THE EASTERN VET

Editor: Ian Vaughan-Arbuckle Number 36 February 1991

Ted Butcher (left) about to start the EVAC Cross Country Championships 1991

EASTERN VETERAN ATHLETIC CLUB

Committee 1990/91

Chairman: P.F. Duhig (Peter), 42 Wimbotsham Road, Downham Market, Norfolk, PE38 9PE. (0366) 388188

Hon. Secretary: E.C. Butcher (Ted), 26 Rycroft Avenue, Deeping St James, Peterborough, PE6 8NT. (0778) 345062

Hon. Treasurer: J. Clarke (John), 2 Crawley Road, Cranfield, Bedfordshire, MK43 0AB. (0234) 751445

Hon. Membership Sec: H. Barnfather (Hugh) MBE, 6 St Audrey Close, St Ives, Huntingdon, Cambs., PE17 4NP. (0480) 61433

Committee Members:

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

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

I. Hornsey (Iris), 54 London Road, Harston, Cambridge, CB2 5QJ. (0223) 870464

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

I.M. Vaughan-Arbuckle (Ian), Rose Cottage, Fincham, Norfolk, PE33 9HF. (03664) 426

EDITORIAL

I have to admit to being somewhat disappointed with my first issue of the Eastern Vet. The general layout could have been better, there were a number of copy inaccuracies and, worst of all, I failed to acknowledge the fact that Alan Hughes and Doug Linton had also represented England at M60 in the Home International at Ampthill where Alan came 1st and Doug was 3rd team scorer. Abject apologies to you both and anyone else I may have offended. Of course, the other side of this particular coin is that I can only be as good as the info I receive so ...!

Conversely, some people have been kind enough to both write and phone with positive comment, which is much appreciated, as is any comment for that matter. It was a great lift to get a letter from Bill Taylor the BVAF Chairman who, as you will see, is a founder member of Eastern Vets. What an interesting document the 1st Minutes is illustrating, as it does, the tremendous service given to the club by Ted Butcher and Ted Saberton. Talking of Ted Butcher, you will see elsewhere that he has decided to stand down at the forthcoming AGM, as Club Secretary, after nearly 13 years in office. He has been the epitome of all that is good in athletics: he is devoted to the sport and unstinting in his efforts to serve his club, Eastern Vets. He will be a hard 'act' to follow but there is a most important job to be done by someone in the Club. So come on, why not put something back into your sport by putting your name forward at the AGM? On behalf of everyone, may I thank you Ted for all you have done: you will be greatly missed.

Winter is the time for injuries so beware and remember: Train don't strain, stretch, warm up and warm down, don't race too often, rest when you need to and don't be a slave to high mileage in training. And, if you do get injured, be sensible and don't come back too soon: Time is the best healer. Until next time good luck and good running.

Ian Vaughan-Arbuckle

X-C Championships 1991 - The leaders Duncan Overton, Mike Nelson and Dave Laynes

CHAIRMAN'S CHATTER

Here's hoping you all had an excellent start to the year, not like yours truly who has been side-lined for a couple of months.

Unfortunately, I had to miss the X-C Champs but distracted myself by helping with the course. Congratulations to all our new champions who had good but cold conditions to run in. The next EVAC promotion is our 10k Championship at Hemingford Grey on 24th March.

Within this event I have instigated a Veteran Inter-Area/Club Match with medals for the winners of the M40, M50+ and W35+ categories and a Challenge Trophy for the Club with the best average time from all 3 categories.

The interest and response from the other Veteran Clubs has been excellent and we in EVAC may have up to five other clubs to compete against.

Selection for the EVAC teams was made by me based on Road & Cross Country performances over the last six months: M40 - 6 to count, M50+ - 4 to count, W35+ - 3 to count. The names are listed elsewhere subject to confirmation by the people in question.

Please cheer on the visiting teams as well as the EVAC ones. DON'T FORGET THE AGM AFTER THE EVENT.

The response to my track league idea has been fairly slow. Predictably Bedford & County have been in touch, leading the way with their Track Grand Prix, also Cambridge & Coleridge A.C. We need others to jump in at the deep end if we are to make a go of it. Come on, surely your club can do something! It does mean a bit of commitment but I assure you it is enjoyable work and if you can only get these old Road Runners on to the track once they will be hooked.

Good Athletics and Keep Fit!

Peter Duhig

EASTERN VETERANS ATHLETIC CLUB

10km Road Championships (Men & Women)

incorporating

The First Veteran Inter Club 10k Challenge

to be held at

Hemingford Grey, Huntingdon

on Sunday, 24th March, 1991 starting at 11.00 a.m.

Course: Accurately measured. Flat, fast, 3 laps. Changing at Hemingford Grey House (Women) and Hemingford Memorial Playing Fields (Men). See map overleaf.

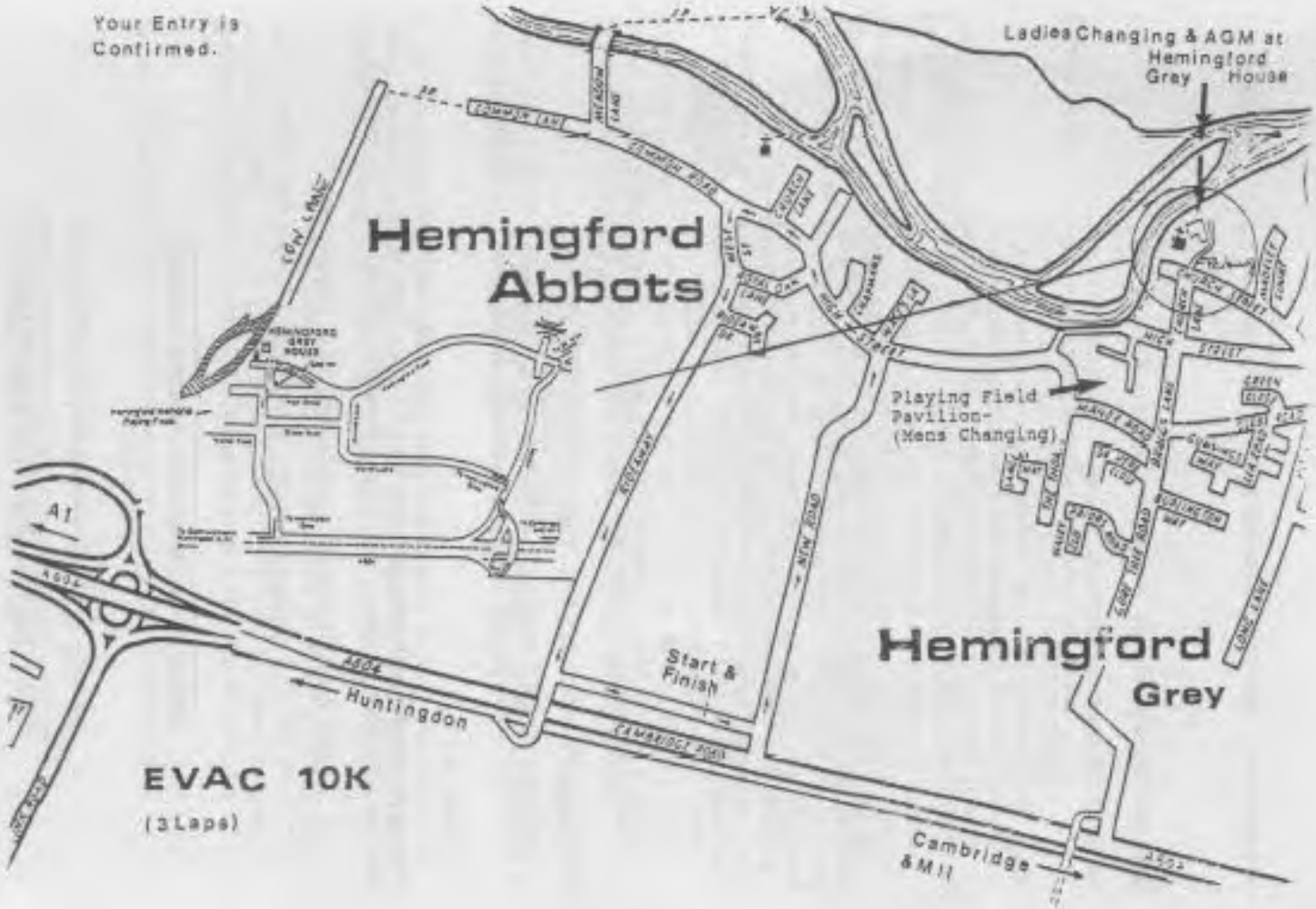
Conditions: The Championships will be run as one race.
To be eligible for awards, competitors must be members of EVAC by 6th March, 1991.
Entries close 18th March 1991. NO ENTRIES AFTER THIS DATE.
Non-EVAC members are welcome to compete as guests.

Awards:

Individuals: 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 three to score.
Womens Teams: three to score any age.
Winning team 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 aggregating individual finishing times.

Entries: To be made to the Race Organiser on the Entry Form elsewhere in this magazine.


Your Entry is Confirmed.
Ladies Changing & AGM at Hemingford Grey House
Hemingford Abbots
Playing Field Pavilion- (Mens Changing)
Hemingford Grey
Start & Finish
Huntingdon
Cambridge & M11
A1
A604
EVAC 10K
(3 Laps)

E.V.A.C. BALANCE SHEET AS AT 31st DECEMBER 1990

Income		Expenditure		
Subscriptions	1605.50	Newsletters		
Badges	52.00	Printing	714.73	
Donations	39.00	Postage	250.49	965.22
Race Entries		Affiliations		
X-C	208.50	SCAAA	34.50	
10k	94.00	Cambridge AA	5.00	
Track & Field	150.00	BVAF	664.50	
10m	50.00	ECCU	6.00	710.00
B/S Interest	81.76	Race Fees X-C		11.60
		Postage (Membership)		132.00
		Computer		309.95
		Membership Cards		38.20
		Vests & T-shirts		294.99
		Trophies/Medals		242.63
	2280.76			2704.59

Deficit Expenditure/Income (423.83)

Accounts at 1st January 1991

Current Account	318.49
Building Society - Woolwich	1202.20
Building Society - Anglia	11.87
	1532.56

Accounts at 1st January 1990

Current Account	324.08
Building Society - Woolwich	1620.44
Building Society - Anglia	11.87
	1956.39
	(423.83)

NEW MEMBERS

The Chairman and all members of the EVAC Committee are delighted to welcome the following recently joined members of EVAC and wish them a happy and successful association with the Club:

Name	Club/Area	D.O.B.
Jim Aitken	Norwich, Norfolk	23/12/36
Julie Cheeseman	Southwell RC	07/21/41
Peter Cheeseman	Southwell RC	03/05/26
Pat Cahill	Peterborough AC	02/26/24
Paul S. Turner	Ipswich Jaffa	12/16/48
Hazel White	Southwell RC	10/28/49
John Moore	EVAC	06/11/50
Raymond Wilkinson	Ipswich Jaffa	09/15/48
Michael Misiaouli	Ipswich Jaffa	08/01/48
T.W. Chittock	Ipswich Jaffa	09/30/40
Raymond Blackwell	EVAC	06/30/30
Anthony Osborne	Fairlands Valley SP	12/05/39
Martin Bishop	Halstead Road Runners	06/12/46
Pamela Jones	Halstead Road Runners	08/20/43
Jenny Collyer	Ipswich Harriers	05/27/45
Cathy Bishop	Halstead Road Runners	01/01/54
Paul E. Markley	Peterborough AC	01/12/51
Gordon Shrimpton	London Road RC	12/25/47
Duncan Overton	Kendal AAC	04/05/48
Eric Shaw	Ipswich Jaffa	03/26/46
Alec Tricker	Ipswich Jaffa	03/27/48
Michael Powell	Norwich RR	03/10/49
David J. Buckingham	Ely Runners	11/28/47
Greg Tebble	EVAC	02/17/47
Keith Duff	Stamford & Deeping AC	07/16/49
Dennis Bellamy	EVAC	08/15/32
Terence F. Rolls	Kettering Harriers	03/16/43
David Jakes	Norwich RR	11/25/37
Jim Aitken	EVAC	12/23/36
Anthony Stubbs	EVAC	04/10/44
Phillip Hazell	Lowestoft AC	02/24/44
Graham Hewes	Colch. & Tend.	07/01/47
Gwen Bird	Enfield AC	07/15/53
Brian Tate	Lowestoft AC	01/31/91
John W. Taylor	Peterborough AC	08/31/50
Bill Barrett	Stopsley Striders	10/05/50
Vikki Green	C & C	11/01/55
Michael J. Field	Bushfield Joggers	08/20/46
R.A. Morbey	EVAC	02/09/91
Alvin F. Monen	Grantham AC	12/15/18
Michael J. Andrews	Duke Street RR	06/02/47
Yvonne Gatward	North Herts. RR	03/28/54

CLUB 'SHORTS'

The following have been selected to represent EVAC in the Veteran Inter Club 10km Challenge to be held, as part of the EVAC 10k Championships, on 24th March.

M40		M50	
Henry Emerton	Col and Ten	Tony Hawkins	Mansfield
Ray Church	NVH	Ian Vaughan-Arbuckle	Ryston R
Jim Smith	Corby	Peter Andrews	Duke St
Mike Nelson	Cam and Col	Roger Mawer	Lowestoft
Duncan Overton	Kendal		
Vic Holman	Thetford		

Res		Res	
Dave Laynes	Bed and Co	Patrick Lusardi	Ipswich Jaffa
John Jenkins	Bed and Co	Mike Turner	Liverpool H

W35		Team Manager
Felicity Sperke	Notfast	Peter Duhig
Margaret Thompson	Bourne	
Diane Marsh	Norfolk Olym	

Res	
Cathy Bishop	Halstead RR

****

We were all delighted to see that Hugh Barnfather, who is in the RAF and currently serving in the Gulf, was awarded the MBE in the New Year's Honours List. Very many congratulations Hugh and every good wish for a speedy and safe return.

****

DON'T FORGET THE CLUB AGM AFTER THE 10K CHAMPIONSHIPS ON 24TH MARCH. POINTS FOR INCLUSION IN THE AGENDA TO TED BUTCHER ASAP PLEASE. YOUR CLUB NEEDS YOU TO BE THERE.

****

There are two important matters which will have to be addressed at the AGM. These are:

1. Proposed increase to the annual subscription to bring it up to £5.00.
2. A replacement Honorary Secretary for Ted Butcher who has decided, after holding the position for the past 13 years, to stand down.

****

In the last Newsletter, it was announced that the new club 'T' shirt/ Athletic Vest would cost £5.50 from the Hon. Treasurer. At the recent committee meeting it was decided that the cost should be amended to £6.00 plus 50p for postage. Increased overheads or something was the reason!

****

It was also decided that John Clarke, not Tony Churchill, would stand-in as Membership Secretary in Hugh Barnfather's absence.

****

Cont. ...

A copy of the Club's Annual Account, to be presented at the AGM, is published elsewhere in this newsletter.

****

It is proposed to have a full range of events, as per the 'old' programme, at the T & F Championships on 16th June at Ipswich. However, if there is not enough support for an event, the committee reserves the right to exclude it from the programme. The Championships are being organised by Ted Butcher to whom entries should be made. Results of the T & F Championships will form the basis of selection for the Area Match.

****

There was an error in the 10 mile Championship results published in the last Newsletter. J. Batham (56th) did not run. Therefore, R. Blackwell was 1st M60, J. Gilham 2nd and G. Smith 3rd. Apologies to all. Medals have been sorted out.

****

I have just heard that Hugh Barnfather founded the Arab Amblers Running Club in Saudi Arabia on 21st January 1991 and, typically, he has already organised a series of runs and time standards! Should anyone wish to write to Hugh his address in the Gulf is: Warrant Officer H. Barnfather MBE, Op Granby, RAF WHM, BFPO 647.

****

On the same point, if you have changed your address recently without notifying the Membership Secretary, please do so to prevent your club mail going astray.

****

Extract from an article 'Oxford versus Cambridge Cross Country' written by Roger Norton and published in AW.

'The legendary Herb Elliott made an appearance for Cambridge in 1960, just three months after his Olympic victory. At Roehampton he was equal second with Mike Turner behind the Cambridge captain Tim Briault.

Turner, arguably the biggest single influence on Cambridge cross-country - he is now a Don at Peterhouse and still running with the present generation of students - won in 1961 and '62, leading his team to crushing victories. His 1962 victory in 37:50, just three seconds outside Steve James' record, was one of the best ever individual performances before or since with conditions that day being pretty grim. Ross McWhirter's report described him as "a rare find".'

The Mike Turner referred to is, of course, one of the leading M50 members of EVAC, whose first claim club is Liverpool Harriers.

****

Because of a possible mix-up during the recent changeover of Membership Secretary, anyone in doubt as to whether their applications have been registered should contact John Clarke or Tony Churchill.

****

MEMBERS SPOTLIGHT - ALAN HUGHES

In his early days Alan played football as well as running competitively. After athletic successes during National Service, Alan won numerous titles both in the country and on the track.

1970 saw Alan become a veteran and join Northern Vets. In 1971 he was a member of the winning Great Britain team in world 25 K Road Race Championships held in Czechoslovakia. His next major success was in the first World Vets Championships held in Toronto in 1975 where he won the Gold Medal in both the 3000 and 1500 metres.

The next World Championships, in Sweden (1977), saw Alan compete in the 800 metres (heats and final), the 1500 metres heats and final and, on the last of 5 consecutive days of competition, the marathon! During these 5 days he was 4th in the 800, 3rd in the 1500, setting a world best time of 4:09:3, and 8th in the marathon helping GB to a Bronze in the team event.

Two years later, Alan went to the World Championships in Hanover, West Germany to run his favourite event, the 1500 metres, but again got roped-in to the GB cross country team. With Alan's help GB won the team race but, unfortunately, this event came between the heat and the final of the 1500 metres and took its toll. Alan nevertheless managed to finish 6th.

Road Running became the great attraction and, in Glasgow in 1980, Alan helped England win the team event in an Inter-national 10K race; Alan's personal contribution was 4th place.

He competed in his first European Track Championships in Strasbourg in France in 1982 and won the 1500 and 5000 metres.

1985 saw his last trip abroad to run in the European Championships in Spain where he represented his country in the 10K and the 25K road race; Alan had set his sights on winning the 10,000 metres but, in the 90° heat, he dehydrated at 5 miles and struggled home in second place. Characteristically, he faced the 25K the following day and, taking on lots of water, managed to win what was, for him, very much the second choice event. In both events, England won the team event.

In between the trips abroad, Alan won numerous races, including the National Cross Country, the Inter Counties 10K Road Race Championship for six consecutive years, a few fell races (Category C), and inumerable track events at County, Area and National level. His one attempt at the National 10 Mile Road Race Championship also secured him first place.

The one and only Commonwealth Championships for Veterans was held at Grangemouth, Scotland in 1986 and Alan won Gold Medals in the 800 and 1500 metres. One of the high spots of Alan's career also came in 1986 when, in the National Vets Indoor Championships at Cosford, he broke the World M55 record for the 1500 metres. But it was in 1986, just after winning the 10 Mile Championship, that Alan decided to retire from running; strange, perhaps, for a man who had just run 55 minutes for 10 miles.

But retirement was only to last for 3 months before Alan was motivated to come back for a brand new club NOTFAST (Newark Over Thirty Fives and Still Trying).

Since becoming a vet, Alan has won some 260 races in different age categories. His record with the Eastern Vets, which he joined in recent times, is quite phenomenal: Of 30 races started he has won no less than 27!

A tremendous record of a great veteran athlete who, earlier this season, represented England in the Veteran's Home International Cross Country.

LETTERS TO THE EDITOR

Dear Ian,

Peggy and I were, as ever, pleased to receive the EVAC Newsletter. It is now a fine publication, and to see how far we have come, I turned up Issue No 1, which I published in December 1978, after we had decided to form a veterans' club, but before we had held our inaugural AGM. I enclose a copy.

I was at least able to cover formation history, notice of our first competition and our inaugural AGM, the drive for membership (no less pressing now than then), an item showing that Cambridgeshire AAA did recognise veterans, a plea for news and the addresses of the workers.

I was pleased to see how all these aspects have expanded, and now of course, we have some interesting reports on the activities of our members.

Many points of detail pleased me too; the Chairman's proposal for a mid-week League, based on the open clubs in the East Anglia area, but for members of EVAC. That's the way to encourage membership, and whichever way veteran athletics goes when (or if) the BAF comes into being, we do need more BVAF members so that we become more truly representative of all veterans.

I was also interested in your comment on designated catchment areas for each of the BVAF clubs. If we were starting from scratch, we should probably do that, but the present position has come about for a number of reasons.

The Veterans AC, formed in 1931 and London-based, was the first on the scene and, looking back, it is surprising that no other vets club was born until 1968. As the vet movement began to take off, new clubs became more attractive for those living away from London, but to give themselves more competition, they retained membership of VAC, as we had no rules forbidding this.

Similarly, when I moved away from East Anglia, and nearer to the Midlands activity, I joined MVAC but kept up both VAC and EVAC. In my capacity as BVAF Chairman, I have several times thought of the need at least to designate a 'first claim' veterans club where athletes have multi-membership, but with other pressing problems, it has not yet had enough thought.

Incidentally, I believe I may be the only British Vet to have been Chairman of two vet clubs: EVAC, followed by MVAC. Also Ted Butcher must be the longest-serving club secretary (thanks Ted).

A final point, I was pleased to see the introduction of EVAC Standards for championship performances. I will renew my chasing to get Merit Standards introduced for BVAF road events, as the scheme for track and field has been successful.

Thanks to the Committee for its hard work, and to past committees for theirs. BVAF is as strong as its clubs, and I hope for their continued strength.

Yours sincerely,
Bill Taylor (Chairman BVAF)

Very many thanks for your most interesting letter Bill. It's always a pleasure to hear from you. Ed

Dear Ian,

First of all may I offer my congratulations on a fine first effort for The Eastern Vet. I hope that you will be able to continue with the magazine for many years to come!!!

As one of the very first members of the EVAC (club no. 006) it is with pride that I see the club going from strength to strength and while some members of the committee seem to change it is good to see that Ted Butcher is still our secretary. He has held that post since the very first meeting of the club, long may he continue and thanks Ted for keeping the club on its even keel.

My main reason of writing is basically to complain. I refer to the fact that for many years I sat on the committee and for a number of years was Membership Secretary, Treasurer and then Newsletter Editor. It was I who introduced in April 1987 the newsletter in its present format.

Basically because of business commitments I very reluctantly had to tender my resignation from the committee just over a year ago. Was I offered any thanks for the years I had given to the club???? IN A WORD NO!!!!

I know I did a good job for the club, it would have been a little worthwhile if the committee had recognised the fact as well.

Yours sincerely,
Dick Hughes

Dear Dick,

Please accept my sincere apologies for this oversight on the part of the committee.

I am sure all EVAC members will acknowledge the enormous amount of work you put into running and promoting the club over the years. I know it was only work commitments that stopped you. VERY MANY THANKS.

P. Duhig (Chairman)

Dear Ian,

Thank you for my copy of 'Eastern Vet'. I like the new title especially as we always talk of ourselves as Vets. Mick Stalham of Northern Vets and Stone Masters is a veterinary surgeon, but that, as they say, is another story. I made the front page, which is promotion from the back page of the 'News of the World'. Some of the gloss was taken off as my name was spelt with an H and not an L. Doesn't matter really because everyone recognises the curly mop. Still a Cambridgeshire locality, with a good pub, but not the same notoriety as Rupert Brooke gave 'Cherry Hinton in 'Grantchester'. I remember something about 'running for miles when one in Cherry Hinton smiles!'

A small point but my good friend Alan Hughes and myself gained England vests for the Cross-Country International. We were both 'Over 60s' and Alan in fact won our category with me as the third scorer to win the team event. Laurie Foster of Barnett was second and Stan Charlton was fifth behind me, though they are not Eastern Vets. Incidentally the 'Over 60' category is going to be very hot nationally this year as Derek Wood, also of Barnett, will be sixty in February.

To conclude, may I say how much I like 'Eastern Vet'. Not that I didn't before the magazine changed its name mind you. It takes a lot of time and effort to produce something of this calibre, and I appreciate it.

Best wishes and see you at the cross-country.

Yours sincerely,
Doug Linton

P.S. You can print this if you like, along with good wishes to Hugh 'out East'.

Apologies and points taken Doug which I hope have now been rectified. Good wishes. Ed

EASTERN VETERANS ATHLETIC CLUB

NEWSLETTER NO. 1 - DECEMBER 1978

Formation of the Eastern Veterans Athletic Club

In August of this year Arthur Bowden wrote to veterans in the Eastern Area telling them of a meeting to be held in Cambridge on 21st September to consider the formation of a veterans' organisation in the area. The meeting was duly held and 12 interested athletes attended, many with a mandate from other veterans to support such formation.

We were fortunate that George Phipps, Chairman of the British Veterans' Athletic Federation was able to attend, and his advice and guidance were invaluable, particularly on such aspects as whether to form a Club, or an Association.

It was unanimously agreed that a Club be formed. Bill Taylor of March AC was elected Chairman, and Ted Butcher of Colchester AC, Secretary and (for the time being) Treasurer).

These officers, with Ted Saberton of Cambridge & Coleridge AC now comprise a steering committee to bring the Club into being. This Committee met on 16th October, when the main points of a proposed club constitution were discussed. Preliminary arrangements to hold the first Club Cross-Country Championships were discussed, of which more pecise details follow.

Eastern Veterans Cross-Country Championship

The first Eastern Veterans Cross-Country Championship will be held over 10,000 metres at Hinchinbrooke Park, Huntingdon, on Sunday, 11th March, 1979, starting at 2.30 p.m. Changing accommodation is at the Gymnasium of the Police H.Q. which is on the north side of the A604 between Huntingdon and Brampton.

Although the Championships will be run as one race, medals will be given in the standard 5 year age groups (1A/B, 2A/B, 3A/B+). A certificate giving position and time will be awarded to all finishers.

Please make this event a success and complete and return the entry form below with your entry fee of 30p to Ted Butcher, the Race Secretary, as soon as possible, and in any event, to reach him by Tuesday, 6th March, 1979.

Inaugural General Meeting

The inaugural General Meeting of the Club will be held immediately after the Cross-Country Championship and details of the precise location will be advised before the start of the race.

Membership Drive

We know who *you* are and we have *your* address, so you have this newsletter. You probably know one or more veterans who have not yet heard of the Club or have not signified their intention of joining. Please spread the word and enlist the members we need to make the Club thrive.

Veteran Recognition

Cambridgeshire AAA Committee have shown their recognition of veteran athletics by awarding the F.W. Barnard Memorial Trophy to Bill Taylor for the outstanding athletic performance in the County during 1978. Bill's track season culminated in a gold medal in the 3A 800 metres at the European Masters Championships in Viareggio, Italy in September.

News Items

If you have an interesting snippet of veteran news, please send it along to the Secretary who will see that the Editor gets it.

A Happy New Year and good running, jumping or throwing to all Eastern Vets.

Howard Darbon (386) leads Michael Holt (357) and the Editor (410) at Woodlakes

MINUTES OF THE 12TH ANNUAL GENERAL MEETING OF THE EASTERN VETERANS ATHLETIC CLUB 25.3.90

PRESENT:
A total of 20 members and officers whose names appear on the attendance sheet.

RETIRING CHAIRMAN'S ADDRESS:
The Chairman welcomed and thanked members who had stayed on after the 10k Road Championship for the AGM. He also related his opinion that the position of Chairman should regularly rotate to enable the club to develop new ideas.

APOLOGIES:
for absence were received from H.C. Taylor, Peggy Taylor, I. Vaughan-Arbuckle and Mrs A. Cursons.

MINUTES:
of the 11th Annual General Meeting were circulated in the newsletter no. 31. These were agreed as read and signed by the Chairman.

HON. SEC'S REPORT:
The Secretary reported on the previous year's championships giving detailed results and names of all the club champions. He then continued by stating that his enthusiasm for Veteran Athletics was waning because he was at loggerheads with the BVAF officers over the financing of the national newsletter 'Veteran Athletics' and the way forward to a single structure covering all age groups. He reported he would serve as Secretary for a further year if elected but asked that the membership seek an alternative officer for 1991-92.

HON. TREASURER'S REPORT:
Copies of the balance sheet for the previus year were circulated at the meeting showing a general fund balance of £1956.39 at 31st December, 1989.

MEMBERS' PROPOSALS:
In response to a letter from Bob Abdy it was agreed to include the Pole Vault and Triple Jump in the T & F Champs only if sufficient entries are received.
Roger Mawer proposed that space be bought to accommodate the Eastern Veterans newsletter in the 'Veteran Athlete'. A long discussion ensued and eventually it was agreed not to adopt the proposal for the time being but to ask Roger to pursue his enquiry with the magazine to ascertain costs.

ELECTION OF OFFICERS:
Chairman - P. Duhig; Hon. Secretary - E.C. Butcher; Hon. Treasurer - J. Clark; Hon. Membership Sec. - H. Barnfather; General Committee - I. Vaughan-Arbuckle, E. Saberton, A.E. Churchill, Ms I. Hornsey and Ms C. Reader.
The above were proposed, seconded and duly elected by the meeting.

MEMBERS OPEN FORUM:
After putting forward a standards award scheme to help with incentive to members in improving performances John Tillotson was asked to compile and prepare the scheme for EVAC and present it to a future Committee meeting.
Other suggestions were:

a) To encourage women further by giving all three awards to categories despite maybe there only being three entries.
b) Alan Hughes suggested that the 10k Championship be kept as a Veterans only event.

There being no other business the meeting closed with express thanks to the outgoing Chairman for his work within the club.

EASTERN VETERANS CROSS COUNTRY CHAMPIONSHIPS

The 1991 Cross Country Championships were held at the Woodlakes Caravan Park, Stowbridge, Nr Downham Market on Sunday, 27th January. Run over 10.9kms for men and 5.1 for women the venue, course and weather conditions would have been hard to better. The course was essentially flat but had a number of tight turns, a log jump, a ditch and two gentle slopes.

After the first of the three laps, the M40 race was a contest between Mike Nelson 2nd overall 1st M45, Dave Laynes and Duncan Overton with the latter eventually triumphing in emphatic style. Similarly, the W35 race was easily won in style by Margaret Thompson from Diane Marsh and Cathy Bishop. Tony Hawkins was some 36 seconds ahead of his rivals in the M50 but there was a real battle for the places with Ian Vaughan-Arbuckle, of the host club, outsprinting Roger Mawer with Gerald Marsden in 4th place. Other winners were Malcolm Ball (M55), Doug Linton (M60) who got the better of his 'old' rival Alan Hughes on the day, Kathy Every (W40) in a close run thing from Brenda Hutchson and Iris Hornsey (W45) while Mary Holmes was the only competitor in the W50 class. Cambridge & Coleridge won 2 of the 3 team titles.

The general consensus seemed to be that it was an excellent venue, a challenging course set by Peter Duhig, who was unable to run because of injury, and very well organised by Ryston Runners.

Results:

Position	Name	Club	Time	40	45	50	55	60
MEN								
1	Duncan Overton	Kendall AAC	36:59	1				
2	Dave Laynes	Bedford & County AC	37:35	2				
3	Mike Nelson	Cambridge & Coleridge AC	37:40		1			
4	John Jenkins	Cambridge & Coleridge AC	37:54	3				
5	Brian Tate	Lowestoft AC	38:17	4				
6	Martin Haniver	Cambridge & Coleridge AC	38:23	5				
7	Tony Hawkins	Mansfield RC	38:36			1		
8	Mike Russell	Bedford & County AC	38:50	6				
9	John Turrington	Cambridge & Coleridge AC	38:57	7				
10	Roger Wadeley	Biggleswade AC	39:01		2			
11	Philip Lee	Cambridge & Coleridge AC	39:02	8				
12	Peter Dancer	Bedford & County AC	39:08	9				
13	Ian Vaughan-Arbuckle	Ryston Runners	39:12			2		
14	Roger Mawer	Lowestoft AC	39:16			3		
15	Michael Holt	Nene Valley Harriers	39:16	10				
16	Michael Powell	Norwich RR	39:18	11				
17	Howard Darbon	Bedford & County AC	39:29		3			
18	Gerald Marsden	Newmarket Joggers	39:33			4		
19	Ken Prior	Biggleswade AC	39:44	12				
20	Ken Moore	Nene Valley Harriers	39:49	13				
21	David Wray	Stevenage & W. Herts. AC	39:55		4			
22	Reg Brett	Vauxhall Motors AC	40:16		5			
23	Derek Christopher	Vauxhall Motors AC	40:30	14				
24	John Mackie	Nene Valley Harriers	40:45	15				
25	Gordon Charles	Vauxhall Motors AC	40:50			5		
26	Terry Cooke	Ryston Runners	41:01	16				
27	Mike Turner	Liverpool Harriers	41:02			6		
28	Brian Webb	Bedford & County AC	41:08	17				
29	Phillip Hazell	Lowestoft AC	41:13		6			
30	Alan Bowden	Nene Valley Harriers	41:13	18				
31	Colin Maughan	Vauxhall Motors AC	41:25		7			
32	Martin Bishop	Halstead RR	41:29	19				
33	David Hanwell	Kettering Town Harriers	41:39	20				
34	Thomas Gray	Eye Community R	41:53		8			
35	Ken Underwood	Nene Valley Harriers	42:07			7		
36	Dennis Cannon	Fairland Valley Spartans	42:15			8		
37	David Starland	Duke St RRC	42:28		9			
38	John Clark	Bedford & County AC	42:36		10			

Position	Name	Club	Time	40	45	50	55	60
39	Doug Linton	Werrington Joggers	42:38					1
40	Peter Cotton	Cambridge & Coleridge AC	42:42	21				
41	John Cartwright	Ryston Runners	42:50	22				
42	Maurice Taylor	Biggleswade AC	42:53		11			
43	Harry Collins	Fakenham Runners	43:01	23				
44	Peter Howard	Cambridge & Coleridge AC	43:09		12			
45	Alan Hughes	Notfast RC	43:13					2
46	Ted Saberton	Cambridge & Coleridge AC	43:23			9		
47	Neil Costello	Cambridge & Coleridge AC	43:47		13			
48	Malcolm Ball	Springfield St R	44:15				1	
49	Tom Cameron	Vauxhall Motors AC	44:21		14			
50	John Hall	Mansfield RC	44:34	24				
51	Douglas Baker	Eye Community Runners	44:48	25				
52	Roger Carew	Bedford & County AC	45:00				2	
53	Graham Goodenough	Colchester Joggers	45:05		15			
54	David Mawer	Stevenage & N. Herts. AC	45:13		16			
55	David Jacques	Norwich RR	45:15			10		
56	Colin Weight	St Edmunds Pacers					3	
57	David Hutcheon	Duke St RRC	45:24		17			
58	Roy Payne	Bedford & County AC	45:28				4	
59	Eddie Thompson	Mansfield RC	45:39					3
60	Roy Ibson	St Alban's Striders	45:46			11		
61	Eddie Brittan	EVAC	45:58	26				
62	Ian Walker	Duke St RRC	46:08			12		
63	Dave Smith	Kettering Town Harriers	46:21					4
64	Peter Ashton	Wolds Vet RC	46:36					5
65	Mike Field	Blackheath Harriers	47:04	27				
66	John Harris	Duke St RRC	47:08			13		
67	Ray Wollaston	Ryston Runners	47:11	28				
68	George Ginn	Cambridge & Coleridge AC	47:13				5	
69	P.J. Hough	Vauxhall Motors AC	47:13			14		
70	Ken Jones	Vauxhall Motors AC	47:14					6
71	Gordon Smith	Kettering Town Harriers	47:17					7
72	Gordon Fenwick	Notfast RC	47:18			15		
73	Dave McNab	Bedford & County AC	47:20			16		
74	David Page	Thetford AC	47:37		18			
75	Mike Chambers	Ryston Runners	47:41		19			
76	Kenneth Vernon	Mansfield RC	48:14			17		
77	Peter Chaplin	Cambridge & Coleridge AC	48:51					8
78	David Buckingham	Ely Runners	48:55	29				
79	Terry Bilham	Norfolk Olympiads	50:44			18		
80	Geoffrey Foulds	Notfast RC	50:44			19		
81	Bob Cathmoir	Colchester Joggers	51:06			20		
82	Tony Challis	EVAC	51:31					9
83	Joe Wood	EVAC	51:53				6	
84	John Harvey	Bushfield Joggers	63:34			21		
85	James Moffatt	EVAC	58:39					10

Teams

M40 -

1st -	Cambridge & Coleridge 'A'	20 points
2nd -	Bedford & County AC	39 points
3rd -	Nene Valley Harriers	89 points
4th -	Cambridge & Coleridge 'B'	103 points
5th -	Vauxhall Motors AC	125 points
6th -	Ryston Runners	147 points
7th -	Duke Street RRC	222 points

M50 -

1st -	Mansfield RC	142 points
2nd -	Vauxhall Motors	164 points
3rd -	Bedford & County AC	183 points
4th -	Cambridge & Coleridge AC	191 points
5th -	Notfast RC	197 points

Position	Name	Club	Time	35	40	45	50
WOMEN							
1	Margaret Thompson	Bourne AC	19:15	1			
2	Diane Marsh	Norfolk Olympiads	19:47	2			
3	Cathy Bishop	Halstead RR	21:00	3			
4	Kathy Every	Nene Valley Harriers	21:09		1		
5	Brenda Hutcheon	Norfolk Olympiads	21:12		2		
6	Iris Hornsey	Cambridge & Coleridge AC	22:16			1	
7	Sally Gandee	Hertford & Ware AC	22:31			2	
8	Hazel Darbon	Bedford & County AC	22:40		3		
9	Diana Braverman	Cambridge & Coleridge AC	22:58	4			
10	Jenny Harvey	Bushfield Joggers	23:02			3	
11	Sylvia Fenwick	EVAC	23:12	5			
12	Ruth Brittan	Ipswich Jaffa	23:27		4		
13	Sarah Monk	Cambridge & Coleridge AC	23:31			4	
14	Jean Charlesworth	Notfast RC	23:52	6			
15	Marion Stewart	Mansfield RC	24:06		5		
16	Chris Constable	Mansfield RC	24:54			5	
17	Sue Ball	Springfield Striders	24:58			6	
18	Mary Holmes	Cambridge & Coleridge AC	25:21				1
19	Christine Clegg	Notfast RC	25:41	7			
20	Gillian Holmes	March AC	26:15	8			
21	Janice Baker	Eye Community Runners	26:25		6		
22	Gillian Beaumont	Notfast RC	26:58	9			

Teams		
	1st - Cambridge & Coleridge AC	28 points
	2nd - Notfast RC	55 points

The Agony and the Ecstasy - Duncan Overton triumphs in the men's race

Margaret Thompson wins the Womens Race

BEDFORD and COUNTY ATHLETIC CLUB

1991
TRACK AND FIELD

VETERANS GRAND PRIX SERIES

The series aims to:

1. Provide good competition for veterans
2. Promote track and field
3. Encourage participants to try 'new' events

ALL THIS IN A SERIES OF FRIENDLY EVENING MEETINGS AT THE BEDFORD TRACK

Provisional Dates:

Wednesday, 22nd May
Wednesday, 12th June
Wednesday, 26th June

For further details, please send s.a.e. to:
Howard Darbon
1 St Augustines Road
Bedford MK40 2NB

EVAC 10km ROAD CHAMPIONSHIPS 1991

24th March, 1991

ENTRY FORM

1. Please enter me for the above Championships:

Full Name: .....

Date of Birth: ..... Age on Race Day: .....

Address: .....

.....

Telephone Number: Home ..... Work .....

EVAC Membership Number: .....

First Claim Club: .....

2. Entry fee of £1.50 (£1.70 if results sheet required) enclosed ☐ (tick box). Cheques to EVAC. Please enclose an s.a.e. for results and an additional s.a.e. if confirmation of entry is required.

3. I will participate in the EVAC 10km Championship 1991 entirely at my own risk and accept that the organisers will not be held responsible for any injury sustained by me or for any loss of property.

Signed: ..... Date: .....

Please return to: Dr A.E. Churchill, Hemingford Grey House, Huntingdon, Cambs., PE18 9DF

FIXTURES 1991

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.	BVAF Track and Field Indoor Championship, Kelvin Hall, Glasgow.
24th Mar.	EVAC 10k Championship, Hemingford Grey, Huntingdon. For details see elsewhere in this newsletter.
14th Apr.	BVAF 5km Road Championship, Dunsfold Airfield, Surrey. Entries to Secretary, 25 St Mary Ave, Wallington, Surrey, SM6 7JH.
5th May	BVAF Walks - 50k men and 20k women, Plymouth.
11th May	BVAF Road Relays, Sutton Park.
16th Jun.	EVAC Track and Field Championship, Ipswich.
23rd Jun.	Brugge 25k and 10k Vets Grand Prix Road Races. Enquiries to Barbara Dunsford, 71 Hillside Crescent, Harrow, Middlesex, HA2 0QU.
6th/7th Jul.	BVAF Track and Field Championships, Birmingham.
7th Jul.	EVAC 10 mile Road Championship, March, Cambs.
18th - 28th Jul.	World Veterans Championships, Turku, Finland. Details from Barbara Dunsford - Address above.
21st Jul.	EVAC Marathon Championships, Luton Marathon. Marathon HQ, 284 Leagrave Road, Luton, LU3 1RB.
4th Aug.	BVAF 10 mile Road Championships, Oswestry.
18th Aug.	Inter Area T & F, Palmer Park, Reading.
1st Sep.	EVAC Half Marathon Championships, Wissey ½ Marathon, Nr King's Lynn, Norfolk.
5th/6th Oct.	European Veterans Championships, Dolo Kira, Venice. 10km and 25km Road Races and 20km women and 30km men Road Walks. Details from Barbara Dunsford.
6th Oct.	BVAF Marathon Championship - Flying Fox Marathon, Stone.

1992

26th Jun. - 4th Jul. European Veterans Championships, Kristiansand, Norway.

Unless otherwise stated, for details of BVAF events contact: Jack Fitzgerald, 'Veteran Athletics', 67 Goswell Road, London, EC1V 7EN.