800m	S.George	4th	2.40.8
1500m	P.Brantom	8th	6.39.5	100m H	J.Burke	3rd	21.1
3000m	R.Smith	7th	12.00.4	400m H	J.Burke	4th	79.3
2k walk	P.Brantom	4th	13.09.0	2k walk	J.Cooper	8th	13.38.1
High	K.Eve	1st	1.65	High	S.George	1st	1.25
Pole	K.Eve	2nd	3.00	Pole	J.Burke	3rd	1.70
Triple	S.George	8th	6.22	Long	S.George	5th	3.77
Shot	K.Eve	4th	9.57	Shot	J.Longman	7th	4.94
Discus	K.Eve	4th	25.72	Discus	J.Longman	8th	12.34
Hammer	K.Eve	4th	22.33	Hammer	J.Longman	6th	17.11
Javelin	K.Eve	5th	33.34	Javelin	J.Longman	7th	12.55
Relay		7th	3.50.1	Relay		2nd	3.33.0
Men 50				Women 45			
100m	D.Whitehead	1st	13.3	100m	A.Sutton	6th	17.5
200m	D.Whitehead	1st	26.2	200m	A.Sutton	7th	35.8
400m	D.Whitehead	2nd	58.2	400m	A.Sutton	6th	88.0
800m	J.Taylor	2nd	2.24.7	800m	A.Sutton	5th	3.13.5
1500m	K.Bell	5th	5.26.1	1500m	A.Sutton	4th	6.41.5
3000m	K.Bell	5th	11.27.6	3000m	A.Sutton	5th	14.06.6
400m H	J.Taylor	1st	71.2	2k walk	L.Blackmore	5th	13.36.7
Long	D.Whitehead	4th	4.67	High	S.Andrews	4th	1.15
Triple	J.Taylor	7th	7.97	Long	S.Andrews	6th	2.86
Shot	J.Taylor	8th	6.34	Triple	S.Andrews	5th	6.84
Discus	K.Bell	8th	18.74	Shot	S.Andrews	3rd	6.87
Hammer	B.Mules	8th	8.72	Discus	S.Andrews	6th	15.54
Javelin	K.Bell	7th	27.06	Hammer	S.Andrews	5th	13.52
				Javelin	J.Cooper	5th	12.20
				Relay		5th	4.40.3

THORNEY 5 MILES SUNDAY 21ST AUGUST 2005

The Thorney 5 mile race was the fifth of the eight Cambridgeshire League fixtures. Seven P.A.C. male athletes ran in the race and finished as shown below.

<u>Name</u>	<u>Position</u>	<u>Time</u>	<u>Camb's Lge Position</u>
Matthew Axton	7th	27m 00s	2nd
Michael Ward	8th	27m 03s	3rd
Ashley Allen	13th	28m 04s	5th
Brian Corleys	17th	28m 50s	8th
Oliver Mason	18th	29m 03s	9th
Peter Kirwin	26th	30m 13s	14th
Roger Smith	72nd	34m 26s	* see below*

Roger Smith has not been included in the published results because this is the first race from five that he has finished.

A three to score team award was incorporated in the race for the first two teams and the P.A.C. team finished 2nd with 28 points behind Notts A.C who had a very powerful trio; Rob Birchall came 1st, Matt Blunden came 4th, and their 3rd runner finished 11th.

CAMBRIDGESHIRE COUNTY 5 MILE CHAMPIONSHIP CLEAN SWEEP FOR P.A.C

Camb's County A.A incorporated their 5 mile Road County Championship in the above race however with many athletes ignoring to tick the box on their entry form for the Championships it resulted in a 1,2,3 for P.A.C athletes. Michael Ward came 1st, Ashley Allen came 2nd, and Brian Corleys 3rd.

CAMBRIDGESHIRE ROAD RACE LEAGUE (AFTER 5 RACES) Max score 150pts

1st	P.A.C	149 pts	(we have won the last 4 races , 2nd in the Fred Wright)
2nd	N.V.H	145 pts	
3rd	Werrington	130 pts	

MALE INDIVIDUAL PLACINGS AFTER 5 RACES (10 athletes have run 2 or more races)

93 Male Athletes have run 2 or more races and their positions are shown below.

<u>Position in Lge</u>	<u>Name</u>	<u>Total Points</u>	<u>Races scored in</u>
1st	Matthew Axton	26pts	5
9th	Ashley Allen	15pts	4
11th	Brian Corleys	46pts	4
13th	Peter Kirwin	69pts	4
14th	Oliver Mason	79pts	4
29th	Daniel Pettit	3pts	3
30th	Michael Ward	13pts	3
34th	Paul Hayman	90pts	3
68th	Glen Watts	14pts	2
72nd	Andrew Suter	27pts	2

East Anglian League Finals

A squad of P.A.C members represented the club at Cambridge on Sunday September 18th 2005. The U15 girls, U17 ladies & Senior Women and Senior Men performed well in the finals against some stiff opposition.

The U15 girls and the U17 ladies/Senior Women both came 5th in there age groups whilst a under strength Senior Men's side came 7th.

U15 Girls

75m Hur	Harriet Ball	A6	13.5
	Tyisha Lannon	B8	15.7
100m	Miranda Copping	A4	13.5
	Sharna Emanuel	B1	13.5
200m	Miranda Copping	A5	28.1
	Harriet Ball	B1	27.5
800m	Chelsea Oldham	A4	2.35.3
	Emily Edwards	B5	2.50.7
1500m	Laura Burke	A5	5.39.8
	Michelle Longman	B4	5.44.6
High jump	Emily Edwards	A8	1.25
	Lauren Jones	B4	1.20
Long jump	Lauren Jones	A6	4.26
	Michelle Longman	A6	3.89
Shot	Harriett Ball	A8	6.04
	Laura Burke	B2	5.91
Discus	Lauren Jones	A5	17.21
	Chelsea Oldham	B3	15.67
Javelin	Tyisha Lannon	A5	17.68
	Michelle Longman	B6	11.79
4 X 100m Relay	H.Ball, S Emanuel, C Oldham, M Copping	A3	

U17 Ladies

300m	Nichola Gibson	A4	46.3
	Emily Craven	B3	47.1

Senior Women

100m Hur	Janice Burke	A5	22.1
100m	Nikita Waldin Walker	A2	13.2
	Sam Eve	B6	13.9
200m	Nikita Waldin Walker	A3	27.7
	Nichola Gibson	B3	28.8

Senior Women

400m	Christina Burch	A4	61.5
	Wendy Perkins	B4	72.3
800m	Lucy Davies	A5	2.39.3
	Wendy Perkins	B3	2.41.2
1500m	Lucy Davies	A4	5.27.3
	Emily Craven	B5	6.21.5
Long jump	Stacy McGivern	A3	5.19
	Nichola Gibson	B3	4.35
High jump	Stacy McGivern	A3	1.45
	Janice Burke	B3	1.20
Triple jump	Stacy McGivern	A3	10.84
	Sam Eve	B7	8.07
Shot	Kay Gibson	A8	6.13
	Verity Swinscoe	B8	5.52
Discus	Kirsten Pettit	A8	16.81
	Verity Swinscoe	B7	14.78
Javelin	Janice Longman	A8	12.59
	Verity Swinscoe	B8	7.54
4 X 100 m Relay	N.Walden Walker , J Burke, N Gibson , L Davies		

Senior Men

110m Hur	Mike Wright	A6	20.3
100m	Craig Torr	A5	11.4
	Peter Arnott	B3	12.0
200m	Craig Torr	A5	23.8
	Peter Arnott	B5	26.4
400m	Mike Wright	A8	56.0
3000m	Glen Watts	A1	8.57.6
	Paul Hayman	B2	9.49.2
Long jump	Peter Arnott	A5	5.43
	Simon Bannister	B4	5.31
High jump	Simon Bannister	A5	1.75
	Karl Eve	B3	1.60
Triple jump	Simon Bannister	A5	11.69
Shot	Karl Eve	A6	9.40
	Adam Jackson	B5	8.18
Discus	Simon Bannister	A7	27.97
	Adam Jackson	B3	21.60
Javelin	Simon Bannister	A6	35.92
	Karl Eve	B4	31.87
Hammer	Adam Jackson	A5	30.85
	Karl Eve	B5	19.80