

Welcome to our latest newsletter.

This is a very important reminder that the Cambs or Lincs Champs will be held on the weekend of May 11th / 12th. If you wish to compete in either championship, then you MUST enter before the deadline.

Having looked at the Lincs Champs there are not many of our members who have entered, the closing date is fast approaching – this Sunday 21st April. For those who compete in the Cambs champs you have a few more days. We cannot stress enough, if you miss the deadline you miss the championships.

Do not delay entering any longer.

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>

The closing date for entry is Sunday 21st April. If you miss this date you will miss the championships.

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/>

The closing date for entry is Saturday 4th May. If you miss this date you will miss the championships.

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/2024/03/PROVTT2024-v4.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.

TCS LONDON MARATHON

We are sending good luck wishes to everyone who is competing in this year's TCS London Marathon on Sunday.

We are all right behind you, enjoy your day and remember to finish with a smile.

SUMMER TRACK & FIELD LEAGUES 2024

Our team managers are busy getting names together for the upcoming league season. If you are wishing to be selected for any of the events, and there are plenty to choose from then please do not hesitate to contact the relevant team manager –

SOUTHERN ATHLETICS LEAGUE (for male & female U17+)

Contact male Dave Bush (dbush1992@hotmail.co.uk) OR female Nichola Gibson (nichola-gibson@ntlworld.com)

EAST ANGLIAN LEAGUE (for male & female U11+)

Contact (all U17's) Emma Boole (emma.panvac@outlook.com) OR (all U20+) Elaine Larkins (panvacgeneral@btinternet.com)

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

Contact Jackie Heath (jheath091@aol.com)

EASTERN MASTERS' LEAGUE (for male & female 35+)

Contact Claire Smith (panvacmasters@gmail.com)

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 of 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.

RESULTS ROUND-UP

CITY OF LINCOLN 10km, Lincoln, 14th April

19 Steven Wilkinson 34:03; 33 Alex Curtis 35:07; 115 James Sadlier (M40) 38:55; 123 Maggie Skinner (W40) 39:12; 244 Paul Larkins (M60) 42:13

CAMBOURNE 10k, Cambridge 14th April

Men

5 Tobias Goodwin (1 U20) 36:26

CHARNWOOD OPEN, Loughborough, 14th April

U20 Men

3000: Harry Hewitt 4:00.47

U17 men

SP: Lawson Capes 17.10 (PB)

Senior women

300: Jenny Smith 46.29. **800:** Nichola Gibson 2:37.89

U20 women

300: Alexa Boole 42.91 (PB)

U17 women

80H: Sienna Slater 12.01

KETTERING TOWN OPEN, Kettering, 13th April

HJ: Dylan Phillips 1.90

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 April is – W05W141FQQC - valid until 3rd May 2024