



Welcome to the second issue of anirregular publication designed to keep members in touch with what is going on with EVAC. It is, ONLY be circulated by email or accessible on the club website. If anyone wants a printed version then they are at liberty to print copies for themselves or others. If you have anything to share with other members via this forum then please send submissions to the Editor, whose contact details appear later in this issue.



FROM THE CHAIR:

*Time - He's waiting in the wings
He speaks of senseless things
His script is you and me boys*

as David Bowie sang way back in the 60's. Or was it the 70's ? Anyway, it is no less precious, nor any easier to find nowadays as it was 13 years ago when I retired from being Chairman ! Since taking up the reins again it seems to have been all go, but I am pleased to say that things seem to be going well.

After hours, if not days, of work on the T & F League we seem to be ready to go into a new season with a new league. Thanks to Gaye for her help with this. It remains to be seen if it all works out, but at least I know you are all keen to compete. 25 teams are involved this year and several new ones to boot. A great response. Thank you all.

This Newsletter is a new initiative in itself and we have Cath to thank for that. I know her idea of a newsletter is not a list of results, so please send her anything you have of EVAC or athletic interest. She will always try to use members' input.

Things are moving in the right direction. There has been great help from Club Secretary Maurice, and Courtney, as Membership Secretary. They both beaver away at things and appear to be computer whizzes. Treasurer Brenda is as dependable as ever, whilst Tom Salway is getting Road Champs & Grand Prix put together. We are looking for a new venue for the XC Champs this year, if anyone would like to offer a race or course ?

Recent events have shown the good side of EVAC as we had a great presence at both the recent Lee Valley fixtures. Our Indoor Champs were very enjoyable, especially as I made a return to the track without disgracing myself. The Inter Area last weekend was also very enjoyable and a testament to our potential as a club as with an at times weakened team we still came second in all categories

Well done and thank you to everyone who is giving time towards helping EVAC get back on its feet.

CHAMPIONSHIP NEWS

The **EVAC Indoor T&F Championships** were held in conjunction with the **BMAF Multi-Events Championships**, VAC and SWVAC Championships at Lee Valley Stadium on Sunday 15th Feb.

The EVAC “stand” was quite impressive, flanked by the club’s new “skychaser” banners and manned all day to provide a focal point for members to get information, collect medals, and sign up for the Inter Area match. It was manned for most of the day by Chairman Peter Duhig and Treasurer Brenda Russell, with a short respite over the track lunch break covered by Graeme Packman and Cath Duhig, the latter of whom was on duty as a Track Judge all day. Peter spent his “lunch hour” at the meeting of Divisional Reps trying to finalise details for the 2015 T&F League, which was headed up by Gaye Clarke, who herself was on photofinish duties all day.

Top 3 places in the Pentathlon went to EVAC members Clint Nicholls (1) & James Danobrega (2) - M35; Laurence Ramm (2) - M40; John Mayor (1) - M55; Tanya Daniels (2) - W35; Dawn Jones (2) - W45; Monica Brown (3) - W50; Penny Butcher (2)-W55.

Full results from both the BMAF Multi Events and our own club championships are on the EVAC website.

In the individual EVAC championship competition Ian Miller broke the British M80 Shot record, improving it from 10m 02 to 10m 20.

BMAF Indoor Championships

Held over 2 days at Lee Valley the weekend of 7/8th March, these championships, as ever, produced some exciting competition. Results are on the BMAF website.

Gold medals headed back to EVAC courtesy of :

Monica Brown, Carole Filer, Iris Hornsey, Anne Martin, Emily Mc Mahon, Trish Hall, Jemma Eastwood, Tanya Daniels, Dawn Jones, Cath Duhig, Ricky Huskisson, Ian Foster, Malcolm Bramhall, Simon Fell, Tony Wells, John Mayor, Ian Miller, Nick Shasha, Michael Bridgeland, Steve Whyte, and David Folgate.

On the same weekend, in the **BMAF 10 Mile Championships** in Sidcup, Matt Pyatt (photo, right) took silver in the M35 race in a PB time of 55:13.

Other EVAC medallists included : Mark Vaughan, Malcolm Miur (M40), Matthew Bland (M45), Simon Hart (M50), and Yuko Gordon (W60)

Bill Haining competed in the M55 category and finished 5th in a Season’s Best time of 69:05.

He said, “This was my first National road race and my first competitive 10 miler since 2008 due to a snapped cartilage.”



No doubt there were other EVAC members in the mix, as the results on the BMAF website will reveal.

INTER AREA T&F MATCH 1 MARCH

The third staging of the EAMA Inter-Area match at Lee Valley on Sunday 1 March was a triumph for EVAC in terms of organisation and outcome. Considering there was no EVAC Track and Field League last year, the process of accessing information and selecting and contacting prospective team members was a challenge in itself, one to which the Team Managers, Gaye Clarke and Paul Harrison (both Ryston Runners AC) rose admirably. Even with no shows, delayed arrivals, unexpected departures, and other issues thrown at them on the day, they managed to cover all but a handful of events, resulting in EVAC placing second in both the Men's and Women's competitions and, therefore, in the event overall.

Top 3 teams ,points :

| | |
|-------------|------------|
| Men : | |
| SCVAC | 300 |
| EVAC | 249 |
| MMAC | 232.5 |



| | |
|-------------|------------|
| Women: | |
| SCVAC | 242 |
| EVAC | 222 |
| MMAC | 197.5 |



| | |
|-------------|------------|
| Overall: | |
| SCVAC | 542 |
| EVAC | 471 |
| MMAC | 430 |



TM's Gaye Clarke (back row, left) and Paul Harrison (back second from right) with Ryston Runners clubmates from the Inter Area Match.

Paul was heard to remark afterwards, "Next time I'll be using a different process for contacting athletes", so it seems as if he is already volunteering as TM for the outdoor Inter Area Match at Solihull on 19 July. Don't wait to be contacted, let him know you're interested! Gaye, a veteran TM, has yet to announce her decision regarding that match but will be sure to support and help anyone who might be interested in trying to take on the role if she decides not to take it on herself.



INDOOR CHAMPIONSHIP BESTS:

Brian Graves (right) has sorted the data from the (inaugural) Indoor Championships in 2011 to 2013. and updated them with the 2014 and 2015 results (with the exception of the pentathlon as results for this do not appear to be 100% available.) They have been put on the website, along with outdoor Track & Field Records, in the Documents Library.

Thanks to Brian for this and Maurice for the website husbandry.
Any queries about the data can be addressed to Brian.



GAYE CLARKE (left) was selected as West Norfolk Sportswoman of the Year at the KLFM West Norfolk Sports Awards event at the end of January. This was in recognition of her commitment and dedication over many years in athletics. Many congratulations to Gaye for flying the flag for the more mature sportspeople!

ON THE ROADS

Road Running Sec Tom Salway has been putting together a road championship / Grand Prix programme. The information we have so far with regard to some of the classic distances is :

10K - to be confirmed

HM - Wissey Half Marathon on Sunday 6th September (inc BMAF Champs)

10M - Fenland 10 on Sunday 18th October

5M - Wolverton (Milton Keynes) 5M on Saturday 28th November (to be confirmed)

Tom also wishes to put in place a system of Peter Andrews Age Graded Awards, to be given to any athlete achieving an Age Grading of 85% and above in the EVAC Championships/ nominated Road Grand Prix races.

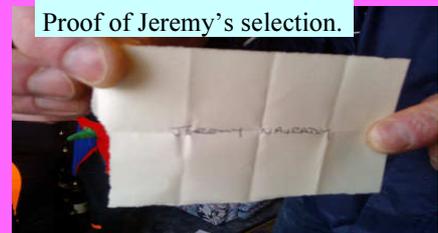
More details in the next issue.

London Marathon

In case you missed this in the last issue :

JEREMY NAVRADY of Ryston Runners AC will be running courtesy of the EVAC draw.

Also participating courtesy of EVAC will be Melanie Watts, who received the EVAC place last year but had to defer her run after experiencing severe shin splints during her training.



****If you are running in the VLM, [other marathons are available] please let The Editor have a note of how you got on. It would be nice to do a small feature on the event in the next edition. Indeed, it would be nice to report on any EVAC members' participation in any event outside of our own designated championships and matches.*

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COMMUNICATING :

The EVAC website and this newsletter both give information about how to contact all Committee members.

A note about using Facebook as a means of communicating with other EVAC members:

Maurice, Website Manager, tells us : "We now operate a strict policy of members only on the EVAC Facebook page after spam and unsolicited adverts etc in the past. Most are no real danger to us, just a nuisance.

Everyone can view everything but just not post. Only paid up EVAC members can access the Facebook page to post comments. "

Maurice monitors this pretty much weekly.

MEMBERSHIP MATTERS:

The new EVAC Membership year (2015-16) will commence on the 1st of April. The only significant change from last year's membership subscription is an increase to the England Athletics (EA) membership fee to £12.00 (was £10.00). If your 1st claim club is EVAC you will need to take account of this increase when sending me your membership subscription. As per last year your renewal fee can be paid either via cheque ('snail mail') or by Inter-Bank Transfer (IBT). You will be able to download a Renewal form either from our web site: <<http://evac.org.uk/memb.html>> or from a link provided in the *e-NewsSheet* covering note.

Please note the slight change to the Application/Renewal form where a few additional details have been requested. This is to enable the membership data to synchronise seamlessly with the BMAF 'Ontrack' membership management module,. Although EVAC IS yet to sign up to 'Ontrack', I have agreed to have the data entered manually. If, or when, we start using 'Ontrack' the significant change as far as members are concerned will be that you will be renewing your EVAC membership on line, directly into 'Ontrack'. Because the Membership Management system is linked directly to the BMAF competition entry module (currently Areg) your details will be automatically validated. The third module of the BMAF suite will be a completely new web site, with all the news, results, messaging etc, we have come to expect from modern web sites. More information regarding the new BMAF modules will be provided nearer the launch date.

As with all EVAC and BMAF competition members must be paid up members by the **closing** date of the competition. The Track & Field League will be no exception, other than being a paid up member no later than 24 hours before each match – no payments will be accepted on the day of competition! It is anticipated that this year's Declaration and Results package will request the member's EVAC Membership number. This, in turn, will automatically extract members' data from the latest membership list. Further, we are considering using the WMA Age-Graded tables (2015) against the race-day age of the athlete. If a non-paid up member is declared, their supplementary data will not show and the athlete will be considered a 'Guest', in which case no team points will be awarded. Team Managers (and Divisional Secretaries) will be provided with a list of all EVAC members, showing their payment status, in time for each league match.

Courtney



There are hundreds of Masters age athletes out there who do not belong to EVAC. If every member recruited just one more each the club's numbers would be in a more healthy state once more. Please take every opportunity to share your enthusiasm with others: inspire, cajole, plead with them to become members of EVAC, swell the club's ranks, and join in the competition and fun (oh, and give Courtney even MORE to do).

PLEASE NOTE: Although the EVAC Track & Field Champs are still listed as taking place at Luton in June, it may be necessary to change the date and venue, possibly to Bedford on May 17 (inc with County Champs).
PLEASE KEEP AN EYE ON THE WEBSITE FOR UP TO DATE INFORMATION.

EVAC TRACK & FIELD LEAGUE 2015

There are now 25 teams in the mix. Divisional Secretaries have had all the information needed for the matches and should be circulating venue and fixture information to participating clubs.

HOURS of work have gone into trying to get things going this year, with many of them spent debating scoring structures, age group balance, etc.,. Peter & Gaye realise there are a number of significant changes as they try to tighten up things a little, and bring them in line with other Masters' practices. The changes may not be to everyone's liking, but they hope you will go with the flow and see how it works out until the end of the season when there can be a review and debrief.

Please remember that anyone intending to score for their club in any match MUST be a paid-up member of EVAC 24 hours BEFORE the start of the match. Declaration sheets this year will be completed using membership numbers.

The **League Structure** is now as follows:

NE DIVISION

Ryston Runners AC
West Norfolk AC
Cambridge & Coleridge AC
West Suffolk AC / St Edmunds Pacers
City of Norwich AC
Waveney Valley AC

NW DIVISION

Nene Valley Harriers
Peterborough AC
Corby AC
Higham Harriers
Wellingborough & District AC
Huntingdonshire AC

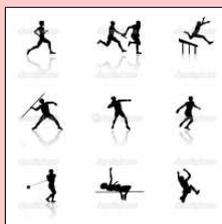
SE DIVISION

Thurrock Harriers/ Pitsea RC
Southend AC
Chelmsford AC
Fleet Street Runners
Loughton AC
Ipswich Harriers

SW DIVISION

Marshall Milton Keynes AC
Bedford Harriers
Biggleswade AC
Fairlands Valley Spartans
Bedford & County AC
Saffron Striders
Luton Town AC

The provisional date for the final remains 13 Sept.



As well as athletes to compete in these matches, there is always a need for officials and helpers. Please try to encourage your non-competing club members (a chance for the younger members to help the older ones) , friends and family to come and support the League by assisting with field events, administrative tasks etc.

EVAC COMMITTEE—CONTACT INFORMATION

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An EVAC Committee managed to meet, physically, for the first time in 2/3years on Feb 19th at St Neots. Minutes are posted on the EVAC website.

Coming up

| Date | Event | Venue | Entry date |
|------------|-------------------------------------|------------------------|------------------|
| MAY 15-17 | EMAA Non Stadia Championships | Grossetto, Italy | Closes Apr 18th |
| MAY 16 | BMAF Road Relays | Sutton Coldfield | Closes Apr 21st |
| MAY 17 | EVAC track 5000m Championships | Bedford | tbn |
| JUNE 21 | BMAF 5K Championships | Horwich | Closes June 7th |
| JUNE 21 | BMAF Pentathlon/ 1 hour events | Horspath | Closes June 7th |
| JUNE 28? | EVAC T&F Championships | Stockwood Park, Luton? | tbn |
| JULY 9 | EVAC 10000m Championships | Biggleswade | tbc |
| JULY 25-26 | BMAF T&F Championships | Birmingham | Closes July 11th |
| JULY 26 | BMAF 10K Championships | Magor | Closes July 12th |
| SEPT 6th | BMAF/EVAC Half Marathon Champs | Oxborough | Closes 23 Aug |
| SEPT 19-20 | BMAF Multi Events/ 10000m Run/Walks | Birmingham | Closes Sept 5th |
| OCT 18 | Fenland Ten | West Walton | tbc |
| NOV 1 | BMAF Marathon Championships | Newcastle | Closes Oct 18th |
| NOV 28 | Wolverton 5 | nr Milton Keynes | tbc |

Details of all these events and how to enter are on the EVAC Website www.evac.org.uk
Entries to ALL national and international championships have to be made via the online portal, instructions for which are also linked on the EVAC website

EVAC Racewalking

| | | |
|----------|---------------------|----------------|
| APRIL 26 | 10K Championship | Downham Market |
| JUNE 6 | 5 mile Championship | Moulton |

Thank you to the few members who were kind enough to get in touch after the first issue of ENews to say nice things about having such a publication in circulation again.

If you don't like what is or isn't in these newsletters, please feel free to make some contributions of your own. I would particularly welcome, for the next issue, some thoughts and reports about the European Indoor Champs in Turon.

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Ed.