

Fixtures March — July 2007

Date:
Mar
2007

PAC Newsletter



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
15th April	Open Meeting	Peterborough
22nd April	Open Meeting	Peterborough
22nd April	Flora London Marathon	Greenwich
28th April	Southern Women's League	Deangate
29th April	Eastern Young Athletes League	Watford
2nd May	Veterans League	Peterborough
5th May	Southern Men's League	Havering
6th May	East Anglian League	King's Lynn
14th May	U11 & U13 Open Meeting	Peterborough
19th May	Southern Women's League	Peterborough
2nd June	Southern Men's League	Hillingdon
2nd June	Southern Women's League	Woking
6th June	Veterans League	King's Lynn
17th June	Eastern Young Athletes League	St Ives
18 June	U11 & U13 Open Meeting	Peterborough
23 June	Southern Women's League	Colchester
24 June	East Anglian League	St Ives
1st July	Eastern Young Athletes League	Picketts Lock
4th July	Veterans League	Milton Keynes
7th July	Southern Women's League	Epsom
8th July	EAA Track & Field Championships	Cambridge
14th July	Southern Men's League	Milton Keynes
15th July	Eastern Young Athletes League	Peterborough
16th July	U11 & U13 Open Meeting	Peterborough
22nd July	East Anglian League	Peterborough
28th July	Southern Women's League	Luton

New Season of Track & Field Up & Coming.

There are six weeks to go until this year's new Track & Field season gets underway, starting with two open meetings on April 15th & April 22nd to be held at the Embankment Track. Please lookout for entry forms within the Clubhouse.

This season P.A.C teams will once again be competing in matches in the Eastern Vet's League, The Southern Men's League, The Southern Women's League, The East Anglian League, and new for this coming season the Eastern Young Athletes League which is for athletes aged between U13 and U17. This has replaced the Young UK Athletes League as there are no fixture clashes and with local teams competing, less travelling for athletes and, officials.

Once again there will be fixtures for Team Cambridgeshire U20's as well as Individual County and School Championships. Please try to make yourself available for club matches by letting the Team Managers know what events you would like to compete in.

We hope you'll enjoy your season & help make P.A.C as successful as last year.

PETERBOROUGH ATHLETIC ARENA

TRAINING

TUESDAYS 5.45 — 8.00 PM

THURSDAYS 5.45 — 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

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.

CLUB SHOP

Club Vests		£ 15.00
Crop Tops		£ 14.50
High neck Crop Tops		£ 16.00
Club Track Jackets	Small / Medium	£ 25.00
	Large / Extra Large	£ 27.00
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



Nike Sprint Spikes for Sale.



Sprint S Plus.
Size, U.K. 4 1/2
Price, £15.00.
Spike Key Included.

See Jan or Dave Longman by Clubhouse or Telephone: 0787 1684882

	<u>Name</u>	<u>Position</u>	<u>Time</u>
<u>Under 13 Girls:</u>	Amy Haines-Eynon (A)	1 st	13.03
	Katie Potter (B)	2 nd	13.08
	Laura Arnold (A)	3 rd	13.14
	Penelope Ford (A)	4 th	13.24
	Steph Williams (B)	13 th	14.39
	Samantha Longman (B)	15 th	14.47
<u>Under 15 Girls:</u>	Michelle Longman	21 st	20.01
<u>Under 17 Women:</u>	Laura Burke	2 nd	21.50
<u>Under 20 Women:</u>	Emily Craven	4 th	32.00
<u>Under 13 Boys:</u>	Nicholas Stone	2 nd	12.26
	Tristan Smith	7 th	13.13
<u>Under 15 Boys:</u>	Jacob Wisbey	11 th	16.23
<u>Under 17 Men:</u>	Richard Pawlak	3 rd	21.57
<u>Under 20 Men:</u>	Jason Burke	3 rd	29.30
<u>Senior Men:</u>	Mark Haines-Eynon (V40)	12 th	1.01.12
<u>Team Results:</u>	P.A.C. Team (A)	1st	
	P.A.C. Team (B)	2nd	

**Eastern County Championships, Thorpe Meadows,
Peterborough**

11th February 07

On a cold, bright and sunny day a rather poor turnout of P.A.C athletes competed in the Eastern county championships in what was a local meeting held at Thorpe Meadows Peterborough. Once again it was down to the successful under 13 Girls to fly the flag for P.A.C on the team front, winning both gold and silver team medals and having the first four girls home individually. Amy Haines-Eynon lead the way being followed by team mates Katie Potter, Laura Arnold and Penelope Ford and were assisted by Steph Williams and Sam Longman.

Unfortunately due to holiday commitments the Under 15, Under 17 and under 20 Women only had one runner in each age group, with Laura Burke running well to finish 2nd in the Under 17 Women's Race. Emily Craven came 4th in the Under 20 Race and Michelle Longman 21st in the Under 15 Girls Race.

In the male section Nicholas Stone came a creditable 2nd accompanied by team mate Tristan Smith who came home in an encouraging 7th place in the Under 13 Boys.

In the Under 15 Boys race Jacob Wisbey came 11th, whilst In the under 17 Men Richard Pawlak came 3rd with the same result being achieved by Jason Burke in the Under 20 men.

In the Senior Men's race P.A.C only had one runner who was Veteran Mark Haines-Eynon who finished 12th. Yet again insufficient back up meant there was no team awards achieved in this section.

Once again as Team Manager it amazes me that a big club such as P.A.C can only get 15 athletes to compete in what was a local championship.

Dave Longman (Cross Country Team Manager)

**Eastern Indoor Championships
Chelmsford, 18th February 2007.**

Under 13 Girls:

60m	Megan Edwards	3rd (Heat 5)	9.11s
LJ	Megan Edward	6th	3.63m

Under 15 Girls:

60m	Molly Edwards	2nd (Heat 1)	8.90s
	Catherine England	(Heat 7)	9.0s

Under 17 Women:

60m	Sharna Emanuel	1st (Heat 3)	8.30s
	Sharna Emanuel	5th (Final)	8.40s

Senior Women:

HJ	Stacy McGivern	2nd	1.50m
LJ	Stacy McGivern	1st	5.37m
TJ	Stacy McGivern	2nd	10.70m

Under 13 Boys:

60m	Jake Berney	1st (CB)	8.4s
LJ	Jake Berney	2nd	4.16m

Under 15 Boys:

60m H	Adam Kimber	2nd	11.2s
	Peter Godly	3rd	11.3s
LJ	Peter Godly	5th	3.77m
TJ	Peter Godly	1st	8.51m

Under 17 Men:

60m	Seb Aguilar	2nd (Heat 2)	7.8s
HJ	Jamie Irons	1st	1.85m
Shot	Martin Tinkler	2nd	14.80m

U.K. Inter counties Cross Country Championships.

Seventeen P.A.C. Athletes representing Cambridgeshire competed in the U.K Inter County Cross Country Championships held at Wollaton Park, Nottingham on 24th February 2007.

On what was a bright sunny day the previous week's rain had made the course very heavy underfoot which resulted in many athletes from other counties pulling out during their races, but the grit and determination by all the P.A.C. Athletes kept them going all the way to the finish line which was underlined by Michelle Longman's effort who ran the last 1000m without her spikes which had been sucked into the ankle deep mud at the bottom end of the course.

Although no P.A.C. Athlete came within the first 100 finishers, all these athletes should be congratulated, for not only their determination but for their achievement to be appearing in this event as it is probably the hardest Championship in the U.K. All the races contained World class athletes and excellent club runners who were appearing for their counties all over the U.K.

These Championships formed part of the World Junior Trials and the U.K Cross Challenge Finals and were screened live on Sky Television.

Results:

<u>Under 13 Girls</u>	<u>Name</u>	<u>Position</u>	<u>Time</u>
	Georgie Freeman	130th	16.36
	Amy Haines-Eynon	149th	16.46
	Laura Arnold	152nd	16.47
	Penelope Ford	219th	17.32
	Georgia Woods	235th	17.47
	Katie Potter	238th	17.50
	Samantha Longman	280th	19.05

Under 15 Girls

Michelle Longman	277th	21.46
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<u>Under 17 Ladies</u>	<u>Name</u>	<u>Position</u>	<u>Time</u>
	Sarah Caskey	122nd	22.55
	Lucy Davies	170th	23.59
<u>Under 20 Ladies</u>			
	Emily Craven	128th	35.44
<u>Under 13 Boys</u>			
	Nicholas Stone	173rd	15.16
<u>Under 15 Boys</u>			
	Edward Gunby	137th	18.06
	Jacob Wiseby	269th	20.13
<u>Under 20 Men</u>			
	Michiah Debbage	154th	33.46
	Jason Burke	155th	33.54
<u>Senior Men</u>			
	Ashley Allen	244th	48.21

Peterborough Athletic Club Open Meetings

The Open meetings will be held at the Embankment Track on Sunday 15th April 2007 and Sunday 22nd April 2007.

For full Timetable, List of Events and Entry Forms please see either Ron Crosby, Elaine Larkins or Dick Dawson at the track on Tuesday and Thursday training nights in the clubhouse.

Officials and helpers are also needed on the day, please see Maureen Torr for