

IN THE NEWS

TRACK CLOSURE

Just a reminder that the track will be closed on Easter Sunday 31st March and Bank Holiday Monday 1st April.

SPRING OPEN SERIES

After the amazing success of our throws meeting at the weekend, which saw four UK top 10 performances, here's a timely reminder that there are three more meetings on the early season calendar.

We ask you to take part as our team managers will be using the performances as part of the early season team selection. Plus, it's a great chance to test your form in any event you fancy, all with photo finish and Power of 10 rankings.

Remember, if you don't compete then you could be in danger of missing out on team selection for those early matches. No team selection will be guaranteed.

Entry details can be found here : <https://meets.rosterathletics.com/public/competitions>

Tuesday 2nd April Middle distance (600, 800, 1500, 3000)

Sunday 7th April Sprints & Hurdles (80, 100, 200, 300, 400, 300H, 400H, plus sprint hurdles)

Sunday 21st April Jumps (high, long, triple)

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.

MEMBERSHIP RE-NEWAL

It is that time of year again when you need to re-new your membership – our year runs from March 1st 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

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

LINCS COUNTY T&F CHAMPS

This year's event will take place on Sunday May 12th 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 11th 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.

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

EAST ANGLIAN LEAGUE (for male & female U11+)

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

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

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

EASTERN VETS LEAGUE (for male & female 35+)

Tuesday April 30 th	PETERBOROUGH, PE15BW
Wednesday June 5 th	King's Lynn, PE30 2NB
Wednesday July 3 rd	Cambridge, CB3 0EQ
Tuesday July 30 th	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 26th 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 th	Eye
Wednesday June 26 th	Ferry Meadows
Wednesday July 10 th	Werrington
Wednesday July 24 th	Stamford
Wednesday Aug 7 th	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
Cambourne 10k	14 th April https://www.atwevents.co.uk/e/cambridge-cambourne-10k-andfun-run-8935
Eye 10k	12 th May http://www.eye10k.co.uk
P'boro 5k series 1	12 th June, Eye https://www.peterboroughgpseries.org.uk
P'boro 5k series 2	26 th June, FM https://www.peterboroughgpseries.org.uk
Sawtry 10mile	8 th September https://sawtrywalktorun.co.uk/sawtry10/
Fenland 10mile	27 th October https://www.fenlandrunningclub.co.uk/fen-10

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 Dalexbush92@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, go to 'clubshop' enter our password (PANVACNEW21)

RESULTS ROUND-UP

SOUTH OF ENGLAND 5km CHAMPIONSHIPS, Milton Keynes, March 24th

Congratulations to Thomas Preston who bagged himself a shiny bronze medal with a time of 15:32.

SOUTH OF ENGLAND 12-STAGE ROAD RELAYS, Milton Keynes, March 24th

A dozen members travelled to Milton Keynes to contest the SEAA 12-Stage road relays on Sunday. The team consisted of a mix of U20 men, senior men and veteran men finished a creditable 31st in 4:49:32. There were alternate leg lengths with 5km and 5.6 miles. Nathan Bunting was the quickest on the long stage with 27:40 while Harry Hewitt was quickest on the short stage with 15:18, which was the 5th fastest of the stage.

Leg 1: Nathan Bunting 27:40 (long stage). **Leg 2:** Archie Faulder 17:04 (short stage). **Leg 3:** Alex Curtis 31:46 (long). **Leg 4:** Connor Baker 21:35 (short). **Leg 5:** Stuart Haw 29:02 (long). **Leg 6:** Harry Hewitt 15:18 (short). **Leg 7:** Steven Wilkinson 31:02 (long). **Leg 8:** David Knighton 19:52 (short). **Leg 9:** Kirk Brawn 31:08 (long). **Leg 10:** Michael Major 17:11 (short). **Leg 11:** Simon Fell 30:21 (Long). **Leg 12:** Isaac Fell 17:27 (short).

THROWS FESTIVAL, Peterborough, March 24th

SP

Simon Achurch (M45) 11.26. David Bush 10.77. Kevin Bates (M70) 10.24. Karl Eve (M60) 9.87. Sally Pusey (W55) 6.84 (PB)

DT

Simon Achurch (M45) 32.55. Andrea Jenkins (W45) 32.04

HT

Andrea Jenkins (W45) 43.89. Simon Achurch (M45) 36.86 (PB). Kevin Bates (M70) 27.01. Sally Pusey (W55) 25.80

KEITH HALL MEMORIAL 10km, Thorney 24th March

Men

5 Tobias Goodwin 34:41; 13 Craig Al-Rousi 36.25; 34 Travis Anderson 39:24; 45 Toby Staines 40:07; 70 Steve Harknett (M50) 42:51; 89 Maurice Jacklin (M55) 44:15;

Women

48 Maggie Skinner (W40) 40:32; 53 Hannah Knight 41:02; 80 Rebecca Lee (W50) 43:38; 105 Alison Staines (W50) 45:03

At the time of going to press the results of the 3km fun run were not fully available, we will bring you these as soon as we are able to.

UPCOMING EVENTS

LANGTOFT 10km & 3km

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

MARKET DEEPING 10K

This year's race will take place on Sunday May 19th 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 or www.runbritain.com

MARKET HARBOROUGH CARNIVAL 10km

This year's event will take place on 8th 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