THE EASTERN VET

Editor: Ian Vaughan-Arbuckle Number 40 February 1992

Ann Turrington on her way to a fine victory in the 1992 EVAC Ladies X-C Championship

EASTERN VETERAN ATHLETIC CLUB

Committee 1991/92

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EDITORIAL

Regrettably, I must start this piece with a plea for your help. Since I took over your magazine I have tried to improve it by increasing the scope and content, including more photographs and enhancing the general presentation. From what I am told the 'new' look Eastern Vet is popular and has the full backing of your committee. Unfortunately, as in most good things these days, costs are rising and at our present level of annual subscription, which we are determined to hold at £5.00, we cannot afford 4 issues of the magazine. For my part, I shall try to ensure good value for money but if you feel you can help why not consider making a donation, however small, using the form elsewhere in this issue. Very many thanks.

At this time of the year most of us are tackling cross country courses of one sort or another. I have recently run in two, the ECCCU Champs at Leighton Buzzard and our own at Ise Valley Park (thanks to Ted Barton and his team from Kettering Town Harriers), both very different in nature and, in their own way, equally challenging. I love the country so it seems do a lot of vets in the East who are not currently members of EVAC. At the ECCCU race 30% of the men 77/260 and 35% of the women 16/40 were vets. The trouble is that fewer than half of those vets are members of EVAC. Why? Surely not for the £5.00, even in these hard times. No, I can only assume that it is down to 'ignorance' of what the vet movement can do for them. Most of those vets who are not members belong to a club in which there is one or more EVAC member. So if you know of such a person, do your best to get them to join EVAC. For their money they will receive 4 BVAF newspapers, 4 editions of this magazine and also be able to compete in at least 10 vet only competitions every year. It must be good value!

In my last editorial, I was critical of the England X-C team organisation at Aberdeen. Arthur Walsham, the one and only England team manager at Aberdeen, wrote to me taking issue with what I had said. I wrote back to him saying that my criticism was not meant to be hurtful to any individual but that I did have a duty to report the feelings of EVAC members. This I did, but at the same time I feel it only right to acknowledge the obvious time and effort spent by Arthur in single handedly managing a large number of aspiring veterans from all over the country. Surely a task far too big for one man, however good he may be?

Please don't forget the AGM on 22nd March at Stoke Ferry straight after the 10k. Come and have a run and support YOUR club. See you there. Meanwhile, good running and be happy.

Ian Vaughan-Arbuckle

CHAIRMAN'S CHATTER

Winter time is traditionally the period to get your stamina and endurance work done. Track and Field and Road athletes alike are working on strength and putting in miles preparing for the coming season. It's somewhat ironic that this hard slog is done through the worst weather and shortest days. Going out in sub-zero temperatures with several layers of clothing on is not conducive to very good training. But for those of us who persevere, the reward will be there for all to see. When Spring arrives we will be ready for some quality speed work instead of stumbling down dark lanes or going round the same loop in town. Roll on the summer!

March will see our 10k Road Champs at Stoke Ferry and the Club AGM afterwards. As ever, the AGM is an important event for the club and I would ask you to make a special effort to run and stay on for the meeting. We need new blood on the committee, and we would welcome proposals and ideas: Please get ideas, in writing, to Ian, who is still acting as secretary, as soon as possible.

In the last magazine, Ken Brookman raised the issue of should we be a Club or Association. This is an interesting point and one which deserves more consideration. As a club we have, in the eyes of the B.A.F., only a handful of 1st Claim members whereas the B.V.A.F. recognise us all. The opportunity to represent EVAC are few and far between. In BVAF/BAF Champs you compete for your own local club, EVAC representation being largely restricted to 'Area' matches. An area Association is perhaps a better description of what we actually are and to call ourselves this would in no way restrict our programme of Championships. Those of you who only belong to EVAC would have to join a 1st Claim local club to avoid being 'Unattached'. Membership of the Association would still be on an individual basis, so there would be no change apart from the 'C' of EVAC becoming an 'A' as in EVAA. Please let me know your views whatever they are!

Thanks are due to Kettering Harriers and Ted Barton for hosting the Cross Country Champs. I am writing this just before the races so will have to make the congrats a general well done. Results will be found elsewhere in this issue.

While I'm on track and field, the Eastern Vets League starts on 29th April at King's Lynn at 7.00 p.m. If you haven't entered yet, get in touch straight away. Details elsewhere.

The Inter Area T & F match will be held on 23rd August at Bedford staged by Howard Darbon (Bedford & County) on our behalf. Thanks to him.

Peter Duhig

MEMBERS SPOTLIGHT - ALVIN MONEN

Alvin was born on 15th December, 1918 near Seattle, Washington, USA. At High School he played basketball, football "but no track". After serving with the USAF in England during the Second World War, he returned to 'Blighty' to live in 1964. After graduating from the Kesteven Teachers Training College, he taught at King's Lynn High School and Springwood School becoming Head of History. Suffering from high blood pressure and Angina, "I still have a 20-30 minute pain barrier to overcome prior to running", Alvin decided to do something about his problems. He started 'casual' sprinting and weight training about 5 years ago before joining Grantham AC and being adopted by his coach Keith Ridgeway. Under his guidance Alvin has been working towards the completion of a 2 year programme of sprint training. I met Alvin at the World Veteran Games in Turku last July where he took part in the M70 sprints with great success, for one so new to the sport. Among his ambitions, Alvin wants to convince the public that 'old age' does not exist. "It is a meaningless concept. The young should not be concerned about advancing years and I hope that, by setting a personal example, I will be able to help allay their concerns" explained Alvin. "If I can step onto a world athletic stage (Turku) to compete against the best at 72, this should be proof enough that anyone can do it" he went on. I know what he means but anyone who wished to emulate Alvin's athletic prowess would need talent, determination and guts. "I want to encourage people to participate in sports and fitness thereby reducing potential and actual health problems, including the handicapped. Imagine, Ian, if we in veteran athletics can even partially achieve some of my aims, massive NHS funds could be released to provide more leisure centres, sports parks, research centres and hospitals to provide the less fortunate with relief from pain and others with horizons and a sense of purpose in life" remarked Alvin. Long may he continue to compete.

In Turku 1991

Ed

STOP PRESS - IMPORTANT

The following are the 'Pool' of runners from which the EVAC 10k Teams for Stoke Ferry (22nd March, 1992) will be selected:

M40	M50+	W35+
Tony Simmons	Des Haughney	Ann Turrington
Henry Emerton	Arthur Moore	Diane Marsh
Ray Church	Tony Hawkins	Judy Norris
Duncan Overton	Roger Mawer	Margaret Thompson
Peter Duhig	Peter Andrews	Vicki Green
John Montgomery	Ged Marsden	Diane Braverman
Jim Smith	Ian Vaughan-Arbuckle	(4 to run 3 to score)
Peter Watkins	Patrick Lusardi	
John Jenkins	(5 to run 4 to score)	
Paul Turner		
(7 to run 6 to score)		

EVAC CROSS COUNTRY CHAMPIONSHIPS 1992

Drama surrounded these championships, organised at Isa Valley Park, Kettering by Ted Barton and his committee from Kettering Town Harriers, when the referee disqualified the defending M40 champion, Duncan Overton of Kendall AC who again crossed the line first in 32.07, for failing to wear a club vest. Although any disqualification is to be very much regretted, it has to be said that the 'Club Vest in Championships' rule is, or should be, well known to us. To his great credit, Duncan took the decision philosophically apologising for the error and remarking "I enjoyed the run and have no argument with the decision."

The title therefore went to Peter Duhig (Ryston Runners), the club's chairman, who had a tremendous battle with John Montgomery (Corby AC) just getting the nod on the line. Third was Jim Smith also of Corby AC, who took the M40 team title in fine style. Terry Cooke (Ryston Runners), showing greatly improved form, took the M45 title from Brian Webb (Bedford & County) with Roger Waddeley (Biggleswade) 3rd.

Once again, the M50 race was a great tussle with Arthur Moore (RAF and Sleaford Striders) pinching it from Tony Hawkins (Mansfield), the defending champion, with Roger Mawer running in strongly for 3rd place. The M50 team title went to Ryston Runners from Mansfield RR.

There was a slight surprise in the M60 race when Doug Linton (Werrington), the England international, was beaten by George Phipps (Leamington C & AC). Eddie Thompson (Mansfield) was some way behind in 3rd place.

The women's race (5km) turned out to be a runaway victory for Ann Turrington (Cambridge & Coleridge), who continues her excellent form, and who remarked "I tried to relax today, but I found the course quite demanding". Diane Marsh (Norfolk Olympiads) was 2nd and Judy Norris (Holbeach AC) running very well 3rd (1st W45). The W40 title was won by Diane Braverman (Cambridge & Coleridge). The W50+ title was won in fine style by Mary Holmes (Cambridge & Coleridge) from Ursula Duckworth (Bedford & County) with Carol Gibbons (Duke Street) in 3rd place. Cambridge and Coleridge 'walked away' with the team title.

The event was extremely well organised by Kettering Town Harriers to whom we are all most grateful. It was a good championship run over a flat and yet quite demanding 10k course with plenty of mud and tight turns to invite the odd tumble from those who decided not to wear spikes!

Ed

Men (10km) – Results

Overall Position	Category Position	Category Entered	Time Mins	Time Secs	Name	Club
1	1	40	32	39	Peter Duhig	Ryston Runners
2	2	40	32	40	John Montgomery	Corby AC
3	3	40	33	3	Jim Smith	Corby AC
4	4	40	33	44	Peter Watkins	Leighton Buzzard AC
5	5	40	33	49	John Jenkins	Cambridge & Coleridge
6	6	40	33	52	Alan Hawkes	Corby AC
7	7	40	33	59	Paul Turner	Ipswich Jaffa
8	8	40	34	11	Peter Sterry	Luton United AC
9	9	40	34	26	D. Laynes	Bedford & County AC
10	1	50	34	29	Arthur Moore	Sleaford Striders
11	2	50	34	32	Tony Hawkins	Mansfield Running Club
12	10	40	34	37	M. Russel	Bedford & County AC
13	3	50	34	41	Roger Mawer	Lowestoft AC
14	11	40	34	59	John Turrington	Cambridge & Coleridge
15	1	45	35	2	Terry Cooke	Ryston Runners
16	12	40	35	5	Kenneth Prior	Biggleswade AC
17	2	45	35	13	B. Webb	Bedford & County AC
18	13	40	35	26	Rob McPherson	Milton Keynes AC
19	14	40	35	32	Michael Clears	Thetford AC
20	15	40	35	36	David Hawkins	Milton Keynes AC
21	16	40	35	43	Roger Seldon	Leighton Buzzard AC
22	17	40	35	46	Brian Tate	Lowestoft AC
23	3	45	35	49	Roger Wadeley	Biggleswade AC
24	4	45	35	53	Ron McCullough	Ipswich Jaffa
25	18	40	35	55	Ian Andrews	Milton Keynes AC
26	19	40	35	59	Clive Sparkes	Ipswich Jaffa
27	20	40	36	4	Stewart Cowan	Milton Keynes AC
28	4	50	36	7	I. Vaughan-Arbuckle	Ryston Runners
29	5	45	36	12	Peter Hutchison	Biggleswade AC
30	21	40	36	16	David Gardner	Hadleigh Hares AC
31	22	40	36	20	Les Durniat	Leighton Buzzard AC
32	23	40	36	21	Leslie Howard	Scunthorpe Harriers
33	24	40	36	23	Chris Reed	Ryston Runners
34	6	45	36	25	Michael Holt	Nene Valley Harriers
35	25	40	36	33	Philip Lee	Cambridge & Coleridge
36	26	40	36	36	Martin Jellis	Leighton Buzzard AC
37	7	45	36	42	Peter Cotton	Cambridge & Coleridge
38	27	40	36	47	John Gillespie	Milton Keynes AC
39	28	40	36	49	John Mackie	Nene Valley Harriers
40	29	40	36	50	Nigel Bush	Biggleswade AC
41	5	50	36	52	Patrick Lusardi	Ipswich Jaffa
42	30	40	36	57	Bill Morgan	Thetford AC
43	31	40	37	1	Tony Garland	Redhill Road Runners
44	8	45	37	3	G. Ayre	Bedford & County AC
45	6	50	37	3	Mike Turner	Liverpool Harriers AC
46	32	40	37	12	David Duncan	Ipswich Jaffa
47	33	40	37	16	Neil Costello	Cambridge & Coleridge
48	9	45	37	17	Colin Chalk	Tiptree RR
49	10	45	37	19	Ian Fisher	Grantham AC
50	34	40	37	20	David Hanwell	Kettering Town Harriers
51	11	45	37	22	Martin Bishop	Halstead Road Runners
52	35	40	37	25	R. Thompson	Bedford & County AC
53	36	40	37	32	Clive Baldwin	Milton Keynes AC
54	37	40	37	40	Harry Collins	Fakenham Runners
55	38	40	37	43	Marcus Ennis	Cambridge & Coleridge
56	39	40	37	50	David Eldridge	Grantham AC
57	40	40	37	52	Philip Crisp	Thetford AC
58	7	50	38	22	G. Charles	Vauxhall AC
59	12	45	38	23	Barry Lack	Biggleswade AC
60	1	60	38	27	George Phipps	Leamington C & AC
61	41	40	38	32	Michael Johnson	Thetford AC
62	2	60	38	34	Douglas Linton	Werrington Joggers

63	13	45	38	36	C. Maughan	Vauxhall AC
64	1	55	38	43	Edward Saberton	Cambridge & Coleridge
65	42	40	38	56	Dominic Philip	Corby AC
66	8	50	39	0	James Cumberland	Ryston Runners
67	2	55	39	6	Malcolm Ball	Springfield Striders
68	14	45	39	8	Stuart Galloway	Biggleswade AC
69	43	40	39	12	W. Gladwell	Bedford & County AC
70	3	60	39	16	Eddie Thompson	Mansfield Running Club
71	44	40	39	32	John Cartwright	Ryston Runners
72	45	40	39	49	Trevor Hamblett	Hadleigh Hares AC
73	15	45	39	50	Ian Walker	Grantham AC
74	16	45	40	0	Douglas Baker	Eye Community Runners
75	46	40	40	13	David Folgate	Kettering Town Harriers
76	9	50	40	22	P.J. Hough	Vauxhall AC
77	47	40	40	25	Keith Cooper	Grantham AC
78	17	45	40	44	John Adam	Leighton Buzzard AC
79	48	40	40	49	Graham Curtis	Corby AC
80	18	45	40	51	Anthony Parker	Grantham AC
81	10	50	40	52	Graham Harris	Ryston Runners
82	3	55	40	56	John Atkinson	Barnet & District AC
83	11	50	41	1	Hugh Barnfather	Granta Harriers
84	4	60	41	14	R. Carew	Bedford & County AC
85	5	60	41	24	David Smith	Kettering Town Harriers
86	49	40	41	26	John Reynolds	Milton Keynes AC
87	6	60	41	36	K. Jones	Vauxhall AC
88	19	45	41	45	David Bale	Riverside Runners
89	12	50	41	52	Mike Parkins	Eastern Veterans AC
90	50	40	42	5	John Waine	Sleaford Striders
91	20	45	42	23	T. Cameron	Vauxhall AC
92	13	50	42	34	Mike Freeman	Kettering Town Harriers
93	14	50	42	39	Mike Chambers	Ryston Runners
94	15	50	42	52	Kenneth Vernon	Mansfield Running Club
95	21	45	43	15	Terry Braverman	Sawston Runners
96	4	55	43	33	Sydney Morter	Hertford & Ware AC
97	22	45	43	58	David Page	Thetford AC
98	7	60	44	23	Peter Chaplin	Cambridge & Coleridge
99	8	60	44	25	H. Soper	Vauxhall AC
100	16	50	44	31	Brian Graves	Milton Keynes AC
101	51	40	44	38	Stuart Davies	Thetford AC
102	9	60	44	41	Eric Foxley	Riverside Runners
103	10	60	45	40	Frank Copping	Ipswich Jaffa
104	17	50	45	54	Bob Cathmoir	Colchester Joggers
105	23	45	46	51	C. Gunn	Bedford & County AC
106	18	50	47	56	Terry Hammond	Ipswich Jaffa
107	11	60	48	46	F. Claridge	Vauxhall AC
108	1	70	51	31	David Blyth	Cambridge & Coleridge
		40	32	07	Duncan Overton	Kendall AC (Disqualified)

TEAMS Men (M40)

1st CORBY AC - 67

2nd BEDFORD & COUNTY AC - 76

3rd MILTON KEYNES AC - 82

4th CAMBRIDGE & COLERIDGE - 83

5th LEIGHTON BUZZARD AC - 84

6th IPSWICH JAFFA - 94

7th BIGGLESWADE AC - 96

8th RYSTON RUNNERS - 104

9th THETFORD AC - 161

10th GRANTHAM AC - 223

Men (M50)

1st RYSTON RUNNERS - 30

2nd MANSFIELD RUNNING CLUB - 39

3rd VAUXHALL AC - 41

4th IPSWICH JAFFA - 70

5th CAMBRIDGE & COLERIDGE - 72

Women (5km)

Overall Position	Category Position	Category Entered	Time Mins	Time Secs	Name	Club
1	1	35	17	48	Ann Turrington	Cambridge & Coleridge
2	2	35	18	19	Diane Marsh	Norfolk Olympiads
3	1	45	18	46	Judy Norris	Holbeach AC
4	3	35	18	57	Marg Thompson	Bourne AC
5	4	35	19	04	Vikki Green	Cambridge & Coleridge
6	1	40	19	06	Diana Braverman	Cambridge & Coleridge
7	2	40	19	31	Felicity Sperke	Redhill Road Runners
8	5	35	19	37	Shl Stallabrass	Duke Street RRC
9	6	35	20	02	Cath Bishop	Halstead Road Runners
10	3	40	20	09	Brenda Hutcheon	Duke Street RRC
11	2	45	20	46	Iris Hornsley	Cambridge & Coleridge
12	3	45	21	17	Pamela Jones	Halstead Road Runners
13	4	45	21	52	Patricia Read	Ryston Runners
14	5	45	22	0	Sally Gandee	Hertford & Ware AC
15	4	40	22	41	Pat Overton	Sleaford Striders
16	1	50	22	53	Mary Holmes	Cambridge & Coleridge
17	5	40	23	04	Jenni Skinner	Holbeach AC
18	6	45	23	37	Jean Morton	Notfast Running Club
19	2	50	23	55	U. Duckworth	Bedford & County AC
20	7	35	24	07	Pamela Watkins	Leighton Buzzard AC
21	3	50	24	27	Carol Gibbons	Duke Street RRC
22	4	50	24	33	Maggie Simpson	Notfast Running Club
23	6	40	24	49	Janice Baker	Eye Community Runners
24	7	45	24	53	Marlene Simmond	Ryston Runners
25	5	50	24	57	Brenda Atkinson	Shaftesbury Barnet Harriers
26	8	35	25	4	Christine Cregg	Notfast Running Club
27	6	50	25	17	Marlene Freeman	Kettering Town Harriers
28	7	40	26	23	Mary Waters	Kettering Town Harriers

TEAMS Veteran Ladies

1st CAMBRIDGE & COLERIDGE - 12

2nd DUKE STREET RRC - 40

3rd NOTFAST RUNNING CLUB - 68

Have you thought about sending the magazine a donation?

Please try to help your club do its best for you

MINUTES OF THE 13th ANNUAL GENERAL MEETING OF THE EASTERN VETERANS ATHLETIC CLUB
Held at Hemingford Grey House on Sunday, 24th March, 1991

PRESENT: A total of 21 members and officers whose names appear on the attendance sheet.

RETIRING CHAIRMAN'S ADDRESS: The chairman welcomed members who had stayed for the meeting. He then commented on the Inter-Area Track and Field meeting where selection, for the meeting, was from the EVAC Track and Field Championships. A standards scheme had been introduced and also a club vest and T-shirt which was hoped would publicise EVAC. The chairman closed expressing a hope that an EVAC Track and Field mid-week league could be started in the coming year.

APOLOGIES: for absence were received from Ted Saberton, A. Cursons, Dick Hughes, Margaret Thompson, D. Blyth, Peter Andrews and J. Batham.

MINUTES: of the 12th Annual General Meeting held at Corn Exchange, St Ives on Sunday, 25th March, 1990 having been circulated in Newsletter No. 36 dated February 1991 were agreed and signed by the chairman.

HON. SECRETARY'S REPORT: The Hon. Secretary reported on the following club championships held during 1990:

1. 12th 10k Cross Country Championship held at Stopsley, Luton -January 1990
2. The 10k Road Running Championship was held in conjunction with the St Ives Mayors 10k - 25th March, 1990
3. The 12th Track and Field Championships were held at Bedford in conjunction with the Bedford and County AC Grand Prix series on Sunday, 17th June, 1990
4. Half-Marathon Championships at Stoke Ferry - 2nd September, 1990
5. Marathon Championship at Huntingdon - 14th October, 1990
6. 10 Mile Road Running Championship, Hadleigh, Suffolk - 25th November, 1990

The Hon. Secretary continued his report by congratulating all the winners and thanking the many race directors and secretaries for their help and co-operation in staging these EVAC championships. Finally to record the club's congratulations to Hugh Barnfather on the award of the M.B.E.

HON. TREASURER'S REPORT: Copies of the balance sheet were circulated at the meeting showing a General Fund Balance at the 31st December, 1990 of £1690.39. There had been a deficit of £266.00 on the Income/Expenditure account.

PROPOSAL FROM THE COMMITTEE: That the subscription shall be £5.00. To be effective from the date of the AGM.
This was unanimously agreed.

PROPOSAL BY H.C. TAYLOR Seconded by Ian Vaughan-Arbuckle Insert new paragraph 8.
8(i) Life Vice Presidents up to a maximum of six at any time may be elected to honour persons who have rendered outstanding service to the club.
8(ii) Such elections shall be conducted at the Annual General Meeting.
Renumber existing paragraphs 9 to 12.
Bill Taylor, in putting his proposal spoke on the reasons behind it. After further comments on the motion, it was agreed unanimously.
With proposal 8 being agreed, Bill Taylor then proposed E.C. Butcher for Life Vice President. This was seconded by Peter Jackman and subsequently agreed.

ELECTION OF OFFICERS FOR 1991: CHAIRMAN: P.D. Duhig; HON. SECRETARY: to be appointed; HON. TREASURER: J. Clark; HON. MEMBERSHIP SECRETARY: H. Barnfather; COMMITTEE: E. Saberton, Ms L Hornsey, Ms C. Reader, I. Vaughan-Arbuckle and P. Jackman.
The above were proposed, seconded and agreed by the meeting.

ANY OTHER BUSINESS: D. Linton proposed a vote of thanks to D. Hughes for his work as Editor of the early editions of the EVAC Newsletter. The meeting agreed that this should be recorded.

There being no other business the meeting closed.

THE EASTERN COUNTIES CROSS-COUNTRY CHAMPIONSHIPS 1992

Run over a 12km demanding and challenging course at Leighton Buzzard, which included a gate, a stream and plenty of mud, included a field of 30% veterans. In the women's race over half the men's distance, the veterans accounted for 35% of finishers. Detailed EVAC member results were as follows:

Men (M40 unless stated)

41	P. Duhig	Ryston Runners	43.04
66	P. Watkins	Leighton Buzzard	44.15
70	P. Turner	Ipswich Jaffa	44.25
72	D. Laynes	Bedford & County	44.38
81	K. Prior	Biggleswade	45.06
88	P. Sterry	Luton United	45.32
104	G. Marsden (M50)	Ryston	45.59
110	R. Waddeley	Biggleswade	46.23
115	B. Webb	Bedford & County	46.39
122	L. Howard	Scunthorpe H	47.01
127	R. McCullough	Ipswich Jaffa	47.15
128	C. Sparkes	Ipswich Jaffa	47.16
129	R. Sheldon	Leighton Buzzard	47.16
133	P. Parker	Vauxhall M	47.30
134	R. Barker	Norfolk Olympiads	47.32
135	L. Durniat	Leighton Buzzard	47.34
137	M. Jellis	Leighton Buzzard	47.39
138	T. Thomas	Colchester & Tendring	47.43
150	I. Vaughan-Arbuckle (M50)	Ryston	48.17
156	D. Starland (M50)	Duke Street RR	48.29
160	N. Bush	Biggleswade	48.41
165	J. Harrison (M45)	Eye Community R	48.57
171	N. Costello	Cambridge & Col	49.10
175	M. Bishop	Colchester Joggers	49.20
176	H. Collins	Norfolk Olympiads	49.22
182	P. Lusardi (M50)	Ipswich Jaffa	49.50
183	C. Maughan	Vauxhall M	50.13
193	C. Burke	Yaxley Runners	50.53
203	T. Ash (M50)	Norfolk Olympiads	51.34
205	K. Seaton (M50)	Holbeach AC	51.41
206	J. Cartwright	Ryston	51.42
210	S. Galloway	Biggleswade	51.51
212	W. Caldwell	Bedford & County	52.00
222	M. Smith	Colchester Joggers	52.38
239	B. Harding	Yaxley Runners	54.32
241	P. Thomas	Colchester Joggers	54.58
245	S. Robertson	Werrington Joggers	55.26
246	M. Chambers (M50)	St Edmunds Pacers	55.29
247	S. Humphries	Yaxley Runners	55.36

Women (W35)

3	D. Marsh	Norfolk Olym	23.18
4	M. Thompson	Bourne AC	23.44
12	C. Bishop	Colchester Joggers	24.47
20	P. Parker	Luton United AC	26.36
30	J. Skinner	Holbeach AC	28.02
39	S. Britten	Grantham AC	32.32

'HERE AND THERE'

* Hugh Barnfather apologises for confusing the M40 team result in the results lists he sent out for the X-C. The official result is included in this issue.

* The categories for our recent X-C showed the upper age limit as M60 and W50 respectively. For the 10k we intend extending age limits to include the standard 5 year categories, always providing there are sufficient entries to justify this.

* The very popular Bedford & County Veterans T & F Grand Prix Series will once again be presented this summer. Dates for the 3 meetings, all on Wednesday starting at 7.00 p.m., are 6th and 20th May and 3rd June. For details s.a.e. to: Howard Darbon, 1 St Augustines Road, Bedford, MK40 2NB.

* Would Eastern Vets taking part in this year's London Marathon, please let me have their result a.s.a.p. after the event. I would also like to know if members were supporting a particular charity, please.

* Congratulations to David Jacques (Norwich RR) on his 35th place, 3rd M50, in the 1991 National 100km Championships in 9hrs 8mins 18secs and Carl Watkin (EVAC) 43rd/2nd M55 in 9hrs 59mins 55secs. Very well done 'lads'.

* In another Ultra event, 33m Grantham Canal Run (29th August, 1991) Peter Goreham, Wymondham Joggers was 3rd overall/1st M50 in 4hrs 3mins 56secs. Congratulations.

* Mike Turner M50 (Liverpool Harriers) won the Old Blues Challenge at 101st edition of the Varsity match held at Wimbledon Common on 7th December, 1991.

On 1st April your 1992 subs (£5.00) will be due, so why not attend the 10k/AGM on 22nd March at Stoke Ferry and pay your dues for 1992 then.

* Your committee has decided that those who do not pay by the publication date in May 1992 of the next 'Eastern Vet' membership will automatically lapse - no exceptions. PLEASE PAY YOUR SUBS FOR 1992 NOW. *

YOUR AGM will be held after the club 10k Champs at **STOKE FERRY** on **22nd MARCH - PLEASE** make the effort to **ATTEND.**

Ed

EVAC STANDARD AWARDS 1991

Congratulations to the 41 members who completed the two standard times from the seven events available to become the first award winners in the new standard award scheme. This year's winners are:

Men

Ian Andrews	Gold	O40	John Burroughs	Silver	O50
Vic Holman	Gold	O40	Laurie Connelly	Silver	O50
Brian Webb	Gold	O40	Hugh Barnfather	Bronze	O50
Tony Garland	Gold	O40	Roger Carew	Gold	O55
Bill Barrett	Silver	O40	George Ginn	Silver	O55
C. Burke	Silver	O40	Alan Hughes	Gold	O60
David Eldridge	Bronze	O40	Eddie Thompson	Gold	O60
Pat McConville	Bronze	O40	John Tillotson	Gold	O60
Douglas Baker	Bronze	O40	Ken Jones	Gold	O60
Peter Reeve	Bronze	O40	David Smith	Silver	O60
Paul Rainbow	Gold	O45	Ray Blackwell	Silver	O60
Ian Fisher	Gold	O45	Jack Batham	Bronze	O60
T. Gray	Silver	O45	Frank Copping	Gold	O65
Terry Cooke	Silver	O45	Peter Webb	Gold	O65
Colin Maughan	Silver	O45			
Tom Cameron	Silver	O45	**Women**		
Maurice Goodrick	Silver	O45			
Tony Hawkins	Gold	O50	Felicity Sperke	Gold	O40
Peter Andrews	Gold	O50	Brenda Hutcheon	Gold	O40
Gerald Marsden	Gold	O50	Eve Osborne	Gold	O50
Ken Underwood	Gold	O50	Judith Larham	Bronze	O50
Pat Lusardi	Silver	O50	Carol Gibbons	Gold	O55

It is interesting to note that a further 90 men and 19 ladies ran qualifying times in one event but did not continue to run in a second race to complete the required two standard times. It is in fact surprising to note that so few members only ran in one of the seven EVAC and BVAF races available.

Standard awards will be presented at the AGM, following the EVAC 10k, at Stoke Ferry, Norfolk on 22nd March, 1992. Please be there to collect your award.

Any queries regarding Standard Awards should be sent to John Tillotson, Tall Trees, Chapel Hill, Brettenham, Ipswich, IP7 7PG with s.a.e. please.

LETTERS

405, Blenheim Court,
Beaufort Street,
Ipswich,
Suffolk.

Dear Editor,

First of all I would like to add my congratulations to the many you have received about the recent EVAC newsletters. Good reading. Hope many members will help you to keep it up with letters etc. Having said that, I would like to say a word of thanks to the old firm (all of them) who started the Vet movement (EVAC) and newsletter in our area. I am glad to say Hugh is still with you. Now about an issue I feel strongly about. I refer to Peter Chaplin's comment that age groups should cover 10 years and not 5 years. I think if that were done it would be a backward step. There are many runners in all age groups (all over the world) who would not stand a chance in a 10 year age gap. But a lot of runners do stand some chance in a 5 year age group. Also the other point he makes of course we all know of people in older age groups who can beat the best in a younger age group. That will happen sometimes when you have a first class competitor. But that should not be an excuse to deny the winners of the younger age group their reward. After all they bother to turn up and compete. I think we should encourage people to join EVAC and compete. By making it more difficult you will almost certainly keep people away. Let's build EVAC up, not run it down. I am not speaking for myself, I am 67 and I know my time is running out in competition, although I intend to run into my seventies if I can keep my little bit of arthritis at bay. Regarding the small entry for the EVAC Marathon I think it must be remembered that some EVAC members run in the London Marathon and don't want to do 2 a year. Also a lot don't do marathons anyway. And we all know it takes a lot of hard training if one wants to get round in good time. Finally, I would like to salute all you runners, jumpers and throwers out there whether you do it for fun or more seriously. As far as I am concerned you are the salt of the earth. I love athletics: I will sign off by giving you a toast to our own Liz McColgan.

Best wishes,
F. Copping

Many thanks for the letter Frank. I suspect the debate about age groups will continue but the case for 5 year age groups seems clear and unassailable. As for performance/age related tables these have been developed and seem to have found some favour over here. I will try to publish these in the next E. Vet so we can debate the issue. May you have many more successful years competing Frank - it's always good to see you.

10, Lowefields,
Earls Avenue,
Colchester,
Essex. CO6 2LH

28th December 1991

Dear Editor,

I was most disappointed to find I was not included in the write-up of the EVAC Half Marathon Championship at Stoke Ferry on 1st September, 1991.

I had travelled all the way from Colchester and back, on a very hot day, was 2nd lady overall, first vet, in a time of 96.03, then found I was not mentioned in the November magazine.

On a more favourable day weather-wise it would have been a very good run, as it was very well organised, with a very friendly field.

Many thanks for your well presented magazine.

Yours sincerely,
Pam Jones
(Halstead Road Runners)

Many apologies for the omission Pam. I have checked and you were indeed included in the results, as 1st Vet woman (a Gold Standard), but somehow the printers left you off. My fault. To make amends I am printing a 'Happy Pam' at Stoke Ferry after collecting your Gold. Well done and thanks for the letter.

Pam Jones (Halstead Road Runners)
1st Vet Woman EVAC ½ Marathon 1991

EVENTS

EASTERN VETS TRACK & FIELD LEAGUE 1992

1st Fixture Wednesday, 29th April - Lynnsport, King's Lynn 7.00 p.m. start
2nd Fixture 20th May - Bedford 7.00 p.m. start
3rd Fixture To be notified
4th Fixture To be notified

Entries from Clubs are now coming in. It's not too late yet. Send your Club Affiliation of £10.00 (payable EVAC) to P. Duhig, address on cover of mag.

You only need 4 or 5 athletes to be able to take part. Composite teams will be accepted this year to help in getting things going.

Individuals will be allowed to compete as guests at the referees discretion.

Further details will be posted to entrants beginning of April outlining basic rules and scoring for the League.

COME ON ENTER NOW!!

EASTERN VETS 10K CHAMPIONSHIPS (ROAD) 22nd MARCH, 1992

Stoke Ferry, this well known centre of Road Running will take on the 10k Champs over a new 2 lap course that takes in the tail end of the Half Marathon courses of new and old.

Eastern Vets are grateful to Dick Hughes of Running Imp (UK) Ltd for his support with this event.

It will also incorporate the Eastern Vets 10k Challenge where we in the East take on any other Area Clubs that wish to come along. You will remember a hard fought battle last year with Midlands & South West Vets.

The Eastern teams of 7 M40s (6 to score), 5 M50s (4 to score) and 4 W35+s (3 to score) will be selected by the end of February from recent Road Race and Cross Country form. Start sharpening up now and enter straight away on the form provided within.

This is of course a Veterans Only race.

COLCHESTER JOGGERS CLUB
(AAA Affiliated)

4th ANNUAL 10K RACES

University of Essex, Colchester

5th April, 1992 - First race 11.00 a.m.

Separate Races for:

Veteran Men	10K
Senior Men	10K
Senior/Veteran Women	5/10K
plus Childrens Races	1M

S.A.E. for details to: 52a East Road, West Mersea, Essex.

Felicity Sperke

Peter Duhig edges out John Montgomery

Diane Marsh

1992 X-C Champs - Isa Valley Park, Kettering - Men's Start

Margaret Thompson

Duncan Overton

Judy Norris

EASTERN VETERANS ATHLETIC CLUB

10km Road Championships (Men & Women)
(Under AAA and WAAA Rules)

incorporating

The Second Veteran Inter Area 10k Challenge

to be held at
Stoke Ferry, Norfolk

on Sunday, 22nd March, 1992 starting at 11.00 a.m.

Course: Accurately measured. Flat, fast, 2 laps. Changing at Stoke Ferry Community School. Adequate parking. Refreshments available.

Conditions: The Championships will be run as one race.
To be eligible for awards, competitors must be members of EVAC by 2nd March, 1992.
Entries close 16th March, 1992. NO ENTRIES AFTER THIS DATE.
Non-EVAC veterans are welcome to compete as guests.
Club/Area vests must be worn.

Awards:

Individuals: Medals will be awarded in the standard 5 year age groups (M40, M45, M50, M55, M60 etc. and W35, W40, W45 and W50 etc.). 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: Men's Teams: M40-49 four to score, over M50 three to score.
Women's Teams: three to score any age.
Winning team medals will be awarded.
Clubs must declare the number of teams entered, prior to the event, on race day.
Only first claim members may run for a team.
Male competitors over 50 may be included in either age group but in one only.
Team scoring will be determined by aggregating individual finishing times.

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

FIXTURES 1992/1993

1992

15th March	BVAF X-C Championships, Pentwyn, Cardiff - Entries to Dave Walsh, 30 Highfield Close, Dianas Powys, S. Glamorgan, CF6 4LR.
21st March	BVAF Indoor T & F Champs, Cosford.
22nd March	EVAC 10km Road Championship (incorporating Inter Area Match), Stoke Ferry, Norfolk.
5th April	BVAF 5km Road Championships, Dunsfold, Nr Guildford.
29th April	Eastern Vets T & F League, King's Lynn (7.00 p.m.).
9th May	BVAF Road Relays, Heaton Park, Manchester.
3rd June	Eastern Vets T & F League, Bedford (7.00 p.m.).
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.
2nd August	BVAF 10m Road Championships, Oswestry.
2nd August	EVAC 10m Championship, Stondon, Nr Hitchin (incorporated in Stondon 10).
23rd August	Inter Area T & F Match, Bedford (by selection).
29th/30th August	World Veterans' 10km/25km Road race Championships, NEC, Birmingham.
25th October	EVAC ½ Marathon Champs, Bedford (incorporated in Bedford ½ Marathon).
15th November	BAF Veterans 10k Championships, Barnsley.
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