

## IN THE NEWS

### MEMBERSHIP RE-NEWAL

It is that time of year again when you need to re-new your membership – our year runs from March 1<sup>st</sup> to the end of February.

You must be a fully paid-up member of the club if you train at the Peterborough track in any capacity. You must also be a member of the club if you wish to compete in the track & field leagues and road races. Your membership ensures that you are insured as well as going a long way to paying the cost of hiring the facilities as well as affiliating to all the leagues.

You can pick up a membership form from the tea-bar in the club house or from our website [pnv.org.uk](http://pnv.org.uk)

If you haven't re-newed by May 1<sup>st</sup> you could incur a late fee penalty.

### 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>)

Date	Event
Sunday 24 <sup>th</sup> March	Throws – <b>Entries now open</b>
Tuesday 2 <sup>nd</sup> April	Middle distance – <b>Entries now open</b>
Sunday 7 <sup>th</sup> April	Sprints & Hurdles - <b>Entries now open</b>
Sunday 21 <sup>st</sup> April	Jumps - <b>Entries now open</b>

We do ask that you put these dates into your diary and support these events whether it be by competing or helping with the many associated jobs – registration, refreshments, officiating etc.

### LAST CALL FOR CLUB VESTS

If you haven't got a club vest and would like one then please ask at the Peterborough Tea-Bar or email [panvacgeneral@btinternet.com](mailto:panvacgeneral@btinternet.com). Please remember that you will need a vest when you are competing in any event.

### KEITH HALL MEMORIAL 10K

For anyone who has entered the Keith Hall Memorial 10k in Thorney on Sunday March 24<sup>th</sup> should be aware that due to unforeseen circumstances the parking arrangements have changed. The new parking area will be at Park Farm, off Deer Park Way, Thorney PE6 0SY which is about 1 mile away from the start. So, you will need to allow for this.

### LINCS COUNTY T&F CHAMPS

This year's event will take place on Sunday May 12<sup>th</sup> at Yarborough Track, Lincoln. Entries are now open and further details can be found via

<https://meets.rosterathletics.com/public/competitions/details/about?id=24489>

There is a full programme of events from U11 upwards.

If you were born in Lincolnshire or live in the county then you are eligible to compete in this event, please try to enter and support these championships.

### CAMBS COUNTY T&F CHAMPS

This year's event will take place on Saturday May 11<sup>th</sup> at Cambridge University Track, Wilberforce Road, Cambridge.

Entries are now open and further details can be found via <https://data.opentrack.run/en-gb/x/2024/GBR/cambstf24/>

There is a full programme of events from U13 upwards. A provisional timetable of events can be found at <https://cambsathletics.org.uk/wp-content/uploads/2024/02/PROVTT2024-v2.pdf>  
If you were born in Cambridgeshire or live in the county then you are eligible to compete in this event, please try to enter and support these championships.

### **MARKET DEEPING 10K**

This year's race will take place on Sunday May 19<sup>th</sup> at the Deeping Rugby Club, Deeping St James starting at 10.30am. The 3km fun run will start at 9.30am.

Entry details can be found via [www.deepingsrun.com](http://www.deepingsrun.com) or [www.runbritain.com](http://www.runbritain.com)

### **SUMMER TRACK & FIELD LEAGUES**

All of our summer track & field leagues have now been finalised as below. Please make a note in your diaries and do your best to be available for selection. We really do need to have a good turn-out at all of the matches whether it is at home or away.

#### **SOUTHERN ATHLETICS LEAGUE (for male & female U17+)**

Saturday May 18 <sup>th</sup>	Stevenage, SG2 9PB
Saturday June 15 <sup>th</sup>	PETERBOROUGH PE1 5BW
Saturday July 14 <sup>th</sup>	Mile End, London, E14 7TW
Saturday August 17 <sup>th</sup>	Ware, SG2 0UQ

#### **EAST ANGLIAN LEAGUE (for male & female U11+)**

Sunday April 28 <sup>th</sup>	PETERBOROUGH, PE1 5BW
Sunday May 26 <sup>th</sup>	PETERBOROUGH, PE1 5BW
Sunday June 23 <sup>rd</sup>	St Ives, PE27 6SJ

#### **EASTERN YOUNG ATHLETES' LEAGUE (for male & female U13-U17)**

Sunday April 14 <sup>th</sup>	Stevenage, SG2 9PB
Sunday May 5 <sup>th</sup>	Watford, WD25 7HH
Sunday June 2 <sup>nd</sup>	Sandy, SG19 1BL
Sunday July 21 <sup>st</sup>	Bedford, MK41 9SB

#### **EASTERN VETS LEAGUE (for male & female 35+)**

Tuesday April 30 <sup>th</sup>	PETERBOROUGH, PE15BW
Wednesday June 5 <sup>th</sup>	King's Lynn, PE30 2NB
Wednesday July 5 <sup>th</sup>	Cambridge, CB3 0EQ
Tuesday July 30 <sup>th</sup>	PETERBOROUGH, PE1 5BW

### **PETERBOROUGH 5km ROAD SERIES**

Dates and venues for the summer 5km Series have now been confirmed as below. We are hosting the second event on June 26<sup>th</sup> around Ferry Meadows. Steve Harknett will be delighted to hear from you if you are able to help with the various jobs – course set up, registration, marshalling, timing, water station, recording etc. etc.

Wednesday June 12 <sup>th</sup>	Eye
Wednesday June 26 <sup>th</sup>	Ferry Meadows
Wednesday July 10 <sup>th</sup>	Werrington
Wednesday July 24 <sup>th</sup>	Stamford
Wednesday Aug 7 <sup>th</sup>	Ferry Meadows

## CAMBRIDGESHIRE ROAD RACE LEAGUE 2024

Dates and venues for this year's race series have been announced. The rules will follow the same format of previous seasons, with the best 4 performances to count. The dates, venues and entry links below:

Race	Date	Entry details
Thorney 10k	24 <sup>th</sup> March	<a href="https://totalracetiming.co.uk/race/494">https://totalracetiming.co.uk/race/494</a>
Cambourne 10k	14 <sup>th</sup> April	<a href="https://www.atwevents.co.uk/e/cambridge-cambourne-10k-andfun-run-8935">https://www.atwevents.co.uk/e/cambridge-cambourne-10k-andfun-run-8935</a>
Eye 10k	12 <sup>th</sup> May	<a href="http://www.eye10k.co.uk">http://www.eye10k.co.uk</a>
P'boro 5k series 1	12 <sup>th</sup> June, Eye	<a href="https://www.peterboroughgpseries.org.uk">https://www.peterboroughgpseries.org.uk</a>
P'boro 5k series 2	26 <sup>th</sup> June, FM	<a href="https://www.peterboroughgpseries.org.uk">https://www.peterboroughgpseries.org.uk</a>
Sawtry 10mile	8 <sup>th</sup> September	<a href="https://sawtrywalktorun.co.uk/sawtry10/">https://sawtrywalktorun.co.uk/sawtry10/</a>
Fenland 10mile	27 <sup>th</sup> October	<a href="https://www.fenlandrunningclub.co.uk/fen-10">https://www.fenlandrunningclub.co.uk/fen-10</a>

## 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 [Dalex bush92@hotmail.com](mailto:Dalex bush92@hotmail.com) or message 07535780054.

## 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 some items displayed in the Peterborough clubhouse on training nights. We have a stock of shower/rain jackets, beanie hats and holdalls ready to take away.

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

## RESULTS ROUND-UP

### FROSTBITE FRIENDLY LEAGUE, Jubilee Park, Huntingdon, March 10<sup>th</sup>

The last race of the series took place on Sunday, in damp and cold conditions. Over this year's series we saw 21 juniors who competed at least once with 22 seniors competing at least once.

Award winners for our club are : **Senior Men** - Michael Major 25 pts; **Senior women** – Rebecca Lee 273 pts; **Junior boys** – Finlay Smith 28 pts; **Junior girls** - Amelia Robinson - 140 pts. The points are based on the lowest score from 3 of the 4 races held this year.

Well done to everyone and many thanks to Ray & Brenda Church & Kay Gibson who stood out in the wind & rain collecting finish tokens, adding all the scores etc at all the matches.

#### Senior

10 Michael Major 32:39; 34 Steve Hall 36:05; 53 Steve Harknett 37:56; 68 Rebecca Lee 39:00; 69 Josie Knight 39:01; 70 Paul Parkin 39:02; 125 Nichola Gibson 44:20; 163 Lewis Barton 47:52; 192 Saul McCall 50:49. **Team:** 9<sup>th</sup> 1040. **Overall Team:** 8<sup>th</sup> 4162

#### Junior

49 Amelia Robinson 13:02; 50 Eva Goose 13:17; 57 Lilliya Bellaboid 13:46. **Team:** 10<sup>th</sup> 340. **Overall Team:** 4<sup>th</sup> 703 points.

### BURGHLEY 7, Stamford, March 10<sup>th</sup>

#### Men

Kirk Brawn (1-M45) 40:27; James Sadlier (M45) 46:37; Dan Harris (M55) 49:41; Maurice Jacklin (M55) 50:10

**Women:** Alison Staines (3-W50) 51:46

### **OUNDLE 20 & 5km, March 10<sup>th</sup>**

**Men:** Ollie Mason 2:18.27; Darryl Coulter 3:06.40

**Women:** Elisabeth Sennitt-Clough 2:38.58

#### **5km**

1 Tadas Kalkauskas 18:05; 16 Rebekah Clough 26:46; 17 Sarah Clough 26:46; 18 Tim Clough (M50) 26:49

### **CAU INTER-COUNTIES CROSS COUNTRY CHAMPS, Wollaton Park, March 9<sup>th</sup>**

A number of our members competed in this prestigious event rubbing shoulders with many of the country's top athletes. For the younger members this was just a warm-up for the English Schools Championships which take place in Pontefract, W Yorkshire on Saturday March 16<sup>th</sup>.

#### **Senior men**

122 Nathan Bunting (Cambs) 30:00

#### **U20 men**

114 Archie Faulder (Lincs) 26:46; 119 Isaac Fell (Lincs) 26:54

#### **U17 men**

31 Thomas Preston (Lincs) 18:31; 235 Tobias Goodwin (Cambs) 20:46; 276 Noah Fell (Lincs) 22:15

#### **U13 boys**

164 Finlay Smith (Lincs) 11:53

#### **Senior women (8km)**

105 Molly Peel (Lincs) 29:13; 130 Ellie Rainbow (Lincs) 29:36; 172 Hannah Knight (Lincs) 30:38

#### **U20 women**

79 Josie Knight (Lincs) 23:30; 102 Olivia Walker (Cambs) 24:16; 126 Hannah Taylor (Lincs) 25:22; 134 Liz Eames (Cambs) 25:49

#### **U17 women**

146 Yvette Annis (Lincs) 20:06; 178 Erin Walker (Cambs) 20:32

#### **U13 girls**

199 Olivia Peach (Cambs) 13:22

### **LEICESTER 10km, March 3<sup>rd</sup>**

Congratulations to Maggie Skinner who has been selected to compete for England Masters following her run in Leicester.

#### **Senior women**

Maggie Skinner 40:23 (2nd lady)

## **UPCOMING EVENTS**

### **SEAA 12/6 STAGE ROAD RELAY & 5km CHAMPS**

This year's event will take place on Sunday 24<sup>th</sup> March in Milton Keynes.

### **LANGTOFT 10km & 3km**

This year's event will take place on 5<sup>th</sup> May. Entry details: <https://www.langtoftroadrun.com/>

### **MARKET HARBOROUGH CARNIVAL 10km**

This year's event will take place on 8<sup>th</sup> June. Entry details: [Market Harborough Carnival 10K - RaceBest](#)

## **NEW MONEY SAVING DISCOUNTS**

### **TORQ**

We are delighted to be able to bring you a brand new offer from Torq Fuel. Simply go to <https://www.torqfitness.co.uk/> choose your products, use AFPMARTIN10 to benefit from a 10% discount on top of any multi buy discounts on offer.

Phil Martin, who regularly uses these products, suggests trying the Cola gels!

### **SPORTSSHOES**

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 March is – XGEYA4 - valid until 3rd April 2024