



PETERBOROUGH & NENE VALLEY A.C.



Dates for your diary

National Athletics League

16th May 2021 - Bedford
6th June 2021 - Chelmsford
3rd July 2021 - Kingston
8th August – FINAL Bedford

Southern Athletics League

22nd May 2021
20th June 2021
11th July 2021
14th August 2021
11th September 2021

East Anglian League

2nd May 2021
30th May 2021
27th June 2021
25th July 2021
15th or 22nd August 2021
5th September 2021
19th September - FINAL

Eastern Masters League

5th May 2021
2nd June 2021
30th June 2021
28th July 2021

Membership Fees Update

Due to the current situation, there will be no club membership renewal fees in 2021 for existing members. The committee fully understand that as a club we have been unable to provide any competitions or much in the way of training facilities and have taken the step to put the fees on hold.

However, we wish to remind everyone who has not renewed their 2020 membership they will be given until February 28th to pay. After this date anyone renewing their membership will not be entitled to a free club vest so it pays to renew as a club vest is worth £20. New members will be charged the 2020 fees (Over 18 £65, Under 18/O60/in full-time education £55, U11 £40, Associate £10, Track only/2nd-claim £50). In short ,if you paid your membership for 2020 you will not have to pay again until March 2022.

A word from the chairman, Elaine Larkins



I've been reading through the last round of virtual Frostbite results and it made me really excited for our future. More than 50 of you 'competed', most of us, if not all posting amazing and encouraging times. This all demonstrates you are all training well despite not being able to meet up with your training groups. You are all truly inspiring and tough nuts to crack.

The good news is there's lots to look forward to. We have the dates for our summer track and field leagues; yes currently we don't know what form they are likely to take but at least we have something to start planning for.

You can all be rest assured that as soon as we are able to, we will be meeting up again to train together as a club. The people running the track in Peterborough are all primed and ready to open the gates just as soon as we have to go-ahead and I'm pretty sure the people at Boston are just as prepared.

I'm looking forward to an amazing Spring and Summer. See you soon.

ATHLETE PROFILE: PHIL MARTIN



How long have you been running?

7 and a bit years now.

Favourite distance?

My favourite distance is the marathon, but I think the two most magical distances are the marathon and the mile.

Best running achievement?

That's hard, I have a few. Winning the Himalayan 100 was pretty epic, my half marathon PB last year was unreal and my two British Masters titles as well. Also to be part of the Gold medal winning England team at the Masters International XC was great, although I ran shockingly that day.

Hobbies outside running?

Hobbies outside of running are spending time with my dogs, going to gigs, I'm a quiz master, I love travelling (or did when we were allowed) and sampling craft beer (life's about balance)

My favourite beer is Paulaner and hope to visit the brewery on my stag do as I'm getting married next year.

Dedication as strong as ever

A last-minute flare up of COVID-19 in Dubai has meant international thrower Lydia Church has had to put her plans on hold again.

Like everyone, the Loughborough-based club member had her 2020 plans disrupted as her debut in the Para World Championship and the Paralympic Games in Tokyo had to be put on hold and the 20-year-old had been looking forward to her first competition of 2021 in the WPA Dubai Grand Prix.

But now that has been cancelled and it's back to the drawing board for Lydia, who is self-isolating in her student accommodation in Loughborough.



Of course, it has been tough for all us but spare a thought for Lydia whose visual impairment means she can't see social distancing signs, so staying two metres away from people is hard. Small things like shopping online are enormously difficult and she even has to make regular FaceTime calls to her mum to make sure she is taking the right tablets as well as checking food is still in date, during this period of self-isolation.

Lydia, whose PB's are 12.18 SP, 13.16 WT, 31.99 DT, 40.89 HT is visually impaired and currently competes in the F12/T12 classification. Being part of the potential squad means she receives some funding which helps towards the specialist coaching.

Lydia Church, International Shot-put thrower.

Virtual Frostbite League

There was a fantastic response to the third virtual Frostbite in conditions to match the name, with 611 seniors running an icy 5 miles, and 140 juniors competing over 1.5 miles. A great turnout

saw PANVAC runners take 8 out of the top ten spots, Alex Hampson clocking in at 24 mins 50 secs and taking first. Maggie Skinner was first from the ladies, in a time of 30 mins 28 secs. We can enter as many runners as we like into the Frostbite league, so it would be brilliant to see some more under 15's take part; the next fixture is February 12th.

Frostbite Friendly League

Virtual Frostbite Race 3

9th/10th Jan 2021

Seniors				Virtual Frostbite Race 3										
Pos	Name	MF	Club	Time	Pos	Name	MF	Club	Time	Pos	Name	MF	Club	Time
1	Alex Hampson	M	PANVAC	24:50	41	Maggie Skinner	F	PANVAC	30:28	80	Chris Yates	M	Yaxley	32:28
2	Alex Gibb	M	PANVAC	25:28	42	Andy Cole	M	March AC	30:35	82	Sean Connolly	M	Fenland	32:36
2	Phil Martin	M	PANVAC	25:28	42	Daren Hillier	M	Yaxley	30:35	83	Samuel Staines	M	PANVAC	32:38
4	Martin Amos	M	Hunts AC	26:12	44	Simon Northcott	M	PANVAC	30:37	84	James Fisher	M	Ely	32:47
5	Benji Davies	M	PANVAC	26:25	45	Jon Anderson	M	C&C	30:39	85	Michael Branston	M	Yaxley	32:53
6	Dominic Watson	M	PANVAC	26:27	46	Daniel Wrooff	M	Hunts AC	30:44	86	Tony Brown	M	March AC	32:58
7	James Whitehead	M	PANVAC	26:50	46	Jeff Lucas	M	Werrington	30:44	87	Ryan Bullard	M	Ramsey	32:59
8	Simon Fell	M	PANVAC	27:00	48	Keith McCarron	M	Yaxley	30:46	88	Adam Swallow	M	Bourne	33:01
9	Kirk Brown	M	PANVAC	27:24	49	Karl Bolderson	M	Ely	30:47	89	Jaap Flikweert	M	PACTRAC	33:09
10	Martin Gichuhi	M	Bushfield	27:29	50	Peter Holmes	M	Ely	30:49	90	Jess Cocker	F	C&C	33:21
11	John Pike	M	PANVAC	27:32	51	Steven Church	M	Hunts AC	30:55	91	Mike Holcomb	M	Yaxley	33:24
12	James Moore	M	PANVAC	27:35	52	Alex Upstone	M	Ely	30:55	92	Darren Maddison	M	Yaxley	33:25
13	Kai Chivers	M	PANVAC	27:36	53	Bethan Everson	F	Ely	31:04	93	Kayleigh Draper	F	Yaxley	33:27
14	James Sadler	M	PANVAC	27:42	54	Daren Wells	M	Yaxley	31:05	94	Johanna Oregan	F	Riverside	33:29
15	Ty Farmer	M	Hunts AC	27:55	55	Berry Wild	M	Werrington	31:17	95	Sam Russell	M	Ely	33:31
16	James Orell	M	BRJ	27:57	56	Chris Northern	M	PACTRAC	31:20	96	Nick File	M	Yaxley	33:31
17	Tom Oliver	M	Hunts AC	28:03	56	Wayne Stainbody	M	PACTRAC	31:20	97	Richard Hill	M	Ely	33:32
18	Paul Vernon	M	Ramsey	28:06	58	David Whittle	M	Yaxley	31:20	98	Felicity Baile	F	BRJ	33:35
19	John Uff	M	Hunts AC	28:14	59	Edmund Bishanga	M	Riverside	31:22	99	Jo Leffley-Green	F	PANVAC	33:37
19	Luke Brown	M	March AC	28:14	60	Lucy Mapp	F	Hunts AC	31:26	100	Eilidh Nicol	F	C&C	33:38
21	Paul Wagstaff	M	Ely	28:30	61	Jared Taylor	M	Riverside	31:28	101	Neil Whittaker	M	BRJ	33:40
22	James Shiner	M	Riverside	28:32	62	Jack Jackson	M	Ely	31:29	101	Emma Hanks	F	PANVAC	33:40
23	Michael Moore	M	PANVAC	28:34	63	Adam Charlton	M	Ely	31:33	103	Mike Boxall	M	March AC	33:43
24	Steven Wilkinson	M	PANVAC	28:54	64	Charlie Warburton	M	C&C	31:36	103	David Mackman	M	Werrington	33:43
25	Adam Clark	M	PACTRAC	28:57	65	Russ Hewitt	M	Riverside	31:37	105	Dave Wassell	M	PANVAC	33:45
25	Paul Lunn	M	PACTRAC	28:57	66	Scott Lloyd	M	PACTRAC	31:40	106	Ieva Klovina	F	Hunts AC	33:46
27	Neil Shorten	M	Riverside	29:02	67	Rick Merrick	M	C&C	31:41	107	Robin Webb	M	Ely	33:47
28	Mark Westbury	M	PACTRAC	29:03	68	Alex Tate	M	Ely	31:47	108	Andrew Bainbridge	M	Ramsey	33:56
29	Matthew Slater	M	C&C	29:18	68	Daniel Richardson	M	Werrington	31:47	109	Rob Pope	M	Ely	33:58
30	Michael Ball	M	Riverside	29:26	70	Gordon Irvine	M	C&C	31:55	110	Daniel Amps-Woodward	M	Thorpe	34:00
31	Adam Harris	M	Riverside	29:28	71	Mike Morley	M	Yaxley	31:56	111	Rachael Leah	F	C&C	34:01
32	Niall Jackson	M	March AC	29:42	72	Andrew Brett	M	Ramsey	31:57	111	Isabelle Wilkins	F	Hunts AC	34:01
33	Jake Moon	M	PANVAC	29:43	73	Lee Tatum	M	Ely	32:06	113	Cecilia Hime	F	Hunts AC	34:11
34	Daniel Snipe	M	Yaxley	29:44	73	David Cox	M	Riverside	32:06	114	Rob Parsons	M	Riverside	34:15
35	Andrew Plume	M	Fenland	29:50	75	Shelley Duffy	F	Hunts AC	32:10	115	Peter Kirwin	M	Ely	34:16
36	Richard Park	M	C&C	29:53	76	Andy Savage	M	Yaxley	32:14	116	Kevin Peel	M	Yaxley	34:19
37	Richard Adamson	M	Hunts AC	29:58	77	Stuart Laud	M	Hunts AC	32:15	117	Raffa Mazzarella	M	Ely	34:21
38	Matt Lauch	M	Yaxley	30:07	78	Richard Coles	M	PANVAC	32:17	118	Matthew Stevenson	M	Eye	34:22
39	Sean Barker	M	Hunts AC	30:10	79	Toni Alcaraz	F	March AC	32:19	119	Ben Nayar	M	PACTRAC	34:25
40	Paul Velitch	M	C&C	30:20	80	Conner Cassar	M	PANVAC	32:28	120	Paul Rodey	M	Riverside	34:26

Above are the top 120 runners in the seniors, well done to everyone who took part.

PANVAC has also qualified for the next round in the England Athletics virtual road relays, and we urge you to enter; we have a great chance to move into the top 10!

If you have anything to share with us for the

next issue, please get in touch via

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