EASTERN VETERANS ATHLETIC CLUB

NEWSLETTER No. 30
FEBRUARY 1989

VIC HOLMAN STARTS THE CLUB YEAR BY WINNING THE CROSS COUNTRY CHAMPIONSHIPS AT NEWMARKET AND ENDS IT BY WINNING THE MARATHON CHAMPIONSHIP AT HUNTINGDON:

EASTERN VETERANS ATHLETIC CLUB MARATHON CHAMPIONSHIP
at Huntingdon, September 1988
RESULTS

POS:	NAME	CLUB	TIME	M 40	M 45	M 50	M 55	M 60
1	V.Holman	Thetford A.C.	2:41:13	1				
2	G.Walker	N.V.H.	2:44:41	2				
3	R.Wadely	Biggleswade	2:47:51	3				
4	T.Fone	Bushfield Joggers	2:50:16		1			
5	R.Snelling	Duke St. R.R.C.	2:53:19				1	
6	R.Brown	Peterborough A.C.	2:55:19	4				
7	J.Mackie	N.V.H.	2:55:48	5				
8	P.Cairney	N.V.H.	2:56:19	6				
9	D.I.Robson	N.V.H.	2:58:00	7				
10	D.Page	Thetford A.C.	3:04:52	8				
11	R.E.Spinks	Bildeston	3:09:10		2			
12	I.J.Ash	Norfolk Olympiads	3:10:08		3			
13	T.C.Smith	Newmarket Joggers	3:13:16			1		
14	J.Saunders	Kettering T.H.	4:01:43	9				
15	P.Brown	March A.C.	4:09:55			2		
16	K.Hall	Thorney A.C.	4:18:21			3		

MEMBERSHIP NEWS

There has been a steady influx of new members since October, with a late burst in December from the Mansfield Running Club, where Gordon Slack rounded up a dozen new members including four ladies. All are very welcome.

A notable new member is Tony Simmons who made his debut to the Veteran world in style by winning an International Veterans race shortly after his birthday on the 6th October.

Will all members please note that the subscription is due on the 1st April each year and as from the 1st April 1989, subscriptions are £3.50.

Can you please note that my address for annual subscriptions and new membership is:

6 St. Audrey Close,
St. Ives,
Huntingdon,
Cambridgeshire PE17 4NP

When sending subscriptions, it would help a great deal with administration costs if you could include a stamped and addressed envelope, so that new membership cards can be sent to you.

OFFICIALS OF E.V.A.C.

1st January 1989

CHAIRMAN:	**Mr A.E.Churchill**	**Hemingford Grey House Hemingford Grey, Huntingdon, Cambridgeshire**
SECRETARY:	**Mr. E.C.Butcher**	**26 Ryecroft Avenue, Deeping St. James, Peterborough.**
TREASURER:	**Mr. J.Clark**	**2 Crawley Road, Cranfield, Bedfordshire MK43 0AB**
MEMBERSHIP SECRETARY:	**Mr. H.Barnfather**	**6 St. Audrey Close, St. Ives, Cambridgeshire PE17 4NP**
NEWSLETTER EDITOR:	**Mr. D.Hughes**	**37/39 High Street, Market Deeping, Peterborough PE6 8ED**

The Annual General Meeting of the club will take place on Sunday 19th March at Hemingford Grey. This will be held as soon as possible after the presentation of the 10K awards.

A full agenda will be available on the 19th March, but if any members wish to have any items mentioned and discussed in any other business, could they please let Ted Butcher, the secretary, have them in writing by Saturday 11th March at the very latest.

Entry form for the 10K incorporated in the newsletter.

EASTERN VETERANS ATHLETIC CLUB
TRACK & FIELD CHAMPIONSHIP RECORDS

as at 31st December 1988

As promised in the last newsletter No. 28, November 1988. The following is a list of the Club Track & Field Championship records.

These records are compiled by Dick Hughes, based on information gathered from each of our Championships for the last 7 years. The lists may need amending in various places, so if you can provide me with information of any errors it would be appreciated.

100 metres

Age Group	Name	Time	Year
M40	I.Foster	11.6	1984
M 45	W.Thomas	12.1	1988
M 50	F.Taylor	12.4	1988
M 55	W.Guy	12.6	1987
M 60	C.Fairey	13.1	1979
M 65	C.Fairey	13.6	1981
M 70	C.Fairey	13.9	1987
M 75	S.B.Busby	15.8	1987
W 35	C.J.Sketchley	13.8	1987
W 40	P.McNab	13.9	1987
W 45	P.McNab	14.7	1988
W 50	M.Holmes	17.7	1988
W 55			
W 65	P.Taylor	19.1	1987

200 metres

I.Foster	23.8	1984
W.Thomas	24.4	1988
F.Taylor	24.7	1988
W.Guy	25.7	1988
C.Fairey	27.5	1980
C.Fairey	28.5	1984
C.Fairey	28.2	1986
S.B.Busby	32.0	1987
H.Vogel	29.2	1988
P.McNab	29.3	1987
P.McNab	29.4	1988
P.Taylor	41.7	1987

400 metres

M 40	G.Peel	52.7	1987
M 45	W.Thomas	53.7	1988
M 50	F.Taylor	55.9	1988
M55	A.Churchill	56.6	1987
M 60	L.Price	69.9	1981
M 65	L.Brown	69.9	1987
M 70			
M 75	S.Busby	75.5	1987
W 35	H.Vogel	66.0	1988
W 40			
W 45	I.Hornsey	71.9	1988
W 50			

800 metres

G.Peel	1:58.5	1987
A.B.Fitzjohn	2:03.0	1987
A.Churchill	2:00.7	1987
A.Churchill	2:07.2	1987
H.C.Taylor	2:32.1	1982
S.Gandee	2:21.5	
E.Sheridan-Price	2:41.9	
M.Holmes	3:14.5	1988

1500 metres

M 40	M.Turner	4:16.3	1979
M 45	B.Patterson	4:40.0	1987
M 50	A.Hughes	4:30.2	1986
M 55	M.Ball	5:04.5	1988
M 60	H.C.Taylor	5:17.4	1980
M 65	W.B.Jenkins	5:29.4	1987
M 70			
M 75	G.Oxbury	6:39.5	1988

5000 metres

M.Turner	14:54.4	1979
H.Darbon	16:40.5	1988
J.Woods	16:30.4	1981
A.Hughes	17:25.1	1988
N.Booth	19:38.4	1986
W.B.Jenkins	19:42.5	1987

W 35	H.Shaw	5:22.6	1988
W 40			
W 45	I.Hornsey	5:19.8	1988
W 50	M.Holmes	6:27.0	1988

	J.Walker	19:35.6	1988
	K.V.Bilham	25:23.8	1988
	I.Hornsey	21:06.6	1987

Long Jump

M 40	S.Brooks	5.82	1987
M 45	P.Ducker	6.03	1988
M 50	F.Taylor	5.58	1988
M 55	C.Knowles	4.31	1987
M 60	A.S.Kalarai	4.81	1988
M 65	J.Swinton	3.96	1988
M 70	B.Metcalfe	3.48	1987
W 35	C.Sketchley	4.64	1988
W 40	M.Olley	3.34	1988
W 45	J.Charles	4.45	1988
W 50	H.Knowles	2.48	1982
W55	H.Knowles	2.74	1984

High Jump

C.Knowles	1.66	1979
P.Ducker	1.50	1988
C.Shafto	1.55	1988
C.Knowles	1.40	1987
G.Leete	1.50	1987
J.Swinton	1.05	1988
B.Metcalfe	1.05	1987
C.Drewley	1.50	1987

JAVELIN

M40	A.McKay	55.92	1979
M 45	P.Duckers	34.54	1988
M 50	G.Ratcliffe	37.88	1988
M 55	G.Daborn	28.08	1988
M 60	W.G.Prowting	35.22	1988
M 65	J.Gercs	27.04	1987
M 70	B.Metcalfe	25.78	1987
M 75	S.B.Busby	14.98	1987
W 35	W.Feldmanis	23.90	1981
W 40	B.Terry	26.42	1981
W 45	P.McNab	23.62	1988
W 50	M.Holmes	18.34	1988

DISCUS

M.Cushion	39.14	1988
P.A.Hallett	32.10	1987
O.Feldmanis	45.16	1979
J.Watson	38.56	1988
I.Smith	34.86	1988
J.Gercs	34.86	1988
B.Metcalfe	26.28	1988
W.Feldmanis	23.90	1981
B.Terry	30.84	1987
D.Samuels	20.54	1987

Shot

M 40	A.Elvin	12.70	1984
M 45	P.A.Hallett	11.59	1987
M 50	A.Woods	14.21	1981
M 55	J.Watson	11.13	1988
M 60	A.Woods	11.17	1988
M 65	J.Gercs	10.08	1987
M 70	B.Metcalfe	10.25	1987
M 75	S.B.Busby	6.91	1987
W 40	B.Terry	11.28	1987
W 45	P.McNab	9.52	1988

110M Hurdles

S.Brooks	17.0	1987
M.Clarke	18.5	1988
C.Shafto	18.5	1988
G.Daborn	19.8	1988
A.Woods	18.1	1988

80m H

M 75	B.Metcalfe	17.1	
W 40	C.Drewery	15.4	1987
W 45	J.Charles	15.3	1988

400 metres Hurdles

M 40	R.Crosby	60.9	1988
M 45	H.Darbon	63.6	1988
M 50	C.Shafto	63.6	1988
M 55	G.Daborn	70.8	1988

3000m Steeplechase

H.Barnfather	11:01.5	

MEMBERS LETTERS

We received a letter from George Leete, Orton Wistow, Peterborough, with an update on his achievements in the 3A (60 - 64 yrs.) age group.

B.V.A.F. Decathlon Champion, Sheffield 12/13 - 9 - 87
B.V.A.F. Pentathlon Indoor Champion, Cosford 26 - 3 - 88
B.V.A.F. High Jump Champion, Cwmbran 23 - 7 - 88
B.V.A.F. Triple Jump Champion, Cwmbran 23 - 7 - 88
B.V.A.F. Pentathlon Champion, Hanley 7 - 8 - 88

U.K.Records

High Jump, Indoors,	1.50	Cosford, 23 - 7 - 87
High Jump	1.51	Jarrow 13 - 9 - 86
Pentathlon Indoors	1444pts.	Cosford 28 - 3 - 87
Pentathlon	1373pts.	Corby 12 - 7 - 87

Just after George's letter he was off to Nijmegen to compete in an International, but was worried about his prospects because of a slightly twisted knee. However with strapping and PARACETAMOL he was hoping to compete.

Fred Copping, Ipswich, wrote sending his entry for the cross country and hoping to run. His main reason for writing was to point out that he had competed in the Track and Field Championships at Corby and finished 2nd in his age group in the 100 metres and long jump, also finishing first in his age group in the 5000 metres. Although he stayed for the presentation he was surprised that he did not receive a medal for being 1st.
This was an oversight on our part and Fred should now have his medal for 1st O/60 in the 5000metres. Editor

Winston Thomas, Kings Langley, writes:
"With reference to the E.V.A.C. T/F Championships, please note that it should have been Winston Thomas and not Bill Thomas (Winner of M45, 100, 200, and Long Jump) as reported in the introduction to the results.

Whilst I felt we had a good day at the Championships, I would like to make a couple of points that were voiced in the background, and being a field official myself, I feel this one particularly may need close attention. The problem being that we do not look after the officials well enough, a drink and maybe a light snack and the field referee being around to see everything is going right. Secondly, we seemed to have run out of medals at the last two championships, and the athletes have to wait a very long time before they are received. So could we not have some extra medals, so that if the entries are greater than anticipated we have enough to cover all the presentations."

Colin Shafto, Shipton, Yorks. Writes:

"Just a note to point out a slight error in the E.V.A.C. Championships results as printed in the November newsletter. I finished 1st. in the M50-54 400m H in 63.5 and Gordon Daborn was the winner of the 55-59 400H.
Otherwise thanks for a very good newsletter."

Iris Hornsey, Harston, Cambridge, writes:

Thank you for a splendid newsletter, looking through it, I notice that you will be publishing a full list of E.V.A.C. T/F Championship Records. This has prompted me to write about a mistake in the records. This year at Corby you credit J.Towler with a new record for the 5000metres W45-49 with a time of 23:15.9. However, last year at Peterborough, both Sue Barr and myself did a faster time for W45 5000metres, my time was 21:06.6 and Sue's time 21:44.6.

I would like to thank the club committee for awarding me the best performance cup. Looking at the results there are so many good performances that I feel very privileged. I was absolutely thrilled, and it was the highlight of my summer.

EDITOR: Records now rectified.

EDITOR:

Thank you for the letters, it is your newsletter so please keep them coming in so that we can make Members Letters a regular feature of our newsletter. You can send in praises, complaints, reports of races or meetings you have attended. ANY PHOTOGRAPHS!!!!?

NEW MEMBERS

The following is a list of new members who have joined since the last newsletter. As supplied by the Membership Secretary.

No.	Name	Club	No.	Name	Club
W697	Kathleen Holloway	Mansfield R.C.	712	P.Lee	C & C
698	Tony Hawkins	Mansfield R.C.	713	Y.Parr	Mansfield R.C.
699	Kieth Cooper	Grantham A.C.	714	D.C.Mawer	Steven. & N.H.A.C.
700	Tony Garrand	Notfast	686	R.J.Hellings	Lakeside Joggers
W701	Felicity Sperke	Notfast	687	P.Thomas	Colchester Jogg's
702	Keith Brooks	N.V.H.	688	A.P.Russell	Beds. & County
703	P.C.Trowse	Mansfield R.C.	W689	E.Mayfield	Mansfield R.C.
704	D.Musruck	Mansfield R.C.	W690	M.Stewart	Mansfield R.C.
705	M.Morris	Mansfield R.C.	691	T.Simmons	Luton
706	L.E.Andrews	Mansfield R.C.	692	J.Gabriel	Thorney A.C.
707	J.Hall	Mansfield R.C.	693	C.Gunn	Beds. & County
W708	C.Constable	Mansfield	694	S.Broadhead	Herts. & Ware
709	R.B.Slack	Mansfield R.C.	695	K.Moore	N.V.H.
710	M.J.Spelman	Mansfield R.C.	696	M.C.Parmenter	C & C
711	T.Saunders	Granta			

Members re-instated after payment of subscriptions:

J.Dunn. Hunts A.C. : Sally Gandee, Herts & Ware. : J.Higginbottom, Mafia. : D.D.Merrigan, Ipswich Jaffa. : K.Wall, E.V.A.C.

It is hoped that in each newsletter we will publish a new list of members that have joined since the previous newsletter.

E.V.A.C. Cross Country Championships Jan. 29th

(Pictures by Tony Churchill)

M.Hawkins (M45, Mansfield) leads the field away at the start closely followed by eventual winner T.Saunders (M40, Granta).

T.Saunders (M40 Granta Harriers), overall winner.

Vic Holman (M40, Granta), 2nd overall.

No. 28 M.Exton (M40, Holbeach) was 3rd overall.

No. 8 J.Smith (M40, Corby) was 4th overall, here being persued by No. 28 M.Exton who eventually beat him.

No.91 R.Mawer (Norfolk Olympiads) finished overall 9th, and was 2nd in the M45 class.

Howard Darbon (Beds. & County) was 1st M45 and finished 8th overall.

No. 161 Alan Hughes (M55, Notfast R.R.C.) won his age category and was 22nd overall.

Diane March (W35, Norfolk Olympiads), ladies winner.

Jane Walker (W35, Corby), 2nd lady to finish.

Diane Braverman (W35, C&C), 3rd lady to finish.

EASTERN VETERANS CLUB CROSS COUNTRY CHAMPIONSHIPS

Held at Grantham on Sunday January 29th 1989.

MEN 10K

Pos.	Name	Club	Time	M 40	M 45	M 50	M 55	M 60
1	T.Saunders	Granta H.	36.45	1				
2	V.Holman	Granta H.	36.52	2				
3	M.Exton	Holbeach A.C.	37.02	3				
4	J.Smith	Corby A.C.	37.18	4				
5	J.Jenkins	Cambs. & Col. A.C.	37.38	5				
6	G.A.Arnold	Granta H.	37.41	6				
7	G.Bell	Newark A.C.	37.47	7				
8	H.Darbon	Bedford & C. A.C.	37.52		1			
9	R.Mawer	Norfolk Olympiads	38.21		2			
10	T.Hawkins	Mansfield R.C.	38.25		3			
11	I.Fisher	Grantham	38.29	8				
12	M.J.Holt	N.V.H.	38.31	9				
13	R.Pritchard	N.V.H.	38.38		4			
14	D.Wray	Stevenage & N.H.	39.46		5			
15	F.T.Bees	Vauxhall Motors	38.52		6			
16	P.Kerr	Newark A.C.	39.02	10				
17	K.Moore	N.V.H.	39.09	11				
18	B.Webb	Bedford & C. A.C.	39.18	12				
19	R.Brett	Vauxhall Motors	39.29		7			
20	J.Dixon	Newark A.C.	39.41		8			
21	G.Taylor	K.T.H.	39.42	**				
22	A.Hughes	Notfast R.R.C.	39.44					1
23	K.Brooks	N.V.H.	39.52	13				
24	P.Hutchinson	Biggleswade A.C.	39.59		9			
25	J.Bradley	Grantham A.C.	40.02	14				
26	R.Slack	Mansfield R.R.C.	40.26	15				
27	R.Baker	Norfolk Olympiads	40.31		10			
28	P.Holloway	Mansfield R.R.C.	40.34	16				
29	G.Walker	N.V.H.	40.39	17				
30	C.Holmes	Vauxhall Motors	40.41		11			
31	T.Boughton	Werrington Jog's	40.46	18				
32	G.E.Charles	Vauxhall Motors	40.47		12			
33	M.Taylor	Biggleswade A.C.	40.48		13			
34	K.Underwood	N.V.H.	40.52		14			
35	B.Lack	Biggleswade A.C.	41.00		15			
36	A.Horn	Newark A.C.	41.19		16			
37	G.Carpenter	Hunts A.C.	41.21	19				
38	D.Hanwell	K.T.H.	41.26	20				
39	D.Cannon	Fairland Spart.	41.37			1		
40	D.Eldridge	Grantham A.C.	41.38	21				
41	N.Costello	Cam. & Col. A.C.	41.40	22				
42	G.Slack	Mansfield R.R.C.	41.49		17			
43	D.C.Mawer	Stevenage & N.H.	41.52		18			
44	P.Lee	Cam. & Col. A.C.	41.53	23				
45	M.J.Spelman	Mansfield R.R.C.	41.58	24				
46	I.Walker	Grantham A.C.	42.12	25				
47	I.Walshie	Bedford H.	42.14					2
48	R.I.Hudson	Hunts A.C.	42.20	26				
49	T.Parker	Grantham A.C.	42.30		19			
50	N.Hamilton	Holme Pierrepont	42.43	**				
51	A.Bowden	N.V.H.	42.46	27				
52	J.Hall	Mansfield R.R.C.	42.48	28				
53	R.Walker	N.V.H.	42.53		20			

54	G.Ayre	Bedford & C. A.C.	42.55	29				
55	A.Walker	Duke St. R.R.C.	43.04		21			
56	J.Powell	Grimsby H.	43.05				3	
57	R.Carew	Bedford & C. A.C.	43.07				4	
58	D.M.Phillips	Corby A.C.	43.11	30				
59	S.J.Gallaway	Biggleswade A.C.	43.13	31				
60	M.Musrack	Mansfield R.R.C.	43.19	32				
61	P.Howard	Cam. & Col. A.C.	43.20		22			
62	T.Cameron	Vauxhall Motors	43.27		23			
63	J.Haddock	Grantham A.C.	43.40		24			
64	P.Hough	Vauxhall Motors	43.43			2		
65	H.Platt	Norfolk Olympiads	43.46		25			
66	E.D.Thompson	Mansfield R.R.C.	44.03				5	
67	J.Collyer	Ipswich H.	44.08	33				
68	G.Asplin	Peterborough A.C.	44.17		26			
69	B.Reid	Grantham A.C.	44.21		27			
70	H.Barnfather	Granta H	44.27			3		
71	M.Baggely	Notfast R.R.C.	44.27		28			
72	P.J.Hooks	Mansfield R.R.C.	44.46	34				
73	J.Higginbottom	Mansfield R.R.C.	44.48			4		
74	R.E.Payne	Bedford & C. A.C.	44.52			5		
75	K.Morton	Notfast R.R.C.	44.57		29			
76	J.G.Doggett	Hunts A.C.	45.11		30			
77	H.Soper	Vauxhall Motors	45.20					1
78	P.Holland	Ipswich H.	45.24				6	
79	R.Benfield	Bedford & C. A.C.	45.30		31			
80	T.Dalby	Holbeach A.C.	45.33	35				
81	P.C.Toowse	Mansfield R.R.C.	45.35				7	
82	G.Jones	Hunts A.C.	45.40				8	
83	L.Lindall	Newark A.C.	45.45	36				
84	K.Verson	Mansfield R.R.C.	45.56			6		
85	P.Reid	Newark A.C.	46.12	37				
86	M.J.Saunders	K.T.H.	46.15	38				
87	W.H.Taylor	Mansfield R.R.C.	46.21	39				
88	K.Cooper	Grantham A.C.	46.25	40				
89	S.Broadhead	Herts. & Ware A.C.	46.36	41				
90	W.Matthews	Cambs. & Col. A.C.	**					
91	D.A.Smith	K.T.H.	46.45				9	
92	M.Morris	Mansfield R.R.C.	46.47			7		
93	B.Desborough	Bedford & C. A.C.	46.51	42				
94	J.M.Harris	Duke St. R.R.	46.51			8		
95	M.Parmenter	Cambs. & Col. A.C.	47.06		32			
96	B.Gunn	Bedford & C. A.C.	47.08	43				
97	D.Thorrington	Ipswich H.	47.22		33			
98	G.White	Corby A.C.	47.28		34			
99	P.Chaplin	Cambs. & Col. A.C.	47.35				10	
100	G.Bradshaw	Newark A.C.	48.07					2
101	F.Copping	Ipswich Jaffa	48.36					3
102	B.Jenkins	Hunts A.C.	48.38					
103	E.W.Yates	Bedford & C. A.C.	48.46			9		
104	L.E.Andrews	Mansfield R.R.C.	49.11			10		
105	O.Yoemans	Newark A.C.	49.16			11		
106	G.Foulds	Notfast R.R.C.	49.20			12		
107	A.Godfrey	Notfast R.R.C.	49.57				11	
108	P.J.Parmenter	Bildston	50.09				12	
109	G.R.Nelson	Notfast R.R.C.	50.20	44				
110	R.Page	Bedford & C. A.C.	51.28			13		
111	P.Jackman	March A.C.	51.40				13	
112	J.G.Mower	Ipswich H.	51.45		35			

113	A.Jones	Notfast R.R.C.	54.05		14	M70
114	B.Wallman	Cambs. & CoL A.C.	56.56	14		
115	R.Batten	Dunmow Phil.	63.04			1

** Denotes GUEST RUNNER

TEAMS - Men

O/40	1st	Nene Valley H. 'A'	12, 13, 17, 23.	65pts
	2nd	Newark A.C.	7, 16, 20, 36.	79pts
	3rd	Vauxhall Motors	15, 19, 30, 32.	96pts
	4th	Mansfield R.R.C. 'A'	10, 26, 28, 42.	106pts
	5th	Grantham A.C. 'A'	11, 25, 40, 46.	122pts
	6th	Biggleswade A.C.	24, 33, 35, 59.	151pts
	7th	Cambs. & Col. A.C.	5, 41, 44, 61.	151pts
	8th	Bedford & C. A.C.	8, 18, 54, 79.	159pts
	9th	Nene Valley H. 'B'	29, 34, 51, 53.	167pts
	10th	Mansfield R.R.C. 'B'	45, 52, 60, 72.	229pts
	11th	Huntingdon A.C.	37, 48, 76, 82.	243pts
	12th	Grantham A.C. 'B'	49, 63, 69, 88.	269pts
	13th	Ipswich H.	67, 78, 97, 112.	354pts
	14th	Notfast R.R.C.	71, 75, 109, 113.	368pts
O/50	1st	Mansfield R.R.C.	66, 73, 81.	220pts
	2nd	Bedford & c. A.C.	57, 74, 103.	234pts
	3rd	Notfast R.R.C.	22, 106, 107.	235pts
	4th	Mansfield R.R.C.	84, 92, 104.	280pts

Ladies 5K

Pos.	Name	Club	Time	W 35	W 40	W 45	W 50	W 55
1	D.Marsh	Norfolk Olympiads	23.47	1				
2	J.Walker	Corby A.C.	24.34	2				
3	D.Braverman	Cambs. & CoL A.C.	25.04	3				
4	C.Dwyer	Norfolk Olympiads	25.41	4				
5	I.Hornsey	Cambs. & Col. A.C.	25.53			1		
6	B.Hutcheon	Norfolk Olympiads	25.59		1			
7	G.Welford	March A.C.	26.18	5				
8	S.Gandee	Herts. & Ware A.C.	26.21			2		
9	H.Shaw	Bedford & C. A.C.	27.26	6				
10	J.Morton	Notfast R.R.C.	27.27		2			
11	S.Monk	Cambs. & Col. A.C.	27.39		2			
12	E.Mayfield	Mansfield R.R.C.	27.56			3		3
13	M.Stewart	Mansfield R.R.C.	28.18	7				
14	S.Brittain	Grantham A.C.	29.03	8				
15	A.Cursons	Cambs. & Col. A.C.	29.06	9				
16	J.Charlesworth	Notfast R.R.C.	29.20	10				
17	C.Gregg	Notfast R.R.C.	29.20	11				
18	I.Parr	Mansfield R.R.C.	29.40	12				
19	J.Towler	March A.C.	29.46			4		
20	E.Holmes	Cambs. & Col. A.C.	29.52				1	
21	G.Holmes	March A.C.	30.02	13				
22	G.Jackman	March A.C.					2	
23	C.Constable	Mansfield R.R.C.	30.29			5		
24	K.Holloway	Mansfield R.R.C.	30.44		4			
25	G.Pritchard	Eye Community	30.47	**				
26	J.Cranch	Notfast R.R.C.	31.17				3	

27	B.Smith	K.T.H.	31.19			1
28	J.Powell	Grimsby H.	31.56		4	
29	G.Beaumont	Notfast R.R.C.	32.30	14		

** Denotes GUEST RUNNER

TEAMS - Ladies

1st	Norfolk Olympiads	1, 4, 6.	11pts
2nd	Cambs. & Col. A.C.	3, 5, 11.	19pts
3rd	Notfast R.R.C.	10, 16, 17.	43pts
4th	Mansfield R.R.C.	12, 13, 18.	43pts
5th	March A.C.	7, 19, 21.	47pts

VETERANS TRACK & FIELD GRAND PRIX

BEDFORD AND COUNTY A.C. Are promoting a series of 3 track and field meetings on:

Wednesday 10th May
Wednesday 7th June
Wednesday 28th June

Meetings will commence at 7.00 p.m. — Synthetic Track.

They will be run on a Grand Prix basis with points scored in each event counting towards an overall champion — both individual and club — at the end of the series. The meetings will be informal with the emphasis on encouraging participation in as many events as possible — even if you have never tried it before! A limited number of events will be held each evening.

For further details send S.A.E. to:

Howard Darbon
2 St. Augustines Road,
Bedford MK40 2NB.

E.V.A.C. ROAD CHAMPIONSHIPS

Sunday 19th March 1989

ENTRY FORM

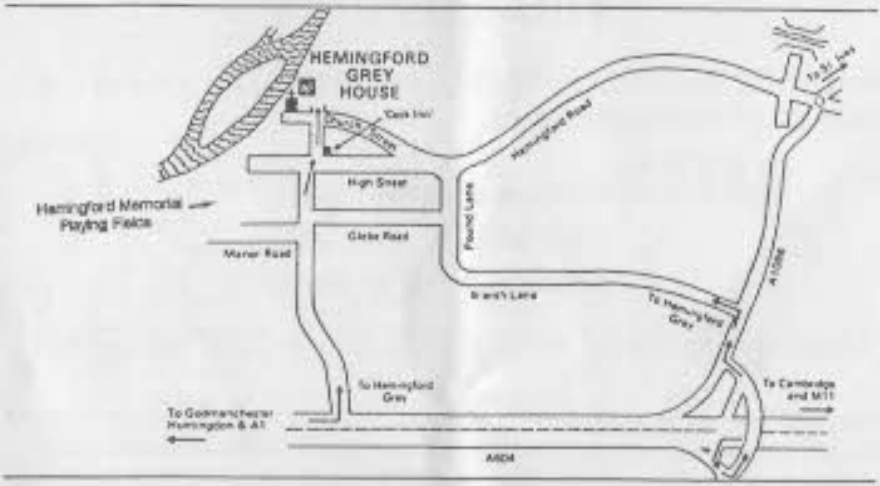
RACES FOR MEN AND WOMEN START AT 11.00 a.m.
and are followed by the A.G.M.
VENUE: HEMINGFORD GREY, HUNTINGDON.

CHANGING: At Hemingford Grey House (Women) and Hemingford Memorial Playing Fields (Men). Please retain the map below for reference.

ENTRY FEE: £1.00 to Tony Churchill, Hemingford Grey House, Huntingdon, Cambs. PE18 9DF by March 13th. If confirmation of receipt of entry is required, please include a stamped and addressed envelope with your entry.

CONDITIONS: The Championships will be run as one race. Medals will be awarded in five year age groups (M40, M45, M50, M55, M60+ and W35, W40, W45, W50+). One medal will be awarded for two to four entries, two for five to nine entries and three if there are ten or more entries in any age group.

TEAMS: Four to score (one age group only). Women - Three to score (one age group only). Teams must consist of first claim members of the club they are representing and they must be fully paid up members of EVAC also. Trophies and medals will be awarded to fully paid up members of EVAC only, but non-members are welcome to compete as guests.



Please enter me for the EASTERN VETERANS ATHLETIC CLUB 10K ROAD RACE CHAMPIONSHIPS on Sunday 19th March 1989 in the ..... age group

Name.....

Address.....

.....

Date of Birth..... **Age**..... **Tel No**.....

Club..... **Entry Fee £1 Enclosed**

Signed.....

RUNNING IMP

FOR ALL YOUR RACE REQUIREMENTS

CHRIS ILLSLEY
13 Branston Close
Hykeham Road
Lincoln
LN6 8AG
Tel (0522) 21013

DICK HUGHES
37/39 High Street
Market Deeping
Peterborough
PE6 8ED
Tel (0778) 342947

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- Mugs
- Stickers
- Commentary
- Marshals Bibs
- Banners
- Card Numbers
- Marking Tape
- Distance Markers
- Sweat Shirts
- Etc. Etc.

PRESS RELEASE.

Running Imp are pleased to announce the launch of their special clock for 1989

Used for the first time at the General Portfolio Durham Cross Country event on New Years Eve, it is two clocks in one:-

1. A six ¾" digit race clock which can record the Time of Day and the Race Time.

2. A Special four 6" digit second dial which has the facility of recording all of the following functions:-

a. The Time of Day.
b. The number of runners in the race.
c. The course record time.
d. If used on the lead vehicle it can record split times through each kilometre or mile.
e. If used at the finish gantry it can record the finish position of each runner.
f. As used at Durham the ability of " Wishing a Happy 1989 ".

We beleive that his is unique to this country and by the first reaction we have received it will be in full use during the the year.

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FIXTURES 1989

MARCH 19th	E.V.A.C. 10K Championships at Hemingford Grey. Details and Entry from: A.E.Churchill, Hemingford Grey House, Hemingford Grey, Huntingdon, Cambs. Tel: (0480) 65019. Entry Fee £1.00 plus S.A.E for acknowledgement. Followed by A.G.M.
MARCH 26th	B.V.A.F. Indoor Championships at Kelvin Hall, Glasgow.
MAY 13th	National Veterans Road Relay, Sutton Park, Sutton Coldfield. Details from: D.Withers, 14 College Lane, Marlbrook, Bromsgrove, B60 1DW.
JUNE 4th	Southern Counties Veterans A.C. Track and Field at Norman Park, Bromley.
JUNE 24th	European Veterans Road Championships 10K M & W Brugge, 30K Walk Men, 20K Walk Women.
JUNE 25th	European Veterans Marathon Championships. Brugge. Entries close 15th May.
JULY 8/9th	Rockfort — B.V.A.F. Track & Field Championships, at Palmers Park Stadium, Reading, Berkshire. Details from and Entries to: Mr. Les Brown 55 Middle Lane, London N8 8PE. Tel: 01 340 5623 Entry Fee £2 first event, £1 each further event. Closing Date 10th June 1989.
July 27th to AUGUST 6th	8th World Veterans Championships at Eugene. Springfield, Oregon, U.S.A. Entries close 1st May 1989. B.Donsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU. by April 15th 1989.
AUGUST 20th	B.W.A.F. and M.V.A.C. Pentathlon, Solihull.
AUGUST 20th	B.W.A.F. 10K/5K Walk, Solihull.
OCTOBER 1st	B.W.A.F. & Flying Fox Marathon, Stone, Staffs.
OCTOBER 14th	B.W.A.F. 20K/10K Road Walk Championship, Sutton Coldfield.