EASTERN VETERANS ATHLETIC CLUB

NEWSLETTER No. 31

June 1989

Early in the E.V.A.C. 10K Championship race with the eventual winner Peter Richardson (25) of Tiptree Road Runners, Mike Exton (14) who finished 2nd and Roger Wadely (27) who finished 9th.

MINUTES OF THE 11th ANNUAL GENERAL MEETING OF THE EASTERN VETERANS ATHLETIC CLUB

Held at Hemingford Grey House on Sunday 19th March 1989

PRESENT: A total of twelve members and officers whose names appear on the attendance sheet.

RETIRING CHAIRMAN'S ADDRESS: The Chairman welcomed and thanked the members who stayed behind after taking part in the 10K Road Running Championship. The Chairman remarked on the membership and the selection for the proposed forthcoming Area Track and Field Championships with E.V.A.C. combining with South West Veterans A.C.

APOLOGIES: Apologies for absence were received from H. Darbon, E. Saberton, G. R. Slack and J. R. Hughes.

MINUTES: The minutes of the 10th Annual General Meeting held at Hemingford Grey House on Sunday 20th March 1988, having been circulated in Newsletter No. 28 dated April 1988, were agreed and signed by the Chairman.

HON. SECRETARY'S REPORT: The non. Secretary reported on the year of 1988 where Dianne Marsh was selected for the winning W35 Ladies England Team, Howard Darbon and Roger Mawer for the winning M45 England Team and Tony Simmons for the winning M40 Wales Team in the Veteran Home Countries International Cross Country event held at Wrexham.

The Hon. Secretary reviewed the championships held during the year as follows:

10th - 10K CROSS COUNTRY CHAMPIONSHIPS

Held at Newmarket on 17th January 1989.

1st	M40	V. Holman	Thetford A.C.	34.38
1st	M45	D.M. Turner	Liverpool H. & A.C.	34.48 (2nd O'all)
1st	M50	R.G.Snelling	Duke St. R.R.	39.15
1st	M55	R. Carew	Bedford & Cty A.C.	40.30
1st	M60	J. Tillotson	Hadleigh Hares	43.19

TEAMS:

1st	Bedford & C'ty A.C.	24pts
2nd	Thetford A.C.	109pts
3rd	Vauxhall Motors A.C.	111pts
O50	Duke St. R.R.	144pts

LADIES 5K

1st	W35	D. Marsh	Norfolk Olympiads	19.54
2nd		K. Avery	N.V.H.	19.58
1st	W40	C. Oxton	L.R.R.C.	20.15
1st	W45	S. Grandee	Hertford & Ware	21.43
1st	W50	B. Atkinson	Shaftsbury/Barnet	23.20
1st	W55	B. Smith	Kettering T.H.	24.53

TEAMS:

1st	Norfolk Olympiads	16pts
2nd	Bedford & C'ty A.C.	38pts
3rd	Cambridge & Col. A.C.	51pts

10K ROAD RUNNING CHAMPIONSHIP

At Hemingford Grey on 20th March 19879

1st	M40	P.Richardson	Tiptree R.R.C.	31.31
2nd	M40	V.Holman	Thetford A.C.	32.20
3rd	M40	T.Kearns	K.T.H.	32.27
1st	M45	J.Pelling	Cambridge & Col. A.C.	33.40
1st	M55	A.Hughes	Notfast A.C.	35.01
1st	M60	J.Tillotson	Hadleigh Hares	38.22
1st	M65	B.Jenkins	Huntingdon A.C.	40.18

TEAMS:

1st	Biggleswade A.C.	59pts
2nd	Kettering T.H.	80pts
3rd	Bedford & C'ty A.C.	101pts

LADIES.

1st	W35	D.Marsh	Norfolk Oly.	38.08
1st	W40	B.Hutcheon	Norfolk Oly.	40.45
1st	W45	I.Hornsey	Cambridge & Col. A.C.	42.05

TEAMS:

1st	Norfolk Olympiads	9pts

HALF MARATHON CHAMPIONSHIPS

At Cambridge on 15th May 1989

1st	M40	R.Wadely	Biggleswade A.C.	74.52
1st	M45	J.Felling	Cambridge & Col. A.C.	75.37
1st	M50	R.Snelling	Duke St. R.R.C.	80.37
1st	M55	G.Webb	Biggleswade A.C.	121.34
1st	M60	J.Tillotson	Hadleigh Hares	98.27

TEAMS:

1st	Biggleswade A.C.	45pts

10 MILE ROAD RUNNING CHAMPIONSHIP

At March on 3rd July

1st	M40	G.Arnold	Granta A.C.	54.41
2nd	M40	B.Webb	Bedford & C'ty A.C.	55.18
3rd	M40	B.Kew	St. Edmunds Pacers	55.32
1st	M45	R.Brett	Vauxhall Motors	56.06
1st	M50	R.Snelling	Duke St. R.R.C.	58.33
1st	M55	R.Carew	Bedford & C'ty A.C.	60.25
1st	M60	H.Soper	Vauxhall Motors	64.54

LADIES:

1st	W40	F.Suter	St. Albans Striders	69.01
1st	W45	J.Harvey	E.V.A.C.	73.51
1st	W50	G.Jackman	March A.C.	79.14

MARATHON CHAMPIONSHIPS

At Huntingdon on 9th October

1st	M40	V.Holman	Granta A.C.	2.41.13
1st	M45	T.Fone	Bushfield Joggers	2.50.16
1st	M50	T.C.Smith	Newmarket Joggers	3.13.16
1st	M55	R.Snelling	Duke St. R.R.C.	2.53.19

The 10th Track & Field Championships were held at Corby on 4th September. The Running Magazine Trophy for the best performance went to Irene Hornsey.

The Hon. Secretary finished his report by announcing that E.V.A.C. had been awarded the staging of the 1991 British Veterans Cross Country Championships.

HON: TREASURER'S REPORT

Copies of the balance sheet were circulated at the meeting, showing a General Fund balance at the 31st December 1988 of £1,680.11p.

PROPASALS FROM THE COMMITTEE

(1) That the subscription shall be £3.50 and subscription by life membership be discontinued. To be effective from the date of the A.G.M.

The Chairman put the proposal forward, stating that it was difficult to set the life membership subscription to cover variables such as the B.V.A.F. affiliation fee.

The proposal was seconded by A.Hughes and agreed unanimously.

(2) The Honorary Membership Secretary be added to the management of the club.

This was seconde by P.Jackman and agreed unanimously.

ELECTION OF OFFICERS FOR 1989

CHAIRMAN: A.E. CHURCHILL.

A.E.Churchill was nominated to serve a further year. In accepting the nomination, Tony Churchill expressed the view that the position of Chairman should rotate so that no person should hold the position for more than 3 years.

It was agreed that these views be expressed in the next newsletter to find a willing member to be nominated as Chairman at the next A.G.M.

HON. SECRETARY: E.C.Butcher

HON. TREASURER: J.CLARK

HON. MEMBERSHIP SECRETARY: H.BARNFATHER

COMMITTEE: E.SABERTON, M.WATSON, R.BATTEN
J.R.HUGHES, Ms. I.HORNSEY.

The above were proposed, seconded and agreed by the meeting.

ANY OTHER BUSINESS:

Disappointment was expressed that no age category indication was worn by competitors at the British Veterans Cross Country Championships at Silkworth.

Comment was also made about British Championships being held at a fixed venue, like the 10 mile Road Running Championships.

The meeting agreed that the Hon. Secretary should write to the B.V.A.F. Championship Secretary conveying the views of the meeting.

There being no further business, the meeting closed

CHAIRMAN'S COMMENT

From month to month we see our numbers growing and I do wonder whether as a club we live up to the expectations of our newcomers and indeed what these expectations might be. Because of the nature of the all-veteran athletic club there is a limit to what we can provide for our members. The limitations are are mainly those imposed by the very wide area from which we draw our membership, which prevents us from developing the sort of club atmosphere and identity in the way that local clubs can. So, what then do we provide?

In my case, and I think in many others the main reason for joining is the search for more all-veteran competition. Membership provides affiliation to the B.V.A.F. and so qualification to take part in the National Championships and in addition there is the whole range of E.V.A.C. Championships throughout the year. Apart from access to these Championships, membership provides information in the form of free copies of the E.V.A.C. newsletter and the B.V.A.F. "Veteran Athlete". Perhaps these provisions are adequate for many members needs and are not bad value when you consider how small our membership fee is. However, I feel that we should be looking to develop more as a club and to do more to bring the membership together.

It has been my ambition to see the club involved in representative competition in which we put out teams in E.V.A.C. colours to challenge other veteran clubs. This year for the first time we will be participating in an inter vet. club competition on August 10th when we combine with the South West to take on the Southern Counties Vets. A.C., The Welsh Vets. and the Midland Vets. in a four sided match at Millfield School Track. I would like to see similar events take place for the Road and Cross Country runners. But of course such events need the services of club administrators. Which brings me to the disappointing turn out for the A.G.M. this year. The meeting followed the 10K Championship in which we saw some good competition, but the real running began when the A.G.M. was about to start!

Why do Veteran's clubs find it so difficult to recruit administrators? Perhaps it is because the members join with the sole purpose of competition and we do not have the pool of parents and retired athletes that the local clubs have to take on these duties. I sometimes wonder what we would do without **Ted Butcher** to take on so much of this work. At the A.G.M. I put forward the idea that the job of Chairman should be rotated. This post should be for someone who will take the lead in promoting the development of the club with new ideas ans so it helps to keep the ideas flowing if the job changes hands from time to time.

So, may I ask the membership to think on these things and in particular continue the discussion on what more they would like to see the club provide for them in the way of club activities and let us know either through the columns of The Newsletter or at the A.G.M.?

Tony Churchill

EDITORS NOTES

(1) No letters were recieved after the last newsletter, so maybe our Chairman's comments (see later) will inspire some of you to put pen to paper.

(2) A few corrections to the Track & Field Championship records which were published in the February newsletter.

800metres	W35	H.Baszko	2:37.9
	W40	S.Gandee	2:51.5
110Metres H.	M45	C.Shafto	17.4
	M50	C.Shafto	17.4
400Metres H.	M45	C.Shafto	61.9

(3) Correction to the marathon results in the last newsletter and apologies to Keith Hall, the 16th position on the list was not the FLYING POSTMAN from THORNEY. (4hours 18.21, having seen the time, I thought I might be able to beat him again).

(4) Please use the enclosed entry form for the Track and Feild Club Championships, which are back at Corby again.

(5) A small plug for myself, since the last newsletter, the old company of Running Imp has split into two. I am trading now as Running Imp U.K., and would be ever so pleased if you, or anyone you know who has anything to do with organising races would like to get in touch. Full details on the back cover. From a few pins to a complete race package. We are always pleased to discuss your requirements.

E.V.A.C. LADIES FLY THE FLAG AT SUNDERLAND

The ladies of E.V.A.C. made the long trip to the North East and returned with an assortment of medals.

In the 50-54 Class a Gold medal to Sue Barr wearing an Ipswich Jaffa vest and now resident in Cheltenham but still an E.V.A.C. member - well done Sue!
In the same age group just 16 seconds behind Sue was Mary Holmes of Cambridge ahd Coleridge to achieve the Bronze medal - good run Mary!

Iris Hornsey went one better than Club-mate Mary in the 45-49 group with a well deserved Silver medal.

Two of our more mature ladies, both Betty's! ran good races in the 55-59 age group with Betty Smith of Kettering gaining a Bronze medal ahead of 4th placed Betty Forster of Shaftsbury. It's always a pleasure to see this pair of Husband and Wife teams at all the veterans meetings - their spouses being Dave and Laurie respectively - all shining examples of what competitive Veteran running is all about.

In the 35-39 and 40-44 age groups the "Youngsters" turned in good solid performances determined not to be outdone by their 'elders'. Five E.V.A.C. members ran in these age groups with Diane Marsh of Norfolk Olympiads finishing 5th in the A1 group just 21 seconds short of the individual bronze. Other ladies in the A1 group were:-

22nd	Cath Dwyer	Norfolk Olympiads
27th	Gillian Welford	Norfolk Olympiads
28th	Hazel Darbon	Bedford & County
28th	Susan Riley	Cambridge & Coleridge

In the A2 group Brenda Hutcheon, Norfolk Olympiads and Sarah Monk, Cambridge & Coleridge finished 6th and 13th respectively with Brenda finishing 2nd scorer for Norfolk along with Diane and Cath to pick up the Bronze Team medal - well done Norfolk Olympiads! Cambridge & Coleridge finished a creditable 6th Team.

MENS RESULTS

1A			
21st	Vic Holman	Granta H.	32.31
29th	Russ Arnold	Granta H.	33.14
49th	Brian Webb	Bedford & County	34.17
51st	John Bradley	Grantham A.C.	34.21
61st	Graham Ayre	Bedford & County	35.05
62nd	Ian Fisher	Grantham A.C.	35.13
98th	Ian Walker	Grantham A.C.	37.04
117th	Bob Desborough	Bedford & County	40.20
1B			
9th	Roger Mawer	Lowestoft	33.24
12th	Howard Darbon	Bedford & County	33.36
53rd	Tony Parker	Grantham A.C.	38.50
57th	Brian Read	Grantham A.C.	39.43
2A			
29th	Gerry Barr	Cheltenham	37.14
42nd	Hugh Barnfather	Granta H.	39.13
55th	Bob Tristam	Grantham A.C.	41.55
2B			
4th	Alan Hughes	Notfast	35.16
13th	Laurie Forster	Barnet	36.54
18th	Roger Carew	Bedford & County	38.15
3A			
6th	David Smith	Kettering A.C.	39.57

Hard luck on missing a medal Alan! We all run as fast as we can on the day but for Alan Hughes, 18 seconds down on an unknown (to him) Eric Appleby of Heaton Harriers in third place, the usual age grouping on the back of a runner could have given him that extra incentive necessary to gain a medal.

Other than the above criticism the North East Vets. hosted a superbly organised Championship on a trying course which tested everyone, plus a smooth prize-giving presentation in a convivial atmosphere with a good North East hospita ity. (Mind hinny 'aam biased ya knaa!!) Well don - "The Lads".

Report by Hugh Barnfather
(Ex Heaton Harrier of old)

MEMBERSHIP

You should have paid your 1989/90 subscriptions by now - they were due on April 1st.

Please pay by July 1st or as soon as possible after that date, as all our membership has to be declared and our subscription paid to the B.V.A.F.

If you have not paid by July 1st you will not be listed to receive 'Veteran Athletics' or your E.V.A.C. newsletter. Get the cheque book out and send £3.50 payable to E.V.A.C. To: Hugh Barnfather, 6 Audrey Close, St. Ives, Huntingdon, Cambs. PE17 4NP.

The following is a list of new members who joined during Jan/Feb/March 1989.

W715	Gillian Holmes	March A.C.	740	Ian Clark	E.V.A.C.
716	Alan Godfrey	Notfast	741	Ken Rick Huss	Newark A.C.
717	John Gercs	Rugby A.C.	742	Graham Bell	Newark A.C.
718	Geoffrey Foulds	Notfast	743	Les Tindall	Newark
719	Alan Jones	Notfast	744	Peter Kerr	Newark
720	Keith Morton	Notfast	745	Paul Reed	Newark
721	M: Baggaley	Notfast	746	D. Thorrington	Ipswich A.C.
722	Geoffrey Nelson	Notfast	747	Edwin Pallett	Corby
723	Stuart Ashley	Notfast	748	Alan Dent	Eye Joggers
W724	J. Charlesworth	Notfast	749	J.W.Tallentine	Bedford H.
W725	Jean Morton	Notfast	750	Ron Faulkner	Stevenage
W726	C. Ava Gregg	Notfast	751	Gordon Webb	
W727	Gill Beaumont	Notfast	752	Arthur Mitchell	Biggleswade
W728	Janet Cranch	Notfast	753	Chris Portch	Diss A.C.
W729	Kath Ashley	Notfast	754	Gearge Ruddell	
730	M. Goodrick	Granta	755	Alan Shailes	March A.C.
731	Alan Walker	Duke St.	756	William Bowden	Bedford H.
732	S.J.Galloway	Biggleswade	757	Anthony Palmer	Vaux. Motors
733	Roy Payne	Beds & C'ty	758	Ian Cassidy	
734	Alan Bowden	N.V.H.	W759	Pamela Noble	Beds. & C'ty
735	B. Wilkinson	Norwich R.R.	760	David Watts	Tiptree R.C.
736	Glyn Smith	C & C	761	Colin Weight	St Edmunds
737	Paul Greenall	March A.C.	762	R. Whiteman	Bedford H.
738	John Collyer	Ipswich H.	763	Richard Hands	Gt. Yarmouth
739	J. Cooney	Newark A.C.	764	Douglas Laws	March A.C.

OTHER NEWS

Nice to see so many of the club members at the Great Eastern Half Marathon. Congratulations to Ted Saberton, 2nd Over 50.

While down in Poole, on May 21st, it was good to bump into Pat Brown, March A.C. He ran a back to back marathon, Isle of Wight on Saturday 20th followed by the Poole marathon on 21st May. He finished both in just over 4 hours and considering the difficulty of both courses and the temperatures in the 80's it must be a great performancer.

Doug Linton, Peterborough, E.V.A.C. won the M-55 prize at the Southwark Half Marathon.

IF YOU LET US KNOW WHAT YOU ARE DOING WE CAN LET OTHER MEMBERS KNOW:

E.V.A.C. 10K CHAMPIONSHIP 1989

at Hemingford Grey - March 19th 1989

OVERALL RESULTS INCLUDING MEN & WOMEN

Pos.	Time	Age	Name	Club	Pos.
1	31:45	M40	P.Richardson	Tiptree R.R.,	1
2	32:09	M40	M.Exton	Holbeach	2
3	32:18	M40	J.Smith	Corby A.C.	3
4	32:39	M40	G.R.Arnold	Granta Harriers	3
5	32:39	M40	M.Nelson	Phillips Sci R.R.	4
6	32:48	M40	T.Coleman	Kettering Town H.	6
7	33:25	M40	Vic Holman	Granta Harriers	7
8	33:38	M40	T. O'Brien	Corby A.C.	8
9	33:46	M40	R.Wadeley	Biggleswade A.C.	9
10	34:07	M45	H.Darbon	Bedford & County A.C.	1
11	34:10	M40	G.Ayre	Bedford & County A.C.	10
12	34:14	M45	F.J.Bees	Vauxhall Motors	2
13	34:25	M40	K.Brooks	Nene Valley H.	11
14	34:41	M40	R.Brockway	Vauxhall A.C.	12
15	34:48	M40	P.Lee	Cambs. & Col.	13
16	34:49	M40	G.Walker	Nene Valley H.	14
17	34:50	M55	A.Hughes	Notfast R.R.C.	1
18	35:01	M45	D.Wray	Stevenage & Herts.	3
19	35:09	M40	G.Carpenter	Huntingdon A.C.	15
20	35:31	M45	P.Hutchinson	Biggleswade A.C.	4
21	35:33	M40	A.Broughton	Wellington	16
22	35:46	M45	K.Underwood	Nene Valley H.	5
23	35:51	M40	D.Hanwell	Kettering Town H.	17
24	35:54	M40	N.Bush	Biggleswade A.C.	18
25	36:05	M40	A.Bowden	Nene Valley H.	19
26	36:20	M40	D.Eldridge	Grantham (Guest)	Guest
27	36:41	M40	D.Watts	Tiptree R.R.	20
28	36:43	M45	T.Fone	Bushfield Joggers	6
29	36:50	M55	R.Carew	Bedford & County A.C.	2
30	36:55	M45	T.Cameron	Vauxhall Motors	7
31	37:09	M45	E.Johnson	Chelmsford A.C.	8
32	37:22	M45	M.Taylor	Biggleswade A.C.	9
33	37:31	M50	C.R.Endersby	Stevenage & Herts.	1
34	37:41	M55	D.Linton	E.V.A.C.	3
35	37:58	M50	R.Ibson	St. Albans Striders	2
36	38:06	M45	A.Parker	Grantham A.C.	10
37	38:10	M45	P.Howard	Cambs. & Col.	11
38	38:13	M40	I.Walker	Grantham A.C.	21
39	38:17	M40	L.Gooch	Gt. Yarmouth & Dist.	22
40	38:40	M45	J.H.Murdoch	Lincoln City Joggers	12
41	39:01	M55	E.Cooper	Duke St. R.R.C.	4
42	39:09	M50	H.Barnfather	Granta Harriers	3
43	39:54	M60	F.Copping	Ipswich Jaffa	1
44	39:56	M45	R.Farrington	Peterborough A.C.	13
45	40:11	M50	A.J.Palmer	Vauxhall Motors	4
46	40:22	M40	D.R.Cobbold	Hadleigh Hares A.C.	23
47	40:32	M60	D.Smith	Kettering Town H.	2
48	40:41	M55	G.Jones	Huntingdon A.C.	5

49	41:09	W35	D.Braverman	Cambs. & Col.	1st Lady
50	41:16	M40	T.Braverman	Cambs. & Col.	24
51	41:51	M55	J.Atkinson	Barnet & District	6
52	42:07	M40	K.Dawson	March A.C. (Guest)	Guest
53	42:15	W45	S.Gandee	Hertford & Ware	2nd Lady
54	42:18	M60	D.Laws	March A.C. (Guest)	Guest
55	42:35	M50	A.E.Cotton	B.R.J.	5
56	42:54	M40	M.Godden	E.V.A.C.	25
57	43:25	W45	J.Harvey	Bushfield Joggers	3rd Lady
58	43:50	M60	R.Edney	E.V.A.C.	3
59	43:56	W35	S.E.Britten	Grantham A.C.	4th Lady
60	44:08	M55	P.Chaplin	Cambs. & Col.	7
61	44:56	WM55	P.Parmenter	Bildeston Bounders	8
62	45:18	M45	W.Fox	March A.C.	14
63	45:36	M55	L.Myers	N.V.A.C. (Guest)	Guest
64	46:42	W40	J.Morton	Notfast R.R.C.	5th Lady
65	46:46	M45	J.Harvey	Bushfield Joggers	15
66	48:03	W35	C.Cregg	Notfast R.R.C.	6th Lady
67	48:28	W50	G.Jackman	March A.C.	7th Lady
68	48:35	M55	P.Jackman	March A.C.	9
69	48:54	W50	B.Atkinson	Shaftsbury Barnet	8th Lady
70	49:39	W50	J.Larham	March A.C.	9th Lady
71	51:35	W35	G.Holmes	March A.C.	10thLady
72	52:00	M60	G.Webb	Biggleswade A.C.	4
73	54:18	W40	M.Olley	Gt. Yarmouth & Dist.	11thLady
74	61:13	M70	R.J.Batten	Dunmow	1

TEAMS

1st	**Nene Valley H.**	**13, 16, 22, 25.**	**76pts**
2nd	**Biggleswade A.C.**	**9, 20, 24, 32.**	**85pts**
3rd	**Vauxhall Motors**	**12, 14, 30, 45,**	**101pts**
4th	**Cambridge & Col. A.C.**	**15, 37, 50, 60.**	**162pts**

LADIES

1	41:09	W35	D.Braverman	Cambs. & Col. A.C.	1
2	42:15	W45	S.Gandee	Hertford & Ware	1
3	43:25	W45	J.Harvey	Bushfield Joggers	2
4	43:56	W35	S.E.Britten	Grantham A.C.	2
5	46:42	W40	J.Morton	Notfast R.R.C.	1
6	48:03	W35	C.Cregg	Notfast R.R.C.	3
7	48:28	W50	G.Jackman	March A.C.	1
8	48:54	W50	B.Atkinson	Shaftsbury Barnet	3
9	49:39	W50	J.Larham	March A.C.	3
10	51:35	W35	G.Holmes	March A.C.	4
11	54:18	W40	M.Olley	Gt. Yarmouth & Dist.	2

TEAM

1st	**March A.C.**	**7, 9, 10.**	**26pts**

OPEN VETERANS ATHLETIC MEETING

Incorporating the E.V.A.C. Championships

Sunday September 17th 1989

At Rockingham Triangle Track

CORBY

NORTHANTS

Max spike length 6mm

ENTRY FORM

Please enter me for the following events in the EVAC Open Veterans Athletic Meeting on Sunday 17th September 1989

Events _____

Age Group _____

Name(Block Capitals) _____

Address _____

_____

_____

Date of Birth _____

Telephone No. _____

Club _____

EVAC Member: Yes/No

Entrance Fee _____

Signed: _____

Retain this portion for reference

EASTERN VETERANS A.C. OPEN ATHLETIC MEETING
at Rockingham Triangle Track, Corby
on 17th September 1989

PPROVISIONAL PROGRAMME

12.30	*100m Heats*	*12.30*	*High Jump*
12.45	*1500m Heats*	*12.30*	*Shot Putt*
1.00	*400m Hurdles(300m M50+)*		
1.15	*100m Final*		
1.30	*800m*		
1.45	*200m Heats*	*1.45*	*Long Jump*
2.10	*110m Hurdles (100m M50-59 & 80m M60+)*		
2.30	*3000m Steeplechase*	*2.00*	*Discus*
2.45	*200m Final*	*2.45*	*Javelin*
3.00	*400m Heats*		
3.15	*5000m (over 40)*		
3.45	*5000m (over 50)*		
4.15	*400m Final*		

Women *(Under W.A.A.A. Rules)*

12.40	*100m Heats*	*12.30*	*High Jump*
12.55	*1500m*	*12.30*	*Shot Putt*
1.15	*100m Final*		
1.40	*800m*	*1.45*	*Long Jump*
1.55	*200m Heats*	*2.00*	*Discuss*
2.25	*100m Hurdles (80m 40+)*		
2.55	*200m Final*	*2.45*	*Javelin*
3.10	*400m Heats*		
3.45	*5000m*		
4.20	*400m Final*		

W.A.V.A. Hurdles and Implements specification.

Entry Fee £1.00 per event to: M. Watson, 9 Octagon, Corby, Northants. NN17 5DW (Corby 400 782), by 8th September 1989 (S.A.E. please if you require confirmation of entry)

CONDITIONS

Rights are reserved to cancel any event because of insufficient entries.

Medals for 5 year-age groups. Up to 3 entries one medal, 4 and 5 entries two medals and over five entries three medals. Also medals awarded to first three EVAC members in line with entries conditions.

Where heats are required the qualifiers will include at least the three fastest EVAC members.

To qualify for the EVAC Championship you must be a paid up member before 7th September 1989.

COMMENT

The E.V.A.C. bid to stage the 1991 British National Veteran Cross Country Championships was successful and your committee requests offers of venues to hold these championships in the E.V.A.C. area. Let the Hon. Secretary have details of your offers so that they can be considered at the next committee meeting when a decision will be made and an organising committee formed. Details required are: Course, changing facilities (male and female), car parking and any possible sponsorship.

The next Home Veterans International Cross Country meeting will be held at Ampthill. If you consider that you should be selected for the England team, please let the Hon. Secretary have details of your performances.

I have details of an introductory offer of 10% when 5 tests are booked at the Fitness Assessment Unit, which is based at the B.U.P.A. Medical Centre in Norwich. For further information contact Mary Harmon, ExercisePhysiologist at The Fitness Assessment Unit, B.U.P.A. Medical Centre, Old Watton Road, Norwich NR4 7TA. Telephone: (0603) 505011 / 506766.

YOUR 1989 COMMITTEE

Hon. Chairman:

A.E.Churchill, Hemingford Grey House, Hemingford Grey, Huntingdon, Cambs. PE18 9DF. Telephone: (0480) 65019.

Hon. Secretary:

E.C.Butcher, 26 Rycroft Road, Deeping St. James, Peterborough PE6 8NT.Telephone: (0778) 345062.

Hon. Treasurer:

J.Clark, 2 Crawley Road, Cranfield, Bedfordshire MK43 0AB.

Hon. Membership Secretary:

H.Barnfather, 6 St. Audrey Close, St. Ives, Huntingdon, Cambs. PE17 4NP. Telephone: (0480) 61433.

Committee:

Iris Hornsey, 54 London Road, Harston, Cambridge CB2 5QJ.

Ted Saberton, 50 Nicholson Way, Cambridge CB4 2RS. Tel: (0223) 64041

Martin Watson 9 Octagon, Corby, Northants. NN17 1DW. Tel: (0536) 400782.

Ralph J Batton, 'Jackman', Church End, Gt. Dunmow, Essex CM6 2AF.

J.R.Hughes, 37/39 High Street, Market Deeping, Peterborough PE6 8ED. Tel: (0778) 342947.

Ted Butcher (Hon. Sec.)

FIXTURES 1989

August 6th	B.V.A.F 10 miles Road Running Championship at Oswestry. Details from and entries to Doug Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1JD. Entry Fee £3.00. Closing date 26th July 1989.
August 20th	B.V.A.F. & M.V.A.C. Pentathlon, Solihull.
August 20th	B.V.A.F. 10K / 5K Walks, Solihull.
September 3rd	E.V.A.C. Half Marathon Championship. Enter A.A.A. & W.C.C. & R.R.A. National Veterans Half Marathon Championships at Stoke Ferry, Nr. Kings Lynn, Norfolk. 12.30 p.m. Details from and entries to G.Reid, 3 Church Lane, Shouldham Thorpe, Kings Lynn, Norfolk PE33 0ED. Entry Fee £3.00. Closing date 14th August 1989.
September 9th/10th	B.V.A.F Decathlon / Heptathlon, Sheffield.
September 17th	E.V.A.C. Track and Field Championships at Corby. Details from Hon. Secretary.
September 24th	B.V.A.F. 5K Road Race Championships, Aldershot.
October 1st	B.V.A.F. & Flying Fox Marathon, Stone, Staffs. Details from & entries to Monica Darlington, Race Secretary, The Radfords, Stone, Staffs. ST15 8DJ. Please enclose one 9 x 6½ S.A.E. Entry Fee £5.00. Closing date 12th September 1989.
October 8th	E.V.A.C. Marathon Championships, Enter Huntingdon Marathon. Entry Fee £4.50. Details from and entries to: Philip Pertoldi, Abels International Movers, Glebe Road, Huntingdon, Cambs. PE18 7DX.
October 14th	B.V.A.F. 20K / 10K Road Walk Championships, Sutton Coldfield.
November 19th	B.V.A.F. 10K Road Running Championships. Barnsley.
December 3rd	E.V.A.C. 10 mile Road Running Championship. Enter Nene Valley '10' at Bretton, Peterborough, Cambs. Detail from: David Robson, 13 Rock Road, Peterborough. Tel: (0733) 65915. Entry Fee £2.50. Closing date 25th November. Please send S.A.E.

1990

30th June to 7th July.	E.V.A.A. European Games, Budapest, Hungary. Tour details from: Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 0QU.

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