

eMAG

Welcome to the latest issue of an irregular publication designed to keep members in touch with what is going on. It is ONLY 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.

Just in time to share renewal info for your 2016 – 2017 membership (page 3), this is Issue 5, containing news of the new Committee and AGM summary (page 2), Road Running news (page 5), reports on track and field successes and championships reports (pages 5-8) and cross country (page 9).

There is some member news on page 10 and a summary of forthcoming fixtures on page 11. Things are changing and updating all the time though so :

- *Read this newsletter,*
- *Regularly check the website,*
- *Be a friend on the club Facebook Page,*

and then you will know what's going on.

www.evac.org

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The AGM was poorly attended. This was probably as expected, and the situation wouldn't really have been much different had any of the other ideas for dates and venues for holding it been followed up. Historically, if it has been held in conjunction with an event (T&F Final, Road Relays) only those concerned with that event have attended; the number of members sending apologies and therefore indicating any interest in the fact that the meeting was taking place was also minimal.

The fact that the meeting was technically inquorate, as noted by the Secretary in his email to all members recording the decisions taken at the meeting, would also probably have gone unnoticed by all bar a few. The club cannot make any progress if those doing all the admin work wait until enough people are interested in attending meetings and so, reluctantly, those few people doing the jobs feel forced into the unsatisfactory but necessary position of taking and acting on decisions in a context which is outside that specified in the club constitution.

After the meeting, when notes were circulated, there was only one message of abject dissent received regarding the decision to go ahead with changing the name of the club to Eastern Masters AC, in line with the views expressed by a considerable majority of those who responded to the Secretary's Round Robin poll prior to the meeting. However, no one has taken up the opportunity to call an EGM to oppose the decisions made at the meeting, express a lack of confidence in the current Officers and Committee and take over the running of the club themselves. The "excuse" that everyone gives that they are already busy committed to others clubs, organisations, family, work etc applies equally to those who are trying to keep the club running.

The time is right to effect the change, in financial terms, as new kit and medals are urgently needed and it makes sense to go ahead with the new name and designs rather than stockpiling any more of the old. The alternative, it seems, is stagnation. [Ed]

DON'T BE AN APRIL FOOL

From Membership Secretary Courtney Gunn

1st April = 'R' day!

On the 1st of April EVAC membership renewal is due. There are now only two categories of membership :

- Ordinary 1st Claim – Ord_1C (where EVAC renews your EA Licence)
- Ordinary 2nd Claim – Ord_2C (where your local club renews your EA Licence for you).

Former Life Members will need to renew their membership as either Ord_1C or Ord_2C.

The costs of renewal are either: Ord_1C = £24 or Ord_2C = £12

Renewal could not be easier now we are using BMAF OpenTrack as our Membership database. Incidentally, all eleven regional clubs affiliated to BMAF are using the OpenTrack database. You just go to bmaf.org.uk and enter via [>MEMBER LOGIN](#) using your own email address and supplied (or changed) password. If you are yet to visit your account you will need to apply for a password – which will be sent to you almost immediately. This is achieved by clicking on '**First-time users please check your access**'. Follow the instructions and link that is sent to you – remember to change the supplied password to one of your own choice.

Unfortunately, if you fail to register by 1st April your account status will automatically change to '**Lapsed**' and can only be reset to '**Confirmed**' upon receipt of the necessary payment. Further, you will not be able to enter BMAF competition (via OpenTrack) as an EVAC member (only as a Guest at an increased entry fee), the EVAC Track & Field League, or any of the EVAC Championships. Finally, anyone considered "Lapsed" will receive one more reminder together with the next eNews. Access to the EVAC Facebook account would be restricted to reading the various comments without the ability to post on it.

Those members who failed to renew their membership in 2014-15 and 2015-16 will have found their account status listed as 'Archived'. They would not have been able to order their hard copy of *Masters Athletics* or be able to read the on-line version. Only a renewal will change this status.

For those members who failed to renew for season 2015-16, their account status will switch from '**Lapsed**' to '**Archived**' until payment is received. They also will not be able to enter BMAF or EVAC competition as well as this being the last eNews they will receive. Restrictions to the use of the Facebook page and BMAF newsletter apply as above. The benefits of registering with EVAC are extensive: as well as Regional, National, European and World competition, in Road, Cross Country and Track & Field, you receive regular newsletters straight to your e-mail in-basket, together with any other notifications from both EVAC and BMAF. You will have write access to the EVAC group within Facebook. You will be able to order your personal hard copy of *Masters Athletics* or be able to read the online version and order club kit.

Those members who have used BMAF OpenTrack to make their payment may have noticed that their account status changed to "Pending". At the same time they would probably have noticed that they were not able to enter any competitions. This is a known glitch in the software and will be fixed at the next release. In the meantime, once I access your account, confirm your payment and change the status to '**Confirmed**' the ability to enter competition is reinstated. May I also remind members that as from 1st April it is a mandatory requirement to be a licensed member of England Athletics (EA). Although UKA has allowed a grace period until 1st July you may find it impossible to enter competition unless you are paid up. You may find, however, it is possible to enter Open competition as a Guest. League competition will be less tolerant.

ON THE ROAD AGAIN.....

Congratulations to PETE JOHNSON of Ryston Runners AC for winning last year's EVAC Road Race series title, with a massive 86.1% average AG score.

Stephen Thompson (Kettering Town Harriers) was second with 79.6% and in third place Phil Martin of Bushfield Joggers had an aggregate score of 78.3%. Twelve members completed the minimum number of races to qualify for consideration in the results, with a further 57 completing at least one of the nominated events.

Despite the ongoing lack of a Road Secretary at the time of publishing, EVAC Secretary Maurice Hemingway has set in place a four race Road Running Series for 2016. The featured events are :

HM	Milton Keynes	Sunday 6 March	- results below
10K	Luton	Sunday 17 July	
10M	Fenland	Sunday 30 October	
5M	Wolverton	Saturday 26 November	

The first event seemed to cause a little confusion as it was within the MK Festival of Running but only the Half Marathon counted towards the EVAC RR tally.

EVAC Road Running Championship . Milton Keynes Half Marathon Results

John Skelton	Marshall Milton Keynes	1M60	01:27:58	84.9%
Steve Herring	Marshall Milton Keynes	1M45	01:17:36	82.2%
Malcolm Tuff	Ryston Runners AC	1M50	01:21:34	80.7%
Maurice Hemingway	Riverside Runners	2M60	01:32:29	77.7%
Bruce Grimley	Hunts AC	3M60	01:32:55	77.4%
Dan Doherty	Higham Harriers	1M35	01:18:26	76.5%
William Haining	Harwich Runners	4M60	01:33:30	76.4%
Eve Casbard	Bushfield Joggers	1W40	01:40:09	68.0%
Heather Fallaize	Vale of Aylesbury AC	W55	02:06:09	64.7%
Paul Brooks	Luton AC	2M50	01:58:36	56.0%

Meanwhile, on the national stage, Bill Haining of Harwich Runners (right) was sole EVAC medallist in the BMAF 10 mile championships at Lychett Minster, Dorset held on Feb 14th, as he tells us in his own words :

".... I finished 3rd M60 and won my first national medal. The course was very tough and hilly and I started in 4th place, managing to work through the hills to be in 3rd place by 6 miles when a runner from Crawley Athletics overtook me. Even though I was tired from the hill climbs, I stuck with him. We battled for 3rd place over the last four miles, running neck and neck, but with 200 metres to go, I went for it and finished just 3 seconds ahead of him to take 3rd place."

Nice work, Bill !



ON TRACK (AND IN FIELD)

The EVAC Indoor T&F Champs were held on Feb 14th, in conjunction with the Southern Masters and VAC. Full results are on the website.

The EVAC Champions are :

M35

60m Daniel Yellop
200m Daniel Yellop
400m Andy Cohen-Wray
800m James Sadlier
LJ Jan Barnard

M40

60m Atholl Lawson
200m Atholl Lawson
400m Atholl Lawson
800m Christopher Westcott
LJ Gary Smith

M45

60m Julian Smith
200m Julian Smith
800m Scott Magee
1500m Scott Magee
SP Gintas Degutis

M50

200m Ty Holden
800m John McGrath
1500m Tony Roberts
PV Richard Phelan
HJ Richard Phelan
LJ Keith Palmer
SP Stephen Whyte

M55

60m Wilson Paterson
200m Wilson Paterson
400m Wilson Paterson
800m John Donaldson
1500m David Bowker
3000m David Bowker
SP Michael Hausler

M60

60m Paul Oakes
200m Ivars Licietis
400m Ivars Licietis
PV Wayne DuBose
LJ Paul Oakes
SP Wayne DuBose

M65

SP Geoff Tyler

M80

SP Ian Miller

W35

200m Nicole Evans
400m Stacey McGivern
1500m Christine Lathwell
3000m Christine Lathwell
PV Jemma Eastwood

W40

400m Joanna Winfield
800m Joanna Winfield

W45

SP Sue Lawrence

W50

800m Christine Anthony
1500m Christine Anthony
3000m Maureen McCarthy
PV Sandra Pedley
SP Orianna Johnson

W55

200m Claire St John Coleman
800m Joan Lasenby
LJ Claire St John Coleman
TJ Claire St John Coleman
SP Wendy Dunsford

W60

60m Carol Alker
200m Carol Alker
SP Stephanie Stamp

W65

60m Emily McMahon

W70

400m Iris Hornsey
800m Iris Hornsey

W75

800m Betty Stracey

W80

200m Anne Martin
TJ Anne Martin
SP Anne Martin

The Championships were not without their bit of drama. John Browne was hurtling down the 60m straight, and then he wasn't. Several sprinters fell at a particular point in the same lane, although nothing could be found amiss with the track surface. John was last seen by the Editor being assisted to the physio table for treatment.

Wayne DuBose secured a CBP in the M60 Pole Vault before landing awkwardly and breaking his collarbone. He was treated trackside then waited over 4 hours for an ambulance to take him to hospital for attention.

We wish both these athletes well on the road to recovery.



A happier story concerns Gary Smith (above) of Bedford & County (M40LJ) who achieved a CBP in his first competition for 12 years after losing 2 toes on his right foot in a lawnmower accident.

On the same day as the EVAC Indoor Championships, several of our members competed in the BMAF Indoor Pentathlon Championships, bringing many medals back to the East.

Final placings are listed below, with a big note about the outstanding performance of Carole Filer, who once told Hon Ed that she got into hurdling by constantly having to climb over the safety gate at home when her children were small. I have no children of my own, so that's my excuse for not achieving such excellence, but actually I think there's a bit more to it than Carole would have us believe.

EVAC ATHLETES AT BMAF PENTATHLON CHAMPIONSHIPS:

M35	1	Clint Nicholls
M40	3	Stephen Bass
M50	2	Geoff Powley
M55	1	John Mayor
M60	2	Gerald Daniel
W50	1	Monica Brown
W55	2	Gaye Clarke
	3	Penny Butcher
	4	Tessa Stephenson
W60	1	Carole Filer

**WORLD RECORD POINTS TOTAL,
and included WORLD RECORD W60 60mH TIME**



Carole is pictured left with Susan Frisby, who won Gold in the W55 Pentathlon and has since broken the European record.

Right, Carole in outdoor Long Jump action



Several EVAC members are due to travel to Ancona for the European Masters' Indoor Championships. We wish them all well and look forward to hearing how they have fared. Please send your results/stories/photographs to :

news@evac.org.uk

SOME NEWS JUST IN FROM ANCONA : There is a new European indoor record set by Carole Filer for the W60 PENTATHLON

INTER-AREA MATCH — INDOOR TRACK AND FIELD — LEE VALLEY — 28 FEB 2016



Pictured above are some of our victorious women's team from the 2016 Inter-Area indoor match. It was a very exciting day, and what with calls-offs due to injury, illness, etc, and almost unbelievable result.

Team Managers Gaye Clarke and Joe McGrath had their work cut out covering events and juggling athletes (Cirque de Soleil calling?!) but team spirit was never in doubt, and probably helped by the call of the box of M&Ms on the team table.

In the end it was even closer than it seemed on the day as, after results had been checked and altered, EVAC Women's team beat SCVAC by a mere 5 points (246.5 to 241.5). EVAC men were 4th in their match (SCVAC 301, VAC 254, MMAC 233, EVAC 215.5) and when their scores were combined EVAC came out second overall with 462 to SCVAC's 542.5.

On paper we have some of the strongest athletes in the country and are well placed to take these inter-area challenges by the horns. The tricky bit is having all the highest achieving athletes fit and available on the right days. Already we know of several who are unavailable for the next Inter-Area Challenge, which is at Solihull on 17th July.

Tanya Daniels has agreed to be women's TM in advance of the match, with **Christine Anthony and Monica Brown** hands-on on the day as Tanya is not able to be there herself.

Andrew Stowe and Richard Phelan will be coordinating teams for the men.
Thanks to all these people .

**DON'T WAIT TO BE ASKED TO COMPETE
PLEASE HELP TMs BY VOLUNTEERING AND MAKING THEM
AWARE OF YOUR PERFORMANCES**

BMAF Indoor Track & Field Championships, Lee Valley, 12-13 March 2016

With over 500 entries these championships were well supported and there was some excellent competition to be seen and shared.

Full results are available in the usual places. EVAC members accounted for 29 of the Gold medals available over the weekend with a significant number coming literally from the hands of nine members who effected an almost clean sweep of the heavy throws:

Hammer AND Weight

Andrea Jenkins	W40	Also Discus
Anne Martin	W80	
Stuart Thurgood	M35	
Simon Achurch	M40	
Stephen Whyte	M50	Also Shot**
Malcolm Fenton	M60	
Jack Kee	M75	

Ian Miller took the M80 Shot** and Weight titles, and Robert Earl won the M55 Weight.

Other EVAC BMAF title holders for 2016 are :

60m	Kevin Burgess	M55		
200m	Anne Martin	W80		
400m& 800m	Joan Lasenby	W55	Anne Martin	W80
60mH	Emily McMahon	W65	John Mayor	M55
HJ	Clint Nicholls	M35		
PV	Jemma Eastwood	W35		

There was also a fair representation of EVAC athletes in the minor medal positions, and a good combination of seasoned and new competitors.

[** Out of interest: On the results sheet this event was listed as "Shot Put", as, indeed, it now seems to appear on the event boards at international competitions. On the results board it was headed as "Shot Putt", which is what I have always been led to believe was its correct nomenclature. Is the "new" spelling the result of any rational thinking or just shoddiness? For my part, I can "put" a shot, in that I can lift it up from one place and put it down in another; but if any athletic effort is involved in hefting it any distance beyond the end of my feet, then I'm out of the game completely, and that is what I always thought was "putting" it, derived from "putt". There again, a "putt" in golf is a smaller, less strenuous, stroke, is it not? No wonder my brain hurts. Ed]

WORDS OF WISDOM - a really useful tip to ensure success as a Master Athlete was shared by Dr Joan Lasenby at the BMAF Champs :

“Don’t die!”

BATH TIME

On the same weekend as the BMAF Indoor T&F Championships at Lee Valley, the BMAF Cross Country Championships were held at Bath.

While some made the choice between events, there was at least one who managed to fit in both — Christine Anthony came to Lee Valley via Cofton Park, where she watched her youngest son running in the Inter-Counties XC Champs, bagged herself a bronze and a 6 second PB in the W50 1500m, went back to Suffolk overnight, picked up team-mate Maureen McCarthy, and drove to Bath to compete on Sunday.



It paid off, as Maureen (left) and Christine (right) sewed up the W50 championship with a 1-2, Gold to Maureen and Silver to Christine on this occasion.

Another Christine - this time Christine Lathwell - took gold in the W35 and Mary Holmes did likewise in the W75 age group.

Yuko Gordon finished in bronze medal position in the W65 category after a tough battle with Ros Tabor.

Sole EVAC medallist in the Men's events was Alan Daghish, with a silver in the M65 race, while Mick Bridgeland was just edged out into 4th in the M55s.

****Also in Bath, on the same day, Pete Johnson placed 2nd in the M60 category in the Bath Half Marathon to the legendary Martin Rees.

EMAC T&F LEAGUE

The preferred dates are :
4th May, 1st June, 6th July & 3rd August
with the final on 11th Sept

However, one division has already settled on alternative dates. Please contact your area secretary/club TMs if any clarification is needed.

BITS AND PIECES

Women's Rankings :

I have just finished the 2015 Veteran Women's Ranking Book and it is now available to buy from me. The size has increased to 9,400 performances so I have had to increase the price to £5 to reflect the increased cost of printing a larger booklet.

To order a copy please send me a cheque for £5 (payable to Mrs S Gandee) together with an A5 self-addressed envelope with a large 2nd class stamp.

My address is Mrs S Gandee, 4 Westfield Road, Hertford, SG14 3DJ.

EVAC Marathon Place :

I was lucky enough to get the EVAC London Marathon ballot place, although for six weeks I felt like a fraud as I developed a hamstring/piriformis problem that meant I had to ease back on training and effectively take a long break from my preparations.

However, the problem is almost fixed now with lots of physio and stretching and I am up to 15 miles training. It's less than I wanted to be on right now, but I am running stronger so the break was worth it - I was even 6th woman in the Newton's Fraction Half Marathon in Grantham last weekend. You would think I'd be used to hills, but the two in that half marathon were killers! Still, thanks to the organisers for a great race.

Thanks are also due to my coach, Mike Chapman, who has emphasised patience and positivity in the face of being very fed up!

If you can, please do sponsor me (for Mind and WWF) at <http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=SophieWilkinsonHargate> - anything you can spare is welcome!

I'll update again just before the marathon, when I hope to be up to speed (well, what counts for speed in my world, anyway).

As usual, all advice and thoughts welcome, especially on nutrition.

Many thanks
Sophie

Tony Challis:

As reported in the last issue, EVAC stalwart and previous editor of the club magazine, Tony Challis, has been very unwell, and has now had to move and reside at :

Cambridge Nursing Home, High Street, Chesterton CB4 1NG

Messages and visitors are guaranteed a welcome

Coming up

Date	Event	Venue	Entries close
2016			
MAR 29– APR 3	EMA Indoor Champs	Ancona, Italy	14 Feb
APR 1	Bedford Open		
APR 2	BMAF 10K Champs	QE Olympic Park	
MAY 14	BMAF Road Relays	Sutton Park	
MAY 15/16	County T & F Champs Beds inc EVAC 5000m	Various	
MAY 20-22	EMA Non Stadia Champs	Vila Real de San Antonio, Portugal	
JUNE 4	EVAC 5 mile Walks Championship	Moulton (Newmarket)	
JUNE 19	BMAF 5K Road Champs	Horwich	
JULY 7	EVAC 10000m	Biggleswade	
JULY 17 JULY 17	EAMA T&F Inter Area Match (selection) Luton 10K**	Solihull Luton	
AUG 4	BMAF Marathon Champs	Isle of Man	
SEPT 3	EVAC Track & Field Champs	Biggleswade (tbc)	
SEPT 11	EVAC T&F League Final TBC	Bedford	
SEPT 17/18	BMAF T&F Champs	Alexander Stadium, Birmingham	
OCT 9	BMAF Half Marathon Champs	Glasgow	
OCT 26– NOV 6	WAMA Track & Field Champs	Perth, Australia	
OCT 30	Fenland 10**	West Walton, Wisbech	
NOV 12	British & Irish XC International	Glasgow	
NOV 26	Wolverton 5 miles **	Milton Keynes	

** = races in EVAC Road Race Series

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 or on the BMAF website www.bmaf.org.uk



Not so much
a cover girl as
a back page boy.....

Pete Johnson,
currently ranked in top
three M60 road runners in
the country, recently
named EVAC Road Run-
ner of the Year 2015 and
also 2nd M60 in Bath
Half a few weeks ago —
both stories covered else-
where in this eNews.

