

Welcome to our latest newsletter

IMPORTANT NOTICES

MAJOR EVENT TICKETS UP FOR GRABS

One of our members has two tickets for each day of the UK Indoor Senior Championships at Birmingham's Indoor Arena on 17th & 18th February.

Unfortunately he is unable to attend now so, he would like to give the tickets away free to anyone who can guarantee attending.

The Tickets are "e-tickets" and will be emailed over in the next week or so.

If you would like these tickets then please email panvac.general@btinternet.com. First in will get them.

SPRING OPEN SERIES

We are promoting a series of Open Meetings pre-season. These will be held at the Peterborough track and entries will be taken using the roster athletics system

(<https://meets.rosterathletics.com/public/competitions>)

Dates and events

Sunday 24th March – Throws

Tuesday 2nd April – Middle distance

Sunday 7th April – Sprints & Hurdles

Sunday 21st April – Jumps

Further details will be available shortly but, we do ask that you put these dates into your diary and support these events whether it be competing or helping with the many associated jobs – registration, refreshments, officiating etc.

NATIONAL CROSS COUNTRY CHAMPS

This year, the National Cross Country Championships will be held in Weston Park near Telford, Shropshire on 24th February. Entries close on the 26th January.

Online entries to – <https://www.race-results.co.uk/natxc24e>.

EASTERN AA INDOOR CHAMPS

These championships will take place at Lee Valley on 2nd & 3rd March. Entries close 22nd February. Further details

<https://meets.rosterathletics.com/.../details/about...>

WILD BUSH FITNESS

Calling all 8-15 year olds who might fancy a bit of fun while getting fit. Dave Bush is hosting a series of fitness training classes on Friday evenings 19:00-20:00 and it only costs £3 per session. The classes will take place in Weston Hills Village Hall, Broadgate, Weston Hills PE12 6HU.

Interested? contact Dalexibush92@hotmail.com or message 07535780054.

HOT DRINKS

Now is the perfect time to remind you we have a tea bar serving hot drinks. It's the perfect way to keep warm while you're watching your athlete train (or warm up after a session). Our tea bar is open on Tuesday and Thursday's inside the warm, dry clubhouse. We even take contactless!

WEBSITE NEWS

Our website (pnv.org.uk) is having a bit of an overhaul and is now being regularly updated. If you have anything you'd like to see on there, email panvacgeneral@btinternet.com and we will do our best to get it included.

CLUB CLOTHING SHOP

Looking for the ideal gift then take a look at our club clothing shop. We have a wide range of clothing – beanie hats, shower jackets, padded jackets, polo shirts, tracksuit bottoms etc. We have samples of the tracksuit bottoms, rain jacket, padded jacket, polo shirt, half zipped top and full zipped hoodie displayed in the Peterborough clubhouse on training nights.

We do have a small stock of shower/rain jackets and beanie hats which can be purchased ready to take away. We also have hold-halls ready to take away.

You can find details www.hereward-uk.com, go to 'clubshop' enter our password (PANVACNEW21)

RESULTS ROUND-UP

CAMBRIDGESHIRE CROSS COUNTRY CHAMPS, St Neots, January 21st

Huge congratulations to Jake Henson who is now a County Champion. The 11-year-old took the U11 title with a well-judged sprint in the final 30 meters.

Liz Eames also had to compete along with the senior women but, she was 2nd in the U20 age group thereby winning herself a silver medal.

Good team packing from Charlotte Smith, Izzie Hurn and Rosie Ackerman secured them the U15 girls bronze medal. The U11 girls also ran really well to win themselves a bronze medal.

Seb Beedell had a fantastic race and was 6th in the combined senior and U20 race but ran out fourth in the U20 age group.

Take a great big pat on the back athletes, coaches and parents, lots of hard work and dedication is paying off.

Men/U20

6 Seb Beedell (4th U20) 35:04; 8 Nathan Bunting 35:42; 18 Dan Lewis (3rd M40) 37:44; 30 Steven Wilkinson 40:51; 36 Connor Baker 43:16

U17 men

8 Tobias Goodwin 19:46; 10 Felix Bowling 20:08

U11 Boys

1 Jake Henson 7:02; 27 Oliver Badham 8:14; 36 Charlie Howell 8:45. **TEAM:** 4th

U20 Women

2 Liz Eames 26:08

U15 Girls

9 Charlotte Smith 21:29; 10 Izzie Hurn 21:34; 12 Rosie Ackerman 21:59. **TEAM:** 3rd

U13 Girls

6 Olivia Peach 12:10; 18 Layla Gee 16:32

U11 Girls

5 Amelia Robinson 7:43; 13 Everly Goose 8:27; 19 Lillya Bellabiod 8:37; 21 Alicja Szykowska 8:57; 22 Georgie Henson 9:15; 30 Tia Gee 9:53; 33 Jasmine Wayte 10:56. **TEAMS:** 3rd & 6th

BMC INDOOR OPEN, Cardiff, 21st January

Senior Women

1500: Jess Varley 4:31.70 (SB)

LONDON INDOOR GAMES, Lee Valley, London 20th/21st January

U20 Men

60: Jack Wheatley 7.35

400: Finlay Donald 55.06; Harry Friend 56.18; Samuel Friend 56.72.

60H: Max Roe 8.23; Jack Wheatley 8.36

Women

400: Elizabeth Taylor 60.03

MIDLAND INDOOR CHAMPS, Loughborough, 20th /21st January

Congratulations to Louise Hirst and Sienna Slater who each grabbed themselves gold medals. Sean O'Donnell set himself a quicker personal best over 60m.

U20 Women

TJ: Louise Hirst 11.46 (SB)

U17 Women

60H: Sienna Slater 8.93 (PB)

U17 Men

60: Sean O'Donnell 7.19 (PB)

FOLKSWORTH 15, 21st January

Men

7 Kirk Brawn (M45) 1:28:57; 38 Oliver Mason 1:41:46; 47 Ryan Anderson 1:43:02. **TEAM:** 3rd

Women

136 Elisabeth Sennitt-Clough 1:59:00

BRITISH CROSS CHALLENGE, Parliament Hill, London, January 20th

U20 Men

24 Harry Hewitt 28:08

BUCS 4km Trial

14 Archie Rainbow 14:34

U13 Boys

11 Louie Hemmings 14:52

UPCOMING EVENTS

LEE VALLEY WINTER INDOOR OPEN

Saturday 27th / Sunday 28th January (London Indoor Games Age groups)

Full and entry details can be found here :

<https://www.better.org.uk/leisure-centre/lee-valley/athletics-centre/athletics-competitions>

KEITH WARD MEMORIAL INDOOR OPEN

Sunday 28th January, King's Lynn. Norfolk.

FROSTBITE FRIENDLY LEAGUE

Please note the change of venue for the next fixture. It will be held at Nene Park (Ferry Meadows) and not Ramsey. Also, due to flooding in Hinchingsbrooke Park on Sunday 14th January there has been an extra fixture squeezed in on February 25th. This will take place at Hinchingsbrooke Park.

Date	Venue	Host	Start
February 4 th	NENE PARK	THE LEAGUE	9.45 (jun) 10.30 (sen) NEW VENUE
February 25 th	Hinchingsbrooke Park	Hunts AC	9.45 (jun) 10.30 (sen) NEW DATE
March 10 th	Jubilee Park, Hunts	BR Joggers	9.45 (jun) 10.30 (sen)

Please note the new start time for the rest of the matches.

LOUGHBOROUGH INDOOR OPEN

Saturday 4th February 2024

Sunday 5th February 2024

Full and entry details can be found here :

<https://www.lboro.ac.uk/sport/sports/athletics/competition-entries/>

ENGLAND ATHLETICS U15/U17/U20 INDOOR CHAMPIONSHIPS

Sheffield on 10th and 11th February. Entries now closed.

EASTERN AA INDOOR CHAMPIONSHIPS

2nd / 3rd March, Lee Valley, London.

<https://meets.rosterathletics.com/.../details/about...>

SEAA 12/6 STAGE ROAD RELAY & 5km CHAMPS

Milton Keynes, Sunday 24th March 2024.

NEW MONEY SAVING DISCOUNT

In partnership with England Athletics, Sportsshoes.com are able to offer each member a discount of 10% from its range and free standard shipping, worth £4.99 on all orders over £50.

Please make sure to select United Kingdom in your shipping address to apply the promotion code without errors. Should you come across the “country-iso” error in checkout, you will need to check you have set up a correct UK shipping address, please.

The code for the month of December is – YUPHI1 - valid until 3rd February 2024.