

Date:
January
2007

PAC Newsletter



Cross Country and Road Race Fixtures 2007

2007

13th January	North Midlands League Cambridge Schools X-Country	Nottingham T.B.A
27th January	Southern X-Country Champs	Holkham, Norfolk
3rd February	Anglian Schools X-Country	Hinchenbrooke
11th February	Eastern Counties X-Country	Ferry Meadows
24th February	Inter Counties X-Country	Nottingham
10th March	National X-Country Champs	Sunderland
24th March	English Schools X-Country	Leeds
1st April	Southern 12-Stage Road Relays	Milton Keynes
14th April	Southern 12-Stage Road Relays	Sutton Park
22nd April	Flora London Marathon	Greenwich

* Please note all fixtures are provisional check for confirmation *

HAPPY NEW YEAR!

Happy New Year to all members and there families.

We hope you are all looking forward to the forthcoming track and field season, so as to make all of those cold winter night training sessions that everyone enjoyed so much, all worth the pain.

With the club expanding in members 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. So lets all make an effort in making P.A.C the best athletic club in Peterborough.

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 Fees

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 December.
Alex Weston, Louise Boderly, James Barker and Joshua Bold.

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.

Indoor Meetings 2007

England Athletics senior & U20 combined events
Sheffield 13th and 14th January.

Eastern AA Championships
Chelmsford 18th February.

England Athletics U20, U17 & U15 Championships
Birmingham 24th and 25th February.

England Athletics U17 & U15 Combined Events
Manchester 17th March.

See Elaine in the clubhouse for entry forms and details.

For Sale

400g Nordic Training Javelin (U13 G/B). £15.00
Sale due to moving up to U15
Please see Peter Godly

Cambridgeshire County Awards

Best track and field Male U17:
Jamie Irons HJ

Best performance track & field female over 17:
Louise Hazel Hept.

Best Performance road & Cross country:
Dan Watts.

Best performance at County Champs U20M:
Dan Tinkler.

Best performance at County Champs U17M:
Martin Tinkler.

Best performance at County Champs U15B:
Seb Aguilar.

County Colours.

Janice Burke
Laura Burke
Leah Parsons
Richard Pawlak
Matthew Pettitt

National Cross-Country Championships Herrington County Park, Sunderland, 10th March 2007

Entry Fee: £3.50 each athlete.

Closing Date: Tuesday 8th January 2007.

Please see Dave Longman to enter and sign up for the coach and for room reservations.

Eastern Championships Ferry Meadows (Sailing Club) 11th February 2007

Entry Fee: £4.50 Senior and U20
£3.50 All Others.

Closing Date: Tuesday 23rd January 2007.

Please see Dave Longman to enter.

North Midlands League, Berry Hill

On a cold bright day a depleted P.A.C team performed well once again in the North Midlands League, with fine efforts coming from Georgie Freeman 2nd in the U13Girls race, Nicholas Stone 4th in the U13 Boys race and Lucy Davies 4th and Sarah Caskey 5th in the U17 Ladies race. This was the 3rd match of 4 to be run in the league and both the U13 Girls and the U17 Ladies will be leading their respective league tables going into the last match at Wollaton Park on the 13th January 2007.

Unfortunately due to a clash with Cambridgeshire and Lincolnshire schools Cross Countries being ran on the same day, P.A.C could possibly be without any runners at Wollaton Park to defend their lead thus presenting the league title to either Mansfield or Amber Valley.

<u>Age Group.</u>	<u>Name.</u>	<u>Position.</u>	<u>Time.</u>
Under 13 Girls	Georgie Freeman	2nd	12.06
	Laura Arnold	10th	12.59
	Katie Potter	13th	13.17
	Georgia Woods	19th	13.51
	Penelope Ford	22nd	14.21
Under 17 Ladies	Lucy Davies	4th	16.52
	Sarah Caskey	5th	16.55
Senior Ladies	Janice Burke (v40)	31st	26.07
	Hayley Abraham (u20)	34th	26.16
	Wendy Perkins	55th	28.32
	Christina Birch	63rd	29.39
	Emily Craven (u20)	66th	30.21
Under 13 Boys	Nicholas Stone	4th	11.44
Under 15 Boys	Jacob Wiseby	21st	15.47
Under 17 Men	Matthew Pettit	18th	22.08
	Nathan Pople	39th	26.50
Senior Men	Matt Gunby (u20)	16th	31.23
	James Lampett (u20)	61st	33.53
	Michiah Debbage (u20)	85th	35.04
	Jason Burke (u20)	97th	35.31

Girls/Women Team Manager Required.

Jan Longman will be standing down as team manager for both the girls and women's team for 2007.

Anyone who is interested in taking over the role of team manager should speak to Elaine Larkins in the clubhouse and submit their name forward for nomination at the clubs AGM in March.

News Letter Editor Required.

Dave Longman will be standing down as newsletter editor as from 31st March 2007.

Anyone who is interested in becoming the new editor could you please let Elaine Larkins know ASAP so that the May 07 edition can be published on time.

Cross-country Team Manager Required.

Dave Longman will also be standing down as cross-country team manager as from 31st March 2007.

Once again please see Elaine Larkins if you are interested in this position by putting your name forward for nomination at the clubs AGM in March.

This position needs to be filled by September 2007 in readiness for the new cross-country season starting in October.

Presentation Evening Awards

Category	Winner	Support
Senior Women Track	Christina Birch	
Senior Women Track	Stacey McGivern	
Senior Women		Kelly Sutton
Senior Women		Wendy Perkins
Senior Men Track	Craig Torr	Mike Wright
Senior Men Field	Adam Jackson	
Senior Men Newcomer	Matthew Dalton	
Vets Male Track	David Whitehead	
Vets Male Field	Karl Eve	
Vets Female Track	Jill Eve	
Vets Female Field	Kay Gibson	
Managers Award Vets	Dena Plaice	
Club Records		
U13B 100 & 200m	Ben Turner	
U13B 75m Hurdles	Peter Godly	
U13B Javelin	Adam Kimber	
U17 Men Discus	Martin Tinkler	
U20 Men Shot	Daniel Tinkler	
U20 Women High Jump	Leah Parsons	
4 x 100m U13 Boys	Ben Turner, Adam Kimber, Tom Paddock & Joe Andresen	
4 x 300m U17 Women	Nichola Gibson, Chloe Weaver, Chelsea Oldham & Sam Eve	

Presentation Evening Awards

Category	Winner	Support
U11 Girls	Megan Edwards	
U13 Girls Track	Laura Arnold	
U13 Girls Field	Samantha Longman	
U13 Girls		Penelope Ford
U13 Girls		Clarissa Murphy
U13 Boys Track	Peter Godly	Joe Andresen
U13 Boys Field	Adam Kimber	Peter Godly
U13 Boys Newcomer	Ben Turner	
U15 Girls Track	Sharna Emanuel	
U15 Girls Field	Gemma Bays	
U15 Girls		Michelle Longman
U15 Girls		Molly Edwards
U15 Boys Track	Seb Aguilar	Lewis Rickards
U15 Boys Field	Adam Smith	Richard Stone
U17 Women Track	Chelsea Oldham	
U17 Women Field	Nichola Gibson	
U17 Women		Lucy Davies
U17 Women		Jess Langford
U17 Men Track	Richard Pawlak	James Crockatt
U17 Men Field	Martin Tinkler	Jamie Irons
U20 Women Track	Emily Craven	
U20 Women Field	Leah Parsons	
U20 Men Track	Tyler Fayose	Andrew Suter
U20 Men Field	Daniel Tinkler	Arron Steels
Managers Award Female	Kay Gibson	
Managers Award Male	Sean Band	