# EASTERN VETERANS ATHLETIC CLUB NEWSLETTER

No.32 DECEMBER 1989

**EDITORIAL**

This issue sees some changes in the production of The Newsletter with the laying out switching from the hands of our professional printer and EVAC member John Taylor, to the amateur hands of your club chairman. The reasons are that John's printing business has become so successful that he no longer has the time to do the laying out and also it seems an opportunity to reduce the cost of production which was accounting for a large slice of each member's annual subscription. Inevitably, if we are to save on costs there will be some slippage in quality. I am trying to cram a lot onto each page, so when it comes to reading results, if the print is too small please complain or buy a magnifying glass!

Each year at the club track & field championships the club officials have to decide who should receive the "Running Magazine" cup for the best overall performance. The decision can be quite difficult, as it was again this year. Resort has been taken to the championship records and the list used was that compiled by Dick Hughes and published in Newsletter No.30 (Feb.1989). I think this was largely accurate although there was at least one notable exception where I found myself elevated to the ranks of the superhuman, being credited with an M50 800 metres record of 2:00.7 (6 seconds inside the world record!). I only wish it had been true but alas it should have been 2:07.0 set in 1984. This year the record breakers were as follows: Ian Foster (M45 100 & 200), Gillian Welford (W35 100 200 & 400), Elizabeth Holmes (W50 100 & 200), Freda Cross (W60 100), Janet Towler (W45 400), Iris Hornsey (W45 800), Howard Darbon (M45 1500), Angela Smith (W35 1500), Edward Cooper (M60 5000), Margaret Thompson (W35 5000), and Jack Swinton (M65 High Jump).

The award therefore goes to Gillian Welford of March A.C. who set three championship bests and also won the long jump! Well done.

Those who read "Veteran Athletics" (all members should receive a "free" copy) will have seen David Lord's column under the title "Millfield Magic". This was a report on the combined efforts of EVAC and SWVAC in the inter-region veterans track and

field match on August 13th at Millfield School Track. EVAC were rather poorly represented due to the difficulty of recruiting participants. This was due to four contributing factors: 1. One month before the event was too late to recruit a team (my fault) 2. Many people were on holiday 3. It fell just when our top performers were returning from Eugene and 4. Some EVAC members who were also members of other vet clubs had already been collared by the opposition. This brings me to another point about sorting out rules for first claim membership in vet clubs (we shall return to this one). I do not yet have a confirmed date for next years match, but I am hoping to do better with the team by asking all those who wish to be considered to let me know in good time. We only have room for one representative per event unless the SWVAC place is not filled. If we can make a good showing next year we may be able in future to field an all EVAC team. The event will almost certainly be late Summer again next year.

David Lord's analysis of the results at Millfield shows that in the ladies' events the top three points scorers in the combined team came from EVAC and were - Mary Holmes 30 points, E.Stagg 28 points and Iris Hornsey 26 points. In the mens events SWWAC provided the top three scorers with EVAC's Colin Shafto fourth with 16 points. Well done and thanks to those who turned out.

Howard Darbon organised a very successful series of veterans evening "Grand Prix" track meetings at Bedford in May and June. It is intended to repeat this in 1990 culminating in the EVAC Track & Field Championships at Bedford on Sunday June 24th (povisional date as yet). Please note the change from the usual September date.

A.E.C.

## SOME 1990 FIXTURES

| | |
|---|---|
| JANUARY 28th | EVAC Cross Country Championships at Stopsley, Luton. Details from and entries to J.R.Hughes, 37/39 High Street, Market Deeping Peterborough, PE6 8ED. |
| FEBRUARY 11th | SCVAC Cross Country Championships. Entries to Vic Smith, 88 Gardiner St., Gillingham, Kent ME7 1DW |
| March 11th | BVAF Cross Country Championships at Wormwood Scrubbs Course, London. Details from EVAC Hon.Sec. E. Butcher. |
| March 25th | EVAC 10K Road Championships at Hemingford Grey. Details and Entry form from Club Chairman, Tony Churchill. Entry £1.00. Send s.a.e. for acknowledgement and map. FOLLOWED BY THE A.G.M. |
| March 31st | BVAF Indoor Championships at Cosford. |
| June 4th | SCVAC Track & Field Championships. |
| June 30th - July 7th | EVAA European Games, Budapest, Hungary. Entry booklet and tour details from Barbara Dunsford, 71 Hillside Cresent, South Harrow, Middx HA2 0QU. Send 3 first class postage stamps. |
| July 14/15 | BVAF Track & Field Championships in Scotland. |

# EVAC OPEN VETERANS & 11th TRACK & FIELD CHAMPIONSHIPS AT CORBY
## SUNDAY 17th SEPTEMBER 1989

O = OPEN  E = EVAC Championship

| O | E | | | |
|---|---|---|---|---|
| | | **100m (M40-44)** | | |
| 1 | 1 | Stephen Mee (Stamford & Deeping) | | 12.5 |
| 2 | 2 | Bob Abdy (Northampton Phoenix) | | 12.5 |
| 3 | 3 | Graham Pope (VAC) | | 12.6 |
| 4 | - | Jim Warren (Dunstable) | | 12.6 |
| 5 | - | David Cook (Northampton Phoenix) | | 13.4 |
| | | **100m (M45-49)** | | |
| 1 | 1 | Ian Foster (Norfolk Olympiads) | | 11.7 |
| 2 | 2 | Dick Caplin (Corby A.C.) | | 13.1 |
| | | **100m (M50-54)** | | |
| 1 | 1 | Frank Taylor (VAC) | | 12.6 |
| | | **100m (M55-59)** | | |
| 1 | 1 | Gordon Daborn (EVAC) | | 13.3 |
| | | **100m (M60-64)** | | |
| 1 | 1 | Jack Cross (MVAC) | | 13.3 |
| 2 | 2 | George Leete (EVAC) | | 14.6 |
| | | **100m (M65-69)** | | |
| 1 | - | Alan Lovett (VAC) | | 14.4 |
| 2 | 1 | Jack Swinton (VAC) | | 15.3 |
| 3 | 2 | Henry Goodman (Ipswich H.) | | 16.4 |
| | | **100m (M70-74)** | | |
| 1 | 1 | Colin Farey (Kettering H.) | | 14.8 |
| 2 | 2 | Bernard Metcalf (VAC) | | 16.1 |
| | | **100m (W35-39)** | | |
| 1 | 1 | Gillian Welford (March A.C.) | | 13.7 |
| | | **100m (W40-44)** | | |
| 1 | 1 | Mary Barrett (EVAC) | | 14.2 |
| 2 | 2 | Gillian Smith (EVAC) | | 15.9 |
| | | **100m (W45-49)** | | |
| 1 | - | Ruth Allcock (VAC) | | 13.9 |
| 2 | 1 | Janet Towler (Peterborough A.C.) | | 15.1 |
| | | **100m (W50-54)** | | |
| 1 | 1 | Elizabeth Holmes (C&C) | | 16.7 |
| | | **100m (W55-59)** | | |
| 1 | - | Shirley Saddens (Nuneaton) | | 18.7 |
| | | **100m (W60-64)** | | |
| 1 | - | Hilary Farmer (SCVAC) | | 16.2 |
| 2 | 1 | Freda Cross (MVAC) | | 19.1 |
| | | **100m (W65-69)** | | |
| 1 | 1 | Peggy Taylor (EVAC) | | 19.6 |
| | | **200m (M40-44)** | | |
| 1 | 1 | Stephen Mee (Stamford & Deeping) | | 25.5 |
| 2 | - | Jim Warren (Dunstable) | | 25.8 |
| 3 | - | S. Graham (Tamworth) | | 26.5 |
| | | **200m (45-49)** | | |
| 1 | 1 | Ian Foster (Norfolk Olympiads) | | 24.3 |
| 2 | 2 | Dick Caplin (Corby A.C.) | | 26.6 |
| 3 | 3 | B. Miles (Peterborough A.C.) | | 29.9 |
| | | **200m (M50-54)** | | |
| 1 | - | David Barton (MVAC) | | 24.7 |
| 2 | 1 | Frank Taylor (VAC) | | 25.6 |
| 3 | - | B. Arms (Louth) | | 26.5 |
| | | **200m (M55-59)** | | |
| 1 | 1 | Gordon Daborn (EVAC) | | 27.7 |
| | | **200m (M60-64)** | | |
| 1 | 1 | Jack Cross (MVAC) | | 27.8 |
| 2 | 2 | George Leete (EVAC) | | 30.6 |
| | | **200m (M65-69)** | | |
| 1 | - | Alan Lovett | | 30.3 |
| 2 | 1 | Henry Goodman (Ipswich H.) | | 34.9 |
| | | **200m (M70-74)** | | |
| 1 | 1 | Colin Farey (Kettering H.) | | 31.9 |
| 2 | 2 | Bernard Metcalf (VAC) | | 34.9 |
| | | **200m (W35-39)** | | |
| 1 | 1 | Gillian Welford (March A.C.) | | 28.2 |

| O | E | | |
|---|---|---|---|
| | | **200m (W40-44)** | |
| 1 | 1 | Mary Barrett (EVAC) | 30.8 |
| | | **200m (W45-49)** | |
| 1 | - | Marjorie Hocknell (Barton & District) | 28.6 |
| 2 | - | Ruth Allcock (VAC) | 29.1 |
| 3 | 1 | Janet Towler (Peterborough A.C.) | 31.0 |
| | | **200m (W50-54)** | |
| 1 | 1 | Elizabeth Holmes (C&C) | 35.3 |
| | | **200m (W55-59)** | |
| 1 | - | Shirley Saddens (Nuneaton) | 40.6 |
| | | **200m (W65-69)** | |
| 1 | 1 | Peggy Taylor (EVAC) | 43.5 |
| | | **400m (M40-44)** | |
| 1 | 1 | Graham Pope (VAC) | 54.4 |
| 2 | - | S. Graham (Tamworth) | 55.7 |
| | | **400m (M45-49)** | |
| 1 | 1 | Ian Foster (Norfolk Olympiads) | 55.4 |
| 2 | - | Rod Schofes (Barnsley) | 57.3 |
| 3 | 2 | Dick Caplin (Corby) | 57.5 |
| 4 | 3 | Tony Fitzjohn (Peterborough A.C.) | 58.8 |
| 5 | - | George Jephcott (Northampton Phoenix) | 62.6 |
| 6 | 4 | B.Miles (Peterborough A.C.) | 66.6 |
| | | **400m (M50-54)** | |
| 1 | 1 | Frank Taylor (VAC) | 57.5 |
| 2 | - | David Barton (MVAC) | 58.2 |
| 3 | - | B.Arms (Louth) | 60.8 |
| | | **400m (M65-69)** | |
| 1 | - | Cedric Natsall (MVAC) | 71.4 |
| | | **400m (M70-74)** | |
| 1 | 1 | Bill Taylor | 95.9 |
| | | **400m (W35-39)** | |
| 1 | 1 | Gillian Welford (March A.C.) | 64.5 |
| 2 | 2 | Avril Curnow (C&C) | 72.5 |
| 3 | 3 | Hazel Durbon (Bedford & County) | 72.7 |
| | | **400m (W40-44)** | |
| 1 | 1 | Sarah Monk (EVAC) | 79.4 |
| | | **400m (W45-49)** | |
| 1 | - | Marjorie Hocknell (Barton & District) | 64.2 |
| 2 | 1 | Janet Towler (Peterborough A.C.) | 71.3 |
| 3 | 2 | Iris Hornsey (C&C) | 71.7 |
| | | **400m (W50-54)** | |
| 1 | 1 | Elizabeth Holmes (C&C) | 78.6 |
| | | **400m (W55-59)** | |
| 1 | - | Shirley Saddens (Nuneaton) | 98.7 |
| | | **400m (W65-69)** | |
| 1 | 1 | Peggy Taylor | 110.5 |
| | | **800m (M40-44)** | |
| 1 | - | D.Spencer (VAC) | 2:03.5 |
| 2 | 1 | John Marcus (Lincoln A.C.) | 2:13.8 |
| 3 | - | Trevor Reynolds (Northampton Phoenix) | 2:15.4 |
| 4 | 2 | James Watson (Grantham) | 2:23.2 |
| | | **800m (M45-49)** | |
| 1 | - | Tony Young (Derby & County) | 2:07.9 |
| 2 | 1 | John Garber (Croydon) | 2:13.0 |
| 3 | - | David Cargill (Huddersfield) | 2:14.0 |
| 4 | 2 | Howard Durbon (Bedford & County) | 2:20.1 |
| 5 | 3 | Maurice Taylor (Biggleswade) | 2:22.2 |
| 6 | 4 | David Mawer (Stevenage) | 2:22.9 |
| 7 | 5 | Barry Lock (Biggleswade) | 2:26.0 |
| 8 | - | A.J.Lee (Bedford) | 2:28.3 |
| 9 | 6 | Terry Bilham (Norfolk Olympiads) | 2:29.6 |
| | | **800m (M50-54)** | |
| 1 | 1 | R.Tristram (Grantham) | 2:36.6 |
| 2 | - | Robbie Saddens (Nuneaton) | 2:41.9 |

| O | E | 800m (M55-59) | |
|---|---|---|---|
| 1 | 1 | Patrick Parmenter (Billeston) | 2:51.4 |
| | | 800m (40-44) | |
| 1 | 1 | Frank Copping (Ipswich Jaffa) | 2:56.7 |
| | | 800m (70-74) | |
| 1 | 1 | Bill Taylor (March A.C.) | 3:29.8 |
| | | 800m (W35-39) | |
| 1 | 1 | Angela Smith (Northampton) | 2:30.3 |
| 2 | 2 | Hazel Durbon (Bedford) | 2:42.9 |
| 3 | 3 | Avril Cuscora (C&C) | 2:54.5 |
| | | 800m (W40-44) | |
| 1 | - | Maria Williams (NVAC) | |
| | | 800m (W45-49) | |
| 1 | 1 | Iris Hurnsey (C&C) | 2:35.9 |
| | | 800m (W50-54) | |
| 1 | 1 | Elizabeth Holmes (C&C) | 3:07.9 |
| | | 1500m (M40-44) | |
| 1 | 1 | Jim Smith (Corby A.C.) | 4:10.3 |
| 2 | 2 | John Masson (Holbeach) | 4:29.3 |
| 3 | - | Trevor Reynolds (Northampton Phenix) | 4:30.3 |
| 4 | 3 | Philip Lee (C&C) | 4:36.6 |
| 5 | 4 | Neil Costello (C&C) | 4:39.1 |
| 6 | 5 | Dominic Philip (Corby) | 4:58.5 |
| | | 1500m (M45-49) | |
| 1 | - | Rod Scholes (Barnsley) | 4:34.5 |
| 2 | 1 | Howard Durbon (Bedford) | 4:34.5 |
| 3 | - | David Cargill (Huddersfield) | 4:38.1 |
| 4 | 2 | David Mawer (Stevenage) | 4:46.2 |
| | | 1500m (M50-54) | |
| 1 | 1 | Mike Turner (Liverpool) | 5:06.0 |
| 2 | - | Robin Suddens (Nuneaton) | 5:13.2 |
| | | 1500m (M55-59) | |
| 1 | 1 | Malcolm Ball (Pitsea) | 5:03.6 |
| | | 1500m (M60-64) | |
| 1 | 1 | Edward Cooper (Duke St.R.R.) | 5:32.5 |
| 2 | 2 | Frank Copping (Ipswich Jaffa) | 5:55.3 |
| | | 1500m (W35-39) | |
| 1 | 1 | Angela Smith (Northampton Phoenix) | 4:56.2 |
| 2 | 2 | Margaret Thompson (Bourne) | 5:01.9 |
| | | 1500m (W40-44) | |
| 1 | 1 | Sarah Monk (EVAC) | 5:51.8 |
| | | 5000m (M40-44) | |
| 1 | 1 | Jim Smith (Corby) | 16:26.2 |
| 2 | 2 | John Masson (Holbeach) | 17:04.6 |
| 3 | 3 | Dominic Philip (Corby) | 18:11.7 |
| 4 | 4 | A.M.Mitchell (Biggleswade) | 18:28.2 |
| | | 5000m (M45-49) | |
| 1 | 1 | B.Lack (Biggleswade) | 17:53.3 |
| 2 | - | David Cargill (Honeclirth) | 18:20.9 |
| 3 | - | Rod Scholes (Barnsley) | 18:57.6 |
| | | 5000m (M50-54) | |
| 1 | 1 | Peter Andrews (Duke St.R.R.) | 16:52.0 |
| 2 | 2 | Mike Turner (Liverpool) | 17:09.3 |
| 3 | - | Robin Suddens (Nuneaton) | 19:06.0 |
| 4 | 3 | R.Tristram (Grantham) | 19:16.7 |
| 5 | - | Ivan Price (MVAC) | 21:26.0 |
| | | 5000m (M55-59) | |
| 1 | 1 | Douglas Linton (EVAC) | 18:07.5 |
| 2 | 2 | Malcolm Ball (Pitsea) | 18:34.6 |
| 3 | 3 | John Atkinson (Barnet) | 19:08.3 |
| 4 | 4 | Patrick Parmenter (Billeston) | 21:56.5 |
| | | 5000m (M60-64) | |
| 1 | 1 | Edward Cooper (Duke St.R.R.) | 19:30.0 |
| 2 | 2 | Frank Copping (Ipswich Jaffa) | 20:44.4 |
| | | 5000m (W35-39) | |
| 1 | 1 | Margaret Thompson (Bourne) | 18:43.0 |
| 2 | - | Suzanne Coleman (Unatt.) | 20:31.3 |
| | | 400mH (M40-44) | |
| 1 | - | Tony Wells | 61.0 |
| 2 | - | Ron Crosby (Peterborough A.C.) | 63.3 |
| | | 3000mH (M50-54) | |
| 1 | - | B.Acriss (Lorelli) | 47.6 |
| 2 | - | David Barton (MVAC) | 45.7 |
| 3 | 1 | Colin Shafto (Rowntree) | 45.7 |

| O | E | 300mH (M55-59) | |
|---|---|---|---|
| 1 | 1 | Gordon Dobson (EVAC) | 49.2 |
| | | 110mH (M40-44) | |
| 1 | - | Tony Wells (Coventry Godiva) | 16.0 |
| 2 | 1 | Bob Abdy (Northampton Phoenix) | 18.6 |
| | | 100mH (M50-54) | |
| 1 | 1 | Colin Shafto (Rowntree) | 16.3 |
| 2 | - | Tony McKay (Bedford) | 17.8 |
| 3 | - | B.Arriss (Lorelli) | 19.3 |
| | | 100mH (M55-59) | |
| 1 | 1 | Gordon Dobson (EVAC) | 18.1 |
| | | 80mH (M65-69) | |
| 1 | - | Alan Lount (VAC) | 16.0 |
| | | 80mH (W45-49) | |
| 1 | 1 | Maureen Olley (Great Yarmouth) | 16.8 |
| | | 3K S/C (M40-44) | |
| 1 | 1 | Peter Reeve (Stevenage) | 12:35.6 |
| 2 | 2 | A.M.Mitchel (Biggleswade) | 12:58.0 |
| | | 3K S/C (M45-49) | |
| 1 | 1 | Maurice Taylor (Biggleswade) | 11:44.5 |
| 2 | 2 | Anthony Parker (Grantham) | 12:31.5 |
| | | Shot Putt (M40-44) | |
| 1 | 1 | Paul Greenall (March A.C.) | 10:02 |
| 2 | 2 | Bob Abdy (Northampton Phoenix) | 9:41 |
| | | Shot Putt (M45-49) | |
| 1 | 1 | John Smith (Rowntree) | 10:30 |
| 2 | 2 | C.Larason (Stamford & Deeping) | 8:01 |
| | | Shot Putt (M50-54) | |
| 1 | 1 | Peter Hallett (Biggleswade) | 12:23 |
| | | Shot Putt (M55-59) | |
| 1 | - | Gordon Hickey (Blackheath) | 12:32 |
| 2 | - | Eric Buckley (MVAC) | 9:05 |
| | | Shot Putt (M60-64) | |
| 1 | 1 | K.Brookman (Braintree) | 10:81 |
| 2 | - | J.Cross (MVAC) | 8.37 |
| | | Shot Putt (M65-69) | |
| 1 | 1 | John Geres (Rugby) | 9:69 |
| | | Shot Putt (M70-74) | |
| 1 | 1 | Bernard Metcalf (VAC) | 9:62 |
| 2 | 2 | Colin Fairy (Kettering) | 7:98 |
| | | Shot Putt (W35-39) | |
| 1 | 1 | Linda Gooch (Great Yarmouth) | 6:48 |
| | | Shot Putt (W40-44) | |
| 1 | - | Barbara Terry (Bromley Ladies) | 10:61 |
| | | Shot Putt (W45-49) | |
| 1 | 1 | Maureen Olley (Great Yarmouth) | 5:67 |
| | | Shot Putt (W50-54) | |
| 1 | 1 | Elizabeth Holmes (C&C) | 7:02 |
| | | High Jump (M40-44) | |
| 1 | 1 | Bob Abdy (Northampton Phoenix) | 1:55 |
| | | High Jump (M45-49) | |
| 1 | - | George Jephson (Northampton Phoenix) | 1:50 |
| | | High Jump (M50-54) | |
| 1 | 1 | Colin Shafto (Rowntree) | 1:50 |
| 2 | 2 | Tony McKay (Bedford) | 1:45 |
| | | High Jump (55-59) | |
| 1 | - | Gordon Hickey (Blackheath) | 1:45 |
| | | High Jump (M60-64) | |
| 1 | 1 | George Lazic (EVAC) | 1:40 |
| 2 | 2 | Jack Cross (MVAC) | 1:35 |
| 3 | - | Laurence Dove (Duke St.R.R.) | 1:05 |
| | | High Jump (M65-69) | |
| 1 | 1 | Jack Swinton (VAC) | 1:10 |
| | | High Jump (W40-44) | |
| 1 | - | Maria Williams (NVAC) | 1:20 |
| | | Discus (M40-44) | |
| 1 | 1 | David Webster (RAFAA) | 33:10 |
| | | Discus (M45-49) | |
| 1 | 1 | John Smith (Rowntree) | 29:66 |
| 2 | 2 | Terry Bilham (Norfolk Olympiads) | 26:76 |
| 3 | - | Rod Scholes (Barnsley) | 17:80 |
| | | Discus (M50-54) | |
| 1 | 1 | Peter Hallett (Biggleswade) | 35:80 |
| 2 | 2 | Paul Lovett (Norwich) | 30:70 |

| O | E | Discus (M60-64) 1Kg | |
|---|---|---|---|
| 1 | 1 | K.Brookman (Braintree) | 32.92 |
| 2 | 2 | Laurence Dove (Duke St.R.R.) | 19.90 |
| | | Discus (M65-69) 1Kg | |
| 1 | 1 | John Gems (Rugby A.C.) | 35.42 |
| 2 | 2 | Jack Swinton (VAC) | 24.44 |
| | | Discus (M70-74) 1Kg | |
| 1 | 1 | Bernard Metcalf (VAC) | 25.18 |
| 2 | 2 | Colin Fairey | 23.06 |
| | | Discus (W35-39) | |
| 1 | 1 | L.Gooch (Gt.Yarmouth) | 15.16 |
| | | Discus (W40-44) | |
| 1 | - | Barbara Terry (Bromley Ladies) | 29.52 |
| | | Discus (W45-49) | |
| 1 | 1 | Maureen Olley (Gt.Yarmouth) | 16.00 |
| | | Discus (W50-54) | |
| 1 | 1 | Elizabeth Holmes (C&C) | 15.48 |
| 2 | - | Brenda Barton (MVAC) | 12.78 |
| | | Discus (W60-64) | |
| 1 | - | Hilary Farmer (SCVAC) | 18.80 |
| | | Long Jump (M40-44) | |
| 1 | 1 | Bob Abdy (Northampton Phoenix) | 5.23 |
| 2 | - | David Cook (Northampton Phoenix) | 3.95 |
| | | Long Jump (M45-49) | |
| 1 | - | George Jepinott (Northampton Phoenix) | 5.03 |
| | | Long Jump (M50-54) | |
| 1 | - | David Burton (MVAC) | 5.33 |
| 2 | 1 | Frank Taylor (VAC) | 4.80 |
| 3 | 2 | Colin Shafto (Rowntree) | 4.74 |
| | | Javelin (M60-64) 600g | |
| 1 | 1 | Jack Cross (MVAC) | 31.36 |
| 2 | 2 | K.Brookman (Braintree) | 24.14 |
| | | Javelin (M65-69) 600g | |
| 1 | 1 | John Gems (Rugby) | 26.66 |
| 2 | 2 | Jack Swinton (VAC) | 20.24 |
| | | Javelin (M70-74) 600g | |
| 1 | 1 | Colin Fairey (Kettering) | 19.92 |
| 2 | 2 | Bernard Metcalf (VAC) | 19.46 |

| O | E | Long Jump (M60-64) | |
|---|---|---|---|
| 1 | 1 | George Leete (EVAC) | 3.61 |
| 2 | 2 | Laurence Dove (Duke St.R.R.) | 3.27 |
| | | Long Jump (M65-69) | |
| 1 | - | Alan Lovatt (VAC) | 4.35 |
| 2 | 1 | Jack Swinton (VAC) | 3.91 |
| 3 | 2 | Henry Goodman (Ipswich H.) | 3.24 |
| | | Long Jump (M70-74) | |
| 1 | 1 | Bernard Metcalf (VAC) | 3.23 |
| | | Long Jump (W35-39) | |
| 1 | 1 | Gillian Welford (March A.C.) | 4.30 |
| 2 | 2 | Linda Gooch (Gt.Yarmouth) | 3.16 |
| | | Long Jump (W40-44) | |
| 1 | 1 | Gillian Smith (EVAC) | 4.05 |
| | | Long Jump (W45-49) | |
| 1 | 1 | Maureen Olley (Gt. Yarmouth) | 3.47 |
| 2 | 2 | Janet Towler (Peterborough) | 3.40 |
| | | Javelin (M40-44) | |
| 1 | - | Tony Wells (Coventry Godiva) | 36.62 |
| 2 | 1 | Bob Abdy (Northampton Phoenix) | 34.36 |
| | | Javelin (M45-49) | |
| 1 | 1 | Colin Lawson (Stamford & Deeping) | 37.76 |
| 2 | - | R.Williams (MVAC) | 34.46 |
| 3 | 2 | Terry Bilham (Norfolk Olympiads) | 28.72 |
| | | Javelin (M50-54) | |
| 1 | - | Tony McKay (Bedford) | 37.66 |
| | | Javelin (M55-59 | |
| 1 | - | Gordon Hickey (Blackheath H.) | 35.22 |
| 2 | 1 | Gordon Durbon | 27.58 |
| | | Javelin (W45-49) 600g | |
| 1 | 1 | Maureen Olley (Gt. Yarmouth ) | 15.02 |
| | | Javelin (W50-54) 400g | |
| 1 | 1 | Elizabeth Holmes (C&C) | 19.64 |
| 2 | - | Brenda Barton (MVAC) | 13.00 |

## CURRENT OFFICIALS OF E.V.A.C.

| | | |
|---|---|---|
| CHAIRMAN: | Dr.A.E.Churchill | Hemingford Grey House<br>Hemingford Grey<br>Huntingdon, Cambs |
| SECRETARY: | Mr.E.C.Butcher | 26 Ryecroft Avenue<br>Deeping St.James<br>Peterborough |
| MEMBERSHIP SECRETARY: | Mr.H.Barnfather | 6 St.Audrey Close<br>St.Ives, Cambs |
| TREASURER: | Mr.J.Clark | 2 Crawley Road<br>Cranfield, Beds MK43 0AB |

# EVAC HALF MARATHON CHAMPIONSHIP
## Stoke Ferry - Sunday 3rd September 1989

**M40** - 1,J.Jenkins(C&C) 72:20 2,J.Mellor (NV11) 76:11; 3,J.Clarke (Bedford) 76:38; 4,B.Webb (Bedford) 77:19; 5,G.Walker (NV11) 78:48; 6,J.Mason (Holbeach) 79:09 7,R.Charlesworth (EVAC) 79:19; 8,A.Breyghton (Werrington) 80:10; 9,P.Crisp (Thetford) 81:49; 10,D.Hammill (KTH) 83:14; 11,J.Hall (Mansfield) 83:21; 12, A.Garland (Notlnt) 83:40; 13, A.Smith (Pitsea) 85:04; 14,R.Slack (Mansfield) 85:06; 15,D.Stewart (Mansfield) 85:29; 16,W.Taylor (Mansfield) 88:03; 17,R.Hudson (Huntingdon) 88:04; 18,D.Murrack (Mansfield) 89:27; 19,I.Walker (Grantham) 90:33; 20,P.Reeve (Stev.&N.Herts) 91:26; 21,A.Mason (Northants) 92:20; 22,B.Barraclgh (Norf.Oly.) 93:16; 23,L.Gooch (Gt.Yarmouth) 95:49; 24,P.Sayer (St.Albans) 99:19; 25,J.Cartwright (Ryston R.) 99:39; 26,M.Kesselring (Bungay) 109:28; 27,Les Mathison (Colchester J.) 110:31

**M45** - 1,R.Pritchard (NV11) 74:26 2,C.Holmes (Vauxhall Motors) 74:45 3,B.Kew (St.Edmunds Pacers) 75:35 4,R.Mower (Lowestoft A.C.) 76:27 5,G.Marsden (West Suffolk) 76:57 6,J.Edwards (Lincoln City J.) 78:21 7,T.Fone (Smithfield J.) 78:51 8,D.Mower (Stevenage) 80:01 9,G.Ayre (Bedford & County) 81:13 10,G.Slack (Mansfield R.C.) 82:46 11,D.McNab (Bedford & C.) 83:33 12,R.Baker (Norfolk Oly) 83:57 13,P.Hutchison (Biggleswade) 84:56 14,J.Haddock (Grantham) 85:40 15,A.Packer (Grantham A.C.) 86:34 16,B.Read (Grantham A.C.) 88:08 17,D.Hutcheon (Norfolk Oly) 88:21 18,A.Park-Davis (St.Albans) 88:42 19,D.Page (Thetford A.C.) 89:36 20,A.Clarke (Thetford A.C.) 90:01 21,G.Goodenough (Colchester) 90:53 22,J.Hopkin (Ryston Runners) 92:56 23,J.Doggett (Huntingdon) 93:24 24,M.Chambers (Ryston Run) 98:27 25,T.Billham (EVAC) 100:06 26,C.Dowsett (EVAC) 101:35 27,B.Cattanur (Colchester) 107:57

**M50** - 1,P.Andrews (Duke St.) 74:47; 2,M.Turner(Liverpool) 77:12 3,D.Cannon (Fairlands V.S.) 79:13 4,P.Leavitt (Ipswich Jaffa) 79:35 5,I.Vaughan-Arbuckle(Ryston) 81:41 6,K.Overy (Gt.Yarmouth) 83:03 7,J.Burroughs (Ipswich Jaffa) 85:51 8,A.Walker (Duke St.R.R.) 85:52 9,C.Weight (St.Edmunds Pcrs) 87:58 10,M.Morris (Mansfield R.C.) 95:01 11,K.Vernon (Mansfield R.C.) 95:32 12,L.Andrews (Mansfield RC) 96:56 13,E.Yates (Bedford & Cnty) 99:15 14,G.Foulds (Notlnt R.C.) 100:40 15,H.Barnfather (Grantn H.) 101:54 16,R.Desborough (F'derwick) 112:03 17,L.Dow (Duke St.R.R.) 113:55

**M55** - 1,L.Walsh (Bedford H.) 81:54; 2,M.Hall (Pitsea R.C.) 83:44 3,Douglas Linton (EVAC) 86:00 4,R.Carra (Bedford & Cnty) 86:47 5,B.Allen (Col.& Tend.AC) 89:07 6,G.Smith (Kett.Town H.) 90:26 7,J.Atkinson (Barnet & Dist) 95:28 8,T.Challis (EVAC) 96:24 9,P.Parmenter (Hideston B.) 105:28 10,E.Thompson (Mansfield) 106:45 11,James Moffat (EVAC) 111:46 12,Peter Lawrence (EVAC) 112:14 13,P.Jackman (March A.C.) 119:09

**M60** - 1,F.Copping (Ipswich J.) 91:53; 2,F.Masters (Woodbridge) 94:34; 3,J.Bryant (March AC) 109:00

**W35** - 1,D.Marsh (Norfolk Oly) 85:41; 2,K.Dwyer (Norfolk O.) 93:15 3,J.Charlesworth (Notlnt) 100:06 4,M.Stewart (Mansfield RC) 101:36 5,C.Gregg (Notlnt RRC) 107:20 6,C.Mason (Corby A.C.) 107:51 7,G.Holmes (March A.C.) 113:58

**W40** - 1,F.Sperise (Notlnt RC) 89:34; 2,B.Hutcheon (Norfolk O.) 94:43; 3,S.Gould (Ipswich J.) 95:06 4,P.Sayer (St.Albans Stn) 99:19 5,J.Morton (Notlnt RRC) 100:06

**W45** - 1,P.Ash (Norfolk Oly.) 105:38; 2,C.Constable (Mansfield) 118:58; 3,K.Bilham (EVAC) 125:45

**W50** - 1,Gena Jackman (March A.C.) 128:53

## COMMENT

In the last Newsletter our Chairman (Tony Churchill) remarked that he thought the position of Chairman should be rotated. To-date I have received no offers for nomination of Chairman at the next A.G.M.

Members are asked to give this matter serious consideration and to let the committee know of interested members who would like to accept nomination for election at the next A.G.M.

The club has been awarded one guaranteed entry for the 1990 ADT London Marathon on April 22nd. We have been asked to restrict the entry to either a person who has been rejected four or five times or any person who has given service to our club and has never had an opportunity of running. If you come into the above category and have been rejected again for the 1990 event, then let the Hon.Secretary know and the guaranteed entry will be awarded by the committee to the judged applicant meeting the conditions.

I finish this comment by wishing you all a Merry Christmas and successful running in 1990.

Ted Butcher

N.B. 1990 Annual General Meeting - March 25th.

List of new members since last newsletter

| Number | Name | Club |
|---|---|---|
| 32 | Alexander Mason | Northants Striders |
| 33 | Patrick Cusardi | Ipswich Jaffa |
| 36 | David Webster | Unattached |
| W37 | Romana Wallace | Cambridge & Colridge |
| 38 | Derek Stewart | Mansfield Running Club |
| 39 | Micheal Osbourne | St Albans Striders |
| W40 | Mary Osbourne | St Albans Striders |
| 41 | D C Eagle | Stamford and Deepings A C |
| 42 | Leonard Creak | North Herts A C |
| 44 | Mervyn Kesselring | Black Dog Running Club |
| W45 | Gillian M Smith | Unattached |
| 46 | Peter Duhig | Ryston Runners |
| 49 | Ronald Charlesworth | Unattached |
| 54 | John Mason | Holbeach A C |
| 55 | Allan Haines | Werrington Joggers |
| W56 | Pauline Haines | Werrington Joggers |
| 60 | Ron Bottomley | East Hull Harriers |
| 61 | Mike Utting | Wymondham Joggers |
| 62 | John Cartwright | Ryston Runners |
| 68 | Terry Cooke | Unattached |
| W70 | Frances Wilson | Northants Striders |
| 72 | David Starland | Duke Street R R C |
| 74 | John Jacklin | Werrington Joggers |
| W75 | Georgina Jacklin | Werrington Joggers |
| 76 | Peter Andrews | Duke Street R R C |
| 77 | Graham Pope | Vets A C |
| 79 | Chris Tomlin | Nene Valley Harriers |
| W81 | Mary Everitt | Werrington Joggers |
| 84 | Kenneth R Eugritt | Werrington Joggers |
| 85 | Micheal B Sage | Lowestoft A C |
| W86 | Freida Cross | Tamworth A C |
| 87 | Jack Cross | Tamworth A C |
| 91 | Colin J Lawson | Stamford & Deeping A C |
| 92 | Stephen Mee | Stamford & Deeping A C |

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