THE EASTERN VET

Editor: Ian Vaughan-Arbuckle Number 37 May 1991

The Inter Area Match

Mike Hager (MVAC) leads from Ahmed Amraoui (SWVAC) and Henry Emerton (EVAC). Partially hidden Martyn Fisher (SWVAC) with Ray Church (EVAC) following.

EASTERN VETERAN ATHLETIC CLUB

Committee 1991/92

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EDITORIAL

Running is the simplest and most natural of all sports. It is relatively inexpensive (a factor always on our minds in this day and age - see 'Letters') and has the attraction of being able to be performed almost anywhere and at any time. The real problem for dedicated runners, as we all are, is knowing what we can do to speed up. My recent training weekend in the West Country taught me some new things, confirmed others which I had previously learnt and yet forgotten, and proved that we are never too old to learn.

Two of our long serving and stalwart members of the committee have recently resigned after many years of service. They are Ted Butcher, who is featured elsewhere in this edition, and Tony Churchill both of whom have given the club sterling service. To them both, on behalf of all members of EVAC, a sincere 'thank-you' for all you have done for the EVAC over the years. You will both be missed.

John Tillotson's letter about the cost of producing two veteran newsletters, our own and 'Veteran Athletics', which he raised at the AGM, focuses on an issue about which most will have an opinion: so lets be hearing what you think.

The very successful first Inter Area Match, staged in conjunction with our own 10k road championship, witnessed the anomalous situation of an athlete belonging to one club, and participating in that club's championship, and yet running for another in the inter area match. Surely this sort of nonsense cannot be allowed to continue! In my view the time has come for the BVAF to rationalise matters by, firstly, introducing properly defined areas (probably counties) for each veteran club and, secondly, either stipulating that an athlete can only belong to one club or, more properly, invoking the first claim club principle within the BVAF.

In my own club, Ryston Runners, we have a member who is responsible for veteran matters. He acts as a focal point for the veteran athletes in the club and encourages new vets to join EVAC. He also co-ordinates teams for veteran championships. The EVAC committee are much in favour of this idea and would like to know if any other clubs operate a comparable system. If so, could those clubs please let me have the details (name, address and telephone number) of their veteran co-ordinator.

I have to admit to dropping yet another 'clanger'. I failed to register that Tony Simmons was a member of EVAC and have consequently omitted to give him due credit for a number of recent outstanding performances: Abject apologies Tony. The message is for you all to please keep me in the picture regarding anything you would like publicised. It is not easy to keep track of 500 members!!

I already know of three EVAC members who are going to the World Veteran Games in Turku, Finland but if there are any others would they please let me know.

I have had a suggestion to produce annual EVAC Ranking Lists, for the marathon, half-marathon, 10m, 10k and cross country, based on BVAF/EVAC championship results. Any comments?

Until next time best wishes and all good luck for the forthcoming track season.

Ian Vaughan-Arbuckle

CHAIRMAN'S CHATTER

Since the last newsletter Eastern Vets successfully promoted the 10 K Area Challenge at Hemingford Grey. The Eastern teams, I'm glad to say, managed to secure the overall Challenge Trophy. Our 0-50 men and our ladies team both won their categories whilst the M40-49 team were beaten by just a few seconds - results are elsewhere in this newsletter. I must congratulate everyone on being EVAC 10 K champs and their efforts for the selected teams, especially the non-scorers who still ran their hearts out. It was great to see the smart new Club vest on show for the first time. I hope you will all wear it with pride.

Particular mention must go to our competitors Midland & South Western Vets who travelled so far and put up such high class competition. It must have been the classiest Vets field since 'Barnsley'.

I was particularly pleased to see the unexpected appearance of our, and probably Britain's, number one Veteran Tony Simmons. Tony's guest appearance didn't stop him winning quite convincingly. I hope to get him into an EVAC Club vest in due course!

Tony has been rather neglected in these pages of late. An embarrassment that I, as well as the editor, must accept the blame for. His well known Welsh patriotism blinding us to the fact that he is also an Eastern Vet. Our membership secretary was also in the Gulf but there are no excuses.

The AGM after the race was again low on numbers, though I believe a few more members were present this year (reports elsewhere). Ted sadly left the secretaryship but takes up the new post of our 1st Vice-President, a none active role. I was returned to the Chair, so I must be doing something right?! The rest of your committee was also returned with the exception of my predecessor Tony Churchill who chose to step down. I would like to thank Tony for all his work, very generous donations of equipment and venues and for his support in the last 12 months. With Ted and Tony now gone from the committee we are in need of new blood. Peter Jackman of March A.C. has been elected and Ian Vaughan-Arbuckle has offered to tackle the secretary's job hand in hand with his editing. This still leaves us one short on committee, so, come on out there. What can *you* do to help the Veteran cause and put a little back into your sport?

Midweek track league will not happen this year. Lets try for next year. Midland & Southern manage it, why can't we? Come on clubs, organise your veteran sections and lets see more Veteran only competitions. We can't rely on the seniors to put up with us for ever!

Don't forget to enter the EVAC Championships: 10 m at March, Track and Field at Ipswich, ½ M at Wissey and Marathon at Luton.

Track and Field *will be* selection event for Area T & F. Can we take our own team this year? (see page 14)

All Eastern Vets going to the World Championships in Finland please give the editor or myself a ring to let us know you're competing (we are going ourselves). Maybe we can arrange an EVAC night out in Turku!?

Thanks for all the good wishes whilst I was out injured recently. Thankfully, I started training again at the beginning of April.

Peter Duhig

MEMBERS SPOTLIGHT - HENRY EMERTON

'I started running at school in x-country races and also competing in Track and Field in the summer Sports Days.' After leaving school, his competitive running was put into mothballs although he still used to jog in a haphazard way. Seeing the London Marathon on television Henry once again began to get back his competitive interest in running. 'I joined the local athletic club, then called

Tendring A.C., had my training run with them one Tuesday before competing for them, in a Track and Field meeting, about 2 weeks later.' I won my very first senior mens track event over 5000m and 3000m s/c and this really got me hooked on racing,' said Henry. But his training was still based on a schedule of about 20 miles a week. About 3 years ago Tendring amalgamated with Colchester A.C. and Henry felt that he would have to push himself to find a place in the stronger club team. 'We gained promotion in our first year with myself getting the results my extra training warranted. All my best times came in that season just before I became a veteran in November 88.' Henry's best times are as follows: 10000m 31.03 sec. Essex Champs, 5000m 14.39 sec. Southern Mens League, 3000m s/c 9.13 Open Meeting Dartford, 10 miles 51.01 Ipswich, 10k Road 30.36 Southend, 5 miles 24.52 Ipswich.

Henry is now ranked amongst some of the best veterans in the UK and he will soon surely find favour with the selectors to win his first England vest.

1990 MEN'S VETS RANKING LISTS

EXTRACT OF EVAC MEMBERS

Compiled by David Burton (NUTS)

Any amendments please send to: David Burton, 71 Nethergreen Road, Sheffield S11 7EH

V40

1500m			
H. Emerton	4:08.2	Bedford	17th June
D. Laynes	4:10.2	Bedford	17th June
5000m			
A. Simmons	14:51.2	Luton	7th July

V45

100m			
I. Foster	11.7	Norwich	19th May
200m			
I. Foster	23.9	Norwich	19th May
110mh			
G. Long	17.6	Bedford	17th June
400mh			
G. Long	62.3	Bedford	17th June
High Jump			
G. Long	1.55	Norwich	19th May

V50

100mh			
D. Brock	18.6	Norwich	18th September
Pole Vault			
D. Brock	1.90	Norwich	16th September
Shot			
P. Hallett	11.85	Bedford	17th June

V55

800m			
A. Churchill	2:18.2	Solihull	12th August
100mh			
C. Shafto	15.77	Budapest	2nd July
G. Daborn	18.3	Bedford	17th June
300mh			
C. Shafto	45.07	Budapest	6th July
G. Daborn	46.8	Watford	29th July
High Jump			
C. Shafto	1.56	Hull	1st September
Pole Vault			
C. Shafto	2.60	Sheffield	9th September
Long Jump			
C. Shafto	5.45	Glasgow	14th July

V60

1500 m			
A. Hughes	4:56.6	Bolton	12th October
5000 m			
D. Linton	18:22.5	Glasgow	15th July
High Jump			
A. Woods	1.40	Glasgow	14th July
Pole Vault			
A. Woods	3.30	Glasgow	14th July
Long Jump			
A. Woods	4.52	Glasgow	14th July
Triple Jump			
A. Woods	9.38	Glasgow	15th July
Shot			
A. Woods	10.89	Glasgow	15th July
Discus			
A. Woods	32.52	Bedford	17th June
Javelin			
A. Woods	31.40	Glasgow	15th July

V65

100 m			
G. Leete	14.4	Bedford	17th June
200 m			
G. Leete	30.2	Solihull	19th August
800 m			
N. Copping	2:55.0	Bedford	17th June
5000 m			
N. Copping	20:52.8	Bedford	17th June
100 mh			
G. Leete	19.7	Sheffield	9th September
High Jump			
G. Leete	1.50	Budapest	30th June
Pole Vault			
G. Leete	1.90	Sheffield	9th September
Long Jump			
G. Leete	4.79	Glasgow	14th July
Triple Jump			
G. Leete	10.64	Budapest	6th July

V70

100 m			
B. Metcalfe	15.4	W. London	12th August
200 m			
B. Metcalfe	32.6	W. London	12th August
5000 m			
D. Blyth	25:21.6	Glasgow	14th July
80 mh			
B. Metcalfe	18.5	Bedford	17th June
C. Fairey	18.8	Bedford	17th June
Triple Jump			
B. Metcalfe	6.89	Reading	7th October
Shot			
C. Fairey	7.68	Bedford	17th June
Discus			
B. Metcalfe	26.88	Glasgow	15th July
C. Fairey	22.28	Bedford	17th June
Hammer			
B. Metcalfe	22.00	Barn Elms	9th September
Javelin			
B. Metcalfe	23.82	Glasgow	15th July
C. Fairey	20.16	Solihull	10th June

10KM INTER-AREA CHALLENGE MATCH

The inaugural 10Km Inter-Area Challenge was run at Hemingford Grey, Huntingdon, Cambs., in conjunction with the EVAC 10km Championship on 24th March, 1991. Entry was by invitation from the EVAC and all BVAF clubs were asked. Unfortunately on the day only SWVAC and MVAC were able to respond. However this did not detract from the highly competitive nature of the race. Some of the best athletes around in the M40-49, M50+ and W35+ toed the line.

The three lap flat course was potentially fast but windy conditions prevailing made it a stern challenge. The first lap saw a leading group of six led by Mike Hager (Mid) with Amraoui (SW), Emerton (E), Fisher (SW), Church (E) and Cartland (M10) all in very close contention. The second stretch of headwind saw Church and Cartland drop off the pace leaving the way clear for a battle royal between the other four. Hager kept up the pressure from the front and with a mile to go had dropped Fisher and Emerton by some 5 seconds. Only Amraoui of the SW was able to still look threatening. Hager would not give way however and finally managed to outsprint Amraoui in the last 30 yards to lead his team to victory in the M40-49 category.

The M50+ category had a convincing winner in Tony Hawkins of Eastern Vets whilst Alan Griffiths of Mid chased him hard all the way. Once again the winner led his team to victory as EVAC took the honours by an average finishing time of 40 seconds ahead of MVAC.

The Ladies W35+ category saw recent World Record breaker Pat Gallagher of Mid Vets win comfortably from Margaret Thompson of Eastern. In the team race the Eastern ladies proved to be stronger overall.

Race Director and EVAC Chairman Peter Duhig in introducing Bill Taylor (BVAF Chairman) to do the presentations, thanked all competitors, especially the SWVAC and MVAC for supporting the event and he hoped that other clubs would take up the challenge next year.

In presenting the overall Challenge trophy to EVAC Bill Taylor applauded the concept of the race and welcomed it as a possible new event in the BVAF calendar.

RESULTS

INDIVIDUALS

1	Mike Hager	MVAC	M40	31.32
2	Ahmed Amraoui	SWVAC	M40	31.33
3	Martyn Fisher	SWVAC	M40	31.41
4	Henry Emerton	EVAC	M40	31.47
5	Ray Church	EVAC	M40	31.53
6	Colin Cartland	MVAC	M40	32.02
7	John Peavoy	MVAC	M40	32.13
8	John Johnston	SWVAC	M40	32.35
9	Vic Holman	EVAC	M40	32.47
10	Bill Cowie	MVAC	M40	32.50
11	Graham Patton	MVAC	M40	32.50
12	Duncan Overton	EVAC	M40	32.54
13	Mike Nelson	EVAC	M40	33.24
14	David Fryth	SWVAC	M40	33.34

TEAMS

M40

1st Midland Vets		
31.32		
32.02		
32.13	Average Score:	
32.50	32:30.5	
32.50		
33.36	....	

2nd Eastern Vets		
31.47		
31.53		
32.47	Average Score:	
32.54	32:54.33	
33.24		
34.43	....	

15	John Llewellyn	MVAC	M40	33.36		
16	Tony Hawkins	EVAC	M50	33.48		
17	Peter Davies	MVAC	M40		34.18	3rd South West Vets
18	Alan Griffiths	MVAC	M50		34.23	31.33
19	Dave Laynes	EVAC	M40		34.43	31.41
20	Pete Andrews	EVAC	M50	34.51		32.35 Average Score
21	Mike Wrenn	MVAC	M50	34.56		33.34 34:04.5
22	Gerald Marsden	EVAC	M50	34.58		35.40
23	Brian Webb	EVAC	M40	35.06		40.24 ....
24	Ian Vaughan-Arbuckle	EVAC	M50	35.24		**********
25	Bob Coombes	SWVAC	M40	35.40		**M50 +**
26	Jim Cleland	MVAC	M50	36.10		1st Eastern Vets
27	Patrick Lusardi	EVAC	M50	36.28		33.48
28	Pat Gallagher	MVAC	W35	36.29		34.51 Average Score:
29	Alan Hughes	MVAC	M50	36.48		34.58 34:45.25
30	Margaret Thompson	EVAC	W35	37.13		35.24 ....
31	Mike Short	MVAC	M50	37.29		
32	Felicity Sperke	EVAC	W35	37.33		2nd Midland Vets
33	Diane Marsh	EVAC	W35	38.27		34.23
34	Dot Fellows	MVAC	W35	39.36		34.56 Average Score:
35	Cathy Bishop	EVAC	W35	40.10		36.10 35:34.25
36	Hugh Barnfather (Guest)	SWVAC	M40	40.24		36.48 ....
37	Heather Fidament-Harris	MVAC	W35	40.29		**********

FEMALE TEAMS

1st Eastern Vets	2nd Midland Vets
37.13	36.29
37.33 Average Score:	39.36 Average Score:
38.27 .... 37.44	40.29 .... 38.45

The Eastern Veteran 10K Challenge Trophy for the best overall average time based on the three categories:

Winners: EASTERN VETERANS time 35.07
Runners Up: MIDLAND VETERANS time 35.36

WALKING ACE

Our Race Walking star, Cath Reader, marched to her 7th successive BVAF title on 5th May as she made light work of the 20K course around the beautiful Burrator Reservoir near Plymouth. She also took the Open Ladies' prize, some 10 minutes ahead of GB International Nicky Jackson. Cath's excellent time of 1 hour 51 minutes 39 seconds was thought to be the second fastest 20K by a British woman this year.

The three lap scenic route, nestled on the edge of Dartmoor, is a magnificent setting and gaining fame for providing some outstanding performances. Cath's walk helped add to this reputation as she finished 3rd overall, beating all the men barring a visiting Russian International, Arsienko, who broke the course record, and top British performer Stuart Maidment of Steyning.

The outstanding Russian walkers swept to victory in both the 20K and 50K races. Much post race back-patting, tracksuit-swapping and souvenir exchanging took place, Cath's souvenirs being a bottle of original Russian vodka, several badges and another great performance.

SPRING BOARD

by Ian Vaughan-Arbuckle

A howling gale with torrential rain blowing almost horizontally into our faces made the conditions some of the worst I have ever run in. We were to run in small groups of two or three to complete an out and back course of about 6 miles along Saunton Sands. How easy it all looked when, on the way back into the teeth of the appalling conditions, Richard Nerurkar effortlessly eased his way past us as if we had come to a standstill; perhaps we had! But then any sport performed by a talented sportsman always looks easy.

I first saw the advert in AW or was it AT - a training weekend organised by a hero of mine. Many a time I had watched him, on an old black and white tele, race barefoot over 5000/10000m against the best in the world. Yes, you guessed it - the weekend was to be organised by the legendary Bruce Tulloh. In fact, it was his book 'The Complete Distance Runner' which provided me with a basic reference when I first started running seriously after the 1983 London Marathon. And I still dip into it from time to time.

Ian Manners and Richard Nerurkar listen intently to their coach, Bruce Tulloh at the Barnstaple weekend April 1991

Having convinced myself that I needed a lift and renewed motivation from the sheer slog of a long winter's training, I applied for and was delighted to be accepted for the course. After a comfortable night in a Barnstaple B&B, I duly arrived at the local Community College to be met by Sue Tulloh, a keen and talented athlete herself, and Jeremy Barton an English international who was to help on the course with Richard N.

The programme started with Bruce talking about his general philosophy on running. This was a fascinating and enlightening insight into the 'Thoughts of Tulloh'. It was then onto the local track for a practical lesson/training session. After the mandatory stretch and warm-up, we went into a series of 12 x 400m intervals starting modestly but reducing progressively to 70 sec. a lap. Running barefoot, which he maintains is the most natural, efficient and cost effective way to run, Bruce gave us an object lesson in the art of pacing. Leading each lap, he demonstrated the ability and stressed the need to be able to judge pace accurately.

After another talk by Bruce, on individual training programmes and personal goals, we travelled the 3 or so miles to Saunton Sands for the now infamous beach run, which Bruce described as 'the worst conditions I have experienced on this lovely stretch of sand'.

That evening we all met in a charming local pub for a most pleasant and informal evening of chit-chat over a 'pie and a pint'. For my part, I had the pleasure of talking to Richard N who is currently training for this year's World Championships. Educated at Bradford Grammar School, where, by his own admission, he was athletically only modestly successful, he went to Oxford where he was to lead the Varsity x-c team. It was as part of his studies that he spent a year in Russia where, at a local club, 'I learnt two important lessons: firstly to run long and slow, we had to because of adverse weather and, secondly, the importance of wearing a woolly hat!'

Next morning, we started with a talk by Bruce, this time on the subject of 'Personal Schedules'. This was a most interesting and informative session which gave us an excellent insight into structuring a training programme. Matters discussed included: intensive and extensive work, increased loading, hard and easy work, variety in training, checking fitness and keeping training records.

Then it was back to the sand, this time into the dunes to do some reps. Earlier we had been joined by Ian Manners, a talented and successful runner, who had travelled from Bristol to do some quality work! The wind was again blowing a gale as we began our session. 'I'll just guide you around the loop as its easy to become disorientated in here' explained Bruce. He then proceeded to lead us around three different circuits! After this, there was no lack of effort to keep up with those up front for fear of getting lost. It was a good, hard session demanding underfoot with plenty of twists and turns to break our stride. I now know why Herb Elliott found Percy Cerruty's sand work so demanding and yet so beneficial.

'Your first mile in a race should be as close as possible to your overall race target. Over ambition is a killer. It is far easier to pick up seconds later in a race, when you have paced yourself, rather than struggling your way to the finish,' so said Bruce during his last talk to us during which he covered Race Preparation. Again, the session contained a number of gems, including this quote from George Shehan, the well known American 'master' who has written a number of books on running, 'It is *good* to be an athlete at 40 but it is *essential* to be an athlete at 70'.

Our last run, after another most pleasant light lunch prepared by Sue, was along the disused railway line between Braunton and Barnstaple following the estuary to the River Taw. The sunny conditions almost restored my faith in the weather in the South West. It was supposed to be a 'run at your own pace' but, inevitably, it developed into something of a gallop. As a finale to the weekend Bruce made himself available to give individual advice for those who wanted it.

I thought the whole weekend was a delight. It was well organised, without being overly so, and contained about the right mix of activity and jaw. I learnt a lot, particularly in relation to my own training regime, and I am sure all the 'students', of varying standards, did as well. It also provided me with a much needed 'Spring Board' from which to launch a new campaign of endeavour as the new track season approaches. Bruce and his team did an excellent job and I can throughly recommend the Tulloh experience.

'MR SECRETARY' EVAC - DECEMBER 88 TO MARCH 91
E.C. (TED) BUTCHER

Ted joined the Colchester Garrison A.C. in June 1954 almost exactly a year after the club was formed. He subsequently became Chairman of the club. As most will know the club is now called Colchester and Tendering. Ted was secretary of C & T at the time he moved from London to Deeping St James in November 1967.

As indicated in the title of this tribute to him, Ted has been secretary of EVAC for 13 years, only deciding to make way in the face of his other commitments to athletics: These include - Chairman Eastern CCCA, ECCCA delegate to the English CCA, member of general committee SCAAA and elected as the Southern Counties representative on the AAA Road Running Committee. In addition, Ted is a Grade 2 AAA track judge.

Although he relinquishes the post of secretary EVAC, he will remain in touch with the club as a Life Vice-President, a post he was unanimously elected to at the recent AGM and an honour which was richly deserved in recognition of his loyalty and dedication to the sport in general and EVAC in particular.

As Bill Taylor, Chairman BVAF said of Ted at the AGM 'He is the very epitome of all that is good in athletics: A tower of strength in every sense'.

EVAC 10km CHAMPIONSHIP - 24th MARCH 1991
HEMINGFORD GREY, HUNTINGDON

Pre race chatter was centred around the surprise but nonetheless very welcome late entry of Tony Simmons in this championship. Apparently, a short notice cancellation of a holiday enabled Tony to run but as a 'guest' because he had not met the entry deadline.

Tony's well known steady start perhaps gave the early leaders some hope but this was not to be as he came through very strongly to win the race. However, the EVAC Championship went to Henry Emerton from Ray Church and Vic Holman, who was in great form.

In the M45 race, Mike Nelson triumphed ahead of Peter Hutchison of Biggleswade. Tony Hawkins followed his emphatic win in the x-c at Downham Market and his excellent run at Ampthill with another convincing performance ahead of Peter Andrews in the M50. Alan Hughes, meanwhile, took his revenge over his adversary Doug Linton with a fine M60 win in this very competitive category.

Margaret Thompson was again a clear winner over Diane Marsh in the 'junior' race with Felicity Sperke taking the M40 medal. In the team prizes Bedford and County were close winners from Vauxhall Motors, with the latter club taking the M50 title.

Place	Time	Category	Name	Club	40	45	50	55	60	EVAC Standard
1	31:06	M40	A. Simmons	Luton	1					Gold
2	31:48	M40	H. Emerton	Colchester	2					Gold
3	31:54	M40	R. Church	Nene Valley	3					Gold
4	32:48	M40	V. Holman	Granta	4					Gold
5	32:55	M40	D. Overton	Kendal	5					Gold
6	33:25	M45	M. Nelson	C&C		1				Gold
7	33:48	M50	A. Hawkins	Mansfield			1			Gold
8	34:25	M40	I. Andrews	Vauxhall	6					Gold
9	34:26	M40	P. Lee	C&C	7					Gold
10	34:43	M40	D. Laynes	Bedford & C	8					Gold
11	34:51	M50	P. Andrews	Duke Street			2			Gold
12	34:59	M50	G. Marsden	Newmarket			3			Gold
13	35:07	M40	B. Webb	Bedford & C	9					Gold
14	35:10	M40	T. Garland	Redhill	10					Gold
15	35:14	M45	P. Hutchison	Biggleswade		2				Gold
16	35:17	M40	C. Sparkes	Ipswich Jaffa	11					Gold
17	35:23	M45	R. Brett	Vauxhall		3				Gold
18	35:24	M50	I. Vaughan-Arbuckle	Ryston Runners			4			Gold
19	35:34	M45	J. Clarke	Bedford & C		4				Gold
20	35:38	M40	A. Bowden	Nene Valley	12					Silver
21	35:50	M40	M. Russell	Bedford & C	13					Silver
22	35:59	M45	R. Brockway	Vauxhall		5				Gold
23	36:04	M40	M. Bishop	Halstead	14					Silver
24	36:07	M45	K. Bradley	Grantham		6				Gold
25	36:23	M50	G. Charles	Vauxhall			5			Gold
26	36:25	M45	T. Gray	Eye		7				Gold
27	36:28	M50	P. Lusardi	Ipswich Jaffa			6			Gold
28	36:28	M45	G. Carpenter	Hunts		8				Gold
29	36:37	M40	T. Cooke	Ryston Runners	15					Silver
30	36:37	M45	P. Rainbow	Bedford Har		9				Gold

31	36:48	M60	A. Hughes	Notfast					1	Gold
32	37:05	M40	D. Hanwell	Kettering	16					Silver
33	37:22	M40	M. Mistaouli	Ipswich Jaffa	17					Silver
34	37:27	M45	C. Maughan	Vauxhall		10				Gold
35	37:38	M50	K. Underwood	Nene Valley			7			Gold
36	37:44	M40	H. Collins	Fakenham	18					Silver
37	37:50	M50	J. Burroughs	Ipswich Jaffa			8			Gold
38	37:52	M60	D. Linton	Werrington					2	Gold
39	38:02	M40	D. Eldridge	Grantham	19					Bronze
40	38:17	M45	I. Fisher	Grantham		11				Silver
41	38:34	M60	E. Thompson	Mansfield					3	Gold
42	38:43	M45	T. Cameron	Vauxhall		12				Silver
43	39:01	M40	P. McConville	Hunts	20					Bronze
44	39:09	M60	B. Thompson	Bedford & C	21					Bronze
45	39:22	M40	J. Cartwright	Ryston Runners	22					Bronze
46	39:25	M55	R. Carew	Bedford & C				1		Gold
47	39:28	M60	D. Baker	Eye	23					Bronze
48	39:33	M45	A. Parker	Grantham		13				Silver
49	39:44	M40	L. Walker	Grantham	24					Bronze
50	39:47	M50	P. Hough	Vauxhall			9			Silver
51	39:47	M40	T. Dibdale	Hunts	25					Bronze
52	40:02	M45	B. West	Vauxhall		14				Bronze
53	40:08	M50	A. Walker	Duke Street			10			Silver
54	40:10	M60	E. Britton	EVAC	26					Bronze
55	40:20	M40	D. Cobbold	Hadleigh Hares	27					Bronze
56	40:20	M40	D. Preston	Hunts	28					Bronze
57	40:25	M50	H. Barnfather	Granta			11			Silver
58	40:29	M60	D. Smith	Kettering					4	Gold
59	40:32	M55	T. Palmer	Vauxhall				2		Gold
60	40:36	M60	J. Tillotson	Hadleigh Hares					5	Gold
61	40:39	M50	R. Glover	Biggleswade			12			Silver
62	41:08	M60	K. Jones	Vauxhall					6	Gold
63	42:02	M50	B. Cathmell	Colchester J			13			Bronze
64	43:52	M45	M. Chambers	Ryston Runners		15				Bronze
65	44:17	M50	P. Brown	March			14			Bronze
66	44:22	M50	B. Mathews	C&C			15			Bronze
67	44:58	M60	P. Chaplin	C&C					7	Silver
68	45:28	M45	J. Doggett	Hunts		16				
69	45:33	M65	N. Copping	Ipswich Jaffa					8	Gold
70	46:28	M60	P. Jackman	March					9	Silver
	46:46	M45	D. Whitby	Guest						
71	48:27	M60	P. Parmenter	EVAC					10	Bronze
72	49:07	M60	J. Batham	Stopsley					11	Bronze
73	50:59	M50	K. Mayor	Thorney			16			
74	57:35	M70	D. Blyth	C&C					12	Bronze

WOMEN					35	40	45	50	55	
1	37:14	W35	M. Thompson	Bourne	1					Gold
2	37:34	W40	F. Sperke	Redhill		1				Gold
3	38:28	W35	D. Marsh	Norfolk Olym	2					Gold
4	40:10	W35	C. Bishop	Halstead	3					Gold
5	40:18	W45	J. Norris	EVAC			1			Gold
6	40:25	W45	C. Gould	Shaftesbury			2			Gold
7	41:27	W35	V. Green	C&C	4					Gold
8	41:32	W40	B. Hutcheon	Norfolk Olym		2				Gold
9	44:20	W40	R. Britton	Ipswich Jaffa		3				Gold
10	46:13	W45	P. Read	Ryston Runners			3			Gold
11	49:44	W40	J. Baker	Eye		4				Silver
12	51:27	W35	G. Holmes	March	5					Bronze
13	56:14	W50	M. Brown	March				1		Silver

Teams

M40	1st	Bedford and County	63pts
	2nd	Vauxhall Motors	82pts
	3rd	Grantham	158pts
	4th	Ryston Runners	167pts
M50	1st	Vauxhall Motors	143pts
	2nd	Cambridge & Coleridge	239pts

Women No teams

LETTERS TO THE EDITOR

'Tall Trees'
Chapel Hill
Brettenham
Ipswich
Suffolk IP7 7PG

(0449) 740652

28th April 1991

Dear Ian,

I wanted to just clear up any doubts that may have arisen from my raising the matter of our subscriptions to BVAF at the AGM. I assure you that I am fully supportive of our own EVAC Newsletter, it gets better all the time and is excellent in its presentation and content. My concern is that our total subscriptions are now devoured by our own Newsletter and our affiliation fees to BVAF. I understand that well over £500 of the sum included in these affiliation fees is actually for Veteran Athletics and I recall that for the past two years our own subscriptions have been increased to cater for increased costs of V.A.

There is a limit to what many members will accept as subscription charges to EVAC and I fear that many of the older members may well drop out of the club if our charges get too high. This may not seem important to younger veterans at the peak of their earning capacity but to many of the older runners, often the first to be made redundant in times like these, or who are on pensions contributed to in times before modern schemes were available, the costs of a second claim club may be too much. (I am fortunate in this respect but find the EVAC Marathon in with the Luton Marathon beyond my price range at £8.00 and travel.)

The point that I wished to draw attention to is that there is a danger in our using our total subscriptions on two Newsletters which at best could restrict the development of the EVAC edition and with our having no control over the costs of V.A. we could have to raise our subscriptions annually to pay V.A. increases in costs. Our normal subscriptions to BVAF should cover our receiving full details of BVAF events for inclusion in our own newsletter.

Best wishes
Sincerely
John (Tillotson)

Many thanks for your letter John and your kind comments re the Eastern Vet. As to the matter of subs etc., I am instructed by the Committee to say that they remain very conscious of costs in anything over which they have total control. As to the cost of VA (Veteran Athletics, not me), you might consider raising this at the BVAF AGM to be held at the T & F, Birmingham on 6th July. Ed.

Barrow Lodge
Fen Lane
East Keal
Spilsby
Lincs

Dear Ted (Butcher),

Just a couple of results from competitions I've run over the last 2 months. I ran indoors for the first time in February - a totally different experience than running on the flat. Ran 25.5 at Cosford in a 200 m, then decided to run the British Vets at Glasgow for a laugh! Ran the 60 m in 8 secs. and the 200 m in 25.3, at least the latter improved.

If you could pass the above on to the Editor of the Eastern Vets he might publish it in the next edition.

Cheers,
John Moore

Why not write direct to me John? Ed.

KEEPING TRACK

Our Track and Field Championships this year will be held at Ipswich on 16th June. We are offering a full programme of events and providing entries received mean there being competition in that event/age group then it will go ahead. There is a possibility that an event will not take place if insufficient entries are received. Even then we will try to combine age groups to give athletes their chance to compete.

This year's championships will be the trials for the Veterans Inter-Area Match once again (in August).

I would like to see an Eastern Vets only team compete this year and will be selecting the team accordingly. This means there are *twice as many* places up for grabs as in previous years. We may end up a little short for some events, but I would rather lose a few points and have Eastern Vets represented properly than share a team again. Nothing against S.W. Vets of course and I thank them for their support in past years. I just want to see EVAC there and competing in strength, in our own right.

We have over 500 members so keeping track of you all is very difficult. Selection from our Championships is the easy bit. The best performance from each event/age that covers the Inter-Area categories will get automatic selection i.e. if our M45-49 man beats the M40 the M45 gets selected for the Inter-Area M40-49 event. The second place for that event is up for grabs again. This is where I need your help! Championship results I will have EVAC and BVAF, but many of you will be competing elsewhere and it is not possible to monitor all performances. If you put in a good performance please let me know. Submit your name, event and measurement/time for consideration for selection for the team. So, its in *your hands* as well as mine.

Lastly, we have a few members that hold dual membership of Veterans Clubs/Areas. Last year we lost one or two of you to Midland/Southern teams. Can I encourage you to put Eastern Vets first this time and help make us a force to be reckoned with. 'Points mean Prizes' as Bruce Forsyth once said so lets get together and make more points.

The reason this situation arises is because EVAC doesn't have their own Track and Field League and our athletes go looking elsewhere for competition. I am one of those members looking for events and consequently sucked into the Midland League! You won't find me wearing a Midland vest in a representative match, but it does highlight our own shortcomings. Is your club putting on a meeting for Veterans? It only needs 3 or 4 offers and we are up and running!!

Best of luck
Peter Duhig

EVAC AGM - 24th MARCH 1991

As is customary, the AGM was held immediately after the 10k Championships in Tony Churchill's splendid house at Hemingford Grey. A vote of thanks was accorded to Tony.

After taking the various reports, the main business revolved around the committee's proposal to increase annual subscriptions to £5.00. Some discussion took place as to how much this was due to the cost of producing Veteran Athletics, the BVAF newspaper. It was fortunate that, with H.C. (Bill) Taylor being present as a member of EVAC, members were able to have the views of the BVAF Chairman to help formulate their opinion. In the end, commonsense prevailed and the increase was approved and with it a vote of confidence for Veteran Athletics. At 30p per member per issue it seems a small price to pay for good information.

With the exception of Tony Churchill, who stood down and whose place was taken by Peter Jackman of March A.C., and Ted Butcher who has been EVAC Secretary for no less than 13 years, the committee, led by Peter Duhig, was re-elected. Bill Taylor in paying tribute to the enormous amount of work that Ted Butcher has done for athletics in general and EVAC in particular, proposed Ted as the first Life Vice-President of EVAC. In accepting the unanimous vote, Ted thanked EVAC for the honour and pledged his continued support for athletics. The measure of his contribution can be gauged by the fact that he was not readily able to be replaced as secretary, a post which will remain vacant pro tem. It was pleasing to see Hugh Barnfather at the meeting after his recent return from Op Granby (The Gulf). He was congratulated by the meeting on his award of the MBE.

'IN A TIME OF WAR - THERE IS STILL A PLACE FOR RUNNING'

by

Warrant Officer H.W. Barnfather MBE RAF Hospital Warrant Officer

The Royal Air Force War Hospital Muharraq is located on the Muharraq Island north of Bahrain and is situated in the old RAF Hospital which had been closed since December 1971. The Hospital was re-opened in August 1990 when 22 Field Hospital RAMC moved in. In December 1990 the RAF took it over from the Army.

The personnel are all accommodated in a guarded compound in the village of Arad sited 3 miles from the Hospital.

At present, Day 15 of War, will not be fulfilled unless there is a Land Battle and there are casualties - God willing, the present skirmishes will not escalate and our services will not be needed! Therefore, one of the biggest problems in combatting boredom and, with that in mind plus getting people fit, I have formed a running club called 'The Arad Amblers'.

I have designed three circuits, of 1½, 2¼ and 2¾ miles of road, sandy track and a stretch of sand with the aim of beginners doing the 1½ and moving up as they get fitter. Surprisingly, out of the 300 people in the complex, 75 have donned shoes and shorts and turned up for the daily run held at 1715 - 50 of them have gone straight into the 2¾ circuit and the other 25 the 1½ (58 males and 17 females) started on Monday 21st January 1991. Each person has clocked a basic time and been placed in a group based on those times. That has now become their objective - to move up a group and the better runners try to get in the 'Top Twenty' which is revised daily by one or two improving when its positions are 'all change'.

Depending on the War and how long we remain after the War will determine whether or not we ever compete as a 'club' as there is already a very active 'Bahrain Striders' and 'Bahrain Hash House Harriers' in existence with which, because of the hours we work in the Hospital, I have not yet made contact.

Anyway, the message in this article is that we are keeping ourselves fit by running and I can see some clubs in the UK benefitting on our return with those who have caught 'The Running Bug'.

P.S. 25 members started and successfully completed the Bahrain International ½ Marathon. Our Hospital made it truly International with 1 Kiwi, 1 Cloggy, a number of Scots and Welsh and we English of course. I managed to finish 35th in a field of 143 and won 1st M50 prize with 1.34 (too hot for me!!!).

As you will gather this article was written by Hugh at the time of the War. I wonder whether there were any other EVAC/BVAF members on active service. Anyway, welcome back Hugh and thanks for the interesting article. Ed.

Hugh's Proud Citation

Hugh Barnfather was appointed Warrant Officer at the RAF Hospital Ely in October 1985. He assumed the additional mantles of Officer Commanding General Duties Flight and the Families Officer. He is able to draw on a wealth of experience and he has attacked all his duties with surprisingly youthful enthusiasm, tempered with a grat deal of patience.

As Hospital Warrant Officer, he is a fair but firm advocate and enforcer of Service traditions and discipline. He is responsible for 100 married quarters and is President of all the handover/takeover boards.

Warrant Officer Barnfather is renowned throughout the Service as an athlete. At 52 years of age, he still competes regularly at a representative level, up to national standard, putting in creditable performances. He is generally recognised as the historian of athletics in the Royal Air Force.

He is Manager of the Royal Air Force Veterans' Team, Veterans' Representative of the Royal Air Force Athletic Association Executive Committee, Secretary of the Eastern Veterans' Athletic Association and Distribution Manager of the Royal Air Force's own *Athletic* magazine. He is still able to assist with the production of the station magazine and is responsible for the administration of the Hospital's Amenity Fund.

He epitomises the Service's expectation of a Warrant Officer. He is held in the highest esteem by all who know him. It is recommended that Warrant Officer Barnfather be awarded the Most Excellent Order of the British Empire.

Ian Thompson finishing the BVAF X-C Championships, Ampthill with Dave Laynes behind him

CLUB 'SHORTS'

Hugh - What about The Thin White Line? Or is it just a rumour.

CR

****

Would members please include their telephone numbers when renewing membership etc. It would be a great help in getting hold of members.

****

We have been sent details of the Isle of Man VAC which is promoting a marathon and half-marathon on Sunday, 18th August which includes a BVAF Challenge Trophy within the marathon. A special package deal is available for travel/accommodation. Anyone interested contact I. V-A.

****

There is a vacancy on the club committee. The work is *not* onorous. Anyone interested please contact a committee member.

****

Club vests and T-shirts are available from the Treasurer by post at £6.50 each or they will be on sale at the forthcoming T & F meeting.

****

A jogger has been defined by The Times as someone who 'runs' at slower than 8 minute per mile pace!

****

On his return from the Gulf, Hugh Barnfather, has re-assumed his responsibilities as Hon. Membership Secretary from John Clarke who remains as Club Treasurer.

****

At the AGM the annual subscription was increased to £5.00.

****

A belated acknowledgement to Tony Grey who represented Northern Ireland in the Home Counties international held at Ampthill last November.

****

If you intend entering the Luton Marathon, make sure that it is clear you wish to enter the incorporated EVAC marathon championship.

EASTERN VETERANS ATHLETIC CLUB

10 MILE ROAD CHAMPIONSHIPS (Men & Women)

incorporated in the March AC 10 mile

to be held at the Neale-Wade School, Wimblington Road, March

on Sunday, 7th July, 1991 at 11.00 a.m.

Course: Accurately measured (AAA/RAC certified). BVAF Grade 2. Flat and fast. Slightly revised course this year.

Conditions: The Championships will be run as one race.
To be eligible for awards, competitors must be members of EVAC by 23rd June, 1991.
Entries close 1st July, 1991. NO ENTRIES AFTER THIS DATE.
Entry fee £3.00.

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.

March 10: Medals to all finishers, many veteran prizes and sweatshirts to all under 50 minutes.

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.
There is a 2 mile Fun Run (£1.00 entry).

THE COMPETITOR 'OR' HE ALSO RAN

The day of the race had finally come
The stretching of muscles had begun
There were those that were bending as far as they can
And there was the tortoise who also ran

Down to the start they made their way
A great armada in bright array
In shorts and vests they looked spick and span
And there was the tortoise who also ran

Down at the start line they all were there
The fox and the rabbit, the cat and the hare
But somewhere unnoticed away from the clan
There was the tortoise who also ran

There's bright new models thronging the swell
And older models all running quite well
The teams were there, discussing their plan
And there was the tortoise who also ran

The event started off at a furious pace
By those determined to win the race
But somewhere behind doing the best he can
Came the old tortoise who also ran

Mile after mile they thrashed it out
Until the marshalls saw nothing about
Then one said to t'other 'We'll go home now Sam'
Then came the tortoise who also ran

Back at the finish the crowds are now gathered
To see who's P.B. or time had been shattered
But where is he, that slow little man
Ah you mean the tortoise who also ran

Mile after mile he plodded along
To the strains in his mind of a bright little song
He doesn't appear to have any plan
He's just the tortoise who also ran

The crowds now disperse, the marshalls they wait
The time clock now shows it's getting most late
He's nowhere in sight, he'll miss the time span
The poor old tortoise who also ran

No look there he is, I see him afar
Being followed by ambulance and officials car
'I don't think he'll make it' 'I'm sure that he can'
For he's the old tortoise who also ran

And over the line he comes home at last
The mile after mile a thing of the past
With medal in hand he don't give a damn
He's just the old tortoise who also ran

Anon

EASTERN VETERANS ATHLETIC CLUB

MARATHON CHAMPIONSHIP

incorporated in 1991 Thameslink Luton International Marathon

on Sunday, 21st July, 1991 at 9.00 a.m.

*****

To enter apply by no later than 1st July, 1991 to:

Marathon Headquarters
1st Floor
284 Leagrave Road
Luton
Beds. LU3 1RB
Telephone (0582) 490220

Entry fee £8.00 for affiliated members

*****

REMEMBER to endorse your entry form 'EVAC Championship' and give your **membership number**. This is important.

Normal rules for EVAC championship awards apply. The EVAC liaison officer for this event is JOHN CLARKE (0234 751445).

*****

BVAF T & F CHAMPIONSHIPS HELD AT KELVIN HALL, GLASGOW 17th MARCH 1991

A number of Eastern Vets journeyed to Glasgow for the BVAF Indoor Track and Field Championships. Alan Hughes made the trip along with myself and we had entries in the 800 and 1500m. Alan was the experienced runner and my mentor and I was very much the learner who had never run 'indoors' before. Alan worked hard in the 800m running second to Derek Thomas of Cambridge Harriers, producing a British Record of 2:2.47 whilst Alan did 2:26.64. I was fourth in 2:33.3 just getting picked off by a second or so on the last lap. The 1500m was somewhat different. Willy McBrinn of Shettlestone Harriers ran as if he meant to win and really pulled us on. Alan stuck with Willy and I hung onto them so I was an interested spectator at the breaking of another British record. Willy ran out the winner in 4:49.50 with Alan second in 4:52.52 whilst I was third in a P.B. of 5:05.52.

A good experience which I hope to repeat. Many thanks to Alan for his invaluable help in what was a new experience for me.

Doug Linton

Tony Simmons at the club 10k Championships which he 'won' in 31:06

EASTERN VETERANS ATHLETIC CLUB

Track & Field Championships

Northgate Sports Centre, Sidegate Lane, Colchester Road, Ipswich. Sunday, 16th June, 1991 at 11.30 a.m.

Provisional Programme

11.30 a.m. 100m heats (m&w)	Pole Vault	Hammer (m&w)
12 noon 1500m (m&w)		
12.15 p.m. 400m Hurdles (m&w)	Long Jump (m&w)	Shot (m&w)
12.30 p.m. 300m Hurdles (w50 & m60)		
12.45 p.m. 100m Final (m&w)		
1.00 p.m. 800m (m&w)		
1.30 p.m. 200m Heats (m&w)	High Jump (m&w)	Discus (m&w)
2.00 p.m. 3000m s/chase		
2.20 p.m. 110m Hurdles (m)		
100m Hurdles (w35 & m60+)		
80m Hurdles (w40 & m70)		
2.45 p.m. 200m Final (m&w)	Triple Jump (m&w)	Javelin (m&w)
3.00 p.m. 400m Heats (m&w)		
3.15 p.m. 5000m (m over 40)		
3.45 p.m. 5000m (m over 50 & w)		
4.15 p.m. 400m Final (m&w)		

Entry Fee £1.50 first event, £1.00 additional events, to E.C. Butcher, 26 Rycroft Avenue, Deeping St James, Peterborough, PE6 8NT. (Tel. 0778 345062) by 8th June.
S.A.E. please if acknowledgement and/or travel directions and/or event time-table.

Conditions

All weather track, max spike length is 6mm.
Rights are reserved to cancel any event because of insufficient entries. If insufficient entries to warrant heats, then Final will be run at time of heats.
Medals for 5 year age groups. Up to 3 entries 1 medal; 4 or 5 entries 2 medals and over 5 entries 3 medals.
To qualify for the EVAC Championships, entrants must be paid up members by 10th June.

Please enter me for the following events in the EVAC T & F Championships on Sunday, 16th June, 1991.

Events ..... Age Group .....

Name (Block Capitals) ..... Entrance Fee .....

Address .....

..... Post Code .....

Tel. No. .....

Date of Birth ..... Age ..... EVAC Member No. .....

Club ..... Signed .....

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(closing date for entry - 25th May)

A Suffolk Series Race

Entry forms from: C. Buckton, 124 Hawthorn Drive, IPSWICH. IP2 0QB

EVAC 10 MILE ROAD CHAMPIONSHIPS 1991

7th July, 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 £3.00 enclosed ☐ (tick box). Cheques to March A.C. Please enclose an s.a.e. if confirmation of entry is required.

3. I will participate in the EVAC 10 Mile Championship 1991/March A.C. 10 Mile 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:
Mrs Sylvia Smith, 143D Creek Road, March, Cambs. PE15 8RN
(0354 52828)

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sent for 5/3/91

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incl. Eastern Veterans A.C. ½M Champs
& Norwich Union Grand Prix

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SUNDAY 1st SEPTEMBER 1991

Stoke Ferry, Nr King's Lynn, Norfolk

11.00 a.m. Norfolk County Championship Marathon men and women 26.2m (min. age 18yrs)

11.30 a.m. Wissey Half Marathon incl. Eastern Veterans A.C. Championship 13.1m (min. age 17yrs) (also Norwich Union Grand Prix)

11.45 a.m.

Track Races for boys	U11	U13	U15	U17/SM	U6
Track Races for girls	U11	U13	U15	U17/SL	U6
Track Races distances	800m	800m	1500m	1 mile	30 mtrs

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British Association of Road Races

NORWICH UNION Grand Prix

For entry form apply to: Race Director, 42 Wimbotsham Road, DOWNHAM MARKET. PE38 9PE

FIXTURES 1991/1992

16th June	EVAC Track and Field Championship, Ipswich
22nd June	BVAF Road Walks 20k (Men), 10k (Women) Sutton Park
23rd June	Brugge 25k and 10k Vets Grand Prix Road Races. Enquiries to Barabra Dunsford, 71 Hillside Crescent, Harrow, Middlesex. HA2 0QU
6th/7th July	BVAF Track and Field Championships, Birmingham
7th July	EVAC 10 mile Road Championship, March, Cambs.
18th - 28th July	World Veterans Championships, Turku, Finland. Details from Barbara Dunsford - Address above.
21st July	EVAC Marathon Championships, Luton Marathon. Marathon HQ, 284 Leagrave Road, Luton. LU3 1RB
4th August	BVAF 10 mile Road Championships, Oswestry.
11th August	BVAF Track Walks 10k (Men), 5k (Women) Solihull
18th August	Inter-Area T & F, Palmer Park, Reading
1st September	EVAC Half Marathon Championships, Wissey ½ Marathon, Nr King's Lynn, Norfolk.
5th/6th October	European Veterans Championships, Dolo Kira, Venice. 10km and 25km Road Races and 20km women and 30km men Road Walks. Details from Barbara Dunsford.
6th October	BVAF Marathon Championship - Flying Fox Marathon, Stone.
20th October	BVAF ½ Marathon, Birmingham
10th November	AAA Veterans 10k, Barnsley

1992

26th June - 4th July	European Veterans Championships, Kristiansand, Norway.

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

ATTENTION!!

Club Secretaries and Race Directors

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