

Welcome to our newsletter

WEEKLY PLAUDITS

Our congratulations go to Andrea Jenkins who not only is able to call herself a European Masters Champion but a European Masters Record-holder. Andrea comfortably won the W45 weight throw event with her fifth-round effort of 18.59. Huge congratulations to her.

Andrea is competing in the Throws Heptathlon this weekend, and we are sending her many good luck wishes.

ANNUAL GENERAL MEETING

This year's AGM will take place on Monday 3rd November in the Clubhouse, Peterborough Athletics Arena, Bishops Road PE1 5BW. The meeting will start at 7pm.

This is your chance to have a say in how things are run within the club. It is likely that there will be a proposal to raise membership fees by at least £3 per person which is to cover the probable increase made by England Athletics.

Further details regarding the AGM will be announced later this week.

EASTERN CROSS COUNTRY CHAMPIONSHIPS

The first of the championship events in the cross country season takes place on Saturday 15th November at Horseheath Course, Cambridge.

It would be great if we could field a team in all of the age groups and you never know we could easily bring home some medals and trophies.

There are races for all age groups from U13 to Masters, if you would like to compete please let Elaine know or email panvacgeneral@btinternet.com before Thursday October 23rd.

SUMMER 2026 LEAGUE DATES

We've had the provisional dates for the Southern Athletics League (SAL) for 2026, please put these in your diary.

Saturday 16th May, Saturday 21st June, Saturday 19th July, Saturday 8th August.

As soon as everything is confirmed we will let you know.

SPORTSHALL EVENTS

We have been invited to compete in the Cambs Sportshall events again this year. The dates and venues are:

Saturday 22nd November @ Bushfield Leisure Centre starting at 12.30pm

Saturday 6th December @ One Leisure, St Ives Indoor Sports Centre starting at 12.30pm

The age groups are U11, U13 & U15 boys and girls.

It is £4 per athlete to compete.

These competitions are a great introduction to Sportshall Athletics and athletes of all abilities are welcome to take part.

For anyone wishing to compete in any of these events please speak to your coach and we will get the teams entered.

ADVANCE NOTICE

Entries for the ever-popular Keith Hall 10km, which will include the BMAF Championships, will open on December 1st. If you are thinking of competing in this event you need to keep your eyes for any further notices as this race does tend to fill up very quickly.

As soon as we know any more details we will share them with you all.

NEW AGE GROUP CHANGES

Many of you will have heard that the age groups are changing from April 1st 2026, that is only eight months away. The new age categories will be Under 12, Under 14, Under 16, and Under 18.

What this means to the younger age groups in the EAL isn't fully clear now but as soon as we hear anything we will inform everyone.

The new age groups are:

Under 10s: Athletes who are 8 or 9 on 31st August 2026

Under 12s: Athletes who are under 12 but older than 9 on 31st August 2026

Under 14s: Athletes who are under 14 but older than 11 on 31st August 2026

Under 16s: Athletes who are under 16 but older than 13 on 31st August 2026

Under 18s: Athletes who are under 18 but older than 15 on 31st August 2026

There is a lot of technical information about the new age groups that is available on the England Athletics website on this link <https://www.englandathletics.org/about-us/age-group-changes/>

WINTER CROSS COUNTY AND ROAD FIXTURES

BMAF CROSS COUNTRY RELAYS

Saturday 25th October, West Park, Long Eaton

NATIONAL CROSS COUNTRY RELAYS

Saturday 1st November, Berry Hill Park, Mansfield

CAMBRIDGESHIRE SPORTSHALL

Saturday 22nd November @ Bushfield Leisure Centre, PE2 5RQ

Saturday 6th December @ One Leisure, St Ives Sports Centre PE27 6WU

Sunday 1st February 2026 @ UAE Sports Park, Norwich NR4 7TJ

FROSTBITE FRIENDLY LEAGUE

Sunday 2nd November @ Peterborough

Sunday 7th December @ Ely

Sunday 11th January 2026 @ March

Sunday 1st February @ Bewsey Park

Sunday 1st March @ Huntingdon

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 8th November @ Kettering

Saturday 6th December @ Heanor

Saturday 10th January @ Nottingham

EASTERN CROSS COUNTRY CHAMPS

Saturday 15th November, Horseheath Course, Haverhill, Cambridge

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgfield, County Durham

RESULTS ROUND-UP

AEPG GREAT EASTERN RUN, Peterborough, 12th October

Well done to everyone who competed in this challenging 10km course around Peterborough, on a cold misty Sunday morning. The club was well represented in both the half-marathon and 5km.

Stuart Haw was first senior member home in 18th place in the half marathon. For the youngsters' 5km it was Monty Wood-Davis who headed a large contingent of members in 14th place overall with Yvette Annis taking the runner-up spot in the female category as she finished 16th overall.

One note to make, Andy Dobedoe, who helps with the youngsters on Thursday evenings ran the half marathon in 89:41 but this was after pacing his daughter Eloise in the 5km earlier.

Well done everyone.

Half-marathon

18 Stuart Haw 69:21 (PB); 54 Thomas Carlton 73:36 (PB); 56 Simon Fell (M45) 73:54 (PB); 71 Zach Stevens 74:52 (PB); Dan Lewis (M45) 76:16; 133 Harry Ledger 77:55 (PB); 140 Ben Hannon 78:09

(PB); 171 Sam Spriggs 79:28 (PB); 229 Ryan Anderson 81:32 (PB); 234 Ollie Mason (M40) 81:39; 274 Travis Anderson 82:43; 398 Ben Nayar 86:05 (PB); 494 Ben Garfield 88:14 (PB); 580 Andy Dobedoe (M45) 89:41; 727 Sean Beard (M55) 92:52; 845 Steve Harknett (M50) 95:02; 846 Richard Moulton (M50) 95:03 (PB); 1118 Russell Dowers (M40) 98:44 (PB); 1347 Tim Clough (M50) 1:42:06; 1948 Jon Peet (M45) 1:49:29; 1949 Olivia Peet 1:49:30; 2813 Tim Andrews 1:59:21; 3415 Danny Knight (M45) 2:08:27; 4481 Sourav Sharma 2:41:58

Anna's Hope 5km

14 Monty Wood-Davis 18:48; 16 Yvette Annis (2nd female) 19:07; 36 Byron Stother 20:26; 42 Izzy Hurn (6th female) 20:53; 49 Solomon Stuart 21:29; 51 Grace Hurn (8th female) 21:30; 69 Monica Stuart (11th female) 22:32; 80 Samuel Stuart 22:58; 95 Noah Randall 23:40; 98 Jack Dawson 23:43; 106 Toby Whitehouse 23:57; 109 Lillya Bellabiod 24:01; 122 Callum Dawson 24:30; 136 Eloise Dobedoe 25:02; 431 Reeve Turner 33:01

NORTH MIDS CROSS COUNTRY LEAGUE, Markeaton, 11th October

Men

14 Nathan Bunting 29:38; 39 Michael Major (M35) 32:04; 45 Steven Wilkinson 32:23; 54 John Pike (M50) 32:49; 84 Alex Curtis 34:50; 115 Marc Joyce (M45) 36:21; 119 Daniel Harris (M55) 36:47; 126 Paul Holden 37:20; 133 David Brown (M45) 37:42; 163 Max Dalloz 39:33; 176 Nick Wilkins (M50) 40:10; 213 Paul Parkin (M60) 43:46. **TEAM:** 6th 308. **MASTERS TEAM:** 6th 288

Women

23 Amber Park 26:47; 86 Alison Staines (W50) 31:27. **TEAM:** 14th 262

CHICAGO MARATHON, USA, 12th October

M50

Brian Corleys 2:44:52 (PB)

M55

Dave Wassell 3:59:23

MANCHESTER HALF MARATHON, 12th October

Women

Francesca Fenwick 2:06:36

EUROPEAN MASTERS CHAMPIONSHIPS, Madeira, 9th-11th October

M45

Dec: 9 4535 Matthew Dalton (**100:** 12.54; **LJ:** 4.90; **SP:** 7.14; **HJ:** 1.56; **400:** 60.47; **110H:** 18.54; **DT:** 19.49; **PV:** 2/40; **JT:** 18.36; **1500:** 6:02.86)

W45

WT: 1 Andrea Jenkins 18.59 (European Record). **HT:** 4 Andrea Jenkins 44.34