

Date:
September
2006

PAC Newsletter



Track & Field Fixtures 2006

17th September	East Anglian League (Final)	Bury St Edmunds
24th September	Multi-Events	Peterborough

* Please note all fixture's are provisional check for conformation *

Cross Country 2006/2007

There will be a meeting for all members who are interested in running Cross Country this coming season. It will be held in the Clubhouse after your training session on Tuesday 19th September 2006.

We hope to start the meeting approximately 7.15 pm to discuss the forthcoming season competing in the North Midlands League (dates, times and venues). There will be road maps available although we are looking into running a mini-bus to the meetings.

Also we hope to have the dates and venues for all the Major Cross Country meetings (Southern and Nationals) being held this season and once again coach travel and accommodation will be available on a first come first served basis.

Hopefully the meeting should last for only 15-20 minutes so please make every effort to come along if you are interested as we would like the club to have a Team (in every age group) to take part.

Please note parents are requested to attend for those children who are U13 and U15.

Many Thanks.

Dave Longman. (Cross Country team manager)

East Anglian Finals.

Well done to everyone who has competed in the East Anglian League ,with Congratulations going to the U13 Girls and Boys, the U15 Girls, the U17 Ladies and Men and the Senior Women. All of them performed exceptionally well to qualify for the league finals to be held at Bury St Edmunds on Sunday 17th September 2006.

A coach has been booked for those who require transport to this event. Please see your team managers to confirm if you are available and need transport on the day.

PETERBOROUGH ATHLETICS ARENA

TRAINING

TUESDAYS 6.00 — 8.00 PM

THURSDAYS 6.00 — 8.00 PM

www.peterborough-ac.org.uk

Contacts;

Chairman Ron Crosby 01733 202901

Hon Sec Elaine Larkins 01733 210353

Renewal of Membership Fee's

The renewal of membership fees were due from the 1st April 2006. If you have not renewed, could you please make prompt payment as you can only compete for the club once your new membership is paid.

Please see Elaine Larkins or Dick Dawson in the clubhouse to make your payment and receive your new membership card.

Your Membership helps towards the running costs of the club. It helps towards the hire of facilities on training nights and also towards reduced travel costs.

More importantly your membership covers your insurance while you are training within the confines of the club and with the clubs qualified coaches.

Welcome to the following new members who have joined the club in August. Neville Smith, Claire Burgess, Ben Turner, Holly Dickinson, Abbie Browning, Jade Beaumont, Lisa Williamson, Emma Pryzbyl, Jennifer Hodges, Jenny Cade, Hayley Abraham, Laura Andrews, Hannah Andrews, Tyler Fayose. We hope you enjoy your athletics and have a happy and successful time with us.

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.

Cambridgeshire Road Race League 2006

Set out below are the individual and team updates following the Thorney 5 Miles (the 5th in the programme) staged on the 20th August.

Four male P.A.C athletes feature in the individual results which are restricted to these athletes who have run 3 or more races. I am extremely grateful to these 4 lads, because without their loyalty and support P.A.C would not be sitting on a 4 point cushion over N.V.H at the top of the league.

Matthew Axton and Oliver Mason have run in all 5 races and they have provided the backbone to the team's performance.

<u>Name</u>	<u>Position in League</u>	<u>No of points</u>	<u>No of races</u>
Matthew Axton	1st	8	5
Oliver Mason	2nd	47	5
Peter Kirwin	9th	57	4
Ashley Allen	24th	10	3

Peter Kirwin:- Peter has only missed one race (the Eye 10K), as you will see from the above analysis Peter is 2nd of these who have run 4 races behind Simon Markley son of Paul Markley, a past active member of P.A.C - Simon has 24 points.

Ashley Allen:- Ashley leads a group of 35 runners who have completed 3 races. Ashley has been particularly supportive, bearing in mind he is studying at Sheffield University and is therefore unavailable for a significant number of races.

Male team positions after 5 races (maximum points 150)

1st PAC	149 points (we dropped one point in the Eye 10K)
2nd NVH	145 points
3rd Eye	127 points

Ladies Individual

I am afraid no ladies from P.A.C have run in 3 or more races.

Ladies team (3 to score)

31 teams are included in the league table and P.A.C are in 14th place. We had a team in our Fred Wright 10K which finished 3rd (28 points) and in the Thorney 5 mile Sarah Ainslie finished 4th and on a last plus 1 basis (i.e. 4+34+34) scored 72 points which placed us 7th scoring 24 league points.

Graham Ward
Secretary + Road Team Manager

Thorney Running Club - 5 Miles on 20th August 2006

On Sunday the 20th of August Thorney Running Club staged their annual 5 Mile Road Race, the race also incorporated the Cambridgeshire County 5 miles Road Race Championship and it is the 5th of the 8 Cambridgeshire Road Race League races.

The race was won by a very talented over 40 Vet Andrew Aked from Rotherham Harriers in the excellent time of 25 mins 41 secs; but P.A.C had some excellent talent on show as well, filling the next 3 places.

<u>RESULTS.</u>	2nd	Matthew Gunby	26 mins 56 secs	(Jnr Man)
	3rd	Matthew Axton	27 mins 05 secs	
	4th	Ashley Allen	27 mins 35 secs	
	16th	Oliver Mason	29 mins 47 secs	
	24th	Jason Burke	30 mins 39 secs	(Jnr Man)
	26th	Peter Kirwin	30 mins 42 secs	
	58th	Sarah Ainslie	33 mins 44 secs	(Female)

Sarah Ainslie was our solitary female competitor and she had an excellent run, she finished 58th in 33 mins 44 secs. Sarah was the 5th lady to finish and therefore featured in the prize giving. I am sure if we could get a Women's team together we could offer a real challenge to N.V.H and Werrington for the honour in all the endurance events in the county.

MEN'S RACE TEAM.

Thorney incorporated 2 team prizes in the race, scoring 3 in a team. Peterborough A.C with Matt Gunby 2nd, Matthew Axton 3rd and Ashley Allen 4th scored 9 points. N.V.H had 5,6&7 to total 18 points.

At the time of writing I have not received the Cambs Road Race League results in which in the male team result it is based on 4 men to score. It is quite clear from the results that N.V.H are making a determined effort to win back the title of the best endurance event male team in the county by placing 6 runners in the top eleven places having 5th, 6th, 7th, 8th, 9th, 10th & 11th.

These results demonstrated the need for all over endurance event athletes and their coaches to highlight their races in their training and racing programmes, because when I receive the Cambs Road Race League results we will have scraped home as winners by 1 point on a 4 to score basis, which is too close for comfort.

In the men's County Championships P.A.C athletes scored a 1,2&3 with Matt Gunby winning the title, Matthew Axton runner-up and Ashley Allen in 3rd place.

Graham Ward.

Road Team Manager.

East Anglian Finals 2006

To be held at Bury St Edmunds.

On the 17th September 2006.

Congratulations to the Under 13 Boy's & Girls, Under 15 Girls, Under 17 Men, Under 17 Ladies And Senior Women on reaching the finals.

A coach will be leaving the Embankment track at 8.00 am for all competitors and officials.

Parents can also travel on the coach if they wish depending on seats being available.

You can only compete if you have already taken part in an E.A.L match this year or you are a new member who has just joined the club.

So please make sure you see either Team managers Jan Longman or Dave Bays to be in the team and to put your name down for the coach.

Southern Men's League @ Ware
5th August 2006

<u>Results</u>							
<u>A - String</u>				<u>B - String</u>			
100m	2nd	Craig Torr	11.5	1st	Matthew Dalton	11.7	
200m	2nd	Craig Torr	23.6	1st	Matthew Dalton	24.2	
400m	4th	Martin Dawson	59.1	4th	Dean Hayman	62.9	
800m	1st	Ashley Allen	2.00.0	1st	James Lampett	2.01.8	
1500m	1st	Ashley Allen	4.12.6	1st	James Lampett	4.17.2	
5000m	2nd	Matthew Axton	15.55.6	2nd	Paul Hayman	17.58.1	
3000m S/C	2nd	Matthew Axton	11.28.4	2nd	Paul Hayman	15.06.0	
110m H	1st	Chris Lawniczak	19.1				
400m H	3rd	Chris Lawniczak	64.8				
High jump	2nd	Sean Band	1.70	1st	Karl Eve	1.65	
Pole Vault	2nd	Carl Titman	3.20	1st	Leo Aimes	3.00	
Long jump	1st	Aaron Steels	6.31	2nd	Craig Torr	5.52	
Triple jump	2nd	Aaron Steels	12.52	2nd	Chris Lawniczak	11.04	
Shot	4th	Karl Eve	9.95	2nd	Adam Jackson	9.92	
Discus	4th	Sean Band	32.46	2nd	Adam Jackson	27.60	
Hammer	2nd	Sean Band	33.26	2nd	Adam Jackson	30.32	
Javelin	3rd	Sean band	42.84	1st	Aaron Steels	40.32	
4 x 100m Relay	2nd		46.2				
4 x 400m Relay	3rd		3.43.0				

Senior Women

	<u>A - String</u>	<u>pos</u>	<u>Time Dist</u>	<u>B - String</u>	<u>pos</u>	<u>Time Dist</u>
Hammer	Kay Gibson	2	20.28	Jan Longman	3	15.44
Long Jump	Stacy McGivern	2	5.27	Nichola Gibson	2	4.01
Discus	Jenny Cade	3	19.32	Kay Gibson	1	16.85
300H	Jess Langford	1	52.5			
400H	Stacy McGivern	1	75.8	Emily Craven	1	75.8
100m	Chelsea Oldham	2	13.9	Christina Birch	3	14.2
High Jump	Stacy McGivern	2	1.50	Emily Edwards	1	1.35
800m	Rebecca Scotcher	2	2.35.8	Christina Birch	1	2.39.6
80H	Jess Langford	1	14.3			
Shot	Rebecca Scotcher	1	8.63	Jenny Cade	2	6.09
3000m	Lisa Ainslie	1	11.40.4	Wendy Perkins	1	12.16.5
Triple Jump	Stacy McGivern	2	11.10	Nichola Gibson		N/J
100H	Emily Craven	2	20.3	Christina Birch	2	29.9
400m	Steph Cooper	1	65.1	Nichola Gibson	1	73.8
200m	Chelsea Oldham	2	28.5	Jess Langford	2	30.3
Javelin	Rebecca Scotcher	4	15.74	Jenny Cade	3	12.93
1500m	Steph Cooper	2	5.23.5	Laura Burke	1	5.32.9
4 x 100m	Jess Langford Chelsea Oldham	2	56.1	Nichola Gibson Stacy McGivern		
4 x 400m	Chelsea Oldham Steph Cooper	1	4.46.4	Christina Birch Stacy McGivern		

Southern Women's League @ Peterborough 12th August 2006

Once again the PAC Women excelled in the recent Southern Women's League match held at Peterborough on the 12th August 2006. On a very Cold and windy day the women once again won their match this time against league leaders West Suffolk, 2nd place Victoria Park and Cambridge and Coleridge scoring 159 points.

Once again sprinter Sharna Emanuel excelled in gaining 3 wins, with middle distance runners also performing well, with wins for Lisa Williamson and Jessica Varley in the 800m and a win each for sisters Michelle and Samantha Longman in the 1500m. The U15 girls relay team ran very well running faster than our Senior team.

For the senior Ladies once again there were many fine performance from Jess Langford, Stacy McGivern, Christina Birch Steph Cooper and Rebecca Scotcher with 2 wins each. There were also wins for Lisa Ainslie, Wendy Perkins, Emily Craven Nichola Gibson, Laura Burke, Kay Gibson and Emily Edwards.

U13 and U15 Girls

	<u>A - String</u>	<u>pos</u>	<u>Time Dist</u>	<u>B - String</u>	<u>pos</u>	<u>Time Dist</u>
High Jump	Gemma Bays	4	1.15	Jay Bingham	4	1.10
Shot	Shell Longman	4	6.51	Jade Beaumont	4	4.98
Long Jump	Gemma Bays	3	4.00	Sam Longman	3	3.04
100m	Sharna Emanuel	1	12.9	Olivia Royce	1	14.2
Javelin	Shell Longman	3	14.22	Sharna Emanuel	4	7.77
800m	Lisa Williamson	1	2.43	Jessica Varley	1	2.47.9
75H	Lisa Williamson	4	14.6	Jade Beaumont	3	16.1
Discus	Jade Beaumont	3	19.06	Sam Longman	4	9.52
200m	Sharna Emanuel	1	27.1	Gemma Bays	2	29.0
1500m	Shell Longman	1	5.36.6	Sam Longman	1	6.05.4
4 x 100m	Olivia Royce Gemma Bays	1	55.0	Lisa Williamson Sharna Emanuel		

Eastern Vets 2nd August 2006 Held at Bedford

Peterborough Athletic Club's Women finished third and the Men came third in the forth fixture of the Veterans League held at Bedford on Wednesday 2nd August 2006. Both competed against teams from Bedford, Cambridge & Coleridge and Milton Keynes.

Results

W35

200m	D Plaice	1st	30.10
800m	T Taylor	1st	2.27.4
3000m	T Taylor	2nd	11.29.5
1M Walk	J Eve	1st	9.21.1
Discus	D Plaice	3rd	12.77

M40

200m	R Huskisson	1st	24.6
Pole Vault	K Eve	2nd	2.3
Discus	K Eve	2nd	25.51
Javelin	K Eve	2nd	31.25
4x400m Relay		3rd	4.44.2

W45

200m	W Dunn	1st	28.2
T/J	A Sutton	2nd	6.23
Discus	W Dunn	3rd	15.29
Javelin	W Dunn	3rd	19.14

M50

200m	D Whitehead	1st	26.4
3000m	G Baker	3rd	12.22.9
400m	H D Whitehead	1st	74.5
T/J	D Whitehead	3rd	6.17
Discus	T Needham	1st	33.50
Javelin	L Cooke	4th	15.47

W55

800m	A Sutton	3rd	3.30.3
1 M Walk	A Sutton	2nd	11.20.9
Javelin	A Sutton	3rd	8.55

M60

200m	L Cooke	4th	41.3
3000m	A Eve	3rd	15.32.6
Discus	L Cooke	3rd	19.52

Match Result

Women

1	Milton Keynes	98
2	Bedford	61
3	Peterborough	59
4	Cambridge	39

Men

1	Bedford	127
2	Milton Keynes	114
3	Peterborough	80
4	Cambridge	65

East Anglian League @ Peterborough on the 6th August 2006.

Track

70m H	U13	G	Clarissa Murphy	3	15.6	Sam Longman	1	23.8
75m H	U15	G	Michelle Longman	4	16.6	Lisa Williamson	1	14.0
75m H	U13	B	Adam Kimber	1	13.8	Peter Godly	1	14.2
100m H	SEN	L	Leah Parsons	1	15.8	Emily Craven	1	20.8
100m H	U17	M	Jamie Irons	1	17.7			
800m	U13	G	Laura Arnold	1	2.37.8	Penelope Ford	1	2.50.2
800m	U15	G	Lisa Williamson	3	2.30.7	Charlotte Kenny	3	3.08.1
800m	SEN	L	Steph Cooper	2	2.24.7	Christina Birch	1	2.30.3
800m	U13	B	Josh Shields	4	3.16.2	Nick Hargreaves	2	3.28.2
800m	U17	M	Richard Pawlak	1	2.07.5	Matthew Pettit	3	2.22.6
800m	SEN	M	Gary Sutton	5	2.20.2	Ryan Arnold	3	2.31.8
100m	U13	G	Megan Edwards	3	14.5	Jay Bingham	1	15.4
100m	U15	G	Sharna Emanuel	1	13.1	Molly Edwards	2	14.0
100m	SEN	L	Wendy Dunn	1	13.4	Kelly Sutton	1	13.7
100m	U13	B	Joe Andresson	4	14.4	Ben Turner	1	13.4
100m	U15	B	Seb Aguilar	2	12.3	Will Cook	1	12.5
100m	U17	M	James Crockett	2	12.1			
100m	SEN	M	Tyler Fayose	2	11.3	Craig Torr	1	11.6
400m	SEN	L	Stacy McGivern	1	61.0	Kelly Sutton	1	62.5
400m	U15	B	Connor Nicholls	4	63.6			
400m	SEN	M	Alex Garner	2	55.5	Ryan Arnold	4	60.7
300m	U17	L	Chelsea Oldham	1	44.2	Emily Edwards	2	51.9
1500m	U13	G	Sam Longman	2	6.11.9	Clarissa Murphy	2	6.27.2
1500m	U15	G	Michelle Longman	2	5.48.8			
1500m	SEN	L	Sarah Ainslie	2	5.15.5	Wendy Perkins	2	5.41.2
1500m	U13	B	Nicholas Stone	1	5.20.4	Tristen Smith	1	5.46.2
1500m	U17	M	Richard Pawlak	1	4.23.7	Matthew Pettit	1	4.34.8
3000m	SEN	M	Ashley Allen	1	8.54.8	Micheal Ward	1	9.14.5
200m	U13	G	Megan Edwards	3	31.3	Laura Arnold	1	30.4
200m	U15	G	Sharna Emanuel	1	27.2	Gemma Bays	2	28.9
200m	SEN	L	Wendy Dunn	1	27.5	Christina Birch	1	28.4
200m	U13	B	Joe Andresson	3	28.2	Ben Turner	1	27.5
200m	U15	B	Seb Aguilar	2	25.3	Will Cook	2	25.6
200m	U17	M	James Crockett	2	24.8	Richard Pawlak	1	26.9
200m	SEN	M	Tyler Fayose	2	22.9	Craig Torr	2	23.8
<u>Field</u>								
Hammer	SEN	M	Adam Jackson	3	32.17			
Long Jump	U17	M	Sean Band	2	5.56	Jamie Irons	1	5.34
High Jump	U13	G	Megan Edwards	1	1.20	Jay Bingham	1	1.15
High Jump	U15	G	Gemma Bays	3	1.30	Molly Edwards	1	1.30
Shot	U13	B	Tom Paddock	3	5.31	Tristen Smith	3	3.71
Triple Jump	SEN	L	Leah Parsons	2	9.39	Nichola Gibson	2	8.41
Triple Jump	U15B		Will Cook	1	9.64			
Long jump	U13B		Joe Andresson	3	4.00	Jack Nicholls	2	3.57

A Night at The Dogs

After the successful social evening at Peterborough Greyhound Stadium earlier this year another evening is being organised for Wednesday 25th October 2006, everyone is welcome to come along although children Under 15 will need to be accompanied by their parents.

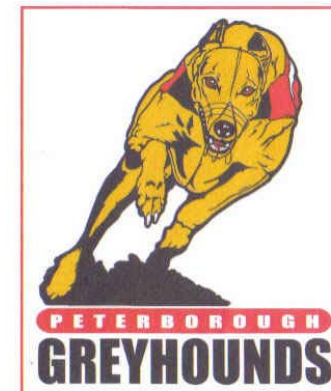
The evening is based on the stadium's reserved six-pack-deal which costs £12.00 per Adult and £2.00 per Child for reserved seating at the stadium.

The six-pack-deal consists of entry to stadium, reserved seating, two drinks of your choice (either a pint or a spirit & mixer), a basket meal (either scampi & chips) or (chicken Nuggets & chips) and two £1.00 bets on the tote. This deal is for adults only. The £2.00 charge for children is for the reserved seating only, as food and drink is cheaper to purchase separately.

If you wish to join in the fun please see either Jan or Dave Longman in the clubhouse and let them know with how many seat's you require with the full payment for them.

What is included for £12.00

- 1** Entry & race card (with reserved seating).
- 2** One drink of your choice.
- 3** Basket meal.
- 4** £ 1.00 tote bet
- 5** Another drink of choice
- 6** Another £ 1.00 tote bet



Marshall Peugeot Games 28th August 2006.

East Anglian League @ Peterborough on the 6th August 2006.

U 17 Men

200m							
Ht 1	2nd	James Crockett	25.3 secs				
	3rd	Jaygo Norris	25.4 secs				
Ht 2	3rd	Thomas Stuffins	25.0 secs				
<u>Final</u>	4th	Jaygo Norris	24.9 secs				
	5th	James Crockett	25.0 secs				
	6th	Thomas Stuffins	25.2 secs				
1500m	1st	Richard Pawlak	4 mins 34.2 secs				
Hammer	4th	Martin Tinkler	37.29 m				
Javelin	4th	Martin Tinkler	41.10 m				
Shot	1st	Martin Tinkler	14.77 m				
Long Jump	2nd	John Burgess	4.81 m				
High Jump	2nd	Jamie Irons	1.85 m				
Discus	3rd	Martin Tinkler	37.85 m				

U 20 Men

100m secs	3rd	Tyler Fayose	11.5 secs	100m	1st	Nikita Waldin-Walker	13.8
800m secs	1st	James Lampett	2 mins 03.9 secs	200m	1st	Nikita Waldin-Walker	28.1
3000m	4th	Matthew Pettit	10 mins 07.1 secs	High Jump	1st	Leah Parsons	1.65 m
200m	3rd	Tyler Fayose	23.3 secs	Pole Vault	4th	Naomi Riddel	2.70 m
Hammer	1st	Scott McKeivitt	47.44 m	Long Jump	2nd	Leah Parsons	4.93 m
Javelin m	1st	Aaron Steels	46.74 m	Javelin	3rd	Leah Parsons	23.66
Triple Jump	1st	Aaron Steels	12.2 m				

Sen Men

100m	4th	Matthew Dalton	11.9 secs	800m	1st	Wendy Perkins	2 min 36.1 secs
	5th	Alex Garner	12.0 secs				
800m	1st	Ashley Allen	1 min 58.2 secs	400m	2nd	Stacy McGivern	60.5 secs
	4th	Jamal Adams	2 min 14.2 secs		3rd	Christina Birch	62.2 secs
	5th	Joe White	2 min 15.3 secs	High Jump	1st	Stacy McGivern	1.45 m
3000m	4th	Paul Hayman	9 min 41.6 secs				
	6th	Joe White	10 min 24.5 secs				
200m	2nd	Matthew Dalton	24.2 secs				
1500m	1st	Ashley Allen	4 min 04.8 secs				
	2nd	Jamal Adams	4 min 40.4 secs				
Pole Vault	2nd	Carl Titman	3.70 m				

U 17 women

100m	2nd	Sarah Martin	15.5 secs
800m	4th	Lucy Davies	2 mins 33.0 sec
300m	4th	Chelsea Oldham	45.0 secs
80m Hur	4th	Jess Langford	14.7 secs
Shot	2nd	Jenny Cade	6.42 m
Discus	3rd	Jenny Cade	20.24 m
Javelin	3rd	Jenny Cade	14.63 m

U 20 Women

100m	1st	Nikita Waldin-Walker	13.8
200m	1st	Nikita Waldin-Walker	28.1
High Jump	1st	Leah Parsons	1.65 m
Pole Vault	4th	Naomi Riddel	2.70 m
Long Jump	2nd	Leah Parsons	4.93 m
Javelin	3rd	Leah Parsons	23.66

Sen Women

800m	1st	Wendy Perkins	2 min 36.1 secs
400m	2nd	Stacy McGivern	60.5 secs
	3rd	Christina Birch	62.2 secs
High Jump	1st	Stacy McGivern	1.45 m

Shot	U13G	Amber Kenny	4	4.34	Penelope Ford	2	4.33
Hammer	U15B	Richard Stone	3	18.10			
Long jump	U13G	Clarissa Murphy	6	3.04	Jay Bingham	4	2.96
Shot	SENM	Dan Tinkler	1	14.09	Adam Jackson	1	9.58
High jump	SENL	Leah Parsons	1	1.66	Stacy McGivern	1	1.60
Javelin	SENL	Kelly Sutton	5	15.38	Jenny Cade	3	13.23
Shot	U17M	James Crockett	2	7.87			
Long jump	SENM	Tyler Fayose	1	6.15	Aaron Steels	1	6.09
Discus	U15B	Adam Smith	1	28.04			
Javelin	U13G	Sam Longman	1	9.35			
Javelin	U13B	Peter Godly	2	25.05			
Shot	U15G	Izzy Murphy	3	5.34	Jade Beaumont	2	4.48
Discus	U17M	Sean Band	1	34.98			
Long jump	SEN L	Stacy McGivern	1	5.06	Nichola Gibson	1	4.09
High jump	U13 B	Adam Kimber	2	1.35	Peter Godly	2	1.20
High jump	U15 B	Adam Smith	1	1.76			
Long jump	U15 G	Gemma Bays	1	4.29	Sharna Emanuel	2	3.52
Javelin	U15 B	Connor Nicholls	2	31.55	Richard Stone	2	22.31
Discus	SEN M	Dan Tinkler	2	34.26	Adam Jackson	3	21.88
Shot	SEN L	Leah Parsons	3	8.68	Jenny Cade	3	6.36
Discus	U15G	Jade Beaumont	2	17.88	Molly Edwards	2	12.62
High jump	U17M	Jamie Irons	1	1.90	Sean Band	1	1.75
Shot	U15B	Adam Smith	1	10.38	Richard Stone	2	6.09
Javelin	SENM	Aaron Steels	4	41.52			
Discus	U13B	Tom Paddock	2	13.30			
Javelin	U15G	Michelle Longman	2	16.16	Jade Beaumont	3	3.96
Triple jump	SENM	Aaron Steels	1	12.59	Craig Torr	1	11.22
Long jump	U15B	Lewis Rickards	4	4.25			
Discus	SENL	Jenny Cade	4	17.88	Chelsea Oldham	2	16.37

Marshall Peugeot Games 28th August 2006.

First of all, many thanks to all those who helped make the Marshall Peugeot games a success on Bank Holiday Monday.

Over 300 athletes entered the competition, 70+ from PAC alone, and despite some very extreme weather, everyone appeared to enjoy the day.

Medals were given for the first 3 places in each event, and were handed out by Stewart Jackson, MP for Peterborough who broke into his parliamentary holiday to attend the Games. Stewart was very impressed with the competition in general, and with the standard of athletics in the city in particular.

Louise Hazel also attended the Games for part of the day. She handed out medals and obliged various members of the club by signing autographs and having her photo taken-with some younger members of PAC.

On a more general note, the track season is almost at an end, with only the East Anglian Final and Multi Events remaining. We would like to extend our thanks to all athletes who have been able to compete through the season and to all PAC members for your commitment to your club this year.

Results for P.A.C. Competitors.

U11 Boys

80m			
Ht 1	1st	Jake Berney	11.3 secs
	2nd	Dion Semble-Ferris	12.7 secs
Ht 2	4th	Toby Edwards	13.7 secs
	5th	Issac Eze	13.7 secs
	6th	Billy Paddock	13.9 secs
	7th	Neville Smith	14.1 secs
Final	1st	Jake Berney	11.2 secs
	4th	Dion Semble-Ferris	12.6 secs
600m			
	1st	Dion Semble-Ferris	1min 58.2 secs
	13th	Billy Paddock	2min 24.7 secs
	14th	Robert Stone	2min 27.2 secs

U11 Girls

80m			
Ht 1	1st	Megan Edwards	12.1 secs
	2nd	Renee Earl-Jarrett	12.4 secs
Final	1st	Megan Edwards	12.1 secs
	2nd	Renee Earl-Jarrett	12.2 secs
600m			
	2nd	Megan Edwards	2min 12.1 secs
	6th	Bethany Freeman	2min 32.4 secs
Long Jump			
	2nd	Megan Edwards	3.25 m
	8th	Bethany Freeman	2.44 m

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U 11 Boys

L/ Jump	1st	Jake Berney	3.62 m
	4th	Issac Eze	3.13 m
	11th	Toby Edwards	2.86 m
	12th	Neville Smith	2.85 m
	13th	Billy Paddock	2.64 m
	15th	Robert Stone	2.46 m

U 13 Boys

100m			
Ht 2	4th	Thomas Paddock	15.1 secs
	5th	Theo Eze	15.6 secs
800m	3rd	Myles Broom	3 min 02.0 secs
75m Hur	1st	Peter Godly	13.9 secs
	4th	Tristan Smith	17.6 secs
200m	4th	Nicholas Hargrave	32.2 secs
1500m	2nd	Nicholas Stone	5 min 13.8 secs
Shot	5th	Nicholas Stone	6.01 m
	6th	Thomas Paddock	4.80 m
	7th	Tristan Smith	4.30m
H/ Jump	2nd	Peter Godly	1.20 m
	3rd	Nicholas Stone	1.20 m
L/ Jump	3rd	Theo Eze	4.14 m
	4th	Peter Godly	3.83 m
	8th	Nicholas Hargrave	3.72 m
	10th	Thomas Paddock	3.55 m

U 15 Boys

100m			
Ht 1	3rd	Will Cook	12.5 secs
Ht 2	3rd	Anthony Church	13.1 secs
	4th	Lewis Rickards	13.1 secs
Final	5th	Anthony Church	13.0 secs
	7th	Will Cook	13.2 secs
Shot	1st	Adam Smith	11.26 m
	5th	Roger Tinkler	8.66 m
Hammer	1st	Richard Stone	25.96 m
H/ Jump	5th	Richard Stone	1.35 m
Discus	3rd	Roger Tinkler	21.40 m
U17 Men			
100m	4th	James Crockett	12.3 secs
800m	1st	Richard Pawlak	2 mins 08.0 secs
400m	3rd	John Burgess	55.8 secs

U 13 Girls

100m			
Ht 1	6th	Jay Bingham	16.0 secs
Ht 2	4th	Lily Clarke	15.2 secs
	5th	Claire Burgess	18.6 secs
Final	7th	Lily Clarke	15.6 secs
800m	1st	Laura Arnold	2 mins 43.1 secs
	2nd	Georgie Freeman	2 mins 45.6 secs
	5th	Rachel Dunn	3 mins 12.1 secs
	6th	Lindsey Irons	4 mins 20.4 secs
200m			
Ht 1	5th	Laura Arnold	30.9 secs
Ht 2	4th	Renee Earl-Jarrett	31.9 secs
	5th	Lily Clarke	32.5 secs
	8th	Clarissa Murphy	35.5 secs
Final	8th	Laura Arnold	31.2 secs
H/ Jump	2nd	Jay Bingham	1.20 m
	4th	Rachel Dunn	1.05 m
L/ Jump	4th	Lily Clarke	3.66 m
	8th	Clarissa Murphy	3.09 m
	10th	Jay Bingham	3.02 m
	11th	Claire Burgess	2.59 m

U 15 Girls

100m			
Ht 1	2nd	Molly Edwards	14.4 secs
	4th	Catherine England	15.0 secs
	5th	Sophie Lenton	15.0 secs
	6th	Jade Beaumont	15.4 secs
Ht 2	3rd	Tyisha Lannon	14.6 secs
	5th	Leanne Knights	15.2 secs
Final	4th	Molly Edwards	14.1 secs
	5th	Tyisha Lannon	14.5 secs
	8th	Catherine England	15.0 secs
75m Hur	5th	Jade Beaumont	16.3 secs
	6th	Clarissa Murphy	17.3 secs
200m			
Ht 1	2nd	Gemma Bays	28.7 secs
Ht 2	4th	Molly Edwards	29.4 secs
	6th	Tyisha Lannon	30.2 secs
Final	6th	Gemma Bays	28.8 secs
	7th	Molly Edwards	29.2 secs
L/ jump	1st	Gemma Bays	4.54 m
	3rd	Lisa Williamson	4.00 m
800m	3rd	Lisa Williamson	2 mins 37.2 secs
Discus	3rd	Jade Beaumont	16.62 m
	5th	Molly Edwards	11.04 m