# EASTERN VETERANS ATHLETIC CLUB NEWSLETTER

No.34 JULY 1990

Pat McNab sets a new World Record in the W45 Hammer
See results of EVAC Vets Open Meeting & Championships Inside

## EDITORIAL

This year the club's Track and Field Championships were held at the beginning of the season rather than the end. This was so that the event could be combined with the Bedford and County A.C.'s Veteran Grand Prix series and also to enable the selection of our team for the inter area match at Solihull on August 12th. Again this year the Grand Prix series proved to be a great success with around 60 competitors turning out for each of the evenings. We have Howard Dartbon and his helpers to thank for the inspiration and the hard work that went into the organisation culminating in the vet's open meeting and club championships. We hope it will continue as an annual event.

Probably the outstanding performer of the Grand Prix series was Tony Mackay (Bedford & County A.C. M50). In the overall placings (see results in this issue) he amassed 106 points, 23 points more than the next highest scorer. His work rate was enormous, and at times he appeared to be competing in three events at once.

The Track and Field Championships yielded one World Record (Pat McNab in the W45 Hammer) and two British Records from George Leete (M65) in the High Jump and Triple Jump. In all, George won golds in 100m, 200m, High Jump, Triple Jump and Long Jump and went home with the Trophy for the best overall performance (not the first time he has walked off with this award!).

A new Trophy, The R.H.Marshall Trophy for the best overall club performance was introduced this year and was won by the host club Bedford and County A.C. who have a very active veterans section.

Many Championship best performances were set this year as follows-

H.Emerton M40 1500m, W.Thomas M45 200m and 400m, G.Long M45 400H, 110H and High Jump, C.Lawson M45 Javelin, A.Hughes M55 1500m, G.Daborn 300H, F.Copping M65 800m, G.Leete M65 High Jump and Long Jump, G.Welford W35 400m, J.Farley W35 Javelin, H.Vogel W40 200m and 400m, F.Sperke W40 800m, 1500m, and 5000m, J.Towler W45 100m and 400m, M.Holmes W50 100m, 200m, and 800m.
The Hammer, Pole Vault and Triple Jump have not previously been championship events and so the performances set this year will stand as bests to be shot at next year.

The selections for the inter-area match on August 12th at Solihull have been based on the club championship resuts and are as follows -
**M40-49** 100m I.Foster, 200m W.Thomas, 400m W.Thomas, 800m P.Duhig, 1500m D.Laynes, 3000m H.Emerton, 110mH G.Long, High Jump G.Long, Long Jump G.Long, Pole Vault J.Clark, Triple Jump Offers?, Shot I.Murphy, Discus I.Murphy, Javelin C.Lawson and Hammer I.Murphy.
**M50+** 100m D.Brock, 200m M.Watson, 400m A.Churchill, 800m A.Churchill, 1500m P.Andrews, 3000m P.Andrews, 110mH A.Mackay, High Jump A.Mackay, Long Jump G.Leete, Pole Vault A.Mackay, Triple Jump G.Leete, Shot P.Hallett, Discus P.Hallett,

Javelin A.Mackay and Hammer P.Hallett.
**W35-44** 100m G.Welford, 200m G.Welford, 400m G.Welford, 800m A.Smith, 1500m M.Thompson, 3000m S.Brozena, 80mH V.Doggett, High Jump Offers??, Long Jump J.Wright, Shot R.Wallace, Discus R.Wallace, Javelin J.Farley, Hammer R.Wallace.
**W45+** 100m J.Towler, 200m J.Towler, 400m J.Towler, 800m I.Hornsey, 1500m I.Hornsey, 3000m J.Evans, 80mH Offers?, High Jump Offers? Long Jump Offers? Shot J.Evans, Discus J.Evans, Javelin E.Holmes.
These selections are based on the events included in last years program. No program for this year has yet been received at EVAC.

The results of the club 10K championship which was held in conjunction with the St. Ives Open 10K also appear in this issue. EVAC's new Committee Chairman Peter Duhig was the winner of the M40 category. Peter has shown good form on road, cross-country and track this year. Earlier on March 31st at Cosford he set a new World M40 Indoor Best at 3000m with a win in the BVAF Championships in 8mins 44.02secs. In the club's track and field championships he again demonstrated his versatility by winning the M40 800 metres.

A.E.C

**CLUB CHAIRMAN'S NOTE**

I am rather flattered and happy to be introducing myself to you, albeit unexpectedly, as the new Chairman of Eastern Veterans Athletic Club. When I offered my services to our Secretary some time ago I did not expect to be starting my duties as his superior in office. However, here I am, and I intend to do the best job I can for the club.

Having only just become a Vet, I view myself as a novice when it comes to the requirememnts and needs of the veteran competitor. I am still very competitive myself and see achievement and improvement as the driving force of any athlete. With this in mind, I would hope to construct an active and purposeful programme of events during my time in office to encourage the Veteran to keep competing and to build on the base we already have.

Veteran Athletics is enjoying a boom in interest just now, and I would like to see the EVAC benefiting from this renewed interest. There are two million athletes in East Anglia; 40 - 45% of these must be veterans, so there are an awful lot more people we can draw into the club. Please bring your friends into the club and tell them of the benefits and enjoyment of veteran competition.

I hope you all approve of us making the Club Championship the trial for the Area Match. If you have any comment or ideas on the running of your club, please drop me a line at: "Flatout", The Post Office, Wormegay, King's Lynn, Norfolk PE33 0SG.

Peter Duhig

# EVAC TRACK & FIELD CHAMPIONSHIPS 1990

## INCORPORATING

## BEDFORD & COUNTY A.C. GRAND PRIX, SUNDAY 17th JUNE 1990

100m
M40 1 M.James 12.0, 2 B.Abdy (E*1) 12.6, 3 S.Mee (E2) 12.6, 4 E.Pallett (E3) 13.0, 5 D.Cook 13.5, 6 N.Bush 13.8, 7 P.Cotton 14.2
M45 1 I.Foster (E1) 11.9, 2 W.Thomas (E2) 12.0, 3 B.Cambell 12.4, 4 J.Clark (E3) 13.3, 5 M.Garvey 13.3
M50 1 A.Carter 13.0, 2 D.Brock (E1) 13.1, 3 M.Watson (E2) 13.1, 4 A.Mackay (E3) 13.8
M55 1 G.Daborn (E1) 13.3
M65 1 G.Leete (E1) 14.4, 2 J.Swinton (E2) 15.4, 3 J.Gercs (E3) 17.9
M70 1 C.Fairey (E1) 14.7, 2 B.Metcalfe (E2) 15.8
W35 1 G.Welford (E1) 13.8 2 J.Wright (E2) 15.9
W40 1 H.Vogel (E1) 14.1 2 J.Dixon 16.5
W45 1 J.Towler (E1) 14.6 2 N.Cross 14.7
W50 1 E.Holmes (E1) 16.3
W70 1 P.Taylor (E1) 19.9

200m
M40 1 M.James 24.6, 2 S.Mee (E1) 25.8, 3 B.Abdy (E2) 27.3, 4 N.Bush (E3) 27.6, 5 D.Cook 28.1
M45 1 W.Thomas (E1) 24.3, 2 I.Foster (E2) 24.9, 3 B.Campbell 25.0, 4 H.Pratt 26.2, 5 R.Capliss (E3) 26.3, 6 J Clark 27.7, 7 M.Garvey 29.5, 8 D.Mawer 30.5
M50 1 M.Watson (E1) 27.2
M55 1 G. Daborn (E1) 26.9
M60 1 A.Kalirai 29.3
M65 1 G.Leete (E1) 30.4, 2 J.Swinton (E2) 32.8
M70 1 C.Fairey (E1) 32.2
W35 1 G.Welford (E1) 28.2, 2 J.Wright (E2) 32.8
W40 1 H.Vogel (E1) 28.7, 2 J.Dixon 33.9
W45 1 P.McNab 30.1, 2 J.Towler (E1) 30.3
W50 1 E.Holmes (E1) 35.0
W70 1 P.Taylor (E1) 45.2

400m
M40 1 N.Bush (E1) 58.9, 2 D.Cook 63.6
M45 1 W.Thomas (E1) 52.6, 2 B.Campbell 55.3, 3 R.Capliss (E2) 57.1, 4 C.Gunn (E3) 60.8, 4 J.Clark
M50 1 A.Mackay (E1) 63.2, 2 M.Morgan (E2) 68.2
M55 1 G.Daborn (E1) 60.7, 2 A.Churchill (E2) 60.9, 3 L.Walshe (E3) 72.0
W35 1 G.Welford (E1) 63.3, 2 H.Darbon 74.9
W40 1 H.Vogel (E1) 64.9, 2 F.Sperke (E2) 72.8, 3 C.Brown (E3) 80.4
W45 1 J.Towler (E1) 69.7
W50 1 E.Holmes (E1) 78.6
W70 1 P.Taylor (E1) 1m 51.7

800m
M40 1 P.Durig (E1) 2m03.6, 2 M.Russell (E2) 2m07.3, 3 C.Baldwin 2m11.5, 4 P.Lee (E3) 2m11.8, 5 N.Bush 2m 14.7, 6 C.Portch 2m14.8
M45 1 A.Fitzjohn (E1) 2m05.0, 2 T.Young 2m06.0, 3 C.Gunn (E2) 2m18.9, 4 D.Mawer (E3) 2m23.7, 5 T.Bilham 2m30.5
M50 1 G.Johnson (E1) 2m25.1, 2 M.Morgan (E2) 2m30.0
M55 1 A.Churchill (E1) 2m20.2, 2 L.Walshe (E2) 2m 36.5
M65 1 F.Copping (E1) 2m55.0
W35 1 A.Smith (E1) 2m31.3, 2 H.Darbon (E2) 2m49.9
W40 1 F.Sperke (E1) 2m39.2, 2 C.Brown (E2) 2m55.0
W45 1 I.Hornsey (E1) 2m40.1
W50 1 E.Holmes (E1) 3m05.2

1500m
M40 1 H.Emerton (E1) 4m08.2, 2 D. Lay les (E2) 4m10.2, 3 P.Duhig (E3) 4m12.4, 4 J.Jenkins 4m21.6, 5 J.Sayers 4m22.1, 6 P. Lee 4m33.9, 7 B.Webb 4m40.2, 8 N.Bush 4m45.9, 9 P.Cotton 4m51.2
M45 1 I.Fisher (E1) 4m39.4, 2 D.Mawer (E2) 4m54.0
M50 1 P.Andrews (E1) 4m40.4, 2 K.Underwood (E2) 4m50.2, 3 D.Turner (E3) 4m50.6
M55 1 I.Addison 4m51.0, 2 A.Hughes (E1) 4m56.0, 3 L.Walshe (E2) 5m11.6, 5 R.Carew (E3) 5m30.9
M65 1 F.Copping (E1) 5m54.9
M70 1 D.Blyth (E1) 7m25.6
W35 1 A.Smith (E1) 5m01.8
W40 1 F.Sperke (E1) 5m15.4
W45 1 I.Hornsey (E1) 5m32.1
W55 1 B.Atkinson (E1) 8m30.0

5000m
M40 1 H.Emerton (E1) 15m28.3, 2 R.Church (E2) 15m33.0, 3 T.Coleman (E3) 16m17.9, 4 B.Webb 17m08.4, 5 A.Mitchell 18m15.6, 6 J.Cartwright 18m40.1, 7 P.Reeve 18m57.6

5000m (Continued)
M45 1 R.Graham 16m43.4, 2 D.Mawer (E1) 18m12.1
M50 1 D.Turner (E1) 16m34.6, 2 P.Andrews (E2) 16m55.4, 3 T.Vaughan-Arbuckle (E3) 17m58.4
M55 1 A.Hughes (E1) 17m50.3, 2 D.Linton (E2) 18m16.2, 3 L.Walshe (E3) 18m44.3, 4 J.Atkinson 19m52.3, 5 R.Carew 19m58.5
M60 1 R.Franklin 18m49.9
M65 1 F.Copping (E1) 20m52.8
M70 1 D.Blyth (E1) 27m27.2
W35 1 S.Brozana (E1) 20m20.6
W40 1 F.Sperke (E1) 18m52.7
W45 1 J.Evans (E1) 24m37.4

400m Hurdles
M40 1 C.Portch (E1) 63.8
M45 1 G.Long (E1) 62.3, 2 J.Clark (E2) 86.5

300m Hurdles
M50 1 A.Carter 51.7
M55 1 G.Cabom (E1) 47.1

110m Hurdles
M40 1 M.James 16.1, 2 B.Abdy (E1) 18.3, 3 C.Portch (E2) 19.1
M45 1 G.Long (E1) 17.6
M50 1 A.Mackay (E1) 17.7, 2 D.Brock (E2) 18.8,
M55 1 G.Daborn (E1) 18.3
M60 1 A.Woods (E1) 18.1

80m Hurdles
M70 1 B.Metcalf (E1) 18.5, 2 C.Farrey (E2) 18.8
W35 1 S.Dodson 19.4
W45 1 P.McNab 14.8, 2 N.Cross 15.0

Javelin
M40 1 B.Abdy (E1) 37.22
M45 1 C.Lawson (E1) 40.80, 2 T.Bilham (E2) 30.90, 3 N.Garvey (E3) 28.64, 4 J.Clark 26.16
M50 1 A.Mackay (E1) 38.02, 2 G.Osbourne (E2) 30.20, 3 D.Brock (E3) 24.48
M60 1 K.Brookman (E1) 40.26
M65 1 J.Swinton (E1) 24.84, 2 J.Gercs (E2) 24.82
M70 1 C.Farrey (E1) 18.70
W35 1 J.Farley (E1) 27.86
W45 1 N.Cross 17.90
W50 1 E.Holmes (E1) 20.76

Hammer
M40 1 I.Murphy (E1) 35.66
M45 1 J.Clark (E1) 21.26
M50 1 M.Boner 29.58, 2 P.Hallett (E1) 25.66, 3 G.Osbourne (E2) 23.02
M65 1 J.Gercs (E1) 21.30
M70 1 B.Metcalfe (E1) 21.38
W35 1 H.Darbon (E1) 14.56
W40 1 R.Wallace (E1) 17.96
W45 1 P.McNab 40.40 (World record)

Shot
M40 1 I.Murphy (E1) 10.64, 2 B.Abdy (E2) 9.15
M50 1 P.Hallett (E1) 11.85, 2 A.Mackay (E2) 10.86, 3 G.Osbourne (E3) 10.84, 4 M.Boner 8.34
M60 1 A.Woods (E1) 10.53
M65 J.Gercs (E1) 9.50
M70 1 B.Metcalfe (E1) 9.46, 2 C.Farrey (E2) 7.58
W35 1 S.Dodson 7.62, 2 H.Darbon (E1) 5.75
W40 1 R.Wallace (E1) 9.53
W45 1 P.McNab 9.39, 2 J.Evans (E1) 7.38
W50 1 E.Holmes (E1) 6.60

Discus
M40 1 I Murphy (E1) 29.90
M45 1 T.Bilham (E1) 25.52
M50 1 P.Hallett (E1) 37.06, 2 A.Mackay (E2) 34.48, 3 G.Osbourne (E3) 34.42, 4 D.Brock 21.86
M55 1 P.Tomney (E1) 29.42
M60 1 A.Woods (E1) 32.52
M65 1 J.Gercs (E1) 29.46, 2 J.Swinton (E2) 24.80
M70 1 B.Metcalfe (E1) 25.82, 2 C.Farrey (E2) 22.28
W35 1 J.Farley (E1) 23.54, 2 H.Darbon (E2) 14.26
W40 1 R.Wallace (E1) 27.90
W45 1 J.Evans (E1) 17.50
W50 1 M.Holmes (E1) 16.00

High Jump
M40 1 M.James 1.70, 2 B.Abdy (E1) 1.60, 3 K.Cooper (E2) 1.45
M45 1 G.Long (E1) 1.50, 2 B.Hancock 1.45 3 T.Young 1.35
M50 1 J.Darlington 1.50, 2 A.Mackay (E1) 1.45
M60 1 A.Woods (E1) 1.35
M65 1 G.Leete (E1) 1.45 (British Record)

Triple Jump
M40 1 B.Abdy (E1) 11.23
M50 1 J.Darlington 10.83
M60 1 A.Kalirai 9.60
M65 1 G.Leete (E1) 9.98 (British Record), 2 J.Swinton (E2) 7.38

Pole Vault
M40 1 B.Abdy (E1) 3.00

Pole Vault (Continued)
M50 1 A.Mackay (E1) 3.50
M60 1 A.Woods (E1) 3.20

Long Jump
M40 1 M.James 6.70, 2 B.Abdy (E1) 5.39, 3 K.Cooper (E2) 4.66
M45 1 G.Long (E1) 4.97, 2 M.Garvey (E2) 4.78, 3 T.Bilham (E3) 4.67
M50 1 J.Darlington 5.04, 2 A.Mackay (E1) 4.95
M60 1 A.Kalirai 4.68
M65 1 G.Leete (E1) 4.45, 2 J.Swinton (E2) 3.97
W35 1 S.Dodson 4.33, 2 J.Wright (E1) 4.04, 3 H.Darbon (E2) 3.33
W45 1 P.McNab 4.58

## TROPHIES

Best Individual Performance: G.Leete

R.H.Marshall Trophy for Champion Club: Bedford and County A.C.

Peter Duhig - The New Club Chairman
Taken after winning the Club's 10K

Alan Hughes (106) Winner of EVAC M55 1500m Championship with L.Addison who was the open winner.

The tightest finish of the day with Tony Fitzjohn (45) winning the M45 800m

Bob Abdy winning the M40 Pole Vault

# BEDFORD & COUNTY A.C. VETERANS GRAND PRIX

## FINAL RESULTS

### SPRINTS

| | M40-49 | | M50+ | | W30+ | |
|---|---|---|---|---|---|---|
| 1 | B.Campbell SVAC | 36 | A.Carter Vets A.C. | 35 | G.Welford March A.C. | 36 |
| 2 | T.Lewis S'oton | 25.5 | A.Mackay Bed.& Co. | 31 | J.Towler P'boro A.C. | 30 |
| 3 | H.Pratt Bed.& C | 23 | A.Churchill C&C | 29 | M.Holmes C&C | 19 |

### MIDDLE DISTANCE

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | B.Webb Bed.& Co. | 23 | D.Turner Liverpl. | 34 | I.Hornsey C&C | 30 |
| 2 | J.Jenkins C&C | 22 | L.Walshe Bedford H. | 30 | S.Brozena C&C | 24 |
| 3 | J.Sayers Chelms | 15 | D.Linton Werr.Jog. | 19 | H.Darbon Bed. & Co. | 20 |

### THROWS

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | I.Murphy Bed&Co. | 35 | A.Mackay Bed & Co. | 36 | P.McNab St.Albans | 36 |
| 2 | B.Abdy North.Ph. | 30 | G.Osbourne B.R.E. | 30 | H.Darbon Bed.& Co. | 24 |
| 3 | J.Clark C'ford | 20 | A.Carter Vets A.C. | 26 | M.Holmes C&C | 23 |

### JUMPS

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | B.Abdy North.Ph. | 35 | A.Mackay Bed & Co. | 36 | S.Dodson Chelm'fd | 17 |
| 2 | T.Lewis So'ton | 23 | A.Carter Vets A.C. | 22 | P.McNab St.Albans | 12 |
| 3 | J.Clark C'ford | 15 | H.Smith M.Keynes | 5 | M.Jones Bed.& Co. | 11 |

### OVERALL SCORING

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | B.Abdy North.Ph. | 80.5 | A.Mackay Bed.& Co. | 106 | P.McNab St.Albans | 69 |
| 2 | T.Lewis So'ton | 63.5 | A.Carter Vets A.C. | 83 | H.Darbon Bed. & Co. | 66 |
| 3 | J.Clark C'ford | 48 | A.Churchill C&C | 49 | G.Welford March | 59 |

### CLUBS

| | | |
|---|---|---|
| 1 | Bedford and County A.C. | 421.5 points |
| 2 | Cambridge & Coleridge | 203 |
| 3 | Chelmsford A.C. | 167 |

## NEWS ROUND-UP by Hugh Barnfather

Eastern Vets members who have had a mention in the athletics media since the last newsletter are reported here to fill the space. Don't be shy and don't wait for me to pick it out of my limited material, eg Veteran Athletics, AW, Running, Todays Runner etc.

**BVAF Cross-Country Championships at Wormwood Scrubbs-**

A superb run here by Henry Emerton of Colchester, 9 seconds away from the bronze and a triumph over the EVAC Champ, Ray Church and runner-up Peter Duhig. Would the results have been different on 28th Jan at Stopsley if Henry had turned out?

In 12th place Ray Church recorded a solid performance with Peter Duhig 8 secs behind in 14th place. Well done to the 3 youngsters!!

In the M45 age group the best placed EVAC member was Dave Wray of Stevenage & N. Herts in 20th place, with Reg Brett (Vauxhall Motors) in 25th place - well done lads.

In the M50 group best EVAC placing was Tony Thomas of Colchester & Tendring in 17th place - good run Tony!

Malcolm Ball in the M55 group maintained his excellent form of this year with 15th place. The M60 group saw Ted Cooper of Duke Street RRC pick up a bronze medal, with David Smith of Kettering Harriers showing up in 5th place and our founder member (membership number 1) George Phipps immediately behind in 6th place plus Hugo Soper, Luton taking 8th spot. The "older" gentlemen did well for EVAC placings - Dave Blyth, C&C placed 4th in the M70 group - well run Dave, we all hope to be turning out at your age!

In the ladies events the following places were recorded -

W35 - In 8th place Margaret Thompson (Bourne) just ahead of Diane Marsh (Norfolk Olympiads), thus reversing the EVAC cross-country result- well run both ladies!

W40 - Faith Suter (St.Albans) was highest placed EVAC member in 7th - good run Faith! with Brenda Hutcheon (Norfolk Olympiads) taking the 9th spot.

W45 - A bronze medal for Carol Gould of Shaftsbury & Barnet A.C. - still getting in amongst them Carol - good on yer!! Iris Hornsey, C&C was a solid 6th placer with Sally Gandee (Hertford) taking 10th place, which records the top 3 placings.

W50 - Elizabeth Holmes, C&C was the highest placed member in 7th place with Sue Barr of Cheltenham in 9th.

W55 - Brenda Atkinson missed out on a bronze by one place - well run Brenda, keep at it you'll get there soon!

**BVAF Indoor Champs at Cosford -**

On the 4th March 1990 Colin Shafto (Rowntree A.C.) produced a World Best performance of 3924 points in the M55 Pentathlon - Sincere congratulations Colin, keep up the good work!

On 31st March Peter Duhig (Ryston Runners) ran 8m44.02 for the 3000 metres indoor - a new British and World Record. Well run Peter! On the same day evergreen Ian Foster (Norfolk Olympiads) picked up a silver in the M45 60 metres and a bronze in the M45 200 metres - good running Ian!

Well, thats all I picked out folks. If you

were missed out do not be frightened to send a good result in to myself or Tony Churchill. Let us all keep in touch with performances outside the EVAC Championships!

Incidently, a good turn-out of EVAC members at the First meeting of the Grand Prix at Bedford organised by Howard Darbon - it even saw yours truly digging his spikes out of the garage for the first time since 1985 and puffing round a 1500 and 3000 metres - most enjoyable meeting.

Keep up the training , and don't forget the stretching before and after to avoid those injuries.

P.S - I missed (my eyes have gone with age) the stupendous World Record of Cath Reader in the W35 3000 metres walk with a 16m 25.4 clocking. Keep it up Cath! By the way Cath belongs to Ryston Runners which rhymes with "piston" as she forcibly informed me at the last EVAC Committee meeting. Watch the Ryston Club; they are an up and coming force with Peter Duhig World Record holder, Cath Reader World Record holder and Ian Vaughn-Arbuckle, an outstanding 90+ performer and the new editor of 'The Long Run' magazine of The British Marathon Runners Club. Power to your elbow Ryston Runners, we need positive action in our athletic world!

## EVAC 10K CHAMPIONSHIP

**25th March 1990 at St.Ives**
**Report by Hugh Barnfather**

The race was held in conjunction with the St.Ives Mayors 10K run. The delay in producing the results meant that the W50, W55 and W65 and the M65, M70 and M75 did not receive their medals on the day nor was a team result worked out. Apologies for any inconvenience.

Once again the ladies race saw a disappointing number of runners- 11 from a membership of 80 (Too near to the London Marathon when you need a long Sunday run in??). The mens race saw 65 Veterans close -in with Peter Duhig showing a good turn of speed in his London build up by clocking 32m01secs on a twisting turning course, to finish third overall only 15 secs behind the winner. Well done Peter.

**RESULTS**

W35
1 J.Walker (Corby) 39.26, 2 L.Parmee (Granta) 40.12, 3 S.Brozena (C&C) 44.15 4 P.Parker (Vauxhall M.) 44.43 5 S.Fenwick (RRC) 45.24

W40
1 F.Suter (St.Albans Str.) 38.18 2 S.Monk (C&C) 44.20

W45
1 J.Harvey (Bushfield J.) 44.25

W50
1 G.Jackman (March) 50.07, 2 M.Brown (March) 55.07

W55
1 B.Atkinson (Shaftsbury & B) 47.38

MEN - M40
1 P.Duhig (Ryston) 32.01, 2 H.Emerton (Colchester & T) 32.16, 3 P.Richardson (Tiptree) 33.18, 4 T.Coleman (Kettering) 33.55, 5 R.Arnold (Granta) 33.57, 6 R.Wadeley (Biggleswade) 34.37, 7 K.Moore (NVH) 34.42, 8 P.Lee (C&C) 35.08, 9 K.Prior (Biggleswade) 35.09, 10 K.Brookes (NVH) 35.13, 11 G.Walker (NVH) 35.19, 12 R.Brockway (Vauxhall M.) 35.26, 13 G.Carpenter (Huntingdon) 35.29, 14 P.Parker (Vauxhall M.) 35.35, 15 J.Mackie (NVH) 35.59, 16 J.Turner (Ely R.R.) 36.28, 17 M.Bush (Biggleswade) 36.32, 18 P.Cotton (C&C) 36.37, 19 D.Hanwell (Kettering) 36.46, 20 A.Mitchell 37.03.

EVAC 10K Results Continued -

21 J.Donovan (Bedford) 37.08, 22 M.Weston (Ryston R.) 37.27, 23 P.Reeve (Stevenage) 38.04, 24 J.Cartwright (Ryston R.) 38.41, 25 A.Dent (Eye Comm.Runners) 39.16, 26 B.Hobday (Huntingdon) 40.32, 27 R.Wollaston (Ryston R.) 43.17, 28 J.Atkinson (North Herts) 45.52

M45

1 T.Fone (Bushfield J.) 36.25, 2 M.Taylor 36.35, 3 P.Rainbow (Bedford H.) 36.38, 4 D Mawer (Stevenage) 37.22, 5 J.Hipkin (Ryston R.) 37.27, 6 T. Parke-Davis (St.Albans Str.) 39.25, 7 J.Doggett (Huntingdon) 42.04, 8 G.White (Corby) 44.55

M50

1 J.Pelling (C&C) 34.32, 2 D.Haughney (Vauxhall M.) 35.23, 3 M.Turner (Liverpool) 37.18, 4 K. Underwood (NVH) 37.31, 5 E.Saberton (C&C) 38.00, 6 A.Cotton (BRJ RRC) 38.32, 7 R.Ibson (St.Albans Str.) 40.35, 8 K.Hall (Thorney) 42.25, 9 J.Harvey (Bushfield J.) 45.42

M55

1 D.Linton (EVAC) 37.50, 2 M.Ball (Pitsea RC) 38.15, 3 J.Atkinson (Barnet & Dist.) 40.10, 4 W.Jones (Vauxhall M.) 41.35, 5 P.Holland (Ipswich H.) 41.38, 6 J.Hutson (Duke St.RRC) 42.05, 7 P.Chaplin (C&C) 42.39, 8 D.Eagle (Stamford & Deeping) 44.07, 9 E Foxey (EVAC) 44.17, 10 T.Challis (EVAC) 44.39, 11 P.Jackman (March) 47.16

M60

1 E.Thompson (Mansfield RC) 38.10, 2 E.Cooper (Duke St.RRC) 39.41, 3 D.Smith (Kettering) 40.48, 4 P.Parmenter (EVAC) 46.15, 5 G.Webb (Biggleswade) 52.03

M65

1 F.Copping (Ipswich Jaffa) 41.54

M70

1 D.Blyth (C&C) 55.24, 2 R.Batten (Dunmow) 61.47

M75

1 G.Oxbury (EVAC) 51.35

TEAM RESULT

1 Nene Valley Harriers 8:11:12:17 = 48pts, 2 Biggleswade 7:10:20:21 = 58pts, 3 Cambridge & Coleridge 6:9:22:33 = 73pts, 4 Vauxhall Motors 13:14:16:46 = 89pts, 5 Ryston Runners 1:29:30:38 =98pts

## SUBSCRIPTION REMINDER

From The Membership Secretary

All members are due subscription renewal on 1st April 1990 at £3.50. Check your membership card now and pay-up as soon as possible. All members who have not paid by July 1990 will be suspended from the computer records and so will not receive the EVAC newsletter or Veteran Athletics.

Please send a S.A.E. with your renewal to help keep the club solvent. 400 renewals and no SAEs means £45 out of club funds for postage.

No other reminder is sent out so please heed this request. You are informed that 111 persons did not renew their membership since April 1990 and 120 new members joined, so our strength is constant BUT how many of the 111 are unaware that their subs have expired? Get out your card and check or ring me on 0480 61433 and find out if in doubt.

## FIXTURES 1990

| | |
|---|---|
| Sept.2nd | EVAC Half Marathon - Entry Form in this issue. |
| Oct. 7th | BVAF Flying Fox Marathon, Stone, Staffs. |
| Oct.14th | EVAC Marathon, Enter Huntingdon Marathon. |
| Oct.20th | BVAF 20K/10K Walks, Chigwell, noon. £2; P.Worth, 21 Baas Hill Close, Broxbourne, Herts, EN10 7EU. |
| Nov.18th | BVAF Barnsley Veterans 10K Championships. |
| Nov.25th | EVAC 10 Miles Championships. Enter Hadleigh 10. Details included with this newsletter. |
| 1991 | |
| July 18th -28th | World Veterans Championships at Turku, Finland. |
| 1992 | |
| June 26th -4th July | European Veterans Championships at Kristiansand, Norway. |

EVAC HALF MARATHON CHAMPIONSHIP

## Incorporated in THE 8th WISSEY HALF MARATHON

**SUNDAY 2nd SEPTEMBER 1990 AT 11.30 AM**
**AT STOKE FERRY, Nr.KINGS LYNN, NORFOLK**

ENTRY FORM: Use the form on the reverse side of this. Closing date 28th August 1990.

ENQUIRIES: Telephone 0553 841880

Felicity Sperke (159), Angela Smith (143), and Iris Hornsey (170), winners of the W40, W35 and W45 800 metres.

RYSTON RUNNERS
PROMOTION

# 8th WISSEY

# HALF MARATHON

ENTRY FORM PLEASE PRINT
CLOSING DATE FOR ENTRIES 28 AUG. 1990

SURNAME ..... FORENAME .....

D.O.B ___/___/___ SEX M / F AGE ON 2:9:90 .....

ADDRESS.....

.....

..... POST CODE .....

AAA. CLUB .....

E.V.A.C. Y / N EVAC MEM. NO. .....

I AM MEDICALLY FIT TO RUN AND ACCEPT THAT THE ORGANIZING CLUB, ITS MEMBERS AND ASSISTANTS CAN NOT ACCEPT ANY LIABILITY FOR ANY INJURY SUFFERED, OR ANY LOSS, OR DAMAGE TO PERSONAL PROPERTY OR BELONGINGS DURING OR AFTER THE RACE.

*SIGNED*..... *DATE* ___/___/___

CHEQUES PAYABLE TO:- *WISSEY HALF MARATHON, PLEASE ENCLOSE 9X4 SAE. FOR DETAILS.*

ENTRY FEE: £3.50. AFFILIATED £4.00. UNATTACHED

POST TO:-
*THE RACE DIRECTOR, FLATOUT, WORMEGAY, KINGS LYNN, NORFOLK, PE33 0SG.*