THE EASTERN VET

Editor · Ian Vaughan-Arbuckle Number 38 August 1991

Colin Fairey receives the 'Victor Ludorum' trophy from EVAC Chairman, Peter Duhig at the 1991 T & F Championships

EASTERN VETERAN ATHLETIC CLUB

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EDITORIAL

I am writing this from Turku, home of the late and great Paavo Nurmi, where the IX World Veteran Games are in progress but that's another story to be found elsewhere in this edition. Watching athletes of all ages, shapes and sizes strive for their perfect performance has provided me with the 'theme' for this editorial. In a nutshell, standards. Having recently competed, for the first time in major track and field championships has highlighted the wide gulf between on the one hand, the 'elite' competitor and, on the other, the 'jogger'. At the outset let me stress that I am NOT having a go at the athlete of lesser ability but I do think that the whole question of championship qualification standards needs to be re-considered. At present there seems to be a conflict of ideals between encouraging *all* to participate and attracting the very best to compete at veteran level.

Having witnessed, at both the British and World Championships, competitors quite clearly out of their depth, I am not at all sanguine that the current policy, of encouraging all to participate, benefits anyone. Surely it must be wrong for someone to be so far off the standard as to be 3½ laps behind in a World 5000 m? Such situations are by no means a rare event in the events I have witnessed this season. It is my view that, while the introduction of entry standards continues to be resisted, veteran championships will go unrecognised by individual elite athletes and potential sponsors alike. On the positive side, I shall personally never forget the performance of 95 year old Joginder Singh (India) who ran 100 m in 20.8 secs; quite incredible! I shall never forget him with his orange turban, baggy khaki shorts and flowing white hair/beard finishing arms raised, a la Linford Christie, and then some 30 mins later being unable to mount the presentation rostrum to receive his gold medal, without assistance. The ovation he got said it all.

While on the subject I have published the US Masters Standard of Excellence Tables for you to look at since, if you are anything like me, you will be interested to see where you slot in.

Turning to other matters, is there any club prepared to stage the club's 1992 cross country and 10k championships? If so, would they please contact a member of the committee.

Keep well, train hard and good luck.

Ian Vaughan-Arbuckle

'CHAIRMAN'S CHATTER'

I have to start with an apology in this issue as I found it impossible to get an invite for EVAC to the Inter-Area T & F Match. To press the matter would have possibly upset some of our contemporaries and I was reluctant to rock any boats this year. My enquiries have however secured an invite for 1992 in our own right, so, keep at the training and keep encouraging your members onto the track and field.

This year we are the guests of SW Vets again and selection letters have gone out to all concerned based on Championship performances. There may be a few places to be filled because of non-availability due to holidays etc. These I will deal with on my return from Finland. The match is at Reading on 18th August, 12 noon start. Good luck all of you. Congratulations to our 10 m Champions from the March race and also our Marathon Champions from Luton. I don't have details at the time of writing but I am sure there were many worthy winners.

In recent weeks I have attended the National T & F at Birmingham and at this time am in Finland for the World Championships. I must say it is nice to see so many Eastern Vets taking part in these events and winning so many medals, particularly at Birmingham.

Britain has won the bid for the World Championship Road Races in 1992. Birmingham will be hosts to the 10k and 25k Road Races and the 20k (women) and 35k (men) Road Walks on August Bank Holiday next year. Let's hope a large EVAC contingent take part. Any offers to organise a party?

Our next Championship is the Half Marathon on the popular Wissey ½M course on 1st September. If you haven't entered yet do hurry up and do so on the form in this issue.

As the days go by, the calendar doesn't get any less busy. This has been the busiest summer I have ever had competition wise, but very satisfying. I hope you are all getting as much enjoyment and gratification out of being part of EVAC as I do.

Peter Duhig

EVAC STANDARD AWARD NEWS

With results from the EVAC 10k and 10 miles events available 8 Gold Standard Awards have been won so far. In addition, 6 members have established good start positions with 4 Silver and 2 Bronze Standards, these can be improved upon in the remaining BVAF and EVAC championships.

A further 33 members have made a start by achieving standard times in one event, including 8 women.

(Awards will be presented at the AGM.)

Gold Standards
Ian Andrews M40
Brian Webb M40
Vic Holman M40/M45
Paul Rainbow M45
Ken Underwood M50
Roger Carew M55
Ken Jones M60
John Tillotson M60

Silver Standards
Ian Fisher M45
Tom Cameron M45
Colin Maughan M45
Thomas Gray M45

Bronze Standards
David Eldridge M40
Pat McConville M40

Any queries regarding standards should be sent to John Tillotson, Tall Trees, Chapel Hill, Brettenham, Ipswich, Suffolk. IP7 7PG (Please send s.a.e.)

Please also see page 25 for the Marathon Standards achieved.

INTER-AREA 10km ROAD RACE AT HEMINGFORD GREY: SUNDAY, 24th MARCH, 1991

A team of our members represented the Midlands in an inter-area 10km match at Hemmingford Grey on a brisk spring day in March. This was the first occasion on which we had been invited to join with the EVAC in their Championships which were held on a flat and fast course through the Cambridgeshire countryside.

Teams of women and over 50 and over 40 men joined the high class field which was led throughout by Tony Simmons, demonstrating that he had lost none of his previous competitive form. A small group, including our own Mike Hager (fresh from his National CC 4th placing) pressed him closely, however, and competition was strong to the last.

Mike finished 2nd in the race with a creditable 31.32; Colin Cartland came in 10th place and was our second man over 40. Alan Griffiths was the second man over 50 and Pat Gallagher first woman, well ahead of the opposition. Eastern Vets packed well in the womens' race and took that title, also that in the over 50 mens' race. Midlands Vets triumphed in the Over 40 category, however, but failed to win the overall trophy by a small margin.

An exciting and challenging match, held in a wonderful spirit - we shall be back next year with even greater determination.

Irene & Edgar Nicholls
(MVAC)

This article was sent to us by MVAC. The Inter-Area Match was a great success and is to be repeated in 1992. Venue not yet decided. Thanks to MVAC for their kind remarks which are much appreciated - Ed.

VETERAN INTERNATIONAL CROSS COUNTRY MATCH

The 1991 Home Counties X-C International is to be held at Aberdeen University on Sunday, 3rd November, 1991 commencing at 1030 hours. Races will be run in the following age groups: M40, M45, M50 (six to run, 4 to score), M60, W35, W40 and W50 (four to run, 3 to score).

A communication has been received from Martin Duff, Vice-Chairman BVAF, saying that the England teams will be selected and managed by a committee consisting of himself, Celia Duncan (21 Abbey Way, Farnborough, Hants. GU14 7OI) and Arthur Walsham (21 Thornfield Road, Heaton Moor, Stockport, Cheshire. SK4 3LD). Anyone considering they have case for selection should contact either Celia or Arthur.

No details have yet been received regarding selection for Scotland, Wales or N. Ireland but should any EVAC member wish to put their name forward, they should contact Ian Vaughan-Arbuckle, Secretary EVAC (address on inside cover) in writing stating their claim.

The EVAC committee has decided that any member selected for this International, who may need financial assistance with the expense involved, should apply in writing to the Club Treasurer stating their case. The decision as to grants offered to defray expenses will be made by the EVAC committee and will be based on individual circumstances.

'HOT STUFF'

In sweltering conditions at the Alexander Stadium, Birmingham, over the weekend 6 th/7 th July, there was some quality competition in the 1991 BVAF T & F Championships, which brought together 750 athletes, including some from other nations on their way to Finland for the World Veteran Games.

EVAC were well represented finishing with a most respectable total of 18 gold, 12 silver and 9 bronze medals. Among some very fine individual performances, pride of place must go to Colin Fairey who set new British and Championship Best Performance marks in the M75 100 m and also won the 200.

Arguably, the best all round performance in the entire womens events came from Ann Turrington who won the W35 800 m and 1500 m in great style. Already a force in veteran athletics, she must surely go on to gain International honours.

On Sunday, with the temperatures soaring well into the 80 s, Tony Simmons gave a vintage performance of controlled running when he methodically destroyed the opposition to win the M40 10000 m by some 300 m.

Elizabeth Holmes dominated her age group track events by gaining 2 golds and a silver. In the M60 middle distances, the 'enfants terrible' Alan Hughes and Doug Linton shared the silver and bronze spots. The Chairman had an excellent meeting finishing the blue ribbon event strongly to take 2nd place and he also made the 800 m final. Des Haughney ran a sensible and sustained 5000 to place 3rd in the M50 5000 m. Janis Gercs threw well to capture gold in the Hammer whilst Anthony Mackay took the M50 high jump. Romana Wallace, Ray Lambourn, Robert Abdy, Cath Reader, Julie Churchill and Frank Copping also collected medals - well done everyone.

It was a great weekend' s sport which truly embodied the spirit of friendly and yet high endeavour which prevails among veteran athletes - and long may it continue to be that way.

EVAC members results - see page 9.

IN COMMITTEE

Tony Challis has recently joined the committee of EVAC.

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Iris Hornsey, already a member of the committee, has accepted the new ex officio appointment of Trophies Secretary.

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A Working Party is to be set up by the BVAF to look into the whole question of whether veteran athletes, who belong to more than one club, should have to nominate a first claim veteran club. Currently, problems can arise in Inter Area matches etc.

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Clubs wishing to advertise their events throughout the 600 EVAC members can purchase a full page in this magazine for £20.00 or ½ page for £10.00. Publication dates are mid August, November, February and May. Copy to the Editor.

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An over 60 team competition (3 to count) will, in future, be included in BVAF championships.

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The cost of producing your magazine is about 75 p per copy which, when multiplied by 4, accounts for about ¾ of an individual annual subscription. Do you think this is justified? Is it good value or not? Could it be reduced in size/content? Comments to the Editor please.

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The club has some £1100.00 invested in a Building Society and manages to run its day to day affairs from a current account.

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It is hoped to invoke a Standing Order system for payment of annual club subs, starting in April '92.

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A presentation of a suitably inscribed glass tankard has been made by the Chairman, on behalf of the club, to Ted Butcher and Tony Churchill as a token of appreciation for all they have done for EVAC over the years.

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Left behind at the T & F championships at Ipswich, a fetching turquoise 'T' shirt. Claim from Cath Reader (0553 - 86461) - soon, or she may be seen wearing it herself ...

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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.
Patricia Osbourne	Eye Community Runners	26/9/51
John Bone	Great Yarmouth RR	12/8/46
Stephen Nightingale	Yaxley Runners	21/4/51
Mike Stuart	Bedford Harriers	16/2/39
David Hood	Vauxhall AC	4/4/51
Raymond Rose	Chatham	23/6/38
Richard Glover	Biggleswade AC	2/4/40
Angela Marchant	North Herts RR	7/9/44
Julie Churchill	Cambridge & Coleridge AC	20/3/56
David Whitby	March AC	9/6/43
David Folgate	Kettering Town Harriers	3/5/51
John Moyes	Ipswich Jaffa	3/5/48
Ken Overy	Great Yarmouth RR	7/12/36
Thomas Daniel	Pontefract	16/5/36
C. Burke	Yaxley Runners	17/5/51
Tony Coleman	Peterborough	3/8/32
Jane Coyle	Corby AC	18/12/53
Andrew Breakwell	Ipswich Jaffa	28/7/47
Melvin Wilkie	East Harling, Norfolk	27/9/47
Patricia Read	Ryston Runners	31/1/44
Alan Read	Ryston Runners	26/10/41
Robert Thompson	Bedford & County	5/8/47
Paul Langwordhy	Colchester & Tendring	4/5/50
Marcus Ennis	Cambridge & Coleridge AC	3/7/50
John Montgomery	Corby AC	13/3/50
Patrick McConville	Huntingdon AC	17/3/49
Stephen Humphries	Yaxley Runners	6/12/50
Tom Birch	Duke Street Runners	7/8/33
Raymond Anthony	Northampton Phoenix	29/7/50
Brian Cassidy		29/11/45
David Eldridge	Grantham AC	21/6/48
Dennis Frew	Duke Street Road Runners	23/2/49
Bill Harding	Yaxley Runners	14/11/48
David Jacques	Norwich Road Runners	24/11/37
Frederick Rondeau		3/3/27
Steve Soul	Chelmsford AC	12/7/49
Peter Tremaine	Springfield Striders	13/12/47
Ian Welford	March AC	31/5/50
Michael Wright	Duke Street Road Runners	11/9/45
Malcolm Ranger	West Norfolk AC	15/10/48
Martin Yeomans	Village Road Runners	1/3/51
Ann Hazel Turrington	Cambridge & Coleridge AC	14/5/56
Raymond Lanbury	Northampton Phoenix	29/7/50
Jeffrey Baker	Nene Valley Harriers	1/4/51
Chris Hardbord	Great Yarmouth RR	8/9/45
Chris J. Keech	Bedford & County	19/5/51
Peter G. Seeley	Duke Street Road Runners	29/2/48
Jane E. Harding	Eye Community Runners	1/11/47
Maurice Taylor	Biggleswade	28/10/42
Joseph I. Eccles	EVAC	8/2/48
Tony M.J. Wooderson	EVAC	14/5/51
Keith J. Lewis	EVAC	31/3/31
Mary Waters	Kettering Town Harriers	10/1/49
Trevor Hamblett	Hadleigh Hares	5/6/51
Victor Power	Mansfield Running Club	17/3/37
Leslie Howard	Scunthorpe Harriers	3/8/48
Paul Greenall	March AC	23/6/47
Ursula Duckworth	Bedford & County	24/3/36
Michael Corboy		12/2/47
D. Gardiner	Hadleigh Hares AC	12/7/51
Richard Frake	Pitsea AC	11/7/49
Christophe Dungar	Norfolk Olympiads	29/11/50
Lynn Davis	Essex Ladies	7/6/56
David Hood	Vauxhall AC	4/4/41

'SNIPPETS'

Overheard at the BVAF X-C

'Why is it that we do these mad things?'

View of a schoolmaster member of EVAC

Veteran athletics must be the only sport in which participants actually look forward to getting older.

At the BVAF T & F

A male veteran athlete who is known to have suffered 11 heart attacks in the recent past still competed in this years 5000m, despite the very hot conditions.

Overton International 5 mile Road Races

14th September 1991 has an exclusive Vet Men Race starting at 2.00 p.m. with cash subventions for the first 15 places and for the first 3 teams. Enquiries to: Emma Scoggins, 73 Woodlands, Overton, Basingstoke, Hants, RG25 3HW. Closing date 2nd September.

Fact

77 veteran athletes, who are not currently members of EVAC, took part in the March '10', reported elsewhere in this magazine!!

Congratulations to Anthony Mackay on his impressive tally of 5 'golds' (HJ, PV, TJ, DT and 100mh) in the M50 class at the Sheffield Veteran Games, 30th June 1991.

Vicki Green (Cam & Col) was second W35; Peter Andrews (Duke Street RR) and Roger Mawer (Lowestoft) were 1st and 2nd respectively (M50) in the AAA ½ Marathon Championships held at Cambridge on 14th July. George Phipps (Leamington Spa) and Ray Blackwell (EVAC) were 1st and 2nd respectively in M60. Tony Saunders (Granta H) ran a superb 71:40 to find himself 5th M40! Well done all EVAC members who took part.

Fact or Fiction

Cath: "The 'thin white line' is no longer distinguishable from the 'fat white belly'. It was never a rumour." HWB

A FAIREY TALE

What a performance. To break the British Record in both the 100 and 200 metres should have been enough for anyone but for this magnificent 75 year old veteran athlete it was the icing on the cake since he also won the shot, javelin and discus at the Eastern Veterans T & F Championships held at the Northgate Sports Centre, Ipswich on Sunday, 16th June, 1991. Not surprisingly he was awarded the 'Man of the Meeting' trophy at the end of a 'fairey' tale afternoon's sport. He is, of course, Colin Fairey of Kettering Town AC.

He was not, by any means, alone in producing a string of excellent performances, however, Bob Abdy, Northampton Phoenix won no less than 6 events (LJ, HJ, PV, TJ, 100m H and Jav) in the M40 class. Other male athletes who distinguished themselves in a variety of events were Glyn Long, Anthony Mackay, Janis Gercs and Alf Woods.

In the ladies events, there were also some outstanding individual results. Both Elizabeth Holmes (Cambridge & Coleridge) W50 and Margaret Olley (Great Yarmouth AC) W45 won no less than 5 events. Having returned to athletics relatively recently, Ann Turrington (Cambridge & Coleridge), W35 won both the 400 and 800 metres both in record times and in great style. A newcomer to the veteran ranks, Julie Churchill, also of Cambridge & Coleridge, demonstrated just what a good athlete she is by storming wins in the W35 200 metres and 400 metres hurdles.

Once again Henry Emerton proved himself supreme in the middle distances. Having won the 1500, he then took the M40 5000 by the scruff of the neck to win from the front in an excellent 15.08.1. The M50 5000 proved to be one of the most exciting events of the day with the Club Secretary just able to hold off a strong challenge from Gerald Marsden. The Club Chairman, Peter Duhig, who is now making good progress in his comeback, won the 800 m and was placed in the M40 1500. Once again Alan Hughes proved his versatility by winning the M60 800, 1500 and 400 m h.

A good day's sport well organised by Ted Butcher and, as always, supported by a dedicated group of officials, including John and Molly Mills from the West and the BVAF Chairman Bill Taylor who also presented the medals. During the meeting 39 club championship records were bettered. See page 9 for detailed results.

Bill Taylor, John Mills and Peggy Taylor at Ipswich

BVAF T & F CHAMPIONSHIPS - EVAC RESULTS

100 m

M50	7th	Michael Garvey	13.32
M60	8th	Patrick Parmenter	15.99
M70	4th	Alvin Monen	15.52
	6th	Henry Goodman	18.53
M75	1st	Colin Fairey	15.16 (BR/CBP)

200 m

M50	7th	Richard Caplis	26.87
	8th	Michael Garvey	26.90
M70	4th	Alvin Monen	33.91
M75	1st	Colin Fairey	32.77
W55	1st	Elizabeth Holmes	34.88

400 m

M40	6th	John Moor	54.76
M50	5th	Richard Caplis	58.65
W35	3rd	Julie Churchill	62.88
W55	1st	Elizabeth Holmes	76.09

800 m

M40	7th	Peter Duhig	2.08.67
M65	3rd	Frank Copping	2.52.96
W35	1st	Ann Turrington	2.15.74
W45	4th	Iris Hornsey	2.39.09
W55	2nd	Elizabeth Holmes	2.56.85

1500 m

M40	2nd	Peter Duhig	4.10.5
M60	2nd	Alan Hughes	4.53.76
M65	3rd	Frank Copping	5.51.68
W35	1st	Ann Turrington	4.42.34
	7th	Angela Smith	5.01.51
W45	5th	Iris Hornsey	5.29.12

Discus

M40	3rd	Ray Lambourn	27.44
M50	5th	Anthony Mackay	37.36
W40	4th	Romana Wallace	26.86

High Jump

M40	2nd	Robert Abdy	1.55
M50	1st	Anthony Mackay	1.45

Javelin

M40	3rd	Robert Abdy	34.98

5000 m

M50	3rd	Des Haughney	16.16.82
	6th	Ian V-Arbuckle	16.58.74
M60	2nd	Doug Linton	18.13.96
	3rd	Alan Hughes	18.15.20
M65	5th	Frank Copping	21.44.52

10000 m

M40	1st	Tony Simmons	31.17.46
M50	4th	Peter Andrews	35.31.67
M60	2nd	Alan Hughes	38.07.10
	3rd	Doug Linton	38.20.24

100 mh

M50	2nd	Anthony Mackay	18.49

400 mh

W35	2nd	Julie Churchill	68.97

3000 m Walk

W35	2nd	Cath Reader	15.43.91
M60	3rd	Tony Cinnalis	16.52.51

Shot

M40	4th	Paul Greenhall	10.87
W40	4th	Romana Wallace	8.91

Pole Vault

M50	2nd	Anthony Mackay	3.50

Hammer

M40	2nd	Ray Lambourn	34.52
M65	1st	Janis Gercs	25.30
W40	2nd	Romana Wallace	22.48

RESULTS
EASTERN VETERANS ATHLETIC CLUB TRACK AND FIELD CHAMPIONSHIPS - IPSWICH 16th JUNE, 1991

100 m

M40

1	C. Keech	Beds & Co	12.1
2	M. Corboy	VAC	12.3
3	R. Frake	Pitsea	12.4
4	D. Folgate	Kettering	13.4

M45

1	P. Harris	Chelmsford	12.7
2	J. Clark	Chelmsford	13.5

M50

1	M. Garvey	Corby	12.8
2	P. Lovett	Norwich	13.8

M55

1	G. Daborn	EVAC	13.4
*	K. Thew	Guest	13.5

M60

1	P Parmenter	EVAC	15.4

M70

1	A. Monen	Grantham	15.5
2	H. Goodman	Ipswich	17.4

M75

1	C. Fairey	Kettering	14.9 British Record

W45

1	J. Towler	Peterborough	14.9
2	M. Olley	Gt Yarmouth	16.1

W50

1	E. Holmes	Cam & Col	17.0
	M. Mills	Guest	14.7

W70

1	P. Taylor	EVAC	19.8 (Record)

200 m

M40

1	C. Keech	Beds & Co	24.6
2	M. Corboy	VAC	25.5
3	R. Frake	Pitsea	26.6
4	D. Folgate	Kettering	27.4

M45

1	J. Clark	Chelmsford	27.5

M50

1	M. Garvey	Corby	26.8

M55

1	G. Daboin	EVAC	27.4

M60

1	P. Parmenter	EVAC	32.1

M70

1	A. Monen	Grantham	33.4

M75

1	C. Fairey	Kettering	31.7 British Record

W35

1	J. Churchill	Cam & Col	28.0 (Record)
2	L. Davis	EVAC	31.1

W40

1	C. Brown	Shaftesbury & B	35.1

W45

1	J. Towler	Peterborough	30.7

W50

1	E. Holmes	Cam & Col	36.0
	M. Mills	Guest	30.9

W70

1	P. Taylor	EVAC	44.2 (Record)

400 m

M40

1	M. Haniver	Cam & Col	53.5 (Record)
2	J. Taylor	Peterborough	55.5
3	M. Corboy	VAC	55.9
4	M. Ranger	W. Norfolk	58.0
5	C. Portch	Diss	60.0
6	J. Driscoll	Col & Ten	61.5

M45

1	R. Hancock	Ryston R	61.6
2	M. Bland	Col & Ten	64.2

M50

1	T. Bilham	Nfk Olym	64.0

M55

*	K. Thew	Guest	66.9

M60

1	A. Hughes	Notfast	64.2 (Record)
2	P. Parmenter	EVAC	74.3

W35

1	A. Turrington	Cam & Col	60.3 (Record)
2	L. Davis	EVAC	67.2

W40

1	C. Brown	Shaftesbury & B	78.0

W45

1	I. Hornsey	Cam & Col	71.9
2	J. Towler	Peterborough	73.2

W50

1	E. Holmes	Cam & Col	77.9

W70

1	P. Taylor	EVAC	117.3

800 m

M40

1	P. Duhig	Ryston R	2.09.4
2	J. Taylor	Peterborough	2.09.7
3	P. Lee	Cam & Col	2.14.6
4	D. Folgate	Kettering	2.18.9

M45

1	M. Bland	Col & Ten	2.39.3

M50

*	A. Kindley	Verlea	2.20.5

M60

1	A. Hughes	Notfast	2.26.6 (Record)

M65

1	F. Copping	Ipswich	3.12.9

W35

1	A. Turrington	Cam & Col	2.15.7 (Record)
2	A. Smith	Northampton Phoenix	2.30.9
3	L. Davis	EVAC	2.40.2

W45

1	C. Oxton	Capital RRC	2.37.7
2	I. Hornsey	Cam & Col	2.42.5

W50

1	E. Holmes	Cam & Col	3.01.7 (Record)
*	A. Radley	Chelmsford	2.53.2

1500 m

M40

1	H. Emerton	Col & Ten	4.06.4 (Record)
2	D. Laynes	Bed & Co	4.10.3
3	P. Duhig	Ryston R	4.15.0
4	J. Jenkins	Cam & Col	4.15.8
5	J. Sayers	Chelmsford	4.16.0
6	P. Lee	Cam & Col	4.25.7
7	A. Breakwell	Ipswich	4.27.9
8	L. Howard	Scunthorpe	4.32.5

M45

1	T. Coleman	Kettering	4.28.6 (Record)

M50

1	P. Andrews	Duke Street	4.42.8

M60

1	A. Hughes	Notfast	4.54.7 (Record)

M65

1	F. Copping	Ipswich	6.23.8

W35

1	A. Smith	Northampton Phoenix	4.58.3

W45

1	C. Oxton	Capital RRC	5.07.6 (Record)
2	I. Hornsey	Cam & Col	5.28.7

W50

1	E. Holmes	Cam & Col	6.09.0 (Record)
*	A. Radley	Chelmsford	5.40.6

5000 m

M40

1	H. Emerton	Col & Ten	15.08.1
2	D. Overton	Kendal AC	15.43.1
3	J. Smith	Corby	15.44.4
4	A. Breakwell	Ipswich	16.46.1
5	C. Dungar	Nfk Olym	17.48.5

M45

1	T. Coleman	Kettering	16.45.0
2	G. Carpenter	Huntingdon	17.40.7

M50

1	I.V-Arbuckle	Ryston R	16.57.8
2	G. Marsden	Newmarket	16.59.7
3	J. Burroughs	Ipswich	17.55.1

M60

1	D. Linton	Werrington	18.02.3 (Record)
2	A. Hughes	Notfast	18.22.8

M65

1	F. Copping	Ipswich	22.42.1

3000 m Steeplechase

M40

1	M. Russell	Beds & Co	10.34.3 (Record)
2	M. Ranger	W. Norfolk	10.59.1
3	L. Howard	Scunthorpe	11.03.7
4	T. Cooke	Ryston R	11.14.3
5	D. Folgate	Kettering	12.18.3

M45

1	G. Carpenter	Huntingdon	11.29.7 (Record)

400 m Hurdles

M40

1	M. Haniver	Cam & Col	60.1 (Record)
2	M. Ranger	W. Norfolk	65.0
3	C. Portch	Diss	66.4
4	M. Russell	Beds & Co	68.2

M45

1	G. Long	Nfk Olym	61.8 (Record)
2	P. Harris	Chelmsford	68.2

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	L. 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

EVAC TRACK & FIELD CHAMPIONSHIP RECORDS

100 m

M40	I. Foster	11.6	1984
M45	I. Foster	11.7	1989
M50	F. Taylor	12.4	1988
M55	G. Daborn	12.8	1988
M60	C. Fairey	13.1	1979
M65	C. Fairey	13.6	1981
M70	C. Fairey	13.9	1987
M75	C. Fairey	14.9	1991
W35	G. Welford	13.7	1989
W40	H. Vogel	14.1	1990
W45	J. Towler	14.6	1990
W50	E. Holmes	16.7	1989
W55	No Record		
W60	F. Cross	19.1	1988
W65	P. Taylor	19.1	1987
W70	P. Taylor	19.8	1991

200 m

M40	I. Foster	23.8	1984
M45	I. Foster	24.3	1989
	W. Thomas	24.3	1990
M50	F. Taylor	24.7	1988
M55	G. Daborn	26.0	1988
M60	C. Fairey	27.5	1980
M65	C. Fairey	28.5	1984
M70	C. Fairey	28.2	1986
M75	C. Fairey	31.7	1991
W35	J. Churchill	28.0	1991
W40	H. Vogel	28.7	1990
W45	J. Towler	30.3	1990
W50	E. Holmes	35.0	1990
W65	P. Taylor	41.7	1987
W70	P. Taylor	44.2	1991

400 m

M40	M. Haniver	53.5	1991
M45	W. Thomas	52.6	1990
M50	F. Taylor	55.9	1988
M55	A. Churchill	56.6	1987
M60	A. Hughes	64.2	1991
M65	No Record		
M70	H. Taylor	93.9	1989
M75	S. Busby	75.5	1987
W35	A. Turrington	60.3	1991
W40	H. Vogel	64.9	1990
W45	J. Towler	71.3	1989
W50	E. Holmes	78.6	1990
W55	No Record		
W60	No Record		
W65	P. Taylor	110.5	1989
W70	P. Taylor	111.7	1990

800 m

M40	P. Duhig	2.03.6	1990
M45	A. Fitzjohn	2.03.0	1987
M50	A. Churchill		
M50	A. Churchill	2.07.2	1987
M55	A. Churchill	2.20.2	1990
M60	A. Hughes	2.26.6	1991
M65	F. Copping	2.55.0	1990
M70	No Record		
M75	No Record		
W35	A. Turrington	2.15.7	1991
W40	F. Sperke	2.39.2	1990
W45	I. Hornsey	2.35.9	1989
W50	E. Holmes	3.01.7	1991

1500 m

M40	H. Emerton	4.06.4	1991
M45	T. Coleman	4.28.6	1991
M50	A. Hughes	4.30.2	1986
M55	A. Hughes	4.56.0	1990
M60	A. Hughes	4.54.7	1991
M65	W. Jenkins	5.29.4	1987
M70	No Record		
M75	G. Oxburg	6.39.5	1988
W35	A. Smith	4.56.2	1989
W40	F. Sperke	5.15.4	1990
W45	C. Oxtoo	5.07.6	1991
W50	E. Holmes	6.09.0	1991

5000 m

M40	M. Turner	14.54.4	1979
M45	H. Darbon	16.40.5	1988
M50	J. Woods	16.30.4	1981
M55	A. Hughes	17.25.1	1988
M60	D. Linton	18.02.3	1991
M65	W. Jenkins	19.42.5	1987
M70	D. Blyth	27.27.2	1989
M75	No Record		

3000 m Steeplechase

M40	M. Russell	10.34.3	1991
M45	G. Carpenter	11.29.7	1991
W45	M. Olley	3.47	1989
W50	H. Knowles	2.48	1987
W55	No Record		

Javelin

M40	A. McKay	55.92	1979
M45	C. Lawson	40.80	1990
M50	A. McKay	38.02	1991
M55	G. Daborn	28.08	1988
M60	K. Brookman	40.26	1990
M65	J. Gercs	26.98	1991
M70	B. Metcalf	26.28	1988
M75	C. Fairey	19.28	1991
W35	J. Farley	27.86	1990
W40	B. Clay	23.04	1987
W45	M. Olley	15.32	1991
W50	E. Holmes	20.76	1990

Shot

M40	A. Elvin	12.70	1984
M45	P. Hallett	11.59	1987
M50	A. Woods	14.21	1981
M55	No Record		
M60	A. Woods	11.17	1988
M65	J. Gercs	9.69	1989
M70	B. Metcalf	10.25	1987
M75	C. Fairey	7.88	1991

Long Jump

M40	M. James	6.70	1989
M45	G. Jephcott	5.03	1989
	P. Harris	5.03	1991
M50	F. Taylor	5.58	1988
M55	C. Knowles	4.31	1987
M60	G. Leete	4.70	1988
M65	J. Swinton	3.91	1989
M70	B. Metcalf	3.48	1987
W35	C. Sketchley	4.64	1988
W40	G. Smith	4.05	1989

110m Hurdles

M40	G. Long	17.1	1987
M45	G. Long	17.6	1990
M50	A. Mackay	17.7	1990
M55	G. Daborn	18.3	1990
M60	A. Woods	18.1	1990

80m Hurdles

W40	V. Doggett	15.7	1988
W45	M. Olley	16.8	1989
M60	A. Woods	18.2	1991
M65	No Record		
M70	B. Metcalf	18.5	1990

High Jump

M40	C. Knowles	1.66	1979
M45	G. Long	1.55	1991
M50	C. Shafto	1.55	1988
M55	C. Knowles	1.40	1987
M60	G. Leete	1.50	1987
M65	J. Swinton	1.10	1990
M70	B. Metcalf	1.05	1987
W35	No Record		
W40	No Record		

Long Jump

M40	B. Abdy	5.56	1988
M45	P. Harris	5.03	1991
M50	F. Taylor	5.58	1988
M55	C. Knowles	4.31	1987
M60	G. Leete	4.70	1988
M65	G. Leete	4.45	1990
M70	B. Metcalf	3.48	1987
W35	C. Sketchley	4.64	1987
W40	G. Smith	4.05	1989
W45	M. Olley	3.47	1989
W50	H. Knowles	2.48	1987
W35	H. Darbon	5.75	1990
W40	R. Wallace	10.00	1991
W45	J. Evans	7.38	1990
W50	J. Evans	8.51	1991

400m Hurdles

M40	M. Haniver	60.1	1991
M45	G. Long	61.8	1991
M50	C. Shafto	63.6	1988
M55	G. Daborn	70.8	1988
W35	J. Churchill	68.2	1991

Triple Jump

M40	B. Abdy	11.23	1990
M45	No Record		
M50	No Record		
M65	G. Leete	9.98	1990

Discus

M40	D. Webster	33.10	1989
M45	M. Cushion	39.14	1988
M50	P. Hallett	37.06	1990
M55	K. Brookman	32.92	1989
M60	A. Woods	36.60	1988
M65	J. Gercs	35.42	1989
M70	B. Metcalf	26.28	1988
M75	C. Fairey	23.32	1991
W35	G. Bird	48.30	1991
W40	R. Wallace	27.90	1990
W45	J. Evans	17.50	1990
W50	J. Evans	20.42	1991

Pole Vault

M40	B. Abdy	3.20	1991
M45	J. Clark	2.25	1991
M50	A. Mackay	3.50	1990
M60	A. Woods	3.20	1990

Hammer

M40	R. Lambourn	35.96	1991
M45	J. Clark	21.26	1990
M50	P. Hallett	25.66	1990
M55	No Record		
M60	No Record		
M65	J. Gercs	26.56	1991
M70	B. Metcalf	21.38	1990
W35	H. Darbon	14.56	1990
W40	R. Wallace	21.40	1991

Any comments of observations on these records should be sent to the Hon. Sec.

FINNISH ENDEAVOURS

Athletes from 62 countries gathered in Turku, Finland between 18th - 28th July, for the IX World Veteran Track and Field Championships. Within a total entry of about 5000 competitors, including a contingent of 200 from Great Britain, there were 11 athletes from EVAC. This is about their efforts.

Days 1 and 2

The decathlon took place over these two days. Tony Mackay had a great competition finishing in 6th place (M50) with 6629 pts which is thought to have bettered the existing British record by some 300 pts.

Day 3

Perhaps a shade 'heavy' after his exertions of the previous two days, Tony could only finish 15th in the PV with 3.20. Despite having his tracksuit trousers on back to front all day, Peter Duhig ran 2:03:73 to qualify for the M40 800 semi finals. John Taylor who, on the other hand, was completely under control (Sic) failed by 200th sec to qualify in the same event. There must be a moral somewhere in this! In the M60 10000m final, Doug Linton ran a brilliant PB of 36:55:32 for 8th while Alan Hughes had problems with his breathing finishing in a modest, by his high standards, 39:24:26 (18th). In his debut games, Alvin Monen (M70) ran 15:38 in the 100m and 33.57 in the 200m to register a most encouraging start to his 'international' career.

Day 4

Cath Reader recorded an excellent 26:00 (PB) to secure 5th place in the 5k Road Walk behind two very good Russians. Peter Duhig failed by the narrowest of margins to make the 800m final despite running a PB of 2:00:71. Meanwhile, in the 10000m W50, Eva Osborne was disappointed with her 47:57:21. In the equivalent M50 race, Ian Vaughan-Arbuckle ran a useful 35:30:26 for 25th position, the winner, Ron Robertson (NZ), setting a new world record of 31:01:90.

Day 6

After a rest day (Day 5) it was back to action with Ian Vaughan-Arbuckle (16:59:69) and Peter Duhig (3rd place) both qualifying for their respective 5000m. finals. In the discussion about her narrow failure to reach the 5000 final, Eva Osborne admitted that her chances were probably reduced when she *stopped* for a drink of water - The ensuing comments cannot be repeated here!!

Day 7

During this rest day, Peter Duhig was seen doing a King Canute by standing in the sea up to his thighs to" bathe my sore legs". The locals did not know what to make of this British approach to Track and Field! That evening a small informal get together was held for Eastern Vets, at which it was good to see Felicity Sperke and Tony Garland. Unfortunately, Felicity had come to the Games with an injury which blighted her chance of a medal but, even so, she managed a creditable 40:26:82 in the W40 10000m final (18th).

Day 8

Cath Reader had a good 10k Road Walk finishing in 5th place, only some 30 secs below her best, in 54:04. Meanwhile, her club mates, Peter Duhig and Ian Vaughan-Arbuckle, both did well in their respective 5000m finals. Ian finished 14th (M50), with a 14 sec PB of 16:45:69, in a race which produced another world record of 14:55:60 by A. Villanueva (Mex): Two finals, two World records must be good character building stuff! In the M40 final Peter chased hard until he realised that he was out of the medals, preferring to conserve energy for the 1500 semis the next day; he finished in 10th place in 15:19:84.

Day 9

Peter duly secured his place in the 1500 with a competent 4:09:94. Meanwhile, it was all happening at the 10km Cross Country. Doug Linton(11th in 39:10) and Alan Hughes (5th in 38:13) were members of the M60 GB team which took Silver. Ian Vaughan-Arbuckle (18th in 37:08) was 4th Brit and just failed to qualify for the M50 Gold winning GB team. Felicity Sperke, on the other hand, got silver in the W40 team placing 6th overall in 40:22.

Day 10

Early on John Taylor ran 10:58:17 for 22nd place in the M40 Steeplechase, even though he had lost his spikes! Eva Osborne(5:58:91 a PB) and Alan Hughes(5th 4:51:42) both had good 1500 finals but the Eastern performance of the Championships must go to Peter's run in the M40 1500m final. Coming off the final bend, having found himself boxed-in with 300 to go, Peter was in 8th place. In a marvellous final 150m effort Peter clawed himself back to finish just outside a medal in fourth. His time of 4:05:01 was a PB by over 4 secs - a great effort.

Day 11

Was very hot and humid and not ideal conditions for the 1000 plus competitors in the marathon. British competitors did well in this traditionally strong event. Unfortunately, Tony Garland, the only Eastern Vet, suffered very badly finishing in 3 hrs 26 mins. It was greatly to his credit that he kept going despite very real problems he had in the heat. In one of the final events, Alan Hughes ran a storming leg in the M60 4 x400 relay team which got the Bronze behind Germany and the USA.

The Games ended with the traditional parade of flags and competitors. It had been a great festival of endeavours, hard fought and yet always (or nearly always) contested in good spirit. The next World Championships are to be held in Japan in 1993 but, meanwhile, it was announced in Turku that the World Road Race Championships over 10/25k are to be held in Birmingham on 29th/30th August, 1992. So come on you Eastern Vets, why not make these championships your target for next year!

Ed

John Taylor in Finland

Ann Turrington

Elizabeth Holmes

Julie Churchill

Tony Simmons puts on the pressure in the 10000

Doug Linton and Alan Hughes at it again

Iris Hornsey

AT IPSWICH

Henry Emerton, Pete Andrews, Gerald Marsden

Michael Garvey

Frank Copping

MEMBERS SPOTLIGHT - DOUG LINTON
(Werrington Joggers and England Vets)

Doug was born on 30th June, 1930. He went to Kingsbury County School, North London which was sports orientated. He ran for the school at Cross Country and subsequently on the track, and, after joining Highgate Harriers, began to enjoy some level of county success. Middlesex was a tough place in those days and he often clashed with Ken Norris, of Wembley County School and TVH. He took part in a junior supporting race at the British Games at the White City in 1949. He then joined the army and managed to continue with running, achieving a few places. Demobilised in 1951 he continued running more mixed fortunes. In 1952 he was blown off by Ken Norris in a heat of the Middlesex Senior mile and with things rather falling apart his early athletic career ended.

In 1984 he was 'reborn' when a colleague at work suggested they entered an office team in the Sunday Times Fun Run in Hyde Park. Despite being well overweight, he finished the 4km course and found that he had been bitten by the running 'bug'. He started in 1985, with the Lincoln Grand Prix Series, with the vague aim, of poss-ching 100'! With more time to spend on athletics, it proved to be a good year, the high point of which was an England vest for the cross-country international last November. He was 4th and 3rd scorer for the winning team. A dream had come true. In his own words, 'I got great delight in winning the Eastern Vets CC Champs but what gave me immense pleasure was running 2nd to Laurie Foster at the BVAF championships at Ampthill. This was a race I dreaded, because of Hreakheart Hill, but inspite of wind and rain early on, plus pressure from Ted Thompson, I managed it.'

In 1986 he became a member of Eastern Vets and things began to get serious. This process was accelerated in July 1989 when he joined Werrington Joggers. He soon realised that getting older could have 'advantages' class-wise, even in his 59th year he managed several age group places. Retirement has brought priceless rewards: his 60th birthday was spent running the 10000m in Budapest, with the temperature tou-

Things have continued to go well for Doug in 1991 with three open half marathon age group victories, success in the EVAC T & F championship and, more recently at the BVAF T & F, 2nd place in the M60 5000 metres and 3rd in the 10000m. 'Running is still a voyage of discovery for me and after running indoors and meeting Willie McBrinn I might think about the marathon next year!' said Doug.

These are some of his performance details:

BVAF Championships

1988 5km Road Race 3rd (O/55)
1990 5000m and 10000m track, 3rd in each (O/60)
10 mile road race 2nd (O/60)
International cross country 4th overall and 1st team (O/60)
1991 Cross Country championship 2nd (O/60)
Indoor championship 800m 4th (O/60) 1500m 3rd (O/60)

Overseas International Races

1989 Malta Marathon 2nd (O/55)
Baden, Switzerland 5000m track 2nd (O/50)
1990 Malta ½ Marathon 2nd (O/55)
Bruges GP 10km 4th (O/55)
Baden, Switzerland 5000m track 1st (O/60)
1991 Malta ½ Marathon 1st (O/60)

P.B.s

Road	**Track**
5km - 18.26 (60)	800m - 2.32 (60)
5 miles - 29.22 (59)	1500m - 5.03 (60)
10km - 37.40 (59)	3000m - 10.41 (60)
10 miles - 1.01.12 (59)	5000m - 18.07 (59)
½ Marathon - 1.21.38 (60)	10000m - 36.55 (60)
Marathon - 3.11.48 (58)	

One of Doug's great rivals is another Eastern Vet, Alan Hughes, who was featured in Eastern Vet No. 36. It seems that they have been locked in 'combat' for many years longer than they thought judging by this extract of a letter I had from Doug - *Ed.*

'Alan Hughes and I were talking about our past races and somehow the T.A. Championships at Aldershot in 1952, came up. I said I had got beaten on the last lap of the mile, by some character all in black. It seemed that he had also won the half mile. Alan said, he had just ran the half and in the mile a character had led it out too slowly. This played right into his hands and he was wearing the Rotherham Club strip. We both agreed, with much mirth, that we had in fact raced against each other all those years ago and for the first time, I've still got the race results cut from the 'News of the World' to prove it. I wasn't happy at the time, but looking back I have to say how wonderful for us to start scrapping again after all these years!'

Their 'battle' continued in Turku. For the results see elsewhere in this edition - *Ed.*

EASTERN VETERANS ATHLETIC CLUB
HALF MARATHON ROAD CHAMPIONSHIPS (Men & Women)

incorporated in the Wissey ½ Marathon
to be held at Stoke Ferry School, Nr King's Lynn
on Sunday, 1st September, 1991 at 11.30 a.m.

Course: Accurately measured (AAA/RRC certified). Slightly undulating but fast. All road course.

Conditions: The Championships will be run as one race.
To be eligible for awards, competitors must be members of EVAC by 1st August, 1991.
Entries close 26th August, 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.

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 their teams 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 enclosed with this magazine.
There are also track races for boys and girls. Enter on the day.

WANTED - VOLUNTEER CLUB(S)

To organise next year's EVAC:

X COUNTRY Championship
on Sunday, 26th January, 1992

and/or

10k ROAD RACE Championships (Incorporating Inter Area Match)
on Sunday, 22nd March, 1992

Both events must be exclusive to EVAC and *not* combined with another event.

Any club prepared to stage these championships please contact the Secretary *by not later than* 30th September, 1991.

GRUNTY FEN HALF MARATHON
ENTRY FORM (see back page for details)

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME FIRST NAME

M/F DATE OF BIRTH AGE ON 15/9/91

FULL POSTAL ADDRESS

POST CODE

TELEPHONE No. (STD CODE PLEASE)

WHEELCHAIR AFFILIATED CLUB

PHOTOCOPIES OF THIS FORM ACCEPTED

DECLARATION
I agree to abide by the rules of the event and that officials decisions will be final. I confirm that I have no medical disabilities that would endanger myself or others taking part and that I will not participate on the day if not fit. I understand that the organisers are not liable for any loss, damage or injury HOWSOEVER caused before, during, after or as a result of my entering the race. A signed entry form will be considered acceptance of A.A.A./W.A.A.A. Rules. Runners must be 17 years old on or before 15th September, 1991.

Signed ..... Date .....

Please send this Entry Form, along with S.A.E. (9" x 4" minimum), one per entrant and a cheque or postal order payable to: ELY RUNNERS. Address to: Carol Taylor, Ely Boat Chandlers, 21 Waterside, Ely, Cambs. CB7 4AU

EASTERN VETERANS TEN MILE CHAMPIONSHIP - SUNDAY, 7th JULY, 1991

The above EVAC Championship was held within the March 10 on what turned out to be a very hot and humid day. Suffice to say that from 274 starters there were 233 finishers!! WELL DONE to every finisher. The relative low numbers of EVAC competitors was probably due to the facf that the BVAF T& F championships took place over the same weekend.

Ian Andrews receives his EVAC 10 mile Championship medal from Hugh Barnfather

Results opposite

Results

Overall Posn	EVAC Posn	Name	Club	Time	Cat	Cat Place	EVAC Standard
11	1	Ian Andrews	Milton Keynes	57.40	M40	1st	Gold
12	2	Brian Webb	Bedford & County	57.48	M40	2nd	Gold
13	3	Alan Whitehouse	Duke Street RR	58.02	M40	3rd	Gold
14	4	Vic Holman	Granta Harriers	58.04	M45	1st	Gold
23	5	Bill Barratt	Stopsley Str	59.09	M40	4th	Silver
31	6	Hugh Coyle	Corby AC	60.11	M40	5th	Silver
33	7	Paul Rainbow	Bedford Harriers	60.25	M45	2nd	Gold
37	8	Ian Fisher	Grantham AC	61.01	M45	3rd	Gold
39	9	Dave Wray	Stevenage & Herts	61.13	M45	4th	Gold
40	10	Keith Cook	Vauxhall AC	61.17	M45	5th	Gold
42	11	Dennis Cannon	Fairlands Valley	61.28	M50	1st	Gold
45	12	C. Burke	Yaxley Runners	61.51	M40	6th	Silver
51	13	David Mawer	Stevenage & Herts	62.51	M45	6th	Silver
52	14	Ken Underwood	Nene Valley H	63.15	M50	2nd	Gold
56	15	Peter Cotton	Cam & Col	63.58	M40	7th	Bronze
57	16	Tom Cameron	Vauxhall AC	64.00	M45	7th	Silver
59	17	Maurice Goodrick	Granta Harriers	64.14	M45	8th	Silver
62	18	Colin Maughan	Vauxhall AC	64.41	M45	9th	Silver
63	19	David Starland	Duke Street RR	64.43	M45	10th	Silver
66	20	T. Gray	Eye Community	64.58	M45	11th	Silver
76	21	Laurie Connelly	Holbeach AC	65.44	M50	3rd	Silver
81	22	Roger Carew	Bedford & County	66.13	M55	1st	Gold
83	23	Mike Wade	Ryston Runners	66.24	M40	8th	Bronze
86	24	David Eldridge	Grantham AC	66.36	M40	9th	Bronze
89	25	Peter Reeve	Stevenage & Herts	66.56	M40	10th	Bronze
94	26	Pat McCoeville	Hunts AC	67.58	M40	11th	Bronze
97	27	George Ginn	Cam & Col	68.48	M55	2nd	Silver
102	28	John Tillotson	Hadleigh Hares	69.15	M60	1st	Gold
106	29	Dave Page	Thetford AC	69.31	M45	12th	
110	30	Michael Powell	Norwich Road R	69.49	M40	13th	
113	31	Steve Nightingale	Yaxley Runners	70.10	M40	14th	
115	32	Jim Aitkin	North Norfolk	70.17	M50	4th	Bronze
116	33	Martin Yeomans	Village Road R Nor	70.20	M40	15th	
118	34	Dick Preston	Hunts AC	70.34	M40	16th	
121	35	Ken Jones	Vauxhall AC	70.52	M60	2nd	Gold
132	36	Bruce Hobday	Hunts AC	72.31	M45	13th	Bronze
134	37	Tony Parke-Davis	St Albans Striders	72.39	M45	14th	Bronze
149	38	Ray Blackwell	EVAC	74.53	M60	3rd	Silver
150	39	Bill Harding	Yaxley Runners	74.58	M40	17th	
158	40	James Tallentine	Bedford Harriers	76.39	M45	15th	
159	41	Ron Faulkner	Stevenage & Herts	76.43	M55	3rd	Bronze
173	42	Eric Yates	Bedford & County	78.57	M50	5th	
175	43	Frank Dobson	Hertford & Ware	79.00	M65	1st	Silver
181	44	John Doggett	Hunts AC	80.06	M45	16th	
190	45	J. Harvey	Eye Community	81.43	M50	6th	
196	46	David Whitby	March AC	84.21	M45	17th	
202	47	Peter Jackman	March AC	87.41	M60	4th	
203	48	Jack Batham	Stopsley Str	87.45	M60	5th	
204	49	Brian Caiger	Bedford & County	87.55	M55	4th	
216	50	Brian Coxall	Granta Harriers	93.00	M50	7th	

MEN 40 TEAM RESULT

1st - Vauxhall AC 4 hours 20 minutes 50 seconds (Keith Cook, Tom Cameron, Colin Maughan, Ken Jones)

LADIES RESULTS

133	1	Faith Suter	St Albans Striders	72.38	W40	1st	Gold
138	2	Kath Every	Nene Valley	73.01	W40	2nd	Gold
146	3	Jenny Harvey	Eye Community	74.04	W45	1st	Gold
148	4	Pat Osborne	Eye Community	74.48	W35	3rd	Silver
160	5	Jane Coyle	Corby AC	76.45	W35	4th	Silver
184	6	Ursula Ducksworth	Bedford & County	81.06	W50	1st	Gold
209	7	Gillian Holmes	March AC	88.58	W35	5th	
228	8	Judith Larham	March AC	100.33	W50	2nd	Silver

Well done all ladies, despite a poor numerical turn-out.

Hugh Barnfather

10k AND 25k 'INTERNATIONAL' ROAD RACES, BRUGGE, BELGIUM

A number of Eastern Vets made the Annual Pilgrimage to Brugge on Sunday, 23rd June, 1991.

This year, due to a fall-down in sponsorship, both races were run on the same day so athletes had to choose between a 10km or a 25km race.

253 chose the 10km and 510 the 25km.

10km results (EVAC members)

26th	Doug Linton	36.06	2nd O/60
33rd	David Denton	37.09	5th O/50
55th	John Atkinson	38.29	9th O/55
56th	Hugh Barnfather	38.40	10th O/50
153rd	Brenda Atkinson	47.19	3rd O/55 (W)

Hypothetically if the 1st 3 had run for EVAC and not UK Club they would have placed 5th Team in 1.51.44 (a thought for next year when you enter and your 1st Claim Team is not sending a Team).

25km results (EVAC members)

15th	Vic Holman	1.32.52	3rd O/45
204th	Tony Allen	1.55.12	35th O/50
233rd	Roy Ibson	1.57.34	42nd O/50

Despite the miserable weather a good time was enjoyed by all. Good trip for those who have never done it. There were 420 British in the total entry of 763.

Hugh Barnfather

BVAF 5000m ROAD CHAMPIONSHIPS 14th APRIL 1991 EVAC RESULTS

M40

46th/96	Andrew Breakwell	Ipswich Jaffa	16:54

M60

10th/39	Dave Smith	Kettering	19:47

EVAC MARATHON CHAMPIONSHIP 1991

Incorporated in the Thameslink Luton International Marathon held on Sunday, 21st July, 1991 there was a disappointing entry for our championship. The ladies had only two entries which, together with the 18 men (M40-6, M45-5, M50-4, M55-1, M65-2), gives a total of only 20. Only 13 of the entries started. So can anyone say what the problem is? Acknowledging John Tillotson's letter in the last EV regarding the cost, is there another reason? I thought this was a superbly organised event and good value for £8.00 but what did you think? Comments direct to me please.

Results

				EVAC Standard
Roger Waddeley	Biggleswade AC	2:48:35	1 st M45	Gold
Bill Barrett	Stopsley Striders	2:51:48	1 st M40	Gold
Peter Goreham	Wymondham Joggers	2:53:19	1 st M50	Gold
Dominic Philip	Corby AC	3:04:01	2 nd M40	Silver
Nigel Bush	Biggleswade AC	3:08:22	3 rd M40	Silver
David Jacques	Norwich Rd Runners	3:09:01	2 nd M50	Gold
Veronica Manley	Diss AC	3:10:24	1 st W40	Gold
Peter Reeve	Stevenage & Herts	3:17:58	4 th M40	Bronze
Stuart Galloway	Biggleswade AC	3:19:42	2 nd M45	Silver
Peter Webb	EVAC	3:24:21	1 st M65	Gold
David Hood	Vauxhall AC	3:24:31	5 th M40	Bronze
Raymond Wollaston	Ryston Runners	3:30:48	6 th M40	Bronze
Terence Rolls	Kettering AC	3:33:35	3 rd M45	Bronze

Hugh Barnfather

LETTER TO THE EDITOR

Dear Ian,

I must confess to a 'quick flick' through the Eastern Vet on receipt some weeks ago!! Today I have sat and read thoroughly through it and I am proud to be associated with such an excellent magazine albeit I only produce bits and pieces now and again.

Without my "Committee Hat On" I sincerely hope our 500++ members appreciate the quality of 'their' magazine when compared with the A4 sheet of paper produced by other Veteran Clubs. In particular, Ian, I envy you your weekend with Tulloh and I enjoyed very much the interesting article. Must talk about it some time! We only talk business at Committee meetings then rush off due to time and travelling!

Regards
Hugh Barnfather

Many thanks for your kind comments Hugh. Its always nice to hear what members think, particularly when the comments are complimentary. I must say it would be nice to get a few more views, comments etc., so perhaps your lead will encourage others to put pen to paper. Yes, the Tulloh weekend was excellent and I am waiting to hear from him whether he would be prepared to run a similar w/e in West Norfolk next spring. So watch this space. Ed.

B.V.A.F. OUTDOOR TRACK & FIELD CHAMPIONSHIPS
HURDLE and IMPLEMENT SPECIFICATIONS

Hurdle Specifications

Age category	Race distance	Hurdle height	Distance to 1st hurdle	Separation of hurdles	Distance to finish	Number of hurdles	Toppling weight
Women							
35-39	100m	84.0cm	13.00m	8.50m	10.50m	10	3.6kg
40-49	80m	76.2cm	12.00m	8.00m	12.00m	8	2.7kg
50+	80m	76.2cm	12.00m	7.00m	19.00m	8	2.7kg
35-39	400m	76.2cm	45.00m	35.00m	40.00m	10	3.6kg
40-49	400m	76.2cm	45.00m	35.00m	40.00m	10	2.7kg
50+	300m	76.2cm	50.00m	35.00m	40.00m	7	2.7kg
Men							
40-49	110m	99.1cm	13.72m	9.14m	14.02m	10	3.6kg
50-59	100m	91.4cm	13.00m	8.50m	10.50m	10	3.6kg
60-69	100m	84.0cm	13.00m	8.50m	10.50m	10	2.7kg
70+	80m	76.2cm	12.00m	7.00m	19.00m	8	2.7kg
40-49	400m	91.4cm	45.00m	35.00m	40.00m	10	3.6kg
50-59	400m	84.0cm	45.00m	35.00m	40.00m	10	2.7kg
60+	300m	76.2cm	50.00m	35.00m	40.00m	7	2.7kg

Implement Specifications

Age Category	Discus	Hammer	Javelin	Shot Put
Women				
35-49	1.00kg	4.00kg	600g	4.00kg
50+	1.00kg	3.00kg	400g	3.00kg
Men				
40-49	2.00kg	7.26kg	800g	7.26kg
50-59	1.50kg	6.00kg	800g	6.00kg
60-69	1.00kg	5.00kg	600g	5.00kg
70+	1.00kg	4.00kg	600g	4.00kg

IMPORTANT NOTICE

An 'X' on your address label means your subs are well overdue. You are one of 200 members who have not yet paid.

If you have not paid your £5.00 subscription by Monday, 16th September, 1991 your membership will cease.

Contact Hugh Barnfather (0480 - 61433) if you have any queries.

Please use the tear off slip below to pay your 1991/92 subs NOW.

DON'T DELAY - PAY TODAY

THANK YOU IN ANTICIPATION

Please complete and send to:

Hugh Barnfather MBE
6, St Audrey Close,
St Ives,
Huntingdon,
Cambs. PE17 4NP

Enclosed is my £5.00 subscription to EVAC for 1991/92

Name in Blocks .....

EVAC Membership No. .....

Address .....

.....

Please include an SAE for your membership card.

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THE HADLEIGH (SUFFOLK) 10

HADLEIGH HARES

1991 Year of Sport

MEDALS TO ALL FINISHERS
MEDICAL BACK UP
B.V.A.F. GRADE 1.
ACCURATE AAA MEASURED COURSE.
DRINKS STATIONS & MARSHALS.
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Special 1991 'Year of Sport' Event

MENS WINNER: JAYREST UPHOLSTERY CHALLENGE CUP. MENS 2nd & 3rd TROPHIES
LADIES WINNER: NORMAN SHIPPING CHALLENGE CUP. LADIES 2nd & 3rd TROPHIES
1st MAN 0'40 - 0'45 - 0'50 - 0'55 - 0'60 ALL RECEIVE CHALLENGE CUPS
1st LADY 0'35 - 0'40 - 0'45 ALL RECEIVE CHALLENGE CUPS
TEAMS. (3 TO SCORE) 1st MENS & 1st LADIES TEAMS. IN ADDITION TO THESE SPECIFIC AWARDS MEDALS WILL BE PRESENTED AS BVAF GRADE 1 (0'65 + 0'70 MEN & 0'50 LADIES) ALL CHALLENGE CUPS HELD FOR ONE YEAR.

WITH ADDITIONAL YEAR OF SPORT AWARDS

SENIOR AND VETERAN STANDARD MEDALS

SCHEDULE OF TIMES

MEN SENIORS...60m 00s	LADIES SENIORS...74m 00s
MEN OVER 40...62m 00s	LADIES OVER 35...77m 00s
MEN OVER 45...65m 00s	LADIES OVER 40...81m 00s
MEN OVER 50...68m 00s	LADIES OVER 45...87m 00s
MEN OVER 55...71m 00s	LADIES OVER 50...93m 00s
MEN OVER 60...75m 00s	LADIES OVER 55..100m 00s
MEN OVER 65...80m 00s	

(EXCLUDING AGE CATEGORY AND TEAM AWARDS WINNERS IN OPEN RACE)

Limited to **650** only.
Closing date **15 November 1991**
(if limit not reached before)

FOR JUNIOR 2 MILES FUN RUN
OBTAIN SEPARATE ENTRY FORM
OR ENTER ON DAY

Sunday 24th November 1991
11.00 Start

ENTRY FEE £3.50 (£4.00 unattached)

Send completed

BARR/AAA UNIVERSAL ENTRY FORM

to: H.J.BEVES 5 Old Orchard, Upper Layham, Ipswich, Suffolk. IP7 5LS
Please enclose a 9x7 stamped self addressed envelope

Stevenage & North Herts. Athletic Club.

FAIRLANDS TROPHY.

Parkland Cross Country Races

Saturday 28th September 1991

Fairlands Valley Park, Stevenage.

(Under A.A.A. & W.A.A.A. Rules as applicable.)

1·00pm. Under 11 Girls 2000M.

1·15pm. Under 11 Boys 2000M.

1·30pm. Senior/Veteran Women 4750M.

1·30pm. Intermediate Women 3500M.

2·00pm. Senior/Junior Veteran Men 7000M.

2·40pm. Under 13 Girls 2000M.

2·55pm. Under 13 Boys 2700M.

3·15pm. Under 15 Girls 2700M.

3·40pm. Under 15 Boys 3500M.

3·55pm. Youths 4750M.

MEDALS & TROPHIES WILL BE AWARDED.

ENTRIES :- £1·00 ALL AGE GROUPS (NO TEAM FEE.)

NO ENTRIES ON THE DAY.

Cheques payable to:-S.N.H.A.C.

Send with large S.A.E to:- Mr. P. Reeve, 38. Browning Drive, Hitchin, Herts SG4 0QR.

Tele:- 0462 433317. ENTRIES CLOSE 20th SEPTEMBER.

8th SEPTEMBER, 1991

MARCH ATHLETIC CLUB'S SEVENTH

FENLAND ROAD RELAY

(AAA WCC RRA rules)

FOR TEAMS OF FIVE RUNNERS

AMCOR PERFORMANCE PACKAGING

COURSE

LAPS OF 3½ MILES AROUND THE STREETS OF MARCH

RACE

1st RUNNER 6½ MILES - TWO LAPS OF COURSE. - MUST BE VETERAN, LADY OR AGE 16 to 19 ON RACE DAY

2nd RUNNER 10 MILES
3rd RUNNER 10 MILES
4th RUNNER 10 MILES
5th RUNNER 10 MILES
— 3 LAPS OF COURSE

ALL 5 RUNNERS 3½ MILES - 1 LAP OF COURSE TOTAL 50 MILES

TIME TAKEN WHEN LAST MEMBER OF TEAM CROSSES FINISH LINE

Course suitable for wheelchairs

Trophies to

1st Five teams
1st Ladies team
1st Vets team
1st Overseas team
1st Open team
1st Wheelchair team

FENLAND ULTRA DISTANCE

50 miles (15 laps x 3⅓ miles)
Plenty of water stops and good company all day. Digital clock each lap.

12½ MILE RELAY
for under 17 yr olds on race day
start time 11.30am
Trophies for 1st boys & girls Team
TEAMS OF FIVE
50p each (£1.00 unattached)

MEDAL TO ALL FINISHERS

7½ MILE RELAY
for under 13 yr olds on race day
start time 1.00pm
Trophies for 1st boys & girls Team
TEAMS OF FIVE
50p each (£1.00 unattached)

AMCOR PERFORMANCE PACKAGING

RENDEZVOUS

NEALE-WADE COMMUNITY COLLEGE, MARCH - RACE STARTS 10.30 am

ENTRY FEE:- £2.50 EACH RUNNER (£3.00 UNATTACHED) PAYABLE TO MARCH A. C.

FORMS FROM AND ENTRIES TO: MR. P. JACKMAN, 12 KINGSLEY ST., MARCH, CAMBS. PE15 8LX. Phone: (0354) 54828 9 x 4 S.A.E. PLEASE.

FIXTURES 1991/1992

1991

18th August	Inter-Area T & F, Palmer Park, Reading
25th August	VAC T & F, West London Stadium, W12
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, Alexander Stadium, Birmingham
26th October	VAC Open Veteran Ladies X-C (4ks) and mens 5m, Wilberforce School, SW19
3rd November	Veterans Home Counties X-C International, Aberdeen
10th November	AAA Veterans 10k, Barnsley

1992

26th January	EVAC X-C Championships. Venue to be notified
15th March	BVAF X-C Championships, Cardiff
22nd March	EVAC 10km Road Championship (incorporating Inter Area Match). Venue to be notified
? March	BVAF Indoor T & F, Cosford
19th April	BVAF 5km Road Championships, Dunsford, Nr Guildford
9th May	BVAF Road Relays, Heaton Park, Manchester
14th June	EVAC T & F, King's Lynn, Norfolk
26th June - 4th July	European Vets Championships, Kristiansand, Norway
18th/19th July	BVAF T & F Championships, Copthall Stadium, Hendon
29th/30th August	World Veterans' 10km/25km Road Race Championships, NEC, Birmingham

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

GRUNTY FEN HALF MARATHON

organised by
ELY RUNNERS

SUNDAY 15th SEPTEMBER 1991
START 10.30 a.m.

START AND FINISH AT WITCHFORD VILLAGE COLLEGE, near ELY, CAMBS

- ACCURATELY (SCAA GRADE I) MEASURED 2 LAP COURSE
- FAST, FLAT FEN ROADS
- SUITABLE FOR WHEELCHAIRS, ENTRIES WELCOMED
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- ELECTRONIC TIMING AND COMPUTERISED RESULTS
- FULL RACE SUPPORT BY ST JOHN'S AMBULANCE & R.E.A.C.T.
- REFRESHMENTS AVAILABLE

MEDALS TO ALL FINISHERS
CATEGORY (INCLUDING VETS) & SPOT PRIZES

600 LIMIT

CLOSING DATE FOR ENTRIES
7th SEPTEMBER 1991

Entry form on page 21 or from: Carol Taylor, Ely Boat Chandlers, 21 Waterside, Ely, Cambs. CB7 4AU

ENTRY FEE £4.00 A.A.A. Affiliated £4.50 Unattached

Downham Printing, 17 High Street, Downham Market.
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