THE EASTERN VET

Editor: Ian Vaughan-Arbuckle Number 35 November 1990

EVAC 5000 m Championship 1990

Peter Andrews (82) Doug Hinton (101) Ian Vaughan-Arbuckle (93)
Alan Hughes (106), Felicity Sperke (159)
and the eventual winner Mike Turner (89)

EASTERN VETERAN ATHLETIC CLUB

Committee 1990/91

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	C. Reader (Cath), Pump Cottage, Gayton, King's Lynn, Norfolk PE32 1QJ 0553 86461
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EDITORIAL

I am delighted to have taken over as editor of your newsletter which you will have noticed I have decided to call 'The Eastern Vet'. I hope this modest adjustment meets with your approval.

In accepting the post, I would like to pay tribute to the tireless efforts of my predecessor, Tony Churchill, who I know has given countless hours in producing this excellent production. Thank you Tony.

I have some modest ideas for widening the scope of our newsletter including a regular feature on one of our members. My first choice is Ray Church who recently gained his veteran M40 vest at the home X-C International held at Arnpthill earlier this month. Many congratulations to Ray and Mike Turner (M5 O), who also ran for England, from all Eastern Vets.

On the same theme, I would like to feature one club from the Eastern Counties in each of our issues. Do I have a volunteer guinea pig club?. If so, please give me a ring. Speaking of Eastern Counties, I was amazed to learn that membership of EVAC is open to anyone regardless of where they live. Surely it would make more sense for each of the BVAF affiliated clubs to have designated catchment counties ? Under this idea, EVAC might consist of Bucks, Herts, Beds, Essex, Northants, Cambs, Suffolk and Norfolk.

It goes without saying that I would be grateful to receive contributions from as many members as possible; thoughts on training, race reports, views on running, reminiscences, photographs, cartoons etc. etc. So, don't be shy as I need your help to make this newsletter interesting. It is intended to provide a vital link between us all and you must do your bit to make this work. In future I intend to produce four issues a year in, November, February, May and August.

Finally, as we approach the festive season, may I, on behalf of the entire Committee, wish everyone a very happy Christmas and all good luck in 1991.

FIXTURES 1991

27th Jan.	EVAC Cross Country Championships, Nr. Downham Market. Details from and entries to: Cath Reader, Pump Cottage, Gayton, Norfolk PE32 1QJ (0553 86461).
10th Mar.	BVAF Cross Country Championships, Ampthill Park, Bedfordshire. Entries to David Rose, 42 Woodstock Road, Bedford MK40 4JL (£2.50 - Entries close 26th February 1991).
17th Mar. (Provisional)	BVAF Track and Field Indoor Championship, Kelvin Hall, Glasgow.
24th Mar.	EVAC 10k Championship, Hemingford Grey, Huntingdon. Details in next Newsletter.
14th Apr. (Provisional)	BVAF 5 km Road Championship
5th May	BVAF Walks - 50k men and 20k women, Plymouth.
11th May (Provisional)	BVAF Road Relays, Sutton Park.
16th June	EVAC Track and Field Championship, Ipswich.
23rd June	Brugges 25k and 10k European Vets Road Races. Enquiries to Barbara Dunsford, 71 Hillside Crescent, Harrow, Middx HA2 0QU
18th - 28th July	World Veterans Championships, Turku, Finland. Details from Barbara Dunsford - Address above.
4th Aug.	BVAF 10 mile Road Championship, Owestry.
6th Oct.	BVAF Marathon Championship - Flying Fox Marathone, Stone.
1992	
26th June - 4th July	European Veterans Championships, Kristiansand, Norway.

CHAIRMAN'S CHATTER

Eastern Vets are alive and kicking. You will have seen already that this newsletter has a new look and a new editor. My thanks to Ian for taking on this job. His enthusiasm for E.V.A.C. will undoubtedly shine through and with your assistance in supplying articles and comment the newsletter should really become lively and the life blood of the club.

Lots of things are happening within the club so please read carefully and do your part in helping the club where you can. The membership is growing rapidly but there are still over 100 members who haven't renewed their subscriptions yet. If you are, or know one of them get your cheque book out quick!

As well as Howard Darbon and colleagues hosting the Vets International recently Howard and the E.V.C.A. are also putting on the B.V.A.F. National C.C. in March. If you can't run please offer yourself for a job on the day.

Our cross Country Championships are to be held on 27th Jan 1991 at an exciting new venue at Stowbridge, Norfolk. This grassland course is at a Camping/Leisure Park and is destined for bigger events. The superb 2-3 lap course takes you around lakes and woods and is an excellent spectator site so bring the family. Toilets, showers and refreshments will be available.

You will see details of a new Road Running standards scheme for Eastern Vets and the availability shortly of our own club Vest. We are inviting other Veteran Areas to compete in our Inter-Area match at our 10k championship next year. I would like to see the new vests used properly next year by having a purely Eastern Team in the Inter Area Track Competition.

To help with this I am initiating an Eastern Vets Track League for 1991. Now to enter this your club will have to be a little organised and have its own Vets Section. This is a good way to encourage your Vets to compete together anyway and would be fruitful for E.V.A.C. to have one delegate to represent any club who would monitor affiliations to the Area club and such things as Championship entries. A recent report on Athletics in Norfolk cited this as the biggest potential growth area in the sport. So come on Vets lets get our act together and compete together.

Anyway, back to the track league. I would propose it be a Midweek League (Wednesdays ?) and it consist of four monthly events and a final in September. Men and women can compete, each having their own league, in two general categories. M40 plus (W35 plus) and M50 plus (W45 plus). A meeting would take approx 2 hrs (7 p.m. to 9 p.m. say) and the host club would be expected to administrate it whilst the other participants would all have to chip in with supplying officials and judges. If enough entries are received it could be (and this would be preferable) split into a North and South Area with the first two or three teams from each in the final. I would hope to raise finance either from entries or sponsorship for trophies and medals in the final and area winners certificates.

Each meeting would consist of ten events split into Group A and Group B. Each group contested at alternate meets.

A to consist of: 100m, 400H, 400, 1500, 2k walk SP, JT, HJ, TJ, 4 x 200 Relay (2 0.40 and 2 0.50)

B to consist of: 110H, 200M, 800, 3000, 1m walk, HT, DT, LJ, PV, 4 x 400 relay (2 0.40 and 2 0.50)

As well promoting track Athletics in the area to those who are keen I would hope that clubs will encourage new vets and newbreed runners to take part and see that the track is not necessarily elitist. I would encourage competitiveness but also the idea of taking part and having a go whatever your standard.

Finally, financing the league. If a sponsor cannot be found I would suggest the following. Entry per team to be £30, paid by your club hopefully. The host clubs have to pay for the use of a stadium. So, I suggest 50p per event on the night to assist with this cost. The £30 can then be used for administration of the league, team trophies for the final and medals for 1, 2 and 3 in the finals. Maybe hire of stadium also.

One further rule I would like to implement, entry is open to all clubs in the East Anglia Area. Competitors must however be affiliated members of the E.V.A.C.

My club Ryston Runners are willing to host a meeting on the new all weather track in King's Lynn. How about yours ?

Come on you Vets. Get your vet sections set up within your club and let me have notice of your interest in this great new project.

Entries, comment, suggestions to:
Peter Duhig, 42, Wimbotsham Road, Downham Market, Norfolk PE38 9PE Tel: 0366 388188

THE EASTERN VETERANS A.C. STANDARD AWARDS

Conditions

1. The age category that will apply will be determined by a members age on the date of the event.

2. Only BVAF and EVAC championship events will qualify for awards. XC events are not included in the scheme.
3. The awards will be in 3 grades: Gold, Silver and Bronze.
4. To win an award a minimum of two events must have been completed within Standard times in the same calendar year.
5. Where two events have been completed with different Standards achieved the lower will apply i.e. 10k Silver and Half Marathon Bronze, Bronze will be awarded.
6. Only one award can be won each year.
7. Having won a gold standard members may in following years endeavour to achieve standards in earlier age categories i.e. over 50 runners having achieved a gold may aim for over 45 or Over 40 Standard.
8. The award will be an engraved marble medal block, with EVAC centre, given free of cost.
9. Awards will be presented at the AGM. Members unable to attend should arrange for their award to be collected on their behalf.

Applications and queries to John Tillotson, Tall Trees, Chapel Hill, Brettenham, Ipswich, Suffolk IP7 7PG

QUALIFYING TIMES

MEN

DISTANCE		0.40	0.45	0.50	0.55	0.60	0.65	0.70
10k	G	35.30	37.30	39.30	41.30	43.30	46.00	49.00
	S	38.00	40.00	42.00	45.00	47.30	50.30	53.30
	B	41.30	44.30	47.30	51.00	53.00	56.30	60.00
	G	59.00	1.02.00	1.05.00	1.08.00	1.12.00	1.16.30	1.21.30
10 MILES	S	1.03.00	1.06.00	1.09.00	1.13.00	1.17.00	1.21.30	1.27.00
	B	1.09.00	1.13.00	1.16.00	1.21.00.	1.26.00	1.31.30	1.38.00
HALF	G	1.20.00	1.24.00	1.28.00	1.32.00	1.37.00	1.45.00	1.55.00
MARATHON	S	1.24.00	1.29.00	1.34.00	1.39.00	1.44.00	1.54.30	2.05.30
	B	1.32.00	1.38.00	1.44.00	1.51.00	1.58.00	2.09.00	2.20.30
MARATHON	G	2.56.00	3.03.00	3.11.00	3.21.00	3.31.00	3.46.00	4.07.00
	S	3.11.00	3.21.00	3.31.00	3.41.00	3.56.00	4.11.00	4.30.00
	B	3.36.00	3.51.00	4.06.00	4.24.00	4.46.00	5.00.00	5.20.00

WOMEN

DISTANCE		0.35	0.40	0.45	0.50	0.55
	G	45.00	48.00	51.00	54.00	57.30
10k	S	48.00	51.00	54.30	57.30	1.01.00
	B	54.00	57.00	1.01.30	1.04.30	1.08.30
	G	1.14.00	1.17.30	1.23.30	1.29.30	1.36.00
10 MILES	S	1.19.30	1.23.30	1.29.30	1.35.30	1.42.00
	B	1.28.30	1.33.30	1.39.30	1.46.30	1.54.00
	G	1.39.30	1.44.30.	1.51.30	1.59.30	2.07.00
HALF	S	1.46.30	1.52.30	1.59.30	2.08.30	2.18.00
MARATHON	B	1.59.30	2.05.30	2.13.30	2.23.30	2.35.00
	G	3.31.00	3.43.00	3.58.00	4.15.00	4.35.00
MARATHON	S	3.47.00	4.00.00	4.15.00	4.34.00	4.55.00
	B	4.13.00	4.27.00	4.45.00	5.06.00	5.30.00

G - GOLD, S - SILVER, B - BRONZE

MEMBERS SPOTLIGHT - RAY CHURCH

Ray joined his first athletic club, Oxted and District in 1965. Early success came to him in the Surrey Boys X-C, the Surrey Youths mile and the 1966 Southern Youths mile (4.36.5). In 1973 he got married and moved to Peterborough where he joined Peterborough AC. He has, in the past, won the Eastern Counties 5000m for 2 years; The Beds and Herts track 1500m and 5000m in 1974/75; He held the 5000m Cambridgeshire record (14.57.0) from 1977-90.

In 1977 he became a founder member of Nene Valley Harriers for which club he has held the position of General Secretary since 1980. As a senior man, Ray had the following impressive list of PBs: 400M (53.3), 800m (1.58.6), 1500m (4.00.1), 5000m (14.46.2), 3000m (8.22.0) 3000m SC (9.23.4), 10000m (31.05.00).

Ray Church

In the 'country' he won the Cambs Senior Championship in 1980 and he has finished either 2nd or 3rd in suceeding years. The 1975 Eastern Counties X-C saw him finish in 3rd place. His road PBs are: 5 miles (23.49), 10 miles (50.05), ½ Marathon (66.19), 15 miles (78.35), 20 miles (1.50.28), Marathon (2.45.20). As a senior he represented Surrey, Beds and Hunts, Cambs AAA and the Eastern Counties. When asked about his training and racing in the last year or so Ray said "Prior to becoming a Veteran I found I hit a good spell of form last Autumn, and I found myself running better than I have for a couple of season's. I did think about raising my training but due to a heavy racing programme I found it difficult to get more than 50 miles per week. Turning 40 on 16th December, 1989, my first race as a vet was the Grantchester 5, I hoped for a really fast time, however on the day the wind blew gale force and any hope I had to a good start went out the window. I ran 26.05. My next race was our Club Championship Cross Country Race and a guesting Mike Nelson (V45) out kicked me at the finish. As I had as a Senior been beating Mike by over a minute, I wondered where my form was. The following week at the Eastern Counties Mike did it again. I therefore went into the Eastern Vets Race on a bit of a down, but managed to win from Peter Duhig by about a hundred metres. I then went down with a cold and next raced the National, which is the one race not to go into unless your in good shape. I had my worst ever run and finished in 443rd place".

"In the National Vets X-C I started badly, fell further back, but after about 1½ mile I started to run through the field. From about 40th I worked my way through the field to finish a respectable 11th. By early April I was back to form. In the Southern 12 Stage Relay I ran a fast 5.3 mile leg in 26 min 44 sec. 3rd place in the Eastern Counties 5th track champs 15 m 41.5 confirmed my return to form.

Good form continued when on 13th May I ran 68.19 sec in the Great Eastern Run behind Mike Hurd who finished in 67.58 sec. After this race I settled into my normal routine running for my club in the County Championships and Southern Leagues."

In his first year on the track as a vet Ray has the following bests 1500m (4m 12.3) 3,000m (8m 57.7), 5000m (15.07.0), 10,000M (31.40.8). On the road his bests are 5 mile (25.02), 10m (53.18), ½ marathon (68.19), 10k (31m 45.0).

As reported elsewhere in this newsletter, Ray's good form in his first year as vet was rewarded with an England Vest at the Home Counties International held earlier this month.

KEEPING CONTACT - A year in Race Walking By CATH READER

It was in the Barnsley 10k in November 1988, approaching the 4 mile marker (why do we still mark 'K' races in miles?) in under 24 minutes that I sustained the injury which put paid to my running career.

So, what to do ? I am a 'hyperactive child' and didn't see myself in my armchair with my knitting, so I quipped, "Oh well, I'll just have to walk faster, won't I?" That did it. My irrepressible coach immediately contacted everybody in Race Walking that he could locate. In June 1989 I tried my first 'Race' just three months after the operation, covering 3k on the Woodford track, in 17½ minutes. I managed to get a minute off this time over the next couple of months, then decided that, as I became a Vet in October '89, I'd join the Vets and try my first BVAF Race. This ended up being the 10k National Championship at Birmingham which, to most people's surprise (except my coach's - he's a very confident chap!), I won.

I have since then tried out a range of distances, from 3k (including the Indoor Championships at Cosford for which my time has been submitted for World Record Ratification) to 20k (BVAF Championship in Essex earlier this year) and events, both track and road, from the inaugural track meeting at the new all-weather track in Norwich where I was sole competitor to the recent European Vet Championships in Budapest where I managed silver medals in both women's walks.

Before I walked I either disregarded walking entirely or looked on it with benign amusement. Now those who laugh at and mock " the wiggle" cause me some annoyance because I know the effort that goes into achieving an efficient walking style. I reckon it's harder than running, both mentally and physically. You have to train for longer, in terms of time to cover the distances you need for a good strength and stamina basis (I reckon on a 2:1 ratio walking to running - i.e. two thirds my former running distance in the same time walking: I reckon on half as long again in terms of time to cover the same distance) and it's much more technical.

I still think I've a long way to go before I am a walker, by which I mean that running is still 'it' for me; but walking has one major advantage over running - I can do it. It causes less wear and tear on the knees and joints in general and requires and results in much better overall conditioning, strength and flexibility. The two fundamental rules - foot contact to be maintained at all times and supporting leg to be straight ("locked out") - may take a bit of practice, but it's turned out to be a rewarding and productive switch for me. I'd like to see a lot more athletes try it, even if just to score a point in club area matches.

My coach, better known to most as a prolific runner of marathons, half marathons, 10 miles, 10k and latterly 1500ms and 800ms, was at a track meeting recently, this team needed someone to do the 2k walk, for the points, so he volunteered on the grounds that he, theoretically anyway, knew something about it. He clocked an impressive 10.05, but later found he had been disqualified. When he asked "what for" ? the reply was "everything, basically you were running". And one spectator, himself an ex-walker, had wondered why the officials were letting a runner warm up on the track for the 3000m while the walk was in progress . . . !

Cath's Coach - demonstrating how not to do it!

Thanks Cath for a most interesting article. You have done marvelously well in your 'new' sport but there is still much to be achieved. What about an England vest at Senior level ?

Ed.

EASTERN VETERANS ATHLETIC CLUB

13th Annual 10000 metres Mens Cross Country Championships
(Under ECCU Rules)
11th Annual 5000 metres Womens Cross Country Championships
(Under WCC and RRA Rules)

to be held at

Woodlakes Caravan Park, Holme Road, Stowbridge,
Nr. Downham Market, Norfolk

on Sunday 27th January, 1991 starting at 1.30 p.m.

Course: Accurately measured. Flat, fast, scenic parkland. Ample parking. Excellent for spectators.

Conditions: The Championships will be run as one race.
To be eligible for awards, competitors must be members of EVAC by 9th January, 1991.
Entries close 23rd January, 1991. NO ENTRIES AFTER THIS DATE.
Non EVAC members are welcome to compete as guests.

Awards:

Individuals: The Tony Simmonds Trophy for the first man. The Gateway Building Society Trophy for the first woman.
Medals will be awarded in the standard 5 year age groups (M40, M45, M50, M55, M60 plus and W35, W40, W45 and W50 plus). One medal will be awarded for 2-4 entries, two medals for 5-9 entries and three medals if there are 10 or more entries in each age category. In the event of there being insufficient entries in a 5 year age group, those entries will combine with the ten-year group e.g. less than 2 entries in M55 will combine with M50.

Teams: Mens Teams: M40-49 four to score, over M50 3 to score.
Womens teams: 3 to score any age.
Winning team trophies and medals will be awarded.
Clubs must declare the number of teams entered prior to the event, on race day.
Only first claim members may run for a team.
Male Competitors over 50 may be included in either age group but in one only.
Team scoring will be determined by team captains presenting finishing discs to Race Control at the end of the event.

Entries: To be made to the Race Secretary, Miss Cath Reader, Pump Cottage, Lynn Road, Gayton, Norfolk PE32 1QJ (0553 86461) on the Entry Form elsewhere in this magazine. Entry fee £1.50.

ENTERED 10/1/91

PETER DUHIG reports on THE BVAF NATIONAL WOMEN'S 10k ROAD WALKING CHAMPIONSHIPS at CHIGWELL on 20/10/90

An autumnal morning turned into a springlike day for Ryston's Cath Reader as she travelled to Chigwell in Essex to defend the 10k National Veterans' title that she won in such impressive style a year ago. Then a rank outsider who surprised the favourite, this year she went to the start line with 5 titles to her name, joining the previous holder who was in great form and determined to regain the title snatched from her 12 months ago.

All eyes were fixed on the battle to come over the tough, hilly 4-lap course, centred on the Metropolitan Police College.

As the gun went, the two favourites stormed off, and had soon left the rest of the field for dead. Gill Trower had the psychological advantage with two wins over Cath since last year's 10k and went into an early lead. At the end of the first lap, covered in 12 mins 20 secs, she had a 16 second lead over an obviously struggling title holder. By the end of the second lap, Cath had settled into her walking and was staring to try and whittle down a 30 second lead. The amazing sub-50 early pace had the steam taken out of it by the hilly course. The question was who would suffer the most from the early effort; the in-form Trower or the never-say-die Reader. Both women looked comfortable as they swept on into the third lap, walking with excellent style. By the end of it the course was leaving its mark on their faces as they grimaced up the hill to start the fourth and final lap. Number three had been a good one for Cath. Her gutsy walking had pulled her to within 13 seconds of Gill Trower, but there was still a lot of ground to make up, and only 2.5k to do it in. Storming down the hill at the back of the course she got to withing 2/3 yards of the leader before losing the initiative to an uncompromising stomach. Trower was away again, but the strain was written all over the face as she tried to increase the gap again on Chigwell Rise. Shaking off the effects of the uncooperative stomach, Cath took up the chase again and got to within two metres once more as they marched up the steep incline to the college entrance. Trower kicked again, looking certain to retain her small lead with only 500 metres to go, but Cath wasn't to be shaken off so easily this time. As they rounded the bend into the finishing staight the Ryston walker dug deep and passed the desperate challenger with a brilliant sprint finish over the last 200 metres that took 5 seconds out of the despairing Trower.

Another marvellous piece of competitive walking saw Cath retain her title in 53 minutes 16 seconds - 76 seconds off her best time for the distance. This over such a challenging course, suggests still more to come. Trower also did a best time ever for 10k, so wasn't so despondent at being beaten.

Congratulations to both women for such a great race. It's 2 all now, so here's to the next match between these two great rivals.

CORRESPONDENCE

YOU ARE NEVER TOO OLD TO ACHIEVE !!!

I received a letter recently from a gentleman member of our Eastern Vets with no other intention than to let me know he had achieved what he and I had spoken about some months previous. I take the liberty to publish the 'meat' of the letter to show OLD TIMERS male and female that you can get those results if you work for them !!

The quest was to run the DIAMOND Standard in the tough time schedules over distances from 5 mile to the marathon devised by EVAC member John Tillotson, and utilized by Ipswich Jaffa Club to encourage their members to try for Bronze, Silver, Gold or Diamond awards. The times to be beaten and the times achieved read as follows:

	TARGET	RESULT	VENUE
5 MILE	35m 30s	34m 10	Ipswich
10k	44m 30s	43m 11	Bildeston
10 mile	73m	71m 54	Ipswich
½ Marathon	1hr 37m	1hr 30m 40s	Reading
15 mile	1hr 52m	1hr 47m 52s	Ipswich
20mile	2hr 34m	2hr 33m 4s	Bury
Marathon	3hr 30m	3hr 25m 40s	London

"I could achieve all of those times" you are thinking ! - I agree. I could (although the ½ marathon is only 40 secs slower than my best so far this year) but I am only 52, those times were achieved by a 65 year and in a space of 5 months, February 90 to July 90.

"My hat is raised to you Frank Copping of Ipswich Jaffa !!" You are an inspiration to us all. Long may you wear your running shoes.

Hugh Earnfather

The European Veterans Championships, Budapest July 1990
The Marathon Start - Recognise Anyone?

CLUB 'SHORTS'

It is intended to produce an EVAC running vest and T Shirt at a cost of £5.50 each. The vest is white with a red, white and blue hoop around the upper chest with an E in red in the centre of the white band. The design of the T shirt will be similar. Delivery of a limited stock is expected in the near future. Orders to the Treasurer please.

... ...

Memo to Hugh Barnfather from Cath Reader - Thanks for all the compliments in the last issue Hugh, from all of us hardworking members of RYSTON RUNNERS and especially for putting the score right in our name.... BUT, when I told you that RYSTON rhymes with piston, I wasn't actually spelling it like that.....!

... ...

Club subscriptions for 1990/91 are now overdue. Those members who have not yet paid send £3.50 to the Membership Secretary without delay. Thanks.

... ...

On the subject of subscriptions, the committee has decided that it might be easier for all concerned if the club were to introduce a Standing Order scheme for membership. If you have any views on this proposal, please let the Treasurer have them. If not, be prepared to hold your peace.

... ...

The Club AGM will be held after the 10k Championship to be held at Hemingford Grey on 24th March, 1991. Any proposals to the Secretary, Ted Butcher, in due course please. One matter which will need to be aired is the annual subscription which will almost certainly have to be increased to £5.

... ...

We are seeking venues for the 1991 10 mile, ½ marathon and marathon championships. Any club prepared to stage any of these events should contact Ted Butcher as soon as possible please.

New British Record for Jo

★ Jo Ogden, Thurrock Harris, 63 years young stormed solo to an amazing 14.6 secs 10 metres at the Palmers Park Meeting, Reading on 7th October 1990. Due to the unpredictable win on that day, we await the official recognition of a new British Record. Whatever the outcome, well done Jo from all your fellow Evets.

... ...

We have just heard that Hugh Barnfather is off to the Gulf with the RAF. Take care and every good wish Hugh. During Hugh's absence, Tony Churchill has agreed to stand-in as Membership Secretary. Tony's address is on the inside cover.

... ...

EVAC RESULTS

BVAF ½ MARATHON CHAMPIONSHIPS-Southampton 19th August 90

Name	Club	Cat Posn	Race Posn	Time
M40				
Tony Saunders	Granta H	17	23	73.40
Russ Arnold	Granta H	19	26	74.11
Vic Holman	Granta H	25	34	75.08
Granta 4th Team 83 points				
M45				
Colin Holmes	Vauxhall Motors	10	38	75.20
M50				
Peter Andrews	Duke St RR	2	35	75.15
Mike Turner	Liverpool Harriers	3	56	77.32
Gerald Marsden	Newmarket Joggers	6	64	78.43
M60				
Alan Hughes	Notfast RRC	1	77	80.10
Edward Thompson	Mansfield RC	4	128	85.05
Ted Cooper	Duke St RR	6	152	88.09
W40				
Felicity Sperke	Redhill RR	2	112	83.32

BVAF MARATHON CHAMPIONSHIPS - Stone - 7th OCTOBER 90

(Full results not yet available)

M45				
Roger Wadeley	Biggleswade AC	2	-	2.40.37
W40				
Felicity Sperke	Redhill RR	1	-	3.00.28

AAA VETERANS 10k CHAMPIONSHIPS - Barnsley, 18 November, 1990

M40				
Ray Church	Nene Valley H	14	15	32.43
Peter Duhig	Ryston Runners	21	24	33.03
Jim Smith	Corby AC	24	29	33.28
M45				
Simon Noble	Diss AC	-	23	38.33
M50				
Graham Bowman	Diss AC	5	88	35.45
M60				
Eddie Thompson	Mansfield AC	-	243	38.57
Tony Hughes	Notfast RRC	-	334	40.34

IPSWICH JAFFA RACES - May 1990

A very well presented set of results received from Clive Sparkes with average mile times shown in an impressive computer print out. I have restricted the best of the EVAC members results which are as follows:

5 Mile

M45	2nd	Gerald Marsden	Newmarket Joggers	28m 22s
	4th	Graham Goodenough	Colchester	30m 59s
M50	2nd	Patrick Lusard	Ipswich Jaffa	28m 51s
	3rd	Mike Turner	Liverpool H	28m 57s
M60	1st	Patrick Parmenter	Bildeston Boinders	36m 20s
M70	1st	Dave Blyth	Cambs Colridge	46m 09s
W45	1st	Eve Gough	Newmarket Joggers	38m 15s

10 mile

M40	3rd	Clive Sparkes	Ipswich Jaffa	59.04s
M45	2nd	Roger Spinks	Bildeston Boinders	69m51s
M50	1st	Peter Andrews	Duke St. Runners	55m56s
	2nd	John Burrough	Ipswich Jaffa	62m51s
M55	2nd	Brian Allen	Colchester & Tendring	64m15s

15 mile

M45	2nd	Brian Kew	St. Edmund Pacers	1.30.59
M50	1st	Peter Gereham	Wymondham Joggers	1.32.54
	2nd	David Jacques	Norwich Road Runners	1.35.32
M55	1st	John Hutson	Duke St. Runners	1.49.50
	2nd	Walter Turner	Ipswich Jaffas	1.54.39
M60	1st	John Tillotson	Hadleigh Hares A	1.44.17
	2nd	Frank Copping	Ipswich Jaffa	1.47.52
W40	2nd	Veronica Manley	Diss AC	1.40.20
	3rd	Sarah Gould	Ipswich Jaffa	1.45.39

EVAC MARATHON CHAMPIONSHIPS - 14th October, 1990

Regrettably a disappointing turn out for the Club Marathon Championship. I am aware the "Marathon Boom" has faded and "London" is "seemingly" the be all and end all for all marathon runners, but a good marathon course, in between London marathon time and yet only 3 males and 1 female entered and completed the race. There were 2 male entries who would have finished 2nd and 1st in their class but were not in date with their subscriptions so were ineligible for the awards.

M40	1st	Tony Saunders	Granta Harrier	2hr51m21
	2nd	Richard Whiteman	Bedford Harriers	3hr26m36
M45	1st	John Turner	Ely Runners	3hr29m25
M55	1st	Laurie Walshe	Bedford & County AC	3hr00m50
W35	1st	Gillian Holmes	March AC	3hr56m33

EVAC 10 MILE CHAMPIONSHIP 25 NOVEMBER 1990

On a truly magnificent November morning about 500, runners including 90 EVAC members, set off to tackle the very demanding Hadleigh Hares 10 mile course. The EVAC race 'up front' developed into a dual between Henry Emmerton and our Chairman Peter Duhig with Henry running out a decisive winner. Vic Holman finished 3rd in the 'youngsters' category. Mike Nelson and George Marsden both had excellent runs to win the M45 and M50 categories respectively. The M55 and M60 winners were M. Ball and J. Batham.

In the womens' race Felicity Sperke and Pamela Jones both had a fine race to finish 2nd and 4th overall, and each winning their respective EVAC categories. In the men's team championship, Vauxhall Motors surprised the favourites Granta and were worthy winners.

RESULTS

MEN

Place		Name	Club	Cat	Min	Sec	EVAC Standard
EVAC	Overall						
1.	2	H. Emmerton	Colchester and Tendring	M40	53	10	Gold
2.	6	P. Duhig	Ryston Runners	M40	54	44	Gold
3.	8	V. Holman	Granta Harrier	M40	55	18	Gold
4.	15	A. Daglish	Vauxhall Motors AC	M40	56	16	Gold
5.	17	M. Nelson	Cambridge & Coleridge	M45	56	26	Gold
6.	18	T. Saunders	Granta Harriers	M40	56	29	Gold
7.	22	M. Turner	Ipswich Jaffa	M40	57	11	Gold
8.	25	P. Lee	Cambridge & Coleridge	M40	57	33	Gold
9.	27	R. Arnold	Granta Harriers	M40	57	44	Gold
10.	29	G. Marsden	Newmarket Joggers	M50	57	49	Gold
11.	30	D. Haughney	Vauxhall Motors AC	M50	57	53	Gold
12.	32	R. Wadeley	Biggleswade AC	M45	58	10	Gold
13.	33	G. Skrimpton	London Road Runners Club	M40	58	11	Gold
14.	36	R. Brett	Vauxhall Motors AC	M45	58	17	Gold
15.	37	E. Sparkes	Ipswich Jaffa	M40	58	17	Gold
16.	39	R. Mawer	Lowestoft AC	M50	58	21	Gold
17.	40	D Turner	Liverpool Harriers	M50	58	25	Gold
18.	52	M. Clears	Thetford AC	M40	59	56	Silver
19.	58	I. Vaughan-Arbuckle	Ryston Runners	M50	59	57	Gold
20.	62	P. Goreham	Wymondham Joggers	M50	60	15	Gold
21.	74	P. Crisp	Thetford AC	M40	60	59	Silver
22.	77	P. Lusardi	Ipswich Jaffa	M50	61	27	Gold
23.	78	G. Chares	Vauxhall Motors AC	M50	61	30	Gold
24.	85	P. Hutchinson	Biggleswade AC	M45	62	3	Silver
25.	87	N. Bush	Biggleswade AC	M40	62	6	Silver
26.	89	M. Bishop	Hallstead Road Runners	M40	62	9	Silver
27.	91	B. Hempstead	Eastern Vets AC	M45	62	20	Silver
28.	92	P. Seeley	Duke Street Road Runners	M40	62	22	Silver
29.	100	J. Burroughs	Ipswich Jaffa	M50	62	51	Gold
30.	101	R. Wilkinson	Ipswich Jaffa	M40	62	58	Silver
31.	107	H. Haddock	Duke Street Road Runners	M40	63	30	Bronze
32.	108	M. Wade	Ryston Runners	M40	63	41	Bronze
33.	110	M. Ball	Springfield Striders	M55	63	47	Gold
34.	111	P. Cotton	Cambridge & Coleridge	M40	63	51	Bronze
35.	115	J. Rogers	Granta Harriers	M40	64	7	Bronze
36.	116	M. Mistowski	Ipswich Jaffa	M40	64	7	Bronze
37.	118	D. Starland	Duke Street Road Runners	M45	64	11	Silver
38.	125	T. Garland	Redhill Road Runners	M40	64	28	Bronze
39.	134	J. Cartwright	Ryston Runners	M40	64	48	Bronze
40.	136	C. Maughan	Vauxhall Motors AC	M45	64	58	Silver
41.	141	L. Walshe	Bedford Harriers	M55	65	12	Gold
42.	146	D. Hall	Ipswich Jaffa	M40	65	25	Bronze
43.	150	P. Howard	Cambridge & Coleridge	M45	65	36	Silver
44.	158	R. Spinks	Bicdesion Bounders	M45	65	53	Silver

45	161	T.C. Smith	Newmarket Joggers	M50	66 3	Silver
46	163	T. Chittock	Ipswich Jaffa	M50	66 5	Silver
47	165	B. Allen	Colchester & Tendring AC	M55	66 9	Gold
48	167	T. Cameron	Vauxhall Motors AC	M45	66 16	Bronze
49	184	T. Pellmer	Vauxhall Motors AC	M55	67 16	Gold
50	186	G. Goodenough	Colchester Joggers	M45	67 28	Bronze
51	187	R. Ibson	St. Albans Striders	M50	67 33	Silver
52	188	D. Page	Thetford AC	M45	67 38	Bronze
53	190	T. Birch	Duke Street Road Runners	M55	67 43	Gold
54	191	G. Gims	Cambridge & Coleridge	M55	67 44	Gold
55	197	M. Taylor	Biggleswade AC	M45	68 4	Bronze
56	198	J. Batham	Stapeley Striders	M60	68 6	Gold
57	213	H. Bantfather	Granta Harriers	M50	68 38	Silver
58	215	P. Hough	Vauxhall Motors AC	M50	68 40	Silver
59	238	R. Blackwell	Eastern Vets AC	M60	69 48	Gold
60	251	M. Smith	Ipswich Jaffa	M40	70 23	-
61	259	M. Wright	Duke Street Road Runners	M45	71 4	Bronze
62	269	R. Wolfaston	Ryston Runners	M40	71 25	-
63	281	A. Clarke	Thetford AC	M45	72 22	Bronze
64	291	J. Gillham	Great Yarmouth AC	M60	72 58	Silver
65	292	G. Smith	Kettering Town Harriers	M60	73 2	Silver
66	306	B. Chatten	Eastern Vets AC	M50	74 5	Bronze
67	317	E. Foxley	Eastern Vets AC	M60	74 45	Silver
68	319	F. Dobson	Hertford & Ware AC	M65	74 55	Silver
69	328	E. Snow	Ipswich Jaffa	M40	75 3	-
70	335	J. Weir	Harwich Runners	M50	75 51	Bronze
71	337	W. Turner	Ipswich Jaffa	M55	76 4	Bronze
72	339	L. Mathieson	Colchester Joggers	M40	76 24	-
73	358	F. Copping	Ipswich Jaffa	M65	77 16	Silver
74	389	J. Blundell	Colchester Joggers	M55	80 1	Bronze
75	393	G. Phipps	Leamington AC	M60	80 12	Bronze
76	394	B. Coxall	Granta Harriers	M50	80 15	-
77	419	A. Nye	Serpentine Runners	M60	83 23	Bronze
78	425	N. Acland	Eastern Vets AC	M45	83 47	-
79	459	J. Moffat	Eastern Vets AC	M60	89 8	Bronze
80	475	R. Gibbons	Duke Street Road Runners	M50	94 10	-
81	486	R. J. Batten	Dunmow Phidippides	M70	120 0	Gold

WOMEN

1	2	Felicity Sperke	Redhill Road Runners	F40	64 28	Gold
2	4	Pamela Jones	Halstead Road Runners	F45	67 40	Gold
3	14	Ruth Britton	Ipswich Jaffa	F40	74 07	Silver
4	15	Sandra Bernthal	Hadley Hares	F35	74 45	Silver
5	22	Eva Gough	Newmarket Joggers	F45	77 05	Gold
6	24	Eva Osborne	Wymondham Joggers	F50	77 12	Gold
7	40	Jill Wright	Ipswich Jaffa	F35	82 56	Bronze
8	47	Sue Read	Springfield Striders	F45	85 39	Silver
9	67	Carol Gibbons	Duke Street Road Runners	F50	93 00	Silver

TEAMS - MEN

First	Vauxhall Motors	42 pts
Second	Granta Harriers	53 pts
Third	Ipswich Jaffa	65 pts

EVAC ½ MARATHON CHAMPIONSHIPS 2nd September, 1990

The EVAC ½ Marathon Championship was held within the WISSEY ½ Marathon over the same course as the BVAF Championships in 1989.

Once again a superbly organised race by the RYSTON RUNNERS led by Race Director, Peter Duhig and Race Secretary, Cath Reader, both of whom sported yellow sweat shirts with Race Director and Race Secretary respectively on the front and a motto on the back: Peter - "It's all my fault" and Cath: "I work under the Race Director" - surely not all the time Cath!! (They say "Variety is . . .")

Hugh B

RESULTS

W35	Gillian Holmes,	March AC	125m 50s
W45	Christine Constable,	Mansfield R.C.	113m 25s
W50	1. Eva Osborne	Wymondham Joggers	110m 31s
	2. Sue Read	Pitsea RC	115m 05s
M40	1. Peter Duhig	Ryston Runners	72m 48s
	2. Jim Smith	Corby AC	74m 09s
	3. Patrick Pawson	NVH	76m 07s
	4. Vic Holman	Granta Harriers	76m 34s
	5. Tony Saunders	Granta Harriers	77m 33s
	6. Micheal Clears	Thetford AC	82m 29s
	7. John Rogers	Granta Harriers	85m 08s
	8. Mick Weston	Ryston Runners	88m 44s
	9. Phillip Crisp	Thetford AC	89m 16s
	10. Harry Collins	Fakenham Runners	91m 56s
	11. Bruce Thornton	Ryston Runners	92m 53s
	12. John Hall	Mansfield RC	94m 53s
	13. Ray Wollaston	Ryston Runners	97m 32s
M45	1. Brian Kew	St. Edmund Pacers	78m 03s
	2. Georgia Garafalo	Bedford and County AK	79m 58s
	3. John Turner	Ely Runners	85m 27s
	4. John Hipkin	Ryston Runners	86m 58s
	5. Peter Howard	Cambs & Coleridge	93m 06s
	6 David Page	Thetford AC	98m 45s
	7. Bob Cathmoir	Colchester Joggers	106m 30s
	8. David Briars	EVAC	128m 15s
M50	1. Peter Andrews	Duke St. R.Runners	76m 45s
	2. Gerald Marsden	Newmarket Joggers	78m 28s
	3 Tony Thomas	Colchester & Tendering AC	80m 10s
	4. Peter Goreham	Wymondham Joggers	80m 59s
	5. Ian Vaughan Arbuckle	Ryston Runners	84m 57s
	6. Keith Vernon	Mansfield RC	93m 59s
	7. Roger Gibbons	Duke St. RR	94m 15s
	8. Hugh Barnfather	Granta Harriers	94m 57s
	9. Thomas Smith	Newmarket Joggers	95m 06s
	10. Eric Yates	Bedford & County AC	106m 38s

EVAC REPRESENTATIVE RESULTS AT THE INTER AREA MATCH - SOLIHULL. 12th August, 1990

HURDLES

100m Women

3. V. Doggett 20.0

100m Men 50 plus

3. M. Watson 19.0

110m Men 'B'

2. G. Long 18.2

100 METRES

Women 45 plus

2. J. Towler 14.7

Women

5. V. Doggett 14.7

Men 50 plus

4. D. Brock 13.3

6. M. Watson 13.4

Men

4. S. Mee 12.4

800 METRES

Women

45 plus

3. I. Hornsey 2;37.1

Women

4. A. Smith 2;28.7

Men 50 plus

2. A. Churchill 2;18.2

Men

1. P. Duhig 2;05.3

400 METRES

Women 45 plus

4. J. Towler 69.4

Women

4. V. Doggett 66.4

Men 50 plus

5. A. Churchill 61.3

Men

7. R. Capliss 58.3

1500 METRES

Women 45 plus

4. I. Hornsey 5;22.2

Women

3. A. Smith 5;13.4

Men 50 plus

1. P. Andrews 4;41.2

Men

3. M. Laynes 4;17.7

2000 METRES WALK

Women 45 plus

5. M. Holmes 12;54.0

Women

1. C. Reader 10;24.0

Men

3. P. Duhig 11;30.2

M55	1. Laurie Walshe	Bedford Harriers	84m 51s
	2. Roger Carew	Bedford & County Ac	87m 31s
	3. Malcolm Ball	Pitsea	88m 23s
	4. Brian Allen	Colchester & Tendring	90m 13s
	5. Walter Turner	Ipswich Jaffa	105m 31s
M60	1. Eddie Thompson	Mansfield RC	86m 42s
	2. Ted Cooper	Duke St. RR	89m 44s
	3. Fred Masters	Ipswich Jaffas	98m 53s
	4. Eric Foxley	EVAC	102m 25s
	5. Jack Batham	Stopsley Strides	112m 36s
	6. James Moffat	EVAC	117m 04s

Teams (4 to count) Aggregate Times

1st	Ryston Runners	Peter Duhig, Ian Vaughan-Arbuckle, John Hipkin, Mick Weston	333m 27s.
2nd	Granta Harriers	Vic Holman, Tony Saunders, John Rogers, Hugh Barnfather	334m 12s

200 METRES

Women 45 plus
3. J. Towler 29.9

Women
5. V. Doggett 30.7

Men 50 plus
5. M. Watson 27.7

Men
5. S. Mee 24.9

3000 METRES

Women
2. A. Smith 10:57.1

Women 45 plus
4. I. Hornsey 12:36.3

Men 50 plus
3. P. Andrews 9:57.2

Men
1. H. Emmerton 8:48.1
5. P. Duhig 9:30.2

FIELD EVENTS

HAMMER

Women
2. R. Wallace 23m16

Men 50 plus
4. P. Hallett 26m38

Men
5. I. Murphy 35m26

HIGH JUMP

Women
2. S. Dodson 1m30

Men
4. G. Long 1m50

TRIPLE JUMP

Women 45 plus
4. M. Holmes 6m71
6. I. Hornsey 5m94

Women
3. S. Dodson 8m57

Men
7. G. Long 10m31

SHOT

Women 45 plus
5. M. Holmes 6m08

Women
3. R. Wallace 9m89

Men 50 plus
2. P. Hallett 11m83

Men
7. I. Murphy 10m99

DISCUS

Women 45 plus
5. M. Holmes 15m34

Women
3. R. Wallace 27m44

Men
5. P. Hallett 34m46

JAVELIN

Women 45 plus
3. M. Holmes 18m80

Men 50 plus
5. D. Brock 20m62

Men
3. C. Lawson 38m22

POLE VAULT

Men
5. J. Clarke 2m30

LONG JUMP

Women 45 plus
4. M. Holmes 3m27

Women
4. S. Dodson 4m40

Men 50 plus
5. D. Brock 4m05

Men
6. G. Long 4m62