THE EASTERN VET

Editor Ian Vaughan-Arbuckle Number 39 November 1991

Tony Simmons collects his Silver medal at the Home Countries International Cross Country 1991

EASTERN VETERAN ATHLETIC CLUB

Committee 1991/92

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

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

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

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

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

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

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

P.E. Jackman (Peter), 12 Kingsley Street, March, Cambs. PE15 8LX (0354) 54828

A. Challis (Tony), 47 McCauley Avenue, Great Shelford, Cambridge.

K. Brookman (Ken), Rectory Farm House, Howe Street, Nr. St Wolthan, Essex. CM3 1BT (0245) 360714

EDITORIAL

For the past few weeks, I have been struggling to maintain my enthusiasm for our sport, in the face of a severe dose of motivation deficiency. I have experienced this general malaise before and, in the past, have always managed to shake it off. But this attack seems to be harder to overcome. So I decided to try to analyse what has gone wrong and, then, set about putting things right.

Achievement or success, whether in competition or training, is essential to runners at all levels of the sport. But the degree of success can be directly attributed to training effort which, in turn, depends on the level of self-motivation in a runner. So where does it all begin and what is the cornerstone of success? To my mind the answer is quite simply motivation.

Athletics is a distinctly individual sport, capable of imposing acute personal pressure. It is therefore fundamental for the short, medium and long term aims of an athlete to be realistic and achievable. Too often individuals try to reach for the 'moon' and find that they get despondent and de-motivated when they find that they have over-reached themselves. My own motivation was never greater than when I was in training for the 1991 World Veteran Games. The prospect of failure on a world stage was a great spur to train harder.

So when I received details (see back page) of the WAVA 10/25km Road Championships to be held in Birmingham over the weekend 29th/30th August, 1992 I submitted an entry. Almost straight away my enthusiasm for the sport returned without any conscious effort on my part. So, if you need a 'shot in the arm' why not do the same thing? See you there!

Congratulations to all 'our' representatives at the Home Countries International. I hear, however, that the England team organisation/management left a lot to be desired: No introductions to other members of the team, no team talk, no vests for the 'B' teams, not much interest in the runners, whereas this was in stark contrast to other teams. COME ON ENGLAND - SURELY WE CAN DO BETTER THAN THIS! Incidentally, could not representation go down to 4 teams per country thereby giving more aspirants a chance to run?

Thanks for the bumper post bag to the Editor. This is most encouraging and augers well for the club. Keep the letters coming - any subject, any views, anything goes - well, nearly everything!

Finally, as this is the last issue before Christmas, have a happy one and all the very best for 1992.

Ian Vaughan-Arbuckle

CHAIRMAN'S CHATTER

Our magazine has been creating some pretty big waves in the Veteran ranks. Cries of "why can't we have a newsletter like this?" are being heard from Edinburgh to Penzance and questions are being asked by other areas of how we do it. The Eastern Vets' reception over the last year has been so good that it is one field where we have a very clear lead. Well done, Ian, in lifting our profile by producing such a good record of the club's activity: We can all be proud of our magazine.

Talking of pride, Eastern Vets had a good number selected for the Home International Cross Country: Congratulations and I hope you all pulled on your International vest with pride and performed with distinction.

If we are to have proper selection for Veteran Internationals, it is important that the honour is sought after. Well done all of you!

Looking forward to 1992, thanks are due to Kettering Town A.C. for their generous offer of putting on our Cross Country Championship. Our thanks are also due to Werrington Joggers for their offer to host the 10k Champs within their established race. Unfortunately, we have had to decline the offer, firstly because we wanted to keep it a 'Vets Only' race and secondly because we need to generate some much needed income from our races, to balance the books. In the past our Championships, hosted by various clubs have realised little or no income. Our future intention is to keep the T & F, X-C and the 10k as EVAC organised events. On the other hand, the 10m, Half and Full Marathons will still be hosted events but with a small levy of 50p added for entry to the EVAC Championship; this will help cover the costs of the medals. If the host clubs wish to absorb the 50p and then make a 50p donation to EVAC that will be their decision. I don't particularly like doing this, but times are hard and we must break even. No income from this year's "10m plus" races has meant us digging into club reserves in the Building Society, a situation which cannot be allowed to continue.

So, with all this in mind, the 10k will be an independent race organised by the EVAC committee with all/any profits going to the club. Within the 10k the Inter-Area Challenge match will again be run. Selection for EVAC teams will be made around February (6 x M40-49, 4 x M50+, 3 x W35+). The race will be run over a new flat 2-lap course based on the Stoke Ferry Community Centre in West Norfolk, which many of you will remember from this year's ½ Marathon.

Elsewhere in the Magazine, you will read about the new T & F Midweek League we are launching next April, so start getting your local clubs geared up to have a go. We are the only area not to have its own Veteran League. For those who haven't tried it, T & F is great fun so don't be shy, have a go; you will probably surprise yourself.

Lastly, I am sorry to say that, due to work commitments, Ian has resigned as club secretary. If anyone would like to take on this job I would be very pleased to hear from them. It's not a bad job, I promise you. It generally entails the administration of the club, taking of committee meeting minutes and sometimes representing the club at meetings. There is no need for it to be time consuming, unless the holder wants to become involved in the politics of the B.V.A.F.

Well Christmas is upon us once again, another year gone by almost. I wish you all a pleasant and peaceful Christmas and a Happy, Healthy New Year. I hope all your resolutions are Athletic ones!

Peter Duhig

EVAC HALF MARATHON CHAMPIONSHIP
STOKE FERRY, NORFOLK - 1st September, 1991

Eastern Vets are now well used to the Wissey ½ Marathon course but none could have anticipated the extreme conditions they were to face in this year's EVAC Championship, held on 1st September. Temperatures were reported to have reached the 90s which, together with the demanding course, took its toll. Nevertheless, there were some excellent performances, particularly from the M50s who took 3 of the first 5 places: Peter Andrews had another superb run triumphing by over a minute from Tony Saunders and as much again over 3rd placed Peter Richardson. Gerald Marsden, who has recently joined the event organisers Ryston Runners, was 4th and Roger Mawer 5th. Ryston packed well to take the M40 team prize from Granta Harriers. Eddie Thompson won the M60 by a 'mile' with Ipswich Jaffa (Burroughs, Lusardi, Copping) securing the 'senior' team gold. Brenda Hutcheon (W40) stuck to the task well to win the womens race from Eva Osborne (W50), who is to compete in this year's New York marathon. March Ac took the womens team title. It was good to see David Blyth (M70) conquer the course. 55 Eastern Vets took part in another excellent event organised by Ryston Runners.

Results:

EVAC Posn	Name	Club	Time	Cat	Cat Place	EVAC Standard
1	P. Andrews	Duke St RRC	76.24	M50	1	Gold
2	T. Saunders	Granta Harriers	77.38	M40	1	Gold
3	P. Richardson	Tiptree RR	79.43	M40	2	Gold
4	G. Marsden	Ryston Runners	80.13	M50	2	Gold
5	R. Mawer	Lowestoft AC	81.06	M50	3	Gold
6	T. Garland	Redhill RC	.29	M40	3	Gold
7	G. Arnold	Granta Harriers	82.11	M40	4	Gold
8	I. Fisher	Grantham AC	83.17	M45	1	Gold
9	C. Burke	Yaxley R	.49	M40	5	Gold
10	C. Reed	Ryston Runners	86.50	M40	6	Silver
11	P. Cumberland	Ryston Runners	87.43	M50	4	Gold
12	T. Cooke	Ryston Runners	.47	M45	2	Gold
13	M. Goodrick	Granta Harriers	.50	M45	3	Gold
14	K. Overy	Gt Yarmouth RR	.58	M55	1	Gold
15	J. Burroughs	Ipswich Jaffa	88.53	M50	5	Silver
16	B. Allen	Col & Tendering	89.55	M55	2	Gold
17	E. Thompson	Mansfield RC	90.21	M60	1	Gold
18	P. Lusardi	Ipswich Jaffa	91.02	M50	6	Silver
19	M. Ball	Springfield Stn'	.19	M55	3	Gold
20	L. Connelly	Holbeach AC	.30	M55	4	Gold
21	A. Parker	Grantham AC	92.17	M45	4	Bronze
22	H. Collins	Fakenham R	.30	M40	7	
23	C. Weight	St Edmunds P	93.00	M55	5	Silver
24	J. Turner	Ely Runners	93.48	M45	5	Bronze
25	J. Hipkin	Ryston Runners	95.26	M45	6	Bronze
26	D. Page	Thetford AC	96.50	M45	7	Bronze
27	J. Bone	Gt Yarmouth RR	.57	M45	8	Bronze

28	G. Ginn	Cam & Col AC	97.04	M55	6	Silver
29	D. Baker	Eye Comm. R	.28	M40	8	Silver
30	M. Yeomans	Village RR	99.32	M40	9	Silver
31	B. Hutcheon	Duke St RRC	100.40	W40	1	Silver
32	H. Barnfather	Granta Harriers	101.43	M50	7	Bronze
33	F. Copping	Ipswich Jaffa	102.11	M65	1	Gold
34	R. Blackwell	EVAC	.16	M60	2	Silver
35	G. Smith	Kettering Town H	103.18	M60	3	Silver
36	J. Gilham	Gt Yarmouth RR	109.04	M60	4	Bronze
37	J. Hutson	Duke St RR	110.58	M55	7	Bronze
38	D. Hutcheon	Duke St RR	111.00	M45	9	
39	E. Osborne	Wymondham J	112.10	W50	1	Gold
40	K. Crasby	UEA Trojans	114.17	M45	10	
41	M. Chambers	Ryston Runners	115.15	M50	8	
42	K. Cooper	Grantham AC	118.28	M40	10	
43	C. Gibbons	Duke St RRC	119.30	W55	1	Gold
44	R. Gibbons	Duke St RRC	119.30	M50	9	
45	R. Churchill	Boston Striders	123.11	M60	5	
46	G. Holmes	March AC	125.36	W35	1	
47	P. Jackman	March AC	127.52	M60	6	
48	J. Moffatt	EVAC	129.40	M60	7	
49	G. Jackman	March AC	130.14	W50	2	Bronze
50	J. Larham	March AC	140.36	W50	3	Bronze
51	M. Simmonds	Ryston Runners	144.53	W45	1	
52	D. Blyth	Cam & Col AC	146.38	M70	1	
53	J. Baker	Eye Comm. R	147.31	W40	2	
54	L. Dove	Duke St RRC	151.04	M65	1	
55	G. Cooper	Grantham AC	167.02	W50	4	

Teams:

M40-49	1st	Ryston Runners Marsden, Cumberland, Reed, Cooke	342.33 minutes
	2nd	Granta Harriers Saunders, Goodrick, Arnold, Barnfather	349.22 minutes
M50-59	1st	Ipswich Jaffa Burroughs, Lusardi, Copping	282.06 minutes
W35+	1st	March AC Holmes, Jackman, Larham	497.26 minutes

The Membership Secretary having negotiated the 'Hill' at the Wissey ½. Anybody would think he was thirsty!

'HERE AND THERE'

Some Results:

* Congratulations to Peter Webb on his first place M65 (3:26:07) in the BVAF Marathon Championships on 6th October, 1991. In the same race Anthony Cotton ran 3:18:56 for 10th M50 and 74 overall - well done.

* In the AAA Vets Half Marathon Champs at Sutton Park on 20th October, E. Vets had some excellent results as follows:

Tony Hawkins	M50	3rd	1:14:18	
Peter Andrews	M50	4th	1:14:48	
Tony Garland	M40	15th	1:18:58	
Philip Hazel	M45	16th	1:23:43	
Eddie Thompson	M60	2nd	1:27:57	
Felicity Sperke	W40	1st	1:27:01)	Congrats on your new
Eva Osborne	W50	1st	1:44:04)	titles!

* The Open AAA 10 mile Championship saw a few Easterners run very well at Chelmsley Wood on 6th October.

Tony Hawkins	M50	2nd	54:58
Vic Holman	M45	3rd	56:13
Doug Linton	M60	1st	62:07

* Tony Mackay took a well deserved 1st place M50 in the BVAF Multi Events Championship, at Sheffield on 7th/8th September, 1991 with 6339 points. In the same event Philip Harris came 3rd M45 with 5247 points. Well done both of you.

* Many congratulations to Ken Brookman on breaking the M65 UK Javelin record on 1st September, 1991 with a throw of 36.60.

* Tony Hawkins (Mansfield) finished 6th in the M50 Star Rankings for 1991. An excellent achievement.

* Congratulations to John Clarke, Pete Andrews, Henry Emerton, John Jenkins, Mike Nelson, Ian Vaughan-Arbuckle, Des Haughney, Gerald Marsden, Alan Dalglish, Ted Saberton and Peter Dancer on representing Eastern Counties v RAF v Cambridge University in a X-C match at RAF Halton on 9th November, 1991. In the same match Hugh Barnfather ran for the RAF. Results elsewhere in this edition.

* There was a small but quality contingent of Easterners at the BVAF 10 mile championship at Oswestry on 4th August - well run all of you:

Gerald Marsden	M50	5th	58.23
Roger Gibbons	M50	-	85.57
Alan Hughes	M60	3rd	64.06
Eddie Thompson	M60	4th	65.08
John Batham	M60	-	85.16
Carol Gibbons	W55	4th	85.57

* Our few representatives at the Vets AAA 10k Champs held at Barnsley on 17th November ran well over the demanding course, particularly Frank Copping who came 2nd (M65) 43.30. Other results inlude Peter Duhig 33.10, Tony Hawkins 33.48 and Gerald Marsden.

MEMBERS SPOTLIGHT - ANN TURRINGTON

Ann joined Cambridge and Coleridge AC in her early twenties, concentrating on the 3000m, 1500m and cross country events in the winter. At that time she was reasonably successful with PBs of 10:31:1 and 4:54 for the 3000 and 1500 metres respectively.

After moving to Germany with her husband Curley himself a vet athlete who has represented the Army, in 1982 she took part in the Berlin marathon the following year completing the course in 4 hours. "After that, I decided that marathons were not for me" admitted Ann.

Between 1984-88, Ann had her two boys Kelan and Liam but during this period she managed to train with and compete for her 2nd Claim Club, Richmond and Zetland AC.

Returning 'home' to Cambridge in 1989 and under the watchful eye of a new coach, Barry Mathewes, she decided to concentrate on 8s and 15s in the summer and cross country in the winter. Success over the country came in her first year back (1989-90), when she won the Icknield League and finished 66th in the Nationals. The next year she consolidated her position by winning the Cambridgeshire X-C Championship, finishing 40th in the National, run at Birkenhead, but dropping to runner-up in the Icknield.

Ann collects her Bronze medal at Aberdeen

This year, her first track season as a Vet she had considerable success including the Cambs 800m title and the Eastern and National Veteran titles at 800/1500 metres. She also won the Inter Area match 800/1500 races, reported elsewhere in this edition.

Her considerable success on the track last season, ensured her selection for the England Veteran Cross Country team to compete in the recent Home Countries International X-C at Aberdeen, where she ran a storming race to finish in 3rd place (W35) to get the individual Bronze medal and a team Gold.

Her current PBs are 2:12:3 for 800m and 4:37:6 in the 1500m which, if she had reproduced these times in the World Championships in Turku, would have been sufficient to have won the 800m Gold and Silver in the 1500m.

Ann's ambitions are to have a good cross country season and finish in the medals at Cardiff. Then to concentrate on the track with all efforts leading to the European Championships in Norway.

EASTERN VETS TRACK & FIELD LEAGUE 1992

A Midweek T & F League is definitely in the programme for next year. The first meeting is scheduled for April at the King's Lynn track. Following this, there will be one at Bedford and, hopefully, others at Stevenage and Huntingdon. If a final is necessary, that will take place at a central venue in September.

The basis of the League will be as per proposals made in the last Eastern Vet i.e. half-programme each of the 4 matches. Scorers will come from M40-49, M50+, W35-44 and W45+ age groups. The younger age group will constitute the 'A' string scorer and the older the 'B' string. Events will be:

Match 'A'	**Match 'B'**
100m, 110/100/80mH, 400m,	200m, 400mH, 800m, 3000m,
1500m, 2k walk, Hammer, Javelin,	1 mile walk, Discus, Shot, Pole Vault,
High Jump, Triple Jump,	Long Jump
Medley Relay 2x200, 1x400, 1x800	Medley Relay 1x400, 2x200, 1x400

Scoring will be 6, 5, 4, 3, 2, 1 for 'A' and 'B' string plus positional points 10, 9, 8 etc. 1st Claim members and Eastern Vet members only.

I still have to write the rules proper and would be happy to consider suggestions, e.g. should we score Men and Women together as one match or make separate Leagues? Should we extend or reduce the programme?

Ideally, we would have a North and South Division and a final between the top 3 teams from each. But this will depend on your interest and commitment.

I need your club entry *NOW:* To set up the League(s) I must know who wants to compete. Please therefore let me have your proforma, plus a £10.00 affiliation fee as soon as possible. Don't forget this is for *local clubs:* Nene Valley v Camb & Col v Thetford AC etc.

If we are to have North and South Divisions I still need offers of extra venues. So please let me know if your club could host a meeting.

My club, Ryston Runners, will be leading by hosting an event and competing. How about *YOUR* club?!

Don't delay, enter today and help your committee to plan well ahead. Complete the proforma below and post it to me at the address on the inside cover.

Peter Duhig

EASTERN VETS T & F LEAGUE 1992

1. My club ..... is/is not* interested in participating in the T & F League.
2. We would/would not* be willing to host a meeting at ..... (insert name of venue) on the following dates .....
3. We would/would not* be able to provide officials to cover the proposed events.
4. An affiliation fee of £10.00 is enclosed, returnable if your club does not compete (cheques to EVAC).
5. Additional comments (if applicable)

Date .....
Contact Address & Tel No
.....
.....

Signed .....
Name .....
Position .....
Club .....

HOME COUNTRIES X-C INTERNATIONAL 1991

The 1991 Home Countries International Cross-Country held at Aberdeen Playing Fields on Sunday, 3rd November saw a member of Eastern Vets running for their country. In the M40 race Tony Simmons, a previous three time winner, made his challenge just too late to record a third win having to be content with 2nd. Apparently, Tony had back trouble during the race and very nearly dropped out.

Led home by Sally Young the England W35 team, which included Ann Turrington (Cambridge & Coleridge) easily won the event. By halfway Sally and Ann had broken clear of the chasers but at the run-in Christine Price of Scotland came through strongly to pip Ann for second place.

Doug Linton, meanwhile, representing England in the M60s ran a solid race to finish 6th and 4th scorer for the triumphant English team.

A number of other Eastern Vets represented England B teams and had excellent runs. Detailed results are given below. Very many congratulations to all those who ran in the International and commiserations to those who missed selection. From what I hear the England management could have done more for the runners and about which I have commented in my editorial.

Results (Eastern Vets only)

M40	2nd	T. Simmons (Wales)	32.15
M45	10th	V. Holman (Eng B)	34.52
M50	9th	T. Hawkins (Eng B)	35.42
	10th	P. Andrews (Eng B)	35.43
	16th	D. Haugluney (Eng B)	36.31
M60	6th	D. Linton (Eng)	39.46
	7th	E. Thompson (Eng B)	41.00
	DNF	A. Hughes (Eng B)	
W35	3rd	A. Turrington (Eng)	17.33
	25th	F. Sperke (Eng B)	19.05

Henry Emerton and Ray Church were selected for England B M40 but did not run.

A RESPONSE FROM "HAIRY" HADLEIGH

Peter Thomas, fine runner, Colchester Joggers fame,
Wrote a poem about our ten, then added his name.
He wrote about space, very short on those hills,
All packed together those Jacks and Jills.
But Peter, intent on going so fast failed to notice
what he was missing as he tried to get past.

It was "the nearness of you", the "him and the her",
those endearing attractions to which he failed to refer.
We had no complaints from the Jills or the Jacks
as they huddled so tightly together in packs.
At the top fun was over, close friendships been made,
now time for some running for thats why they came.

Undulating Pete called it, the part that came next,
yes, a fair description a pretty safe text.
But the hill at four miles, "Sulleys" by name,
it was quite a tough one, glad that you came?
But like all good things it comes to an end,
with more undulations and a gradual bend.

You arrived soon at Raydon, crossed the road on the flat,
it might seem quite dull but its history is that,
this was a place where the planes left to fight,
sometimes in daylight, more often at night.
What would those brave airmen who did not come back,
make of our runners, our Jills and our Jacks.

A scene they could never imagine those times in the past,
a pageant of colour and action, from the first to the last.
With miles to the finish no time for a rest,
they "dig in" and struggle give of their best.
Be sure of one thing, if they are up there to see,
those airmen would encourage and shout out with glee.

The final hurdle, you describe it so well,
as you race down to Hadleigh running like hell.
Dodging the traffic, holding cars in long lines,
So long they get worried in case they get fines.

But now its the finish, the race it is done,
relief, cross the line, the over 60s Pete's won,
you said that you liked it you said you'd come back,
but we've news for you Peter and you Jill and Jack,
this year its changing, a new course has been planned,
but it wasn't your poem, work already in hand.

Much as we regret having to change things around,
for safety, to avoid nuisance, we've chosen new ground.
So we've studied our maps, three alternatives selected,
the first, subject to flooding was sadly rejected.
The next was quite good but might prove too far,
the third could be right so we get out the car.

The car was a rough guide, we drove round it twice,
then we ran it together and found it quite nice.
Now we've biked it and measured it, precise as we can,
still rough though, not AAA's, so requested "the man".
'Doc' Speake, official measurer, precise to the letter,
with Jones counter, bike calibrated, we couldn't do better.

So come back this year Pete, and bring all your friends,
for the new course, like this poem will be alright when it ends.
We've planed a fast start, wide road, no more cuddles,
but we've thrown in some hills and probably puddles,
for after our planning and rejecting two routes,
we've concluded that this is the one that best suits.

This poem refers of course to the Hadleigh 10 which, in 1990, doubled as the EVAC Championship. I don't know who 'Hairy' is but I suspect it could be that well known E. Vet, JCT.

Ed.

'RUNNING ON THE CREST OF A WAVE'
by Veronica Manley

Running should be enjoyable, not only as an incentive to do it, but because enjoyment is good for us. Human nature, being what it is, we will only continue to run if we enjoy it, and feel that we are getting some benefit from it too. During my time as a fitness consultant and sports massage therapist, I have treated a fair number of running related injuries. This hasn't turned me against running! Far from it! For the young person, the risk of injury may be an acceptable price to pay for the many benefits derived from competitive sport. It is, however, the long-term effects and injuries that are the most worrying. As veterans, we should indeed consider carefully how long we can continue running 50-60 miles per week in training for yet another marathon. A body is like a machine. It is only designed

to do so much, and machines can wear out. So what now?

Exercising in the water is probably the only activity that can be done by anyone. Most importantly, Aqua-Exercise is safe. You cannot break a leg doing it, and it is almost impossible to pull a muscle, sprain a ligament or damage a joint. The other important factor is that Aqua-Exercise is so enjoyable, especially in the form of Aquarobics. But can this possibly equate to fitness associated with running? I teach 6 classes of Aquarobics a week in the water. My running miles have been reduced by a third, yet my marathon times are improving; or rather, staying the same, but with not nearly so much effort. The properties of water and tremendous benefits, combing cardiovascular endurance training with balanced muscular conditioning workouts. With my running friends I do 'Aqua-Circuits' - yes, circuit training in the water! Intervals, run 5 minutes, jog 1 minute, in the water. Water provides 12 times more resistance than air!

Running in the water is like running in a Force 8 gale! Compare this with 1 in 8 hills. When exercising in waist-to-chest-deep water, 50% - 80% of the stress to one's joints and bones is absorbed. This reduces the risk of over-exercise in runners on their 6 day a week schedule. Gravitational force is reduced when working out in the water. The body feels lighter and the stress on bones and joints is reduced. Both the reduction in gravitational force and the effects of buoyancy make the task of pumping blood up to the heart easier. Therefore the heart rate is generally 15% lower in water than on dry land; this is in no way indicative of a lighter workout! Furthermore exercisers may not sweat as much as they would on the road. Therefore instead of the blood being used as a coolant, the blood can focus on supplying energy and nutrients to the working muscles. Proper heat dissipation makes for a safer, more comfortable and possibly a longer workout.

Try it! Next time you are in the Diss area, come and see us at the Aqua-Gym - the first of its kind in East Anglia, owned and run by an EVAC member.

For further information contact Veronica at: Red House Farm, Gissing, Diss, Norfolk, IP22 3UX. Telephone: 037 977231.

Veronica, thank you for a most interesting and thought provoking article. As someone who has made the mistake of over-doing road work and subsequently incurring a serious injury, I can vouch for the value of training in water. I thought it would be of interest to re-publish an article I wrote for the RRC Magazine sometime ago, which tells my own 'water' story. I shall certainly be visiting the Aqua-Gym - what about you?

Ed.

'IT'S ONLY SPORT'
by Ian Vaughan-Arbuckle

Watching the thrilling and highly motivating scenes from the London Marathon on TV, at my temporary home in Northern Germany, my thoughts turned, somewhat selfishly, to the misfortune which had recently befallen me.

My training had been proceeding well and, within excess of 600 miles in the 'bank' since 1st January including some modest success in the local cross country scene, I was looking forward to breaking 3 hours for the marathon. My problems started when, after a race in quagmire conditions, I put my shoes in the washing machine with disasterous results! Worse still, replacements were not readily available in Germany. In desperation, I bought a shoe off the shelf which had rave

reviews and which subsequently proved to be very comfortable on short runs. Yes, I know, every runner should have more than one pair of shoes!

After a good 25km run in my new shoes, spirits were high and I looked forward with eager anticipation to the Rotterdam Marathon the following weekend. Next morning, as I staggered down the stairs half asleep to make the morning tea, there was a sharp pain in the area of the achilles tendon of my right leg. The pain persisted through that day and was particularly bad when going up or down stairs. For 24 hours I managed not to panic, rationalising that it was nothing more than a minor strain which would disappear. By Wednesday, when the pain was no better, morale worsened as I realised my chances of running were diminishing as time passed. Ice treatment, expensive cream, anti-inflammatory pills and complete rest had ensured that, by Friday, I was pain-free when walking. That evening I had a successful jog of about 3 miles, although some slight discomfort persisted in the troubled area.

Next morning my world all but collapsed when, taking the dog for his constitutional, I tried running a few steps only to experience the same stabbing pain in my leg. I knew immediately that the marathon was out. The doctor's parting words to me earlier in the week "Remember you are not as young as you were", were of little comfort as I unpacked my bag. Irrational thoughts, including retirement, twinged with more than a touch of self pity, pervaded my mind for the rest of that day.

My motivation returned, 24 hours after watching London, with a most exhilerating bicycle ride in the local military training area, which stretches for hundreds of miles through forest and gently undulating heathland. It was a superb evening with the departing sun streaming through the trees. In the space of about an hour, I saw an abundance of wild life, including deer, wild boar and red squirrel. Positive thinking returned to me as I thought how lucky I was to experience such pleasant surroundings with my health in tact - but the injury was not healing.

For the next few weeks, a round trip of over 100 miles, three times a week, for physiotherapy seemed to help, but a few short strides always reminded me that my leg had not healed. Meanwhile, I had purchased a copy of Joan Benoit's road running coaching video in which she extols the virtues of a floatation vest to enable injured runners to run suspended in the water. Just what I wanted but where could I get one?

Shopping trips to local sports shops confirmed that the German retail sports trade had not heard of the item. As luck would have it, the May edition of Runners World magazine carried an advert for the "Wet Vest". A call to their office in the U.S.A. revealed that the item was on trial in Germany, and I might be able to get a vest through a contact they gave me. I eventually made contact with the right man, and the item duly arrived about 10 days later. By this time, I had been "off the road" for 5 weeks.

Armed with my Wet Vest, I made my way to the local indoor swimming pool at 7.00 a.m. on the Sunday, so as to avoid the crowds, and enable me to get used to running suspended in water with a minimum of fuss ... some hope! As I emerged from the changing room into the pool area, feeling somewhat self conscious, I was acutely aware of an unfriendly looking official observing the considerable number of intently serious Germans breast stroking their way, in metronome fashion, up and down the excellent pool. I was also aware that the official was watching my every movement with more than a passing interest. Undaunted, I started to get into my Wet Vest, but noticed that the majority of Germans in the pool were by now extremely interested in what I was doing, so

much so that one or two were zig-zagging across each other's paths. The sound of heavy steps alerted me to the fast approaching pop-bellied official, with a ruddy complexion, dressed in his all-white uniform. His disapproving finger wagging was warning enough. "Das ist nicht in ordnung ..." My plea, in broken German, that I was an injured runner who wished to "run" in his pool did nothing to ease the tense atmosphere. Indeed, one or two of the swimmers had now stopped swimming, and seemed to be enjoying the situation. I felt helpless and furious, but there seemed no alternative but to leave, clutching my virgin Wet Vest.

My long suffering wife, by now used to my eccentric activities, seemed not in the least surprised that I had met with a rebuff, but agreed to accompany me back to the pool after breakfast to see whether she could help explain my predicament in her mother tongue. To begin with, Herr Dollar listened to what my wife had to say, but obviously with little interest or sympathy until, quite suddenly, he broke into a broad smile at something my wife said. The conversation then flowed for a few minutes, my only contribution being an occasional nod, before we left after the mandatory hand shake.

On the way home, Angelika, my wife, explained that it was her comment "I don't suppose you have ever lived with a runner who can't run" which seemed to have made the difference! She was to take the jacket back to Herr Dollar later in the morning to substantiate that the Vest was indeed an aid to running and not another floating device which would cause further complaints from his regulars. However the box, in which the Wet Vest arrived, covered in sticky tape indicating that it had come from FC Borussia Munchengladbach, the late European football champions, and the discreetly concealed bottle of Schnapps seemed to do the trick! It must have, because the next day I was given permission to use the pool.

The Wet Vest is simple in design and very effective. It is made of a light-weight material, padded for bouyancy and fastened by Velcro tabs across the front and at the beaver tail. Specifically designed for deep water running, the vest allows cardiovascular exercise, improved muscular strength and endurance without any risk of injury. Running in water with the whole body, apart from the head, submerged is somewhat strange at first, but there is no doubting the value to be derived from this excellent concept. It is not a substitute for running, but could and does successfully augment daily training schedules. Meanwhile, my personal experience has indicated that the Wet Vest is of inestimable value to the injured runner. I have been using it 3 times a week with each session being conducted at ¾ effort for between 30 and 40 minutes ...

INTER AREA TRACK & FIELD COMPETITION
18th August, 1991

Combining with SWVAC, a strong contingent of E. Vets made the 'pilgrimage' to Reading to compete in the Inter Area T & F. Among a number of notable performances, Ann Turrington again proved what a considerable talent she is by easily winning the W35 800m (2:13:3) and the 1500m (4:43:5), even though her times were some way below her season's best. Romana Wallace (W35) had a good meeting - she took the Hammer, was 2nd in the Discus and Shot and 3rd in the Javelin. As expected, Cath Reader 'walked away' with the 2000m walk, while, somewhat unexpectedly, Julie Churchill won the LJ (we didn't know she long jumped!). In the men's events, outright winners were harder to come by with only Henry Emerton (M40) 3000m, Peter Duhig (M40) 800m and Anthony Mackay (M50) 110mH triumphing. There were some good

supporting performances as noted in the results. Next year, EVAC hope to be invited to participate in their own right and, to strengthen their case, have volunteered to host the match.

Results - Eastern Vets:

100m

W45	Marlene Simmons	5th	16.0
M40	Michael Corboy	6th	12.8
M50	Michael Garvey	3rd	12.9

200m

W35	Julie Churchill	3rd	28.8
M40	Michael Corboy	6th	25.2
M50	Michael Garvey	5th	27.0

400m

W35	Julie Churchill	3rd	62.5
W45	Marlene Simmons	5th	80.6
M40	Malcolm Ranger	6th	56.6
M50	Terry Bilham	7th	71.9

800m

W35	Ann Turrington	1st	2.15.3
W45	Iris Hornsey	4th	2.41.6
W45	Elizabeth Holmes	6th	3.06.7
M40	Peter Duhig	1st	2.01.6
M50	Gerald Marsden	4th	2.22.7

1500m

W35	Ann Turrington	1st	4.43.5
W35	Felicity Sperke	4th	5.01.1
W45	Iris Hornsey	4th	5.34.4
M40	Henry Emerton	2nd	4.11.6
M40	David Laynes	4th	4.14.2
M50	Gerald Marsden	6th	4.56.0

2000m Walk

W35	Cath Reader	1st	10.14.1
W45	Pat Read	6th	14.15.8
M40	Peter Duhig	6th	12.05.4

3000m

W35	Felicity Sperke	3rd	10.42.2
W45	Pat Read	6th	13.13.4
M40	Henry Emerton	1st	8.46.4
M50	Ian V Arbuckle	2nd	9.46.3

110m Hurdles

M40	Malcolm Ranger	5th	20.7
M50	Tony Mackay	1st=	17.3

Hammer

W35	Romana Wallace	1st	24.72
W45	Pat Read	6th	14.06
M40	Ray Lambourne	4th	34.62
M50	Janis Gercs	6th	21.52

Long Jump

W45	Marlene Simmons	5th	3.47
M40	Malcolm Ranger	8th	4.54
M50	Terry Bilham	4th	4.69

Discus

W35	Romana Wallace	2nd	27.52
W45	Pat Read	5th	13.76
M40	Ray Lambourne	7th	25.76
M50	Tony Mackay	3rd	37.58
M50	Janis Gercs	7th	27.64

High Jump

W35	Julie Churchill	1st	1.30
W45	Marlene Simmons	2nd	1.30
M40	Henry Emerton	7th	1.40
M50	Tony Mackay	6th	1.30

Javelin

W35	Romana Wallace	3rd	16.84
M50	Tony Mackay	5th	37.86

Triple Jump

W45	Marlene Simmons	3rd	7.76
W45	Elizabeth Holmes	4th	6.96
M40	Henry Emerton	6th	9.66
M50	Terry Bilham	5th	9.00
M50	Hugh Barnfather	6th	8.24

Shot Put

M45	Romana Wallace	2nd	9.06
M40	Ray Lambourne	5th	9.57
M50	Janis Gercs	6th	8.73

Pole Vault

M40	Tony Mackay	2nd	3.50
M50	Terry Bilham	4th	2.70

NEW MEMBERS

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

Name	Club	Date of Birth
Chris Reed	Ryston Runners	11th January 1951
John Wood	Wymondham Joggers	10th April 1941
David Findel-Hawkins	Milton Keynes AC	29th January 1951
Marlene Simmonds	Ryston Runners	15th February 1946
Mick Weston	Ryston Runners	2nd May 1949
Graham Bernthal	Hadleigh Hares	27th April 1951
Alan Hawkes	Corby AC	14th August 1951
Mick Durrant	March AC	1st June 1945
Susan Heckels	Gt Yarmouth Rd Runners	17th August 1952
Louis Miller	Norwich Rd Runners	30th May 1930
Frank Fenwick	Unattached	25th August 1951
Stuart Cowan	Milton Keynes AC	1st March 1949
Peter Vawser	Fakenham AC	28th May 1950
Robbie Macpherson	Milton Keynes AC	18th May 1951
John Wallace	EV AC	1st January 1947
John Thomas Harrison	Eye Community Runners	16th September 1951
Ken Frost	Thetford	4th February 1934
Michael G. Johnson	Thetford AC	11th May 1951
Brian R. Graves	Milton Keynes AC	29th March 1940
Ron McCullough	Ipswich Jaffa	24th September 1945
S.K. Sumbler	Northants Striders	20th December 1948
Peter Clarke	Northants Striders	15th December 1933
Derek Randall	Colchester Joggers	14th October 1951
Arthur Moore	RAF	7th August 1941
David Duncan	Ipswich Jaffa	18th August 1951
Shirley Stallabrass	Duke Street RR	5th June 1955

EVAC - THE FUTURE : SIX MODEST PROPOSALS

1. The Eastern Vets organisation should have a title that reflects what it is rather than what it is not. Its name should therefore be changed to Eastern Vets Athletics Association, Council, Commission, Federation, Group or other appropriate description.

2. The organisation should appoint a Development Officer. The BAF give grants to organisations for that purpose, and we need someone who will look at future developments: sponsorships, competitions, coaching, publicity and membership.

3. The organisation should ask every Eastern Club to appoint a Vets Secretary, whose name would be sent to us on a return slip.

4. For the winter of 1992 and summer of 1993, we should seek to set up competitions and leagues for M40, M50, W35 and W45. More age groups could be added later. The teams could be 3, 4 or 6 for X-country, road running and walking. For Track and Field teams could be 3, 8 or 2 per event.

5. Counties should be asked to stage Vets County Championships, starting with at least some events at their existing meetings.

6. If a sponsor can be found, standard badges could be awarded for schemes such as the enclosed, and the attainment of standards be combined with coaching clinics. A set of Braintree AC club T & F standards are attached. (These are published elsewhere.)

Ken Brookman, 30th October 1991

Thank you for these proposals, some of which have already been considered in committee but others have not and are worthy of note. If members have any thoughts, comments etc. on these ideas please let us know.

Meanwhile, Ken Brookman has recently joined the committee. He has been interested in athletics all his life but only returned to the sport 2 years ago after 32 years on the sidelines. In these two years he has represented his club, Braintree AC at the Javelin in which discipline he currently holds the M60 and 65 records. Previously, he was a member of London Achilles. He has been the AAA Rep at International Meetings and Chairman of the Specialists Club committee. We bid him a warm welcome to the EVAC committee.

Braintree AC - Club standards 1991 - Men

Event	Age Group > 40 +			45+			50+		
	Gold	Silver	Bronze	G	S	B	G	S	B
100	11.6	12.0	12.8	12.1	12.5	13.3	12.5	13.0	14.0
200	23.3	24.2	25.5	24.3	25.2	26.5	25.4	26.4	27.8
400	52.8	54.6	57.4	54.8	56.8	59.8	57.0	59.2	62.4
800	2:02	2:06	2:13	2:07	2:12	2:21	2:14	2:20	2:29
1500	4:07	4:17	4:32	4:19	4:31	4:47	4:35	4:47	5:04
5000	15:15	15:50	16:45	16:00	16:45	17:40	17:00	17:45	18:40
10000	32:40	34:05	36:00	34:15	35:45	38:00	36:00	37:45	40:30
½ Mara	1:13	1:19	1:28	1:16	1:23	1:33	1:20	1:27	1:38
Mara	2:30	2:46	3:12	2:37	2:53	3:20	2:44	3:01	3:28
110 H	18.0	19.0	20.5	19.0	20.0	21.5	19.8	21.0	22.8(100)
400 H	61.6	64.0	67.2	64.9	67.5	70.9	47.5	49.5	52.5(300)
SC	10:20	10:45	11:20	11:00	11:25	12:00	11:35	12:00	12:40
3K W	15:00	15:30	16:10	15:30	16:00	16:50	16:00	16:30	17:10
5K W	25:00	25:30	26:20	25:30	26:05	26:50	26:15	26:50	27:30
Dec	4200	3800	3200	3800	3500	2900	4100	3700	3100
HJ	1.60	1.50	1.35	1.50	1.40	1.25	1.40	1.30	1.15
LJ	6.00	5.50	4.90	5.75	5.25	4.65	5.40	4.95	4.40
TJ	12.00	11.20	10.20	11.30	10.50	9.50	10.60	9.80	8.80
PV	3.60	3.10	2.40	3.35	2.90	2.25	3.05	2.60	2.05
S	13.00	11.00	9.50	12.50	10.50	8.00	11.60	9.80	6.40
D	39	34	27	36	31	24	42	37	30
J	51	45	36	49	43	34	45	40	32
H	47	42	35	41	37	29	43	39	32

Event	Age Group> 55+			60+			65+		
	Gold	Silver	Bronze	G	S	B	G	S	B
100	13.3	13.8	14.8	14.2	14.9	16.0	15.2	16.0	17.2
200	27.0	28.0	29.4	29.0	30.4	32.2	31.0	32.6	34.8
400	60.2	62.4	65.4	64.8	67.8	72.3	69.1	72.6	77.6
800	2:22	2:28	2:38	2:33	2:40	2:50	2:47	2:55	3:06
1500	4:53	5:05	5:23	5:12	5:30	6:00	5:40	6:00	6:30
5000	18:05	18:50	19:55	19:45	20:35	21:45	21:40	22:25	23:40
10000	38:00	40:00	43:00	42:00	44:10	47:00	45:50	47:55	51:00
½ Mara	1:24	1:32	1:44	1:33	1:43	1:57	1:42	1:52	2:07
Mara	2:52	3:10	3:36	3:10	3:30	4:06	3:30	3:52	4:28
100 H	20.8	22.0	24.0	19.0	20.0	21.5	21.8	23.0	25.0
300 H	50	52	55	53	55	58	60.4	63.0	66.8
SC	12:25	12:50	13:25	13:25	13:50	14:30	16:10	17:00	18:00
3K W	16:30	17:00	17:50	17:00	17:30	18:10	18:00	18:40	20:00
5K W	27:30	28:10	29:20	28:50	29:30	30:50	29:00	29:40	31:10
Dec	3400	3000	2400	3900	3500	2900	3600	3300	2800
HJ	1.35	1.25	1.10	1.30	1.20	1.05	1.25	1.15	1.00
LJ	5.05	4.60	4.05	4.80	4.35	3.90	4.30	3.90	3.45
TJ	10.05	9.25	8.25	9.10	8.30	7.30	8.70	7.85	6.85
PV	2.80	2.35	1.75	2.55	2.15	1.65	2.20	1.95	1.50
S	11.00	9.25	7.00	10.00	8.30	6.10	9.00	7.85	5.00
D	37	32	25	38	33	26	36	31	24
J	39	34	27	37	32	25	35	30	23
H	37	33	27	37	33	27	34	30	24

Braintree AC - Club standaards 1991 - Women

Event	Age group> 35 +			40+			45+		
	Gold	Silver	Bronze	G	S	B	G	S	B
100	12.9	13.4	14.2	13.8	14.4	15.3	14.6	15.3	16.2
200	27.0	27.8	29.8	28.3	29.5	31.5	31.0	32.5	34.6
400	63	65	70	66	69	74	73	76	81
800	2:24	2:30	2:39	2:33	2:40	2:50	2:43	2:50	3:00
1500	4:58	5:10	5:28	5:13	5:25	5:43	5:32	5:45	6:02
5000	18:50	19:30	20:20	19:20	20:00	21:00	20:25	21:20	22:40
10000	39:10	40:30	43:00	40:20	42:00	44:00	44:00	45:40	48:00
½ Mara	1:24	1:32	1:44	1:32	1:40	1:52	1:40	1:48	2:00
Mara	2:52	3:10	3:36	3:10	3:28	3:54	3:28	3:44	4:04
HH	17.2	18.0	19.2	16.2	17.0	18.2	17.2	18.0	19.2
400 H	72	75	80	75.6	79	84.8	80	84	90
3K W	17:50	18:20	19:00	18:20	18:50	19:30	18:50	19:20	20:00
Hep	2800	2500	2000	2600	2300	1900	2400	2100	1700
HJ	1.50	1.40	1.25	1.40	1.30	1.15	1.30	1.20	1.05
LJ	4.60	4.20	3.70	4.30	4.10	3.60	4.40	4.00	3.50
TJ	9.20	8.40	7.40	9.00	8.20	7.20	8.60	7.80	6.80
PV	1.80	1.50	1.10	----------					
S	10.80	9	6.60	10.50	8.75	6.40	9.70	8	5.80
D	30	25	18	28	23	16	25	21	15
J	31	27	20	29	25	18	27	23	16
H	30	26	20	27	23	18	25	21	16

Event	age Group> 50+			55+			60+		
	Gold	Silver	Bronze	G	S	B	G	S	B
100	15.6	16.2	17.1	16.2	17.0	18.2	17.0	17.8	19.2
200	34.4	36.0	38.2	38.2	40.1	42.5	42	44	47
400	81	85	91	91	94	99	96	100	106
800	2:56	3:05	3:18	3:11	3:20	3:33	3:35	3:45	4:00
1500	6:02	6:15	6:33	6:31	6:45	7:04	7:15	7:30	7:50
5000	22:10	23:10	24:30	23:50	25:00	26:30	28	30	33
10000	47:20	49:20	51:50	51	53	56	56	58	61
½ Mara	1:47	1:56	2:10	1:52	2:01	2:21	2:01	2:13	2:34
Mara	3:43	4:02	4:26	3:54	4:02	4:50	4:12	4:38	5:20
80 H	18.0	19.0	20.4	20.5	21.5	23.0	22.2	23.5	25.5
300 H	60.2	63.0	67.0	66	69	74	71.2	75	80.4
3K W	20:00	20:40	22:00	21:00	21:50	23:20	21:50	22:40	24:30
Hep	2300	2000	1600	2000	1700	1400	1700	1400	1100
HJ	1.25	1.15	1.00	1.20	1.10	.95	1.15	1.05	.90
LJ	4.30	3.80	3.30	3.80	3.40	2.90	3.50	3.10	2.60
TJ	8.20	7.40	6.40	7.60	6.80	6.00	7.00	6.40	5.60
S	9.10	7.50	5.40	9.00	7.20	5.00	8.40	6.50	4.40
D	23	19	13	21	17	11	18	14	10
J	25	21	14	20	16	10	19	14	9
H	25	21	16	22	19	14	18	15	11

'LETTERS' START HERE

4, The Leys,
Longthorpe,
Peterborough,
Cambs. PE3 6LE
17th September, 1991

Dear Ian,

... I like the "new" magazine both in style and presentation, though I seem to have had a field-day in it. A couple of suggestions were passed to me, which may be of use in keeping costs down and I am in agreement. Might not a black and white front page title reduce the costs a trifle, plus the use of less superior paper. I read a number of other club magazines and I think ours is superior in all respects, but as I have said, colour and paper quality can put the price up.

I enjoyed my trip to the World Championships the more so since I have now been able to sit and consider things. A number of things have occurred to me so I will voice them for general consideration. Is not a change of vest design due? I am proud to wear ours, but it is a trifle old hat and looks like a USA vest for the 1948 Olympics! The colours should go all round anyway. This brings me to another contentious point, which my wife spotted and that was that a number of U.S. members of relay teams were not wearing national vests. The regulations require that they do, so were any disqualified for non-compliance? Whilst on the subject of the relays I was rather upset at the conduct of a number of competitors. I suppose they needed to practice/train or whatever, on the main track whilst the marathon runners were finishing but they didn't need to cross in front of tired athletes. They generally seemed to treat the marathoners with something verging on disrespect, a point which Arthur Walsham waxed wrathful about on the day. A fault of the organisers I suppose but they could comfortably practise changes on the practice patch (by the duck pond). The marathon was wonderful but it is a running race and not a road walk! Top runners sometimes have to break into a walk and I know that Jose did it, with good reason, but those characters who "race walked" should have been pulled out! One last thing is the dislike I have, as an older and distance athlete is being banished to the "boonies". The cross-country had to be in the sticks, but not the 5000m and 10000m. I have no complaints about the tracks, officials or facilities, it is just the fact of not getting a run in the main stadium. It was the same in Budapest last year and one is made to feel like the poor relation in some ways. I see that there is a slight improvement in Norway for next year. Let's hope the Japanese give us geriatric distance men a chance to perform in the big stadium. Incidentally, I intend to write to "Veteran Athletics" to voice these points because their correction in Turku would have put the gloss on things for me. Incidentally I share your heart searching on entry standards. I was upset by seeing one female competitor, in the more senior age groups proceeding at a woeful pace, but because there was no standard, or competition, was awarded the gold medal. It was made more obvious by the excellent performances of ladies in the next lower age group, who meant business. Anyway enough moans, I really enjoyed the experience and being part of it. I don't think Pam and I will go to Christiansand, but we are certainly looking forward to possibly going to Japan. Maybe the Chafford Hundred will give me some sponsorship, because that is what it boils down to, or should I approach Sanatogen?

In conclusion of this epistle to the East Anglians, may I say how much I welcomed the help and encouragement of the EVAC people at Turku. It was

wonderful and though the rest of the British team were so great it was uplifting to be 'earoled by the Eastern mob.

Best wishes from Pam and myself.

Yours most sincerely,
Doug Linton

Doug, many thanks for your letter which contains many good points. I shall certainly bear in mind your comments about the magazine and I very much hope that the BVAF take note of what you have to say about Turku. Ed.

1, Gunning Way,
Cambridge.
CB4 3SQ

20th October, 1991.

Dear Editor,

A few comments on some points raised in issue 38 of the Eastern Vet.

Firstly should Championship competition be graded. I would suggest it is only in the 5 and 10k this might be necessary. Jumps, throws and short distances all have equally large discrepancies, but the difference is not obvious. If graded entries would no doubt drop.

A second point, is a 2nd place medal in a "Younger" age group more valued than a 1st place in an "Older" group. You Mr Editor ran faster than the second man in an age group below yours. Is yours enhanced or his devalued. My point is, age groups are too narrow. Vet and Senior Vet on Road and Cross Country, 10 year grades for Track & Field. Five year age groups are a nonsense. I have just read the ultimate in October's Today's Runner "If you are beaten in a photo finish, but are two days older than the winner, according to some new American Tables, you are the "true" winner". Nonsense, the person who runs, jumps, or throws faster or further must always be first.

Is the idea of having "area" matches within a club championship a good one. Here is an opportunity to "grade" competitors, and to leave the club race for what it is a club championship. Such races should be staged separately. This leads on to, should our 10k, 10 mile, half marathon and marathon be club races only (as the 10k was), and when not possible Veteran races only.

This is partly in answer to Hugh Barnfather's query regarding the poor entry for the "club" marathon. Perhaps there is a case for EVAC staging a Veteran Marathon for the south of the country similar to the "Flying Fox". Seeing most of us live around the Fens, perhaps the "Flying Fen Tiger". Our club has an excellent trophy it might offer.

Next, who should belong to EVAC? Looking at the latest list of "New Entrants" the vast majority do come from the "Eastern" area. The question posed is, if you belong to EVAC and SCVAC who do you represent in an area match? So few are good enough to represent one let alone both, does it really matter? I don't think so.

To end on a lighter note a "New Vet" in the Harlow Marathon was very keen to win the Veterans prize (there were only three, plus a team prize). Passing a small balding runner at about 20 miles he asked "are you a Vet?" The reply,

"No I'm a school teacher". This might say something for education, it might also say something for Veteran Athletics. It's who you beat not your age. George Phipps and Alan Hughes run well, no matter their age. A lot of younger men can't get near them. If you can't beat them, fancy tables won't help.

Yours sincerely,
Peter Chaplin

Thank you for a most interesting letter. I shall try to obtain a copy of the American age graded tables and publish them next time. I do hope your other points spark off some lively debate as they should do. There are certainly some matters worthy of attention by the Committee who I feel sure will discuss them. We will keep you informed. Ed.

8, The Rookery,
Orton Wistow,
Peterborough,
Cambs. PE2 0YT

19th August, 1991.

Dear Ian,

I was very pleased to receive the current edition of our most excellent and elegant professional looking magazine. Easy to read and convenient to file away for reference. It is beyond me to find any fault. Congratulations!

In respect of the EVAC T & F Championship Records feature I would like to offer my contribution in the interests of accuracy:

1. Long Jump
   M60 G. Leete 4.92 BVAF Decathlon, Sheffield - 10th September 1988
   M65 G. Leete 4.79 BVAF National T & F, Glasgow - 14th July 1990
2. Triple Jump
   M60 G. Leete 10.23 BVAF National T & F, Cwmbran - 24th July 1988
   M65 G. Leete 10.64 European Championships, Budapest - 4th July 1990
3. High Jump
   M65 G. Leete 1.50 European Championships, Budapest - 1st July 1990

Over the past four years my athletics career has been a 'switchback' one. 1988 - a normal fairly successful year. 1989 - a catastophic one of no competition due to serious operation. 1990 - fought back to a very successful year of competition. 1991 - back down to no competition due to some relapse which is currently being investigated. 1992 - I hope to emulate 1990!

My regards to Hugh Barnfather who knows about my problems.

Regarding your Editorial, Ian, I wholeheartedly agree with your comments on the agonising question of standards. I also have witnessed persons (I won't use the term competitors) who were completely 'out of their depth' in their particular events.

Whilst admiring them for participating, I have often wondered how embarrassed they felt in falling so far short behind the others - I have never plucked up the courage to ask them. Surely they are entitled to enjoy themselves

athletically in their particular sphere, but not to spoil the spectacle for other competitors and spectators.

Obviously a line has to be drawn somewhere and, coward that I am, I would not like to be involved in the calculation, but, the wisdom of Solomon to those who will have the responsibility.

In the hopes of my doing a 'McArthur' -

Yours in sport,
George Leete

George, the records published in the last magazine apply to performances achieved at the EVAC T & F Championships only and are therefore 'Championship Best Performances' not EVAC Records. Apologies if I have confused people. Some time in the future I might try to produce the EVAC T & F records but this would be a major task. Ed.

The Cottage,
Bickers Hill Road,
Laxfield,
Suffolk. IP13 8DP

(0986) 798626

Dear Sirs,

Through your pages, contacts etc. I would like to know if you can assist me in finding a coach for Long Jump for the 1992 season.

I have been perusing the BVAF National and EVAC results published in the Veterans Athletics paper and The Eastern Vet and believe I would certainly not disgrace myself with a bit of coaching if I competed in 1992. I am presently 40 years of age and last Long Jumped some 4-5 years ago in the West Yorkshire Police Championships (with whom I was then serving) winning the event with 5.75m. This was achieved with *no* previous coaching on my first jump and not having jumped since leaving school at 16! when I held the school record (distance unremembered). Whilst I may have lost some runway speed, the basic technique is obviously sound and I believe with some coaching could jump much further. Any offers?

Yours faithfully,
Tony Wooderson

Can anyone help Tony please? Ed.

Dear Editor,

I wonder if the members of the EVAC are aware of the tenacity and the devious methods our illustrious leader, Peter Duhig, will go to, to have our club recognised as on equal footing with other vet clubs. I quote from 'The Eastern Vet' Number 37 May 1991 "I just want to see EVAC there and competing in strength in our own right".

Following a personal disaster at the World Championships I went to enjoy a

pleasant afternoon's competition at the Inter-Area Match at Reading to watch my running partner compete. The weather was lovely and the company pleasant, I basked in the sunshine eating my fill. Perfect bliss!

Peter approached stealthily from the right - "Tony would you like a run?" - I guessed this might happen - I had brought my racing shoes - would it be a 3000m - were we short? - "S.W. Vets are short they need someone for the 4 x 100m and 4 x 400m teams".

My heart stopped - the last time I ran 4 x 100m in anger I was 13 - 30 years ago and I have never run a competitive 400m in my life.

I meander along the grandstand to inform three bronzed and be-purpled men that I was their fourth man - I'm not sure whether the look I was given was one of disbelief or astonishment. I told them of my pedigree in the events and it was decided that we should practise - it went well - no problem!

The race - I was to run leg 2 in both races - got underway - I counted to ten waiting for the call "go" - I heard it and went - I got almost to the end of my box -no baton - eventually it arrived and I charged down the back straight - "eat your heart out, John Regis" - I shouted "go" - our third man was so eager he grabbed the baton immediately - too soon - we were disqualified. It later transpired that another team had used this magic word to start their leg 2 man - and I had gone on their call!! Thus EVAC were not the also rans - "nice one, Peter!"

The 4 x 400 was much more civilised - 67.4 six seconds faster than I have ever done in training but still S.W. Vets were well beaten - a triumph for Peter's strategy but personally from Marathon to 4 x 100 metres in three weeks - is this a downward spiral?

Yours, just about out of shock
Tony Garland

Your story will not surprise any Ryston Runner. You will know better next time, Tony, than to have your racers with you. Ed.

Hemingford Grey House,
Church Street,
Hemingford Grey,
Huntingdon,
Cambs. PE18 9DF

17th August, 1991.

Dear Ian,

I have just received my copy of the EVAC newsletter and I must say how impressed I am with the ever improving standard of this publication. Particularly impressive is the much improved standard of photographic reproduction compared with what we used to achieve. The cover photograph is of excellent quality.

For the record, I should just correct the EVAC Track & Field Championship Records as they apply to me. At the EVAC Championships on 4th September 1984 I ran 2m 7secs in the 800 metres when 50 years old, and I think this should stand as the M50 record. The 2m 7.2secs credited to me in 1987 as an M50 record, is in fact the M55 record as I turned 55 on 25th July 1987, as you

will see from the M55 400 metre record which was set at the same championships.

My injury problems seem to be resolving slowly and I am now back to some easy striding on the track. It was a great disappointment to miss all the championships this year. As I turn 60 next summer, I must try to avoid a repeat of the injury problems next season.

Hope to see you soon.

Kindest regards,
Tony

P.S. I almost forgot the most important point of the letter, which is to ask you to convey my sincerest thanks and appreciation for the engraved tankard award that was made at Birmingham. I shall treasure this! Please thank the committee for me and in particular the one that had the idea!

I think the new team running EVAC is doing very well and illustrates the need for periodic changes.

Thanks for the corrections to the records which are noted and will be included. Thanks also for your kind remarks which are much appreciated. Roll on next summer! Ed.

Rectory Farm House,
Howe Street,
Nr St Wolthan,
Essex. CM3 1BT

18th August, 1991.

Dear Ian,

A very good 'Eastern Vet': congratulations. One correction: M55 Discus - I don't hold that record : My performance was in the Over 60s, for which A.C.F. Wood rightly holds the best mark.

Best wishes.

Yours sincerely,
Ken Brookman

Thanks for your letter, Ken. The record will be corrected. Ed.

Stubbins Hall,
Ashley,
Newmarket,
Suffolk. CB8 9DX

29th August, 1991.

Dear Hugh,

In the latest edition of the Eastern Vet you asked for comments following

the disappointing entry in the EVAC Marathon Championships incorporated in the Luton Marathon. My thoughts may be relevant to this event and marathons in general.

A marathon early in the year usually means the weather is more conducive to distance running and gives one an incentive to get out and put the miles in during those cold winter days. This also gives a good foundation of miles for the coming season.

A marathon late in the year, again when the weather is more comfortable, with the miles accumulated during the summer months being of benefit, is usually the most popular.

A marathon during the summer months can mean the loss of two months of competitive running. With about 4 weeks minimum of concentrated build-up and wind down to the event and at least 4 weeks recovery following the event.

With the most popular road running distances of 10k, 10 miles and ½ Marathon it is possible that a majority of runners prefer not to take part in mid season marathons.

It would be interesting to find out from marathon organisers how the numbers compare in the various events through the year.

Regards,
Peter Goreham

Thanks for your helpful letter, Peter. Ed.

23, St James Road,
Brigg,
South Humberside,
DN20 8DU

20th August, 1991.

Dear Hugh,

Reference request for EVAC subs by 16th September on page 29 of the club magazine.

Actually I've been quite delighted to receive club magazines this year - a real bonus for me. It's very well presented and I like to read what old acquaintances are doing. But I actually sent a letter of resignation last year. I thought such matters were supposed to come up at committee and my name would have been deleted. Or perhaps the secretary just filed it in the waste bin because my stated reason for resigning was as a result of something he (or perhaps it was a fellow committee member) printed in the magazine along the lines of restricting membership to certain counties. "If in South Humberside," I thought to myself, "I am no longer welcome amongst the new breed of officials, then it's time to go." Thus, after a decade of enjoyment with the old guard, Ted Butcher et al, I decided to resign. I've missed EVAC - but I see things don't mellow in the Vaughan-Arbuckle camp; now he advocates banning slower competitors in the current editorial.

I happen to think I. V-A is wrong. There may indeed be sufficient participants in distance running events to be elitist, but in most events there is a need for as many participants as possible. No matter where from or how good, EVAC should WELCOME and ENCOURAGE as it always used to!

I've had little or no incentive to continue this past twelve months - all the

time in the world, therefore, to write letters. Sorry about that.
Keep churning the miles out.

Best wishes for the years to come.
George Johnson

Thank you for your letter which Hugh has passed to me for comment and publication. You raise a number of matters which demand an answer. I have been the 'stand-in' secretary for about 6 months or so and I know nothing of your letter of resignation, nor can I find a member of the current committee who does. As to my point regarding the rationalisation of areas this is a personal view and does not have the approval of the EVAC committee. The whole question of first claim/areas etc. is to be studied by the BVAF when, I have no doubt, members will be widely consulted. As to my last Editorial regarding 'standards', I think if you re-read it you will realise that I was referring to World/British Championships and not club competition. If in your letter you are implying that your resignation is based on my views that would be unnecessary and very sad. My motives for being somewhat controversial are twofold: Firstly, to be thought provoking and, secondly, to encourage dialogue on current issues. It seems that I have been partially successful but your resignation would be far too higher price to pay. Ed.

Uplands,
Ashleigh Lane,
Cleeve Hill,
Cheltenham,
GL52 3QF

27th September, 1991.

Dear Ian,

I enjoyed the August edition of Eastern Vet and am most impressed with the up-to-date reporting from Turku (where we met). Small point - there was another EVAC member in the Marathon - me - I shared the suffering with Tony and produced one of my personal worsts with 3 hours 14 minutes. However I was pleased to be able to run at all having pulled a hamstring the previous Sunday with the result that I ran not a step between the 10000m and the Marathon. It says something for the physio services available that I was able to run.

Will hope to make a pilgrimage from Gloucestershire to an EVAC event sometime.

Regards,
Jerry Barr

Sorry for missing you out Jerry. Have just received the official results from Turku which duly shows you finishing 47th/107, in the M50 Marathon, in 3.14.11. Yes, do try to make it to an EVAC event, we would like to see you. Ed.

61, Damgate,
Wymondham.
NR18 0BG

Dear Ian,

Having taken part in the World Veteran Games in Turku as a newcomer to track events, I was alarmed by the comment made in your Editorial August 1991. Turku was my first ever athletics meeting, undoubtedly a 'Jump into the deep end' but judging by the encouragement and support I received from other competitors, nobody resented my presence or indicated that I was not 'good enough' to participate. Veteran athletics is about taking part and enjoying it!

A selection procedure will eventually be necessary due to the ever increasing numbers of participants, but in the meantime let Veterans, who have enough courage to enter a stadium and compete against the best in the world, have a 'go'. The friendship and camaraderie among *all* participants, from the very best to the newcomer, is what makes Veteran competitions so special. Let's keep it that way.

Yours sincerely,
Eva Osborne
Wymondham Joggers AC

Thank you for your letter and I fully understand your anxieties. I remain convinced of the desirability for qualifying standards to be introduced into major veteran games. Surely this is something every veteran athlete would accept as an achievable goal? Ed.

'THOUGHT FOR THE MONTH'

"Slow me down Lord.
Ease the pounding of my heart by the quieting of my mind.
Steady my hurried pace with a vision of the eternal reach of time. Give me, amidst the confusion of my day, the calmness of the everlasting hills.
Break the tensions of my nerves and muscles with the soothing music of the singing streams that live in my memory.
Help me to know the magical restoring power of sleep."

Anon

IN COMMITTEE

Ken Brookman has recently joined the Committee. See 'Letters'.

****

The club AGM will be held after the 10k Championship at Stoke Ferry on 22nd March, 1992. Proposals to Ian Vaughan-Arbuckle please.

****

Next year's T & F Championship will, for the first time, include a 10000m event.

****

We need a replacement Secretary - Any volunteers for this important position within the club?

****

A committee, chaired by Peter Duhig, is to be set up by BVAF to look into the question of first claim clubs within the BVAF.

****

BVAF international kit is under review with the aim of updating it, by Barbara Dunsford and Peter Browne. Comments to the Secretary who will pass them on.

****

Although the 1992 Indoor Champs have been cancelled, there may be some form of limited competition (Sprints and Jumps only). Possible venues include Crystal Palace or King's Lynn.

****

EASTERN COUNTIES CROSS COUNTRY MATCH - 9th NOVEMBER, 1991

For the first time, this year's ECCU triangular match against the RAF and Cambridge University included a most welcome innovation of M40 and M50 races.

In ideal conditions the race was a two lap affair of 5¾ miles of mostly undulating grassland. With a quality field, the pace was fast with the EC taking the first 5 places, and 6 of the top 7, to easily win the match from the RAF.

The M40 contest, on the other hand, saw the RAF reverse the tables by packing rather better than EC, even though Henry Emerton won the class with Ray Church in 3rd place: Duncan Overton, also an Eastern Vet, running for the RAF was 2nd. An EC clean sweep!

Peter Andrews and Des Haughney, both fresh from their international experience, were 1st and 3rd in the M50 race. They were split by Arthur Moore (RAF) who has since joined EVAC. It was also good to see Hugh Barnfather and David Coward competing for the RAF.

In the womens race, which did not include a vets category, Diane Braverman (EVAC) ran well for EC to gain 7th place. An excellent afternoon's sport extremely well organised and hosted by the RAF. Let's hope this is the start of a trend to include vets in these representative matches. Thank you ECCU!

Ed.

Results:

Overall	1	G. Rizzo	EC	27.52
	2	D. Mead	EC	27.52
	3	K. Miller	EC	28.07
M40	1	H. Emerton	EC	29.25
	2	D. Overton	RAF	29.40
	3	R. Church	EC	30.04
	9	P. Dancer	EC	31.08
	11	A. Daglish	EC	31.17
	16	J. Jenkins	EC	34.22
M50	1	P. Andrews	EC	31.46
	2	A. Moore	RAF	32.17
	3	D. Haughney	EC	32.20
	4	G. Marsden	EC	32.20
	5	I. Vaughan-Arbuckle	EC	33.24
	7	E. Saberton	EC	36.43
	8	H. Barnfather	RAF	39.29

Teams:

Overall	EC 'A'	22
	RAF 'A'	61
	EC 'B'	124
	CU	133
	RAF 'B'	149
M40	RAF	36
	EC	46
M50	EC	8
	RAF	15
Women	EC 'A'	6
	EC 'B'	19
	CU	20
	RAF	33

Des Haughney and Tony Simmons at Aberdeen

EASTERN VETERANS ATHLETIC CLUB

14th Annual 10000 metres Mens Cross Country Championships
(Under ECCU Rules)
12th Annual 5000 metres Womens Cross Country Championships
(Under WCC and RRA Rules)

to be held at

Ise Valley Park, KETTERING, Northants.

on Sunday, 26th January, 1992 starting at 12 noon

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

Conditions: The Championships will be run as two races as follows:
12 noon - 5000 metres Women
12.45 p.m. - 10000 metres Men
To be eligible for awards, competitors must be members of EVAC by 5th January, 1992.
Entries close 19th January, 1992. NO ENTRIES AFTER THIS DATE.
Non EVAC members are welcome to compete as guests.

Awards:

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

Teams: Mens Teams: M40-49 four to score, over M50 3 to score.
Womens Teams: 3 to score any age.
Winning team trophies and medals will be awarded.
Clubs must declare the number of teams entered prior to the event, on race day.
Only first claim members may run for a team.
Male competitors over 50 may be included in either age group but in one only.

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

A UNIQUE FESTIVAL OF RUNNING FOR VETERAN ATHLETES

More than 5000 athletes from around the world are expected to head for the city of Birmingham in late August 1992 - to take part in the first-ever World Veterans Road Running Championships and International Road Race Walks.

For all veteran runners (women over 35 and men over 40 years old) this will be a particularly exciting and unique occasion - especially for competitors from the UK for whom it will be the first ever opportunity to take part in genuine World Championship races on their own soil.

This event will be unique because it is the very first time that the World Association of Veteran Athletes (WAVA) has staged such an event. It is also likely to prove unique for most current UK veteran athletes as it is highly unlikely that the Championships will return to this country within the next two decades.

It will also be tremendously exciting because it will be one of the largest athletics events ever to be staged in this country.

THIS IS YOUR BIG CHANCE - DON'T MISS IT!

Having granted the initial Championships to Europe, WAVA is now likely to allot these races, every two years, to different continents. Even when it does return to Europe, bids will certainly be submitted by other European cities anxious to stage such a prestigious event - just as there were for this first occasion. It is unlikely, therefore, that these Championships will return to the UK for many years.

ARE YOU GOING TO MAKE USE OF THIS ONE OPPORTUNITY?

Neither the road races nor race walks demand qualification standards, so competitors of all abilities are eligible to attend and compete. This will allow a rare opportunity for the club runner and jogger to compete along with the elite and world-famous. The only two entry requirements are ...

* that you are qualified by age (Women +35 years. Men +40 years)
* that you are a member of your national Veteran Athletes Federation.

ARE YOU QUALIFIED AND ABLE TO COMPETE?

If so, why not come along, with the family and enjoy two spectacular days ...

... **of competition** - you can take part in up to three events, each with its own special medal.

... **of atmosphere** - attend the opening ceremony and take part in the parade of athletes and their national flags. It should prove to be a truly memorable occasion.

... **of family fun** - make a weekend break by staying at one of three, specially-priced, accommodation venues (hotels, student rooms or the camp site). Enjoy the pasta parties and special entertainments. There will be events for young athletes plus a charity "Walkathon" (fun walk) for all ages - with its own souvenir medal. There really is something for everyone.

... **of memories** - of the superb setting, the opening and closing ceremonies of the awards, mementos including separate badges to commemorate both the opening and closing ceremonies, of racing with the elite and meeting fellow veteran runners from around the world.

SEE YOU THERE? HOPE SO

Further details:
Sporting Action, 111 Cooks Lane, Kingshurst, Birmingham. B36 6KU

FIXTURES 1992/1993

1992

26th January	EVAC X-C Championships, Ise Valley Park, Kettering.
15th March	BVAF X-C Championships, Pentwyn, Cardiff - Entries to Dave Walsh, 30 Highfield Close, Dianas Powys, S. Glamorgan, CF6 4LR.
22nd March	EVAC 10km Road Championship (incorporating Inter Area Match). Stoke Ferry, Norfolk.
	BVAF Indoor T & F, Cosford. (Cancelled)
5th April	BVAF 5km Road Championships, Dunsfold, Nr Guildford.
9th May	BVAF Road Relays, Heaton Park, Manchester.
14th June	EVAC T & F, King's Lynn, Norfolk.
21st June	Brugge Vets Grand Prix 10/25km Road: Details from "VEST".
26th June - 4th July	European Vets Championships, Kristiansand, Norway: Details from "VEST".
18th/19th July	BVAF T & F Championships, Copthall Stadium, Hendon.
29th/30th August	World Veterans' 10km/25km Road Race Championships, NEC, Birmingham (for details see elsewhere in this edition).
November/ December	Oceania Veteran Games - Norfolk Island. In the South Pacific - via Auckland, New Zealand. 2, 3 or 4 week trips available. Details from "VEST".

1993

August/ September	X World Veterans' T & F Championships in Miyazaki, Japan 2 and 3 week trips. Details from "VEST".

For information on any VEST Tour please send 5 x 1st Class postage stamps for each item to Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex. HA2 0QU

For details of BVAF events contact Jack Fitzgerald, 'Veteran Athletics', 67 Goswell Road, London. EC1V 7EN

EVAC CROSS COUNTRY CHAMPIONSHIPS 1992

26th January, 1992
(Closing date - 19th January, 1992)

ENTRY FORM

1. Please enter me for the above Championships:

Full name: ..... Male ☐ Female ☐ (Tick)

Date of birth: ..... Age on race day: .....

Address: .....

.....

Telephone numbers: Home ..... Work .....

EVAC Membership Number: .....

First claim club: .....

2. Entry fee of £2.00 (£2.50 if results sheet required) enclosed ☐ (tick box). Cheques to EVAC. Please enclose an sae for race details, map etc. and an additional sae for results.

3. I will participate in the EVAC X-C Championship 1992 entirely at my own risk and accept that the organisers will not be held responsible for any injury sustained by me or any loss of property.

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

Please return to:
Ted Barton, 35 Martin Road, Kettering, Northants. NM15 6HF

1st WORLD VETERANS
ROAD RUNNING

CHAMPIONSHIPS
AND
INTERNATIONAL RACE WALKS
29 - 30 AUGUST 1992
THE NATIONAL EXHIBITION CENTRE
BIRMINGHAM ENGLAND

WORLD
10Km Road Run
25Km Road Run

•

INTERNATIONAL
20Km Race Walk
30Km Race Walk

•

OPEN VETERAN
5Km Road Race

ACTION WAVA

National Exhibition Centre