

Track & Field Fixtures 2006

5th July	Eastern Vet's League	Cambridge
8th July	Southern Men's League	Kings Lynn
15th July	Southern Women's League	St Mary's
16th July	National Junior League	Bedford
23rd July	UK Young Athlete's League	Peterborough
2nd August	Eastern Vet's League	Bedford
5th August	Southern Men's League	Woodford Green
6th August	East Anglian League	Peterborough
12th August	Southern Women's League	Peterborough
13th August	National Junior League	Cambridge
28th August	Marshall Peugeot Games	Peterborough
2nd September	Southern Women's League	Biggleswade
3rd September	Eastern Vet's League (Final)	Bedford
17th September	East Anglian League (Final)	Bury St Edmunds
24th September	Multi-Events	Peterborough

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

NOTICE TO ALL MEMBERS.

If you have paid your membership fee and have not received your new membership card can you please see Elaine Larkins in the clubhouse as your new card will be waiting for you.

Date:
July
2006

PAC Newsletter



Well Done Everyone.

Well done and congratulations to everyone who has competed over the last two months, you are really putting the club on the map and by doing so many new Athletes are joining the club. So keep up the good work and hopefully we will gain future success. It is good to see so many new faces taking part and competing and we hope they are enjoying themselves.

Once again I would like to remind all new and existing members that we need to continue the excellent start we have made this season and we still need more of them to take part as to relieve our regular athletes who have to take a break now and then.

There are no entry fee's to pay for representing the club and everyone will be able to compete no matter what standard of athlete they are, so if you are keen to represent your club please see either Male or Female Team Managers. Also you can also see either Elaine Larkins or Dick Dawson at the tea bar in the clubhouse and you will be shown who the team managers are.

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 are due from the 1st April 2006. 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 helps towards reduced travel costs.

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 club's qualified coaches.

Welcome to the following new members who have joined the club in April. We hope you enjoy your athletics and have a happy and successful time with us. Charnelle Forge, Stephen Lattimore, Alex Garner, Rachael Tidy, Jade Anderson, Adam Smith, Dave Bays, Olivia Davies, Rebecca Dale, Heidi Munns, Amy Drabik, Natalie Carter, and Conor Nicholls.

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.

Race 1	26th March	Fred Wright	Glen Watts
Race 2*	14th May	Eye 10k	Matthew Axton
Race 3	9th July	Ramsey 10k	Ramsey Road Runner
Race 4	23rd July	St Ives 10k	Huntingdon AC
Race 5*	20th August	Thorney 5k	Thorney Running Club
Race 6*	30th August	Nene Valley 5k	Nene Valley Harriers
Race 7*	10th September	Grunty Fen 1/2 Marathon	Ely Runners
Race 8*	29th October	Fenland 10k	Fenland AC

* Denotes Cambridgeshire County Championship Race.

Prizes

<u>Individuals</u>	First 3 Men
	First 3 Ladies

<u>Teams</u>	First 3 Men's teams (4 to score)
	First 3 Ladies teams (3 to score)

Please see Graham Ward (Road Running Manager) for details and entry forms on Tuesday or Thursday night after training.

Peterborough Athletic Club Website

www.peterborough-ac.org.uk

The screenshot shows the Peterborough Athletic Club website. At the top, there is a navigation menu with links for Home, Events, Fixtures, Results, Statistics, Photographs, Site Search, News, Membership, Rising Stars, Hall of Fame, Message Board, Contact Us, and Other Info. Below the menu is a search bar and a welcome message: "Welcome to Peterborough Athletic Club". A paragraph follows, stating the club's commitment to being open and friendly. To the right, there is a "News" section with several entries, each with a date and a "More" link. Below the news is a "Future Dates" section with similar entries. At the bottom, there is a "Contact Us" section with a table of contact details for the Chairman, Vice Chairman, Hon Sec, and Official Sec.

Contact Us		
Chairman	Ron Crosby	01733 202901
Vice Chairman	Kevin McKevitt	01733 203845
Hon Sec	Elaine Larking	01733 210353
Official Sec	Maureen Torr	01733 312719

Visit our website for:

Future Events, News, Results, Your Statistics, Photographs, Message Board, Newsletters, History of the Club, Rising Stars, Hall of Fame

If you would like to add anything to the website, please contact Nigel Godly in the clubhouse on Tuesday nights or by email nigel.godly@peterborough-ac.org.uk.

The message board has been updated, so please log on and leave a message about you, the club or the website.

The results, statistics and photographs from most events are updated within hours of receiving them, so check them out.

Track Discipline

We have recently had a couple of near accidents on the track, and now the weather is getting warmer and the nights longer there seems to be more and more people using the track. Please be much more aware of what is happening around you at all times.

* You must not walk back along the track after your effort, always use the outside grass area.

* Never just walk across the track, look first to make sure there is no-one running down the track.

* Never run the wrong way up/around the track.

* Keep all hurdles to the outside two lanes.

* Keep all block practice to the outside three lanes and preferably where no other group are working.

* Never ever walk or run across the centre of the grass area.

* Middle/long distance runners to use the inside two lanes, if you have to start off in lanes 3, 4, 5, 6, 7, 8 then move into the inside lanes as soon as possible.

* Sprinters to use lanes 3, 4 & 5 (6, 7 & 8 only when no hurdles are out in the home straight).

These are just a few rules of the track you must adhere to for your own safety and the safety of everyone else.

East Anglian League at St Ives 4th June 2006

P.A.C had an excellent turnout for the second meeting in the East Anglian League held at St Ives. On a very hot and sticky day many were looking for the shade and the P.A.C team tent came in for excessive use. There were many new members taking part and hopefully they all enjoyed themselves with their first taste of competition. P.A.C competed against 5 other clubs these were Chelmsford, Luton, Diss, Breckland and host club Huntingdon.

The under 13 Boy's won their age group, the under 13 and senior Ladies came runners-up and the under 15 girls came third. Only lack of numbers in the under 15 boy's and 17 men, also the Southern Men's match the day before restricted them from finishing higher in their age groups. Overall the club finished second once again putting us in with a chance of making the finals.

<u>A-String</u>					<u>B-String</u>				
70m H	U13	G	Kerrie Hughes	3*	15.7	Clarissa Murphy	2	16.0	
75m H	U15	G	Emma Houghton	3*	16.6				
75m H	U13	B	Peter Godly	1*	14.2	Adam Kimber	1*	14.4	
80m H	U17	L	Jess Langford	2	14.1				
100m H	SEEN	L	Leah Parsons	1	15.5				
100m H	U17	M	Sean Band	2	15.0				
600m	U11	B	Robert Stone		2.28.0				
800m	U13	G	Penelope Ford	4*	2.47.7	Laura Arnold	3	2.49.6	
800m	U15	G	Emma Houghton	5*	2.55.5	Charlotte Kenny	3*	3.00.3	
800m	SEN	L	Lucy Davies	5	2.25.4	Steph Cooper	3	2.27.3	
800m	U13	B	Nick Hargrave	6*	3.25.5	Josh Shields	DNF		
800m	U17	M	Richard Pawlak	1	2.11.7	Toby Sutton	2	2.37.5	
100m	U13	G	Megan Edwards	3*	14.6	Megan Ross	1*	14.3	
100m	U15	G	Sharna Emanuel	1	13.0	Molly Edwards	4*	13.6	
100m	SEN	L	Nikita Waldin Walker	3	13.2	Chloe Weaver	2	13.1	
100m	U13	B	Joe Andresen	2*	14.1	Theo Eze	1*	14.9	
100m	U15	B	Will Cook	1	12.6	Lewis Rickards	1	12.7	
100m	U17	M	James Crockett	1	12.7				
100m	SEN	M	Matthew Dalton	5	12.2				
400m	SEN	L	Stacey McGivern	2	61.0	Kelly Sutton	1	62.4	
400m	U15	B	Lewis Rickards	2	65.6				
300m	U17	L	Chelsea Oldham	3	45.2	Sarah Caskey	3	51.6	
1500m	U13	G	Samantha Longman	2*	5.40.9	Georgia Woods	1*	5.42.6	
1500m	U15	G	Michelle Longman	2	5.33.8				
1500m	SEN	L	Laura Burke	2	5.13.4	Sarah Caskey	2	5.40.9	
1500m	U13	B	Nicholas Stone	1*	5.17.7	Tristan Smith	1*	5.42.0	
3000m	SEN	M	Paul Hayman	1	9.40.1	Jason Burke	1	10.13.4	
200m	U13	G				Megan Ross	1	Disq	
200m	U15	G	Sharna Emanuel	1	27.0	Gemma Bays	3	28.8	
200m	SEN	L	Nikita Waldin Walker	3	27.4	Chloe Weaver	1	27.2	
200m	U13	B	Joe Andresen	1*	29.2	Theo Eze	3	32.6	
200m	U15	B	Will Cook	2	26.5	Anthony Church	3	27.3	
200m	U17	M	James Crockett	3	25.1				

URGENT HELP IS NEEDED.

On Sunday July 23rd our club will be hosting the UKA Young Athletes League at the track.

We would like help in making some filled rolls, sandwiches and cakes. We have to provide a packed lunch for our visiting officials as well as those who are working on behalf of the club, this is roughly 50 people, plus of course we like to have a supply of rolls and cakes to sell to spectators from our tea bar.

The more people who offer to help the less everyone will have to do. If you are able to help please see Elaine behind the tea bar on training nights.

FOR SALE

One Pair Asics Cyber Throw Spikes Size 8 Brand New £50.00

One Pair Asics High Jump Spikes Size 9 Brand New £50.00

Please see Leah Parsons at the track on training night's or telephone; 01945 410153

Vest's Wanted

If anyone has an old vest or crop top that is too small or they do not require any more, could you please donate them for use by new members who are waiting for the new stock of vests to come in, so that they are able to compete for the club. Please see Jan Longman if you have one to donate.

Your Newsletter is for You.

If you have any views or information & results that you would like to include in any future Newsletters please put it in writing and hand it to Dave Longman (Newsletter Editor) in the clubhouse or hand it to any committee member who will be only too pleased to pass it on. You may also have items for sale or would like to advertise your services, once again just see Dave and well see what we can do.

East Anglian League at St Ives 4th June 2006

Norwich Union World Junior Trials & AAA U 20 and U23 Championships.

These championships take place on July 22nd and 23rd at the Bedford International Stadium.

AAA U17 & U15 Championships.

These Championships take place on August 5th and 6th at Alexander Stadium, Birmingham. The closing date is July 7th.

AAA U17 & U15 Combined Events Championships.

For those multi-event athletes in the club these championships take place on August 19th & 20th at Northwood Stadium, Stoke on Trent. Closing date for entries is July 21st.

All entry forms for the above championships are now available from Elaine Larkins in the Clubhouse on training evenings.

A Message to all Coaches.

Would all Coaches please ensure that all athletes within their group are paid up members of the club and if they are not please advise them to see Elaine Larkins in the clubhouse.

Also could you please make every effort to encourage your athletes within your group to compete for the club as it seems pointless for yourselves to train these athletes, if for at the end of the day they only want to keep fit. If that's what they want then they should go and join the local gym and free up the track for the athletes who want to train and compete.

Many Thanks

The Committee

				A-String		B-String			
Long jump	U17	M	Richard Pawlak	4	3.74				
High jump	U13	G	Jay Bingham	4	1.15	Megan Edwards	1	1.10	
High jump	U15	G	Michelle Longman	3	1.10	Charlotte Kenny		N/J	
Shot	U13	B	Thomas Paddock	5*	4.99	Tristian Smith	4*	4.70	
Triple jump	SEN	L	Stacey McGivern	1	11.10	Nichola Gibson	1*	8.76	
Long jump	U13	B	Nick Hargreve	4*	3.48	Josh Shields	3	3.28	
Shot	U13	G	Penelope Ford	5*	5.34	Megan Edwards	2*	4.60	
Hammer	U15	B	Richard Stone	3	23.22				
Long jump	U13	G	Jay Bingham	4	3.30	Clarissa Murphy	3	3.10	
High jump	SEN	L	Leah Parsons	1	1.60	Stacey McGivern	1	1.55	
Javelin	SEN	L	Kelly Sutton	4	17.95	Jan Longman	4	11.00	
Shot	U17	M	Martin Tinkler	1	15.13				
Long jump	SEN	M	Aaron Steels	3	6.14				
Discus	U15	B	Adam Smith	2*	30.46	Roger Tinkler	2	24.27	
Javelin	U13	G	Samantha Longman	2	9.67				
Javelin	U13	B	Peter Godly	2*	26.36				
Shot	U15	G	Gemma Bays	4*	5.15	Izzy Murphy	4*	5.09	
Discus	U17	M	Martin Tinkler	1	45.62	Sean Band	1	37.80	
Long jump	SEN	L	Nichola Gibson	3	4.32	Steph Cooper	2	3.94	
High jump	U13	B	Nicholas Stone	1	1.30	Peter Godly	1	1.15	
High jump	U15	B	Adam Smith	2*	1.54				
Long jump	U15	G	Gemma Bays	4	4.38	Molly Edwards	3	3.24	
Javelin	U15	B	Richard Stone	4	20.34				
Discus	SEN	M	Jason Burke	5	17.66				
Shot	SEN	L	Leah Parsons	4	8.47	Kay Gibson	3	6.29	
Javelin	U17	M	Martin Tinkler	3	32.78				
Discus	U15	G	Molly Edwards	5	11.05	Izzy Murphy	4*	10.41	
High jump	U17	M	Sean Band	1*	1.85				
Shot	U15	B	Adam Smith	3	9.40	Roger Tinkler	1	9.39	
Javelin	SEN	M	Aaron Steels	2	40.14				
Discus	U13	G	Samantha Longman	2*	18.86				
Discus	U13	B	Tom Paddock	3*	10.84				
Javelin	U15	G	Michelle Longman	5	12.61	Izzy Murphy	3	9.02	
Triple jump	SEN	M	Jason Burke	2	10.21	Aaron Steels		N/J	
Long jump	U15	B	Lewis Rickards	4*	4.80				
Discus	SEN	L	Kay Gibson	4	17.02	Chelsea Oldham	3	15.25	

* Denotes Personal Best *

East Anglian League @ Sandy 25th June 2006

Once again there was an excellent turnout of P.A.C Athletes on another very hot and sunny day. Everyone did the club proud with many fine performances which hopefully enabled all the age groups to be able to make the EAL finals later in September. P.A.C competed against 5 other clubs from Ipswich Harriers, Colchester Harriers, Leighton Buzzard, Nene Valley Harriers and host's Luton although the meeting had to be held at Biggleswade A.C in Sandy. Unfortunately all results were not available and missing results will be published next month.

			<u>A-String</u>		<u>B-String</u>			
70m H	U13	G	Kerrie Hughes	3*	15.4	Clarissa Murphy	1	16.5
75m H	U15	G	Emma Houghton	3*	15.9			
75m H	U13	B	Peter Godly	1	14.4	Adam Kimber		DNF
100m H	SEN	L	Emily Craven	2	21.3			
600m	U11	B	Issac Eze	8	2.16.7	Robert Stone	11	2.29.3
800m	U13	G	Kerrie Hughes	3	3.04.9	Liza Watts	2	3.03.7
800m	U15	G	Emma Houghton	5	3.04.9	Charlotte Kenny	5	3.05.8
800m	SEN	L	Lucy Davies	2	2.25.5	Sarah Caskey	2	2.41.4
800m	U13	B	Joe Andressen	3*	2.54.0	Josh Shields	1*	3.11.6
800m	U17	M	Richard Pawlak	3	2.13.6			
800m	SEN	M	Andy Suter	3	2.00.4	Jamal Adams	2	2.11.6
100m	U13	G	Megan Ross	1	14.4	Megan Edwards	3	15.2
100m	U15	G	Sharna Emanuel	1	13.4	Molly Edwards	3	14.4
100m	SEN	L	Chloe Weaver	2	13.5	Melissa Casey	4	15.0
100m	U13	B	Joe Andressen	3	14.5	Tom Paddock	3	14.7
100m	U15	B	Will Cook	6	13.4	Anthony Church	2	13.6
100m	U17	M	Jermaine Watson	2	12.3	James Crockett	2	12.5
100m	SEN	M	Craig Torr	3	12.1	Alex Garner	1	11.9
80m	U11	B	Toby Edwards		13.6	Robert Stone		13.8
80m	U11	B	Issac Eze		13.7			
400m	SEN	L	Stacey McGivern	1	61.2	Emily Craven	2	69.8
400m	U15	B	Lewis Rickards	5	63.6			
400m	SEN	M	Andy Suter	2	53.1	Jamal Adams	3	59.3
300m	U17	L	Lucy Davies	5	50.4	Sarah Caskey	4	51.6
1500m	U13	G	Samantha Longman	1	5.43.0	Penelope Ford	1*	5.52.0
1500m	U15	G	Michelle Longman	4	5.34.6			
1500m	SEN	L	Laura Burke	1*	5.04.8	Sarah Caskey	2	5.44.2
1500m	U13	B	Nicholas Stone	2	5.18.1	Tristan Smith	1	5.38.8
1500m	U17	M	Richard Pawlak	3	4.28.7			
3000m	SEN	M	Jason Burke	4	10.22.8			
200m	U13	G	Megan Ross	2	31.4	Megan Edwards	2	31.3
200m	U15	G	Sharna Emanuel	1	27.3	Gemma Bays	3	29.5
200m	SEN	L	Chloe Weaver	3	27.4	Stacy McGivern	2	28.0
200m	U13	B	Joe Andresen	2	29.5	Jack Nicholls	4	31.4
200m	U15	B	Will Cook			Lewis Rickards		
200m	U17	M	James Crockett	6		Jermaine Watson		
200m	SEN	M	Tyler Fayose	2		Alex Garner	1	

East Anglian League @ Sandy 25th June 2006

			<u>A-String</u>		<u>B-String</u>			
Hammer	SEN	M	Adam Jackson	4	32.12			
Long jump	U17	M	Jermaine Watson	2	5.59			
High jump	U13	G	Kerrie Hughes	1*	1.20	Jay Bingham	1*	1.20
High jump	U15	G	Emma Houghton	1*	1.40	Sharna Emanuel	1	1.30
Shot	U13	B	Thomas Paddock	4	4.55	Tristian Smith	3	4.44
Triple jump	SEN	L	Nichola Gibson	3*	9.13			
Long jump	U13	B	Jack Nicholls	3	3.91	Theo Eze	3	3.52
Shot	U13	G	Penelope Ford	3*	5.33	Sam Longman	4	4.70
Hammer	U15	B	Richard Stone	1*	27.23			
Long jump	U13	G	Megan Edwards	3	3.74	Jay Bingham	4	3.35
Shot	SEN	M	Adam Jackson	4	9.01			
High jump	SEN	L	Stacey McGivern	1	1.58	Emily Edwards	4	1.25
Javelin	SEN	L	Jan Longman	6	11.88	Lucy Davies	5	5.41
Shot	U17	M	Martin Tinkler	1	14.95			
Long jump	SEN	M	Aaron Steels	2	6.08	Craig Torr	1	5.48
Discus	U15	B	Adam Smith	1	29.73	Roger Tinkler	1	24.69
Javelin	U13	G	Samantha Longman	2*	10.60			
Javelin	U13	B	Peter Godly	1	24.72	Nick Hargreave	N/S	6.34
Shot	U15	G	Michelle Longman	4	6.46	Gemma Bays	3	4.89
Discus	U17	M	Martin Tinkler	1	43.04			
Long jump	SEN	L	Stacy McGivern	1	5.18	Nichola Gibson	2	4.41
High jump	U13	B	Adam Kimber	1	1.30	Nicholas Stone	1	1.15
High jump	U15	B	Adam Smith	2*	1.65			
Long jump	U15	G	Gemma Bays	3	4.21	Devon Spencer	3	3.94
Javelin	U15	B	Richard Stone	4	19.99	Roger Tinkler	2	16.25
Discus	SEN	M	Adam Jackson	5	26.0			
Shot	SEN	L	Laura Burke	4	5.96	Nichola Gibson	3	4.80
Javelin	U17	M	Martin Tinkler	2	36.30			
Discus	U15	G	Olivia Royce	4	14.71	Devon Spencer	3	10.18
High jump	U17	M	Jamie Irons	1*	1.95			
Shot	U15	B	Adam Smith	1	10.43	Roger Tinkler	1	9.65
Javelin	SEN	M	Aaron Steels	3	41.42	Jason Burke	2	27.33
Discus	U13	G	Penelope Ford	1	12.52			
Discus	U13	B	Thomas Paddock	4*	12.89	Tristan Smith	N/S	8.50
Javelin	U15	G	Tyisha Lannon	2	17.97	Michelle Longman	1	14.67
Triple jump	SEN	M	Aaron Steels	1	12.44			
Long jump	U15	B	Lewis Rickards	4	4.11	Will Cook	4	3.43
Discus	SEN	L	Emily Edwards	6	12.63	Emily Craven	6	11.92

* Denotes Personal Best *