EASTERN VETERANS ATHLETIC CLUB NEWSLETTER

No.33 FEBRUARY 1990

Peter Duhig (Ryston Runners) - Winner of the 1989 EVAC 10 mile Road Championship. Seen here finishing 2nd in the 1990 Cross-Country Champs.

EDITORIAL

One of the things that makes veterans athletics so interesting is that the scene is constantly changing. Well known veteran athletes move from one age group to another upsetting the rankings as they go and new faces appear in the W35 and M40 groups. One such newcomer to the M40 ranks this Winter made an immediate impact in our cross-country championship by taking the honours with comparative ease, within just over one month of his 40th birthday. Ray Church is well known in the Eastern Region for the high standard of his performances both on the track and over the country through his thirties, so we could have anticipated an impressive performance. Another newcomer who was quick off the mark was Peter Duhig of Ryston runners who finished 2nd in the same race, but earlier in December had won the EVAC 10 mile Championship just 2 days afetr turning 40!

There is a change to the previously advertised arrangements for our 10K Road Championship on March 25th. Because the date clashes with the St.Ives 10K which starts only 3 miles away from the origional start of our own race we have decided to combine the two races with the start to be in St.Ives outside The Corn Exchange in Market Hill. Please note that the start is at 10 a.m. and that the entry fee is £2.00. This gives you entry to the open event as well as our Championship. The A.G.M. of EVAC will be held in the corn exchange after the event, as will the presentation of the EVAC Championship awards. The entry form for the 10K is included in this newsletter, and as entries do not come to me as advertised I am returning those entries that I have already received with the request that the form in the newsletter be used together with a £2 entry fee.

Do not forget that this year our track and field championships will be held in the early Summer for a change. The date will be June 17th at Bedford and not the provisional date of June 24th given in the last newsletter. This year it is proposed to include the hammer, the pole vault and the triple jump to see what the interest is, but in order that the program can keep moving each competitor will be restricted to no more than three field events.

Looking further ahead in the Summer for those interested in Track & Field, the inter-area match has been fixed for August 12th at Solihull. This year we will combining again with SWVAC to make a team, so there will be one place in each event to be filled for the age groups W35-44, over W45, M40-49 and over M50. Having the Club's T & F championships early this year will help with the selections but I am interested to get the names of any members who are keen to represent us because Club Champions are not always available when you want them.

Finally, my apologies to Malcome Ball for omitting him from the list of championship record breakers in the last newsletter. he bettered the M55 1500 metres record.

A.E.C.

EVAC CROSS-COUNTRY CHAMPIONSHIPS - STOPSLEY, LUTON
SUNDAY 28th JANUARY 1990

Pos.	Name	Club	Time	40	45	50	55	60
1	Ray Church	N.V.H.	35:27	1				
2	Peter Duhig	Ryston Runners	35:43	2				
3	Mike Nelson	C & C	36:26		1			
4	Jim Smith	Corby A.C.	36:33	3				
5	Alan Daglish	Vauxhall Motors	36:46	4				
6	P.Dancer	Bedford & County	36:56	5				
7	Ian Thompson	Bourne A.C.	37:05	6				
8	Roger Wadeley	Biggleswade A.C.	37:46	7				
9	Alan Whitehouse	Duke Street R.	37:53	8				
10	Ken Moore	N.V.H.	38:06	9				
11	Tony Hawkins	Mansfield R.C.	38:21		2			
12	John Jenkins	C & C	38:29	10				
13	Graham Bell	Newark A.C.	38:32	11				
14	Brian Webb	Bedford & County	38:38	12				
15	Ken Prior	Biggleswade A.C.	38:44	13				
16	Mike Holt	N.V.H.	38:46	14				
17	John Turrington	C & C	38:53	15				
18	Keith Cook	Vauxhall Motors	38:57	16				
19	D.Christopher	Guest	39:02	G				
20	Alec Horn	Newark A.C.	39:16		3			
21	Alan Bowden	N.V.H.	39:20	17				
22	Colin Lane	Mansfield R.C.	39:41	18				
23	David Wray	Stev. & N.Herts	39:42		4			
24	Colin Holmes	Vauxhall Motors	39:44		5			
25	John Mackie	N.V.H.	39:46	19				
26	Reg Brett	Vauxhall Motors	39:50		6			
27	Terry Cooke	Ryston Runners	39:51	20				
28	Howard Darbon	Bedford & County	39:59		7			
29	Chris Tomlin	N.V.H.	40:03	21				
30	Graham Walker	N.V.H.	40:09	22				
31	Des Haughney	Vauxhall Motors	40:13			1		
32	Peter Parker	Vauxhall Motors	40:28	23				
33	Patrick Lusardi	Ipswich Jaffa	40:37			2		
34	Maurice Taylor	Biggleswade A.C.	40:45		8			
35	Nigel Bush	Biggleswade A.C.	40:51	24				
36	Philip Lee	C & C	40:56	25				
37	Ray Baker	Norfolk Oly.	41:21		9			
38	Vaughan-Arbuckle	Ryston Runners	41:30			3		
39	David Starland	Duke Street R.	41:33		10			
40	Richard Brockway	Vauxhall Motors	41:34	26				
41	Brian French	Newark A.C.	41:39		11			

Pos	Name	Club	Time	40	45	50	55	60
42	Mike Turner	Liverpool Harr.	41:44			4		
43	Stephen White	Newark A.C.	48:27	27				
44	Derek Stewart	Mansfield R.C.	51:28	28				
45	Niel Costello	C & C	42:04	29				
46	Jerry Barr	Cheltenham Harr.	42:08			5		
47	Fred Bees	Vauxhall Motors	42:13		12			
48	Gordon Charles	Vauxhall Motors	42:22		13			
49	Peter Reeve	Stev & Herts	42:24	30				
50	Bob Hudson	Huntingdon A.C.	42:26	31				
51	Alan Pluck	C & C	42:33		14			
52	Ian Walker	Grantham A.C.	42:38	32				
53	Ken Underwood	N.V.H.	42:46		15			
54	Ted Saberton	C & C	42:50			6		
55	Gordon Slack	Mansfield R.C.	42:59		16			
56	John Hall	Mansfield A.C.	43:06	33				
57	Peter Hutchison	Biggleswade A.C.	43:11		17			
58	Ron Charlesworth	Newark A.C.	43:13	34				
59	R.J.Seamarks	Corby A.C.	43:18	35				
60	A.W.Parker	Grantham A.C.	43:24		18			
61	Tom Cameron	Vauxhall Motors	43:28		19			
62	Arthur Mitchell	Biggleswade A.C.	43:48	36				
63	Michael Wade	Ryston Runners	43:49	37				
64	John Harris	Duke Street RRC	43:50			7		
65	P.L.Ford	Vauxhall Motors	44:02	Gst				
66	Peter Howard	C & C	44:04		20			
67	Brian West	Vauxhall Motors	44:06		21			
68	Alan Walker	Duke Street RRC	44:07			8		
69	P.C.Cotton	C & C	44:09	38				
70	Michael Weston	Ryston Runners	44:13	39				
71	L.C.Walshe	Bedford Harriers	44:20				1	
72	Edward Cooper	Duke Street RRC	44:41					1
73	Hugo Soper	Vauxhall Motors	44:43					2
74	Dominic Philip	Corby A.C.	44:51	40				
75	Leonard Gooch	Gt.Yarmouth A.C.	44:54	41				
76	Ian Barnard	Newark A.C.	45:11	42				
77	Edward Thompson	Mansfield R.C.	45:25					3
78	Tony Park-Davis	St.Albans Str.	45:30		22			
79	T.Robinson	Vauxhall Motors	45:38	Gst.				
80	Ken Vernon	Mansfield R.C.	45:40			9		
81	John Doggett	Huntingdon A.C.	46:00		23			
82	P.J.Hough	Vauxhall Motors	46:10			10		
83	Hugh Barnfather	Granta Harriers	46:34			11		
84	Ken Jones	Vauxhall Motors	46:42				2	
85	Stuart Broadhead	Herts & Ware A.C.	46:46	43				
86	John Cartwright	Ryston Runners	46:53	44				
87	Philip Holland	Ipswich Harriers	47:03				3	

Pos	Name	Club	Time	40	45	50	55	60
88	William Taylor	Mansfield R.C.	47:07	45				
89	Joseph Donelly	Vauxhall Motors	47:10	Gst				
90	Bruce Hobday	Huntingdon A.C.	47:16	46				
91	Dave Smith	Kettering Town H.	47:36					4
92	L.Tindall	Newark A.C.	47:50	47				
93	Peter Trowse	Mansfield R.C.	48:07				4	
94	Melvin Morris	Mansfield R.C.	48:07			12		
95	Alan Clingo	Ryston Runners	48:44	48				
96	Gilbert Bradshaw	Newark A.C.	49:06					5
97	Terence Bilham	Norfolk Oly.	49:10		24			
98	Peter Chaplin	C & C	49:18				5	
99	Eric Yates	Bedford & County	49:35			13		
100	Frank Copping	Ipswich Jaffa	50:00					6
101	Colin Maughan	Vauxhall Motors	50:13		25			
102	John Hutson	Duke Street RRC	51:25	Gst				
103	Ronald Pace	Corby A.C.	52:32				6	
104	Ray Wollaston	Ryston Runners	52:59	49				
105	Pat Parmenter	Bildeston Bounders	53:14					7
106	Bill Mathews	C & C	53:22			14		
107	Peter Maffia	Metros	55:25				7	
108	Barry Wallman	C & C	55:59			15		

TEAMS

O/40		Places				Total
1	Nene Valley Harriers	1	10	16	21	48 points
2	Cambridge & Coleridge	3	12	17	36	68
3	Vauxhall Motors	5	18	24	26	73
4	Biggleswade A.C.	8	15	34	35	92
5	Newark A.C.	13	20	41	43	117
6	Ryston Runners	2	27	38	63	130
7	Mansfield R.C.	11	22	44	55	132
8	Nene Valley H. "B"	25	29	30	53	137
9	Bedford & County A.C.	6	14	28	99	147
10	Vauxhall Motors "B"	32	40	47	48	167
11	Cambridge & Col. "B"	45	51	66	69	231
12	Corby A.C.	4	59	74	103	240
13	Newark A.C. "B"	58	76	92	96	322
14	Ryston Runner "B"	70	86	95	104	355

O/50						
1	Vauxhall Motors	31	73	82		186
2	Duke Street RRC	64	68	72		204
3	Mansfield R.C.	77	80	93		250
4	Cambridge & Coleridge	54	98	106		258

EVAC CROSS-COUNTRY CHAMPIONSHIPS - LADIES RESULTS

Pos	Name	Club	Time	35	40	45	50	55
1	Diane Marsh	Norfolk Oly.	21:33	1				
2	Margaret Thompson	Bourne A.C.	21:42	2				
3	Diane Braverman	C & C	22:53	3				
4	Faith Suter	St.Albans Str.	23:43		1			
5	Kate Dwyer	Norfolk Oly.	24:16	4				
6	Brenda Hutcheon	Norfolk Oly.	24:17		2			
7	Iris Hornsey	C & C	24:22			1		
8	Sarah Brozena	C & C	24:39	5				
9	Sarah Gould	Ipswich Jaffa	24:42		3			
10	Sally Gandee	Hert & Ware	24:49			2		
11	Jean Morton	Notfast RRC	25:31		4			
12	Pam Parker	Vauxhall Motors	25:47	6				
13	Elizabeth Holmes	C & C	26:37				1	
14	Marion Stewart	Mansfield R.C.	26:39	7				
15	Sarah Monk	C & C	26:41		5			
16	Sue Barr	Cheltenham Har.	27:07				2	
17	Carol Tennyson	Gt.Yarmouth A.C.	27:09			3		
18	Christine Cregg	Notfast R.R.C.	27:29	8				
19	Chris Constable	Mansfield R.C.	27:46			4		
20	Gillian Holmes	March A.C.	28:36	9				
21	Elaine Mayfield	Mansfield R.C.	29:12			5		
22	Maureen Olley	Gt.Yarmouth A.C.	30:00			6		
23	Linda Gooch	Gt.Yarmouth A.C.	31:46	10				

TEAMS

		Places			Total
1	Norfolk Olympiads	1	5	6	12 points
2	Cambridge & Coleridge	3	5	6	18
3	Mansfield R.C.	14	19	21	54
4	Gt.Yarmouth A.C.	17	22	23	62

Letter to the Editor.

Dear Editor

I write with a serious suggestion made as a card carrying member of Southern Vets. Scrap the members newsletter and buy some space in the "Veteran Athlete".

I have been thinking this idea over for a while and discussed it with other members. They all said it could work. Lots of advantages - you don't need me to point them out.

Let me know what you think. I would be willing to propose the idea at the next A.G.M. Or, how about a ballot of members?

Roger Mawer

EVAC 10 MILE ROAD CHAMPIONSHIPS
HELD 3rd DECEMBER1989 WITH THE NENE VALLEY 10

Report by Hugh Barnfather-

There were some very good performances in the EVAC 10 mile Championships held on a new two lap course within the Nene Valley event at Peterborough.

The ladies entries were disappointing to say the least. From 80 members only 8 ladies turned out for the race - why? Please tell us at the AGM if there is a reason, or is it lethargy?

Notwithstanding the poor turnout the two fastest EVAC ladies of the day did not have a great deal of daylight between them, with Felicity Sperke (Notfast RRC) heading Angela Smith (Northampton Phoenix) by 31 seconds at the finish. They both picked up gold as Felicity is W40 to Angela's W35.

The only other gold of the day went to Mary Everitt in the W45 group. Mary comes from a fairly new but exceptionaly enthusiastic Peterborough based club called Werrington Joggers. Like all "JOGGERS" clubs they have their share of "RUNNERS".

In the mens races, new vet Peter Duhig, two days in the abe group ! showed a good turn of speed to clock 52m 51 escs to win the M40 with the silver and bronze going to the Granta Harriers Vic Holman (54:33) and Russ Arnold (55:25).

You will see from the complete results that good times were registered by all age group medallists and in no instance did an 'older' winner produce a faster time than a 'younger' winner, as so often happens - but they were close! Worthy of note is that M55 winner, Alan Hughes (the old warhorse) who will be 60 in August this year. There are not of sub 60 minute 60 year-olds around.

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10 MILE ROAD CHAMPIONSHIP RESULTS

W35

1,Angela Smith(Northampton Phoenix) 62:42; 2,Diane Braverman (Cambridge & Coleridge) 67:15; 3,Catherine Mason (Corby A.C.) 75:59; 4,Gillian Holmes (March A.C.) 76:57

W40

1,Felicity Sperke (Notfast RRC) 62:11; 2,Pauline Haines (Werrington J) 72:03; 3,Pamela Lynch (Kettering T.AC) 83:01

W45

1,Mary Everitt (Werrington J) 75:07

M40

1,Peter Duhig (Ryston Runners) 52:51; 2,Vic Holman (Granta Harriers) 54:33; 3,Russ Arnold (Granta Harriers) 55:25; 4,John Clarke (Bedford & County)56:58 5,Keith Brooks (Nene Valley H.) 57:18; 6,Brian Webb (Bedford & County)57:29 7,Ken Prior (Biggleswade R.C.) 57:34;

EVAC 10 MILE CHAMPIONSHIP RESULTS CONTINUED

(M40) 8,Ken Moore (Nene Valley)57:36
9,Alan Bowden (Nene Valley) 58:04;
10,Tony Broughton (Werrington) 59:41
11,Patrick Hyland (Notfast RC) 59:51
12,Tony Garland (Notfast RC) 59:52;
13,Robert Brown (Peterborough) 60:59
14,Mike Weston (Ryston Runners) 62:46
15,Peter Reeve (Stev. & Herts) 63:09;
16,Stuart Galloway (Biggs'wade)64:13;
17,Bob Hudson (Huntingdon A.C.)64:39;
18,Alex Mason (Northants A.C.) 66:43;
19,Michael (Unattached) 69:35;
20,Alan Clingo (Ryston Runners)70:05
21,Raymond Woolaston (Ryston R)76:42

M45

1,Michael Nelson (C & C) 54:05;
2,Rod Pritchard (Nene Valley) 55:20;
3,Graham Ayre (Bedford & C) 56:17;
4,Dennis Smith (Stamford & D) 58:19;
5,D.Mawer (Stevenage & Herts) 58:40;
6,M.Taylor (Biggleswade A.C.) 59:16;
7,Alan Haines (Werrington J.) 61:11;
8,Ken Underwood (Werrington J.) 61:12
9,John Hipkin (Ryston Runners) 62:36;
10,Alan Pluck (C & C) 62:54:
11,Ray Benfield (Bedford & C) 64:32;
12,Peter Howard (C & C) 65:12;
13,Tony Brown (Stamford & D) 66:32;
14,John Doggett (Huntingdon) 69:24;
15,Terry Braverman (C & C) 69:44;
16,Ken Everitt (Werrington J) 73:31

M50

1,John Pelling (C & C) 56:47;
2, I.Vaugh-Arbuckle (Ryston R) 58:37;
3,Patrick Lusardi (Ipswich Jaf.) 60:02;
4,Hugh Barnfather (Granta Har.) 62:50;
5,Bernard Mules (Peterborough) 70:09;
6,Eric Yates (Bedford & County) 71:21;
7,D.Harvey (Bushfield Joggers) 77:02

M55

1,Alan Hughes (Notfast RC) 58:48;
2,Lawrence Walshe (Bedford Har) 60:23
3,Doug Linton (Werrington Jog) 61:17;
4,Malcolm Ball (Pitsea) 61:57;

M60

1,Ted Cooper (Duke St.R.R.) 65:35;
2,Norman Copping (Ipswich Jaf.) 67:30;
3,Gordon Webb (Biggleswade) 85:12

Ray Church (Nene Valley Harriers) - Winner of the 1990 Cross-Country Championship. He is seen here about 150 metres from the finish of that race

FIXTURES 1990

March 25th	EVAC 10K and A.G.M. Enter St.Ives 10K. Details in this newsletter. Entries to Dick Preston, 3 Burstellars, St Ives, Huntingdon, Cambs. £2.00
May 13th	National Veterans Road Relay Championships. Rushmoor Arena, Aldershot. Details from & entries to The Race Organiser, 6 Edney Close, Church Crookham, Aldershot, Hants GU13 0BW. Close Apr.28th.
June 3rd	SCVAC Track and Field Championships, Croydon.
June 17th	EVAC Track and Field Championships at Bedford. Details from Tony Churchill, Hemingford Gey House, Hemingford Grey,Huntingdon,Cambs.
June 30th -July 7th	EVAA European Games, Budapest, Hungary. Details, Barbara Dunsford.
July 14th - 15th	BVAF Track & Field Championships at Crownpoint Stadium, Glasgow. Entries to David Morrison, 12c Deedes St., Airdrie, Lanarkshire, ML6 9AG. Closing date 11th June 1990.
Aug 5th	BVAF 10 mile Oswestry.
Aug 12th	Veterans Area Match, Solihull.
Aug 19th	BVAF/AAA Open Half Marathon, Totton, New Forest, Hants.
Sept 2nd	EVAC Half Marathon. Enter Wissey Half Marathon. Details from & entries to The Race Director, The Post Office, Wormegay, Kings Lynn, Norfolk PE33 0SG. Entry fee £3.50.
Nov 25th	EVAC 10 Mile Championship. Enter Hadleigh "10". Details from & entries to H.J.Beves, 5 Old Orchard, Upper Layham, Ipswich IP7 5LB. Entry fee £3.50. Entries close 16th November.

NB. From 1990 an EVAC Team Championship will be held with all championships. Men, one age group 4 to score and Women one age group 3 to score.

PLEASE NOTE - EVAC AGM MARCH 25TH AFTER THE 10K

EVAC 10K ROAD RACE 1990
IN CONJUNCTION WITH THE ST.IVES MAYOR'S CHARITIES RACE

Sunday 25th March 1990 - Start 10.00, outside The Corn Exchange, Market Hill.

ENTRY

Please use the entry form published in this newsletter, and send it to Dick Preston, 3 Burstellars, St.Ives, Huntingdon, Cambs PE17 6XY. The closing date for EVAC entries is 19th March and the entry fee is £2.00. This entry fee will give you entry to the open event as well. Please enclose a stamped self addressed envelope (8"x6") with your entry.

CHANGING

Changing will be possible in the corn exchange.

PARKING

Ample free parking is available in the Cattle Market Car Park which is on your left as you leave the by-pass at the roundabout for the town centre. A short walk through the adjacent bus station leads you into Market Hill

REGISTRATION

This will be in The Corn Exchange from 9 am - 9.40 am.

CONDITIONS

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 an age group.

TEAMS

Men - 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 only to fully paid up members of EVAC.