Hi there athlete, parent, guardian

Welcome to our latest newsletter.

We had another very busy weekend with the first EYAL match of the season at

Peterborough, Langtoft 10km, Vitality London 10k, BUCS championships, Kettering Open among other events.

# RECORD BREAKERS

In the opening fixture of the Eastern Young Athletes’ League we witnessed some incredible performances with no less than 8 new club records being set.

Highlights of those are:

Lewis Legge front ran to a 2:19.1 in the 800m which moved him up from 31st to 7th in the UK rankings in the U13 age group. We believe this could be very close to the ‘old’ (before the merger of the 2 clubs) club record set by Michael Seaman in 1979. Not to be out done Louie Hemmings ran a well-judged 1500m to stop the clock at 4:47.6 to move himself up from 9th to 6th in the UK in the U13 age group. This broke his own club record of 4:58.53. Ruby Hynes won her first ever 800m race in a remarkable 2:25 which was also a new club record bettering last year’s best of 2:37.91.

All-in-all it was a great day for our younger athletes many of whom recorded personal bests. Our team finished 4th overall but it was very close and with a few extra athletes we could so easily have won the match.

Don’t be afraid to compete, it is great fun and you get to be part of the future of our great club.

If you are interested in competing then you need to contact team manager Mark Ash at mash1966@hotmail.com or you can contact Jackie Heath on jheath091@aol.com if you want to compete in the next round of the EAL which will be held at Peterborough on Sunday May

29th.

# LANGTOFT 10km

We had a good showing in the Langtoft 10km where Ben Heron was victorious in 31:43.

Benjamin Hannon was our next member in 14th place with 36:53.

Other members competing were: Josie Knight in 41.43 (4th female); Steve Harknett 42:42 (3rd

M50); Elisabeth Sennitt-Clough 44:29 (2nd W45); Rebecca Lee 44:48 (3rd W45); Alison Dunphy 46:31 (3rd W50); Alison Staines 46:56 (4th W50); Hannah Knight 48:08 (8th female); Timothy Clough 48:44 (13th M50).

Well done everyone.

**VITALITY LONDON 10km**

James Sadlier ran 37:59 (430th) and Sean Beard ran 38:27 (493rd / 9th M55).

**BUCS CHAMPS**

Well done to Lydia Church who won the ambulant shot with a put of around 11.40.

# CAMBRIDGESHIRE COUNTY CHAMPIONSHIP

Time is running out to enter the Cambs Champs – Lincs closing date has already gone. The championships will be held on May 14th at the University Track, Wilberforce Road, Cambridge. **Closing date for entries is midnight May 7th**. Full event prospectus and provisional timetable can be found at http://cambsathletics.org.uk/tf-events/

Entry is on-line and details can be found at [https://data.opentrack.run/engb/x/2022/GBR/cambstf22/](https://data.opentrack.run/en-gb/x/2022/GBR/cambstf22/)

You really do need to be in it to win it, you will not be able to enter after May 7th or on the day.

# BARNEY 5km

Regretfully, due many issues but mainly due to a clash of dates we have had to cancel the Barney 5km this year. However, we are looking at holding a 5km track race during the summer.

What we need is some input from you the athletes. How many of our U20 and senior men and women would be interested in running a track 5km? Would you like it to be on a Tuesday or Thursday evening? Would you like it to be on a Sunday morning? Should it be opened up to anyone? If we get enough intrest we will apply for a licence so the result will go on the Power of 10 and your own profile.

Please email panvacgeneral@btinternet.com or speak to Ray Church or Elaine Larkins.

# SPRING 5km Handicap

A fun event which takes place on a Wednesday evening at 7pm for anyone over 14 years of age. It is £1 per run. Dave Knighton (daveknighton5062@yahoo.co.uk) will have further details or there will be an entry form in the clubhouse at Peterborough to complete. Entry forms can also be found on the website pnv.org.uk

4th May - Lynchwood, Peterborough

11th May - Lynchwood, Peterborough

25th May - Lynchwood, Peterborough