EVAC

The Eastern Vet

The quarterly magazine of the Eastern Veterans Athletic Club
Issue 117 Summer 2011 **Edited by Robert Lands**

John Seed 1939 -2011
Tribute by Brian Graves

Les Percival, Ian Broadhurst, Ivars Licietis & Walwyn Franklin. Silver M55 4x200m.
Pictured at Ghent by Tom Phillips

Inside

- Results from first two T&F League Matches
- Results from the European Indoors
- Selection details for English Masters XC team
- PAMM medal winners and races

100m start at Bedford on 3rd May 2011. Picture Brian Graves

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as at October 2010

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Are you are able to fill any of our vacant positions or help us in any other way? Please contact any committee member

Eastern Veterans Athletic Club *was formed in 1979 to encourage and provide competition for the increasing number of veteran runners who now make up over 50% of the adult running population of East Anglia. EVAC does not see itself as competing with other clubs for membership but seeks to work with them for the benefit of veteran athletes. EVAC is affiliated to the British Masters Athletic Federation, who are responsible for the administration of masters athletics and organise National Championships. EVAC put on its own events and runs a track & field league.*
Websites - *www.evac.org.uk www.bvaf.org.uk*

From the editor

We are almost half the way through the year and the time has flown. Two T&F league matches gone, two to go plus the EVAC championships on the 31st July in Kings Lynn and the League Final at Bedford on 11th September.
Add to that the National and international Masters events - it is difficult to keep up.

One of the burning topics at work and in the club house has been -"Did you get any olympic tickets?. I found out in the last days that I had been successful. Out of an application for many track & field tickets, basketball and slalom canoeing my number came up for just two football tickets. So no trip with the family and a day to remember for my children. At least I have been lucky, most have not, I have not met many people who have owned up to having tickets yet, and those who have seem only to have one or two each. Some one out there must have been successful - I hope you were. It seems to have been a bit of a lottery!

Our website is now well and truly running, and should be your first port of call for information and results. Maurice is planning to get club records up soon (he may already have by the time you read this).

Things are also moving on the road running front thanks to Peter Chaplin. Peter emails out information and has set up a web site for the Peter Andrews Medals at www.easternveteran.co.uk, check it out if you are a road runner for ideas of races you can do and meet up with other EVAC members.

I put out a proposal for the 2011 cross country championships in the last magazine. Unfortunately, no one has got back to me to say whether it was a good or a bad idea. In the circumstances, I have decided to stand down as cross country secretary. Even organising the the EVAC element at the Ampthill Trophy over the last couple of years has taken up a lot of time and effort that I can ill afford. I will ask our friends at Amtphill if we can again use their race for 2011 but we will need some volunteers to take on the EVAC side of the arrangements.

Those of you who know me will have seen that I haven't competed for the last two years due to illness. I have ME and have had great difficulty keeping up any semblance of physical health which has unfortunately deteriorated a good deal in the last 12 months. It has been difficult enough to keep working (a London commute) without the worry of organising races. So the opportunity is now there for someone healthy and active to take this role on.

Sadly, we carry another tribute in this issue. John Seed of Milton Keynes died recently. Brian Graves has written a fine tribute to John.

Rob Lands

John Seed 1939 -2011 - A tribute from Brian Graves

John Seed had a fatal heart attack whilst out cycling on 18 March. He had been a member of Marshall Milton Keynes AC for almost 30 years but he was also a keen mountaineer and cyclist. In the last decade, after we both lost our soul-mates in 2000, I walked many miles on the hills with John both in the UK and in the Alps. He was an ideal companion in the mountains and even, after a heart by-pass operation, he recovered sufficiently to twice climb the Breithorn, a 4000m summit in the shadow of the Matterhorn. Last summer he had a serious bike accident riding in the Chiltern Hills which necessitated having his left hip "re-built" This Spring he was recovering well from this, so much so that he had booked to go on a trek in Nepal in November(a way of celebrating his 70th birthday) and was due to come out with me to the Alps in July as part of his training for Nepal.

John had been involved with EVAC since MKAC joined the track and field league in 1994. Apart from being a competitor over these years he was also a qualified field official and he assisted at many EVAC matches. By occupation John was an architect and he worked during 2003/4 on designing the MMKAC club-house. More recently he worked on plans for an indoor facility which was eventually shelved. He will be remembered as a passionate and enthusiastic man who had a great urge to succeed. He is greatly missed.

Some highlights from John's athletic career

3:12.57 in the 1985 London Marathon

John joined MKAC in 1982 and made his club debut in the Wolverton 5 running 32.16. He set himself the goal of running a good marathon and in his build-up set PB's of 64.04 at the Nene Valley 10 and 89.33 in the MK Half-Marathon. John, now a M45 ran the 1985 London Marathon clocking a very respectable 3:12.57. John contented himself with mainly concentrating on races up to 10 miles and moving towards his 50th year set his 10km PB with 39.34 at the 1989 MK 10km. As a M50 he ran 31.16 in the Harborough "5", 40.50 in the Bicester 10km and 68.13 in the Northampton 10.

Borrowdale Fell Race/First M50 in 1990 Tour

John, Sam Kirkpatrick and Brian Graves made a little bit of club history by completing a M50 team in a major fell race – the "Borrowdale", 17miles with 6500' of ascent. John then went on to win the M50 prize at the "Tour of Milton Keynes". Another piece of club history as an M50 team competed at Manchester in the British Veterans Road Relay Championships.

On the track with MKAC in the EVAC track & field league

John had a quite renowned finishing kick- I know – I needed a healthy lead over John over the final 800m in road races or he would come charging through. To this end it was not surprising that John turned his hand to the track. So in 1994 John decided to take up the challenge of sprinting and in his first year (M50) he clocked 14.4/29.5/73.3 for the 100/200/400m competing for MKAC in their debut in the EVAC track & field league. Next year he joined

the M55 ranks and ran 66.0 for the 400m at Bedford which is still the MKAC age group record. Another age group record was set in 1997- 28.5 for the 200m and then the second best 100m time of 13.7.

Lots of Championship running in the M60 ranks

John joined this age group in 2000 and gave him an extra impetus with his training. He made his indoor debut at the British Vets Championships in Birmingham. 9.03 in his heat of the 60m and made the final of the 200m finishing 5th (29.05). Outdoors M60 Club records for 200m (28.43) and 400m (66.4) were set and he took the treble in the EVAC Champs (Chelmsford) -14.0/29.8/70.0. Next year he made the final of the British Vets indoor 60m(Cardiff), 7th(9.00) and then outdoors at Eton, 7th in the 400m(69.0).

European Vets Championships-2002

Initially John competed in the British Indoors at Glasgow and made the 400 final (7th/71.47), placed 5th at Copthall in the outdoor 200m final (29.34) before travelling to Potsdam(Germany) for the European Champs. He made the 400m final, 7th (70.03) and in the heats clocked 14.47 (100m) & 30.02 (200m). John was first M60 in the Bedford Veterans Grand Prix and a member of the winning MKAC team.

Stalwart EVAC track & field league competitor

John represented the team for a dozen years or so and even after his heart by-pass operation he made his M65 debut in 2006 with 100m in 16.9 at Cambridge and filled, in at the last minute, with the 1mile walk(12.16.6).

Milton Keynes 125th Anniversary track & Field Meet 15 August 2010

We included a 125m sprint as part of the above meet and John, despite being on crutches, insisted on taking part in this race. Such was his determination.

British Throws Weight Pentathlon
Milton Keynes 12 June 2011

			Hammer		Shot Putt		Discus		Javelin		Weight		Total
		Name		**Pts**		**Pts**		**Pts**		**Pts**		**Pts**	
W35	1	Andrea Jenkins	44.60	906	9.90	546	38.04	643	23.27	377	14.73	869	3341
W60	1	Rom. Martin	25.99	709	8.48	709	19.57	486	14.55	334	8.35	499	2737
M35	2	Simon Achurch	46.95	649	11.35	592	35.26	579	43.05	494	12.22	590	2904
M40	1	Darren Kerr	46.09	707	10.39	580	24.11	397	30.37	341	12.96	685	2710
M45	1	Steve Whyte	55.17	983	14.14	913	43.48	920	39.93	541	16.35	972	4329
M45	2	David Burrell	43.56	743	11.02	682	34.62	699	37.41	498	13.32	768	3390
M45	4	David Bauer	29.72	461	9.62	580	36.11	736	33.27	427	9.53	516	2720
M50	4	Mike Burling	28.36	409	7.72	428	22.24	323	19.79	220	10.07	483	1863
M50	5	Jim Lawrence	20.84	266	6.56	347	16.92	222	17.94	189	7.76	348	1372
M55	5	Jim Burke	22.35	340	7.81	481	28.32	493	22.16	294	8.85	448	2056
M65	5	Frank Martin	22.80	405	7.54	501	22.85	398	17.76	268	8.93	449	2021
M70	1	Jack Kee	45.20	983	10.11	704	29.29	613	24.74	465	16.25	938	3703
M75	2	Ian Miller	30.17	711	9.78	757	27.16	643	0	0	12.42	749	2860

EVAC Track & Field League Match 1 Bedford

Men

Marshall Milton Keynes AC	MMKAC	182.5
Bedford & County AC	B&CAC	140
Hunts AC	Hunts AC	136
Cambridge & Coleridge AC	C&CAC	114.5
Fairlands Valley Spartans	FVS	82
Kettering Town Harriers	KTH	47
Wellingborough & District AC	W&DAC	27
Biggleswade AC	Bigg AC	11

	100m M40				**100m M50**		
1	Paul Canning	MMKAC	13.1	1	John Browne	MMKAC	12.6
2	P.Downhill	Hunts AC	13.1	2	T.James	B&CAC	13.4
3	L.Croft	B&CAC	13.5	3	J.Courtney	C&CAC	13.5
4	M.Ward	C&CAC	13.6	4	J.Haines	Bigg AC	15.1
5	S.Mayfield	FVS	14.1	5	S.Stredwick	W&DAC	15.6
6	IanPatton	W&DAC	14.3	6	W.Dubose	Hunts AC	19.6
7	G.Smith	KTH	14.8				
	400m M40				**400m M50**		
1	P.Benedickter	B&CAC	55.1	1	Tennyson James	B&CAC	60.9
2	P.Downhill	Hunts AC	55.8	2	W.Paterson	W&DAC	63.6
3	M.Ward	C&CAC	60.0	3	D.Darnell	Hunts AC	67.0
4	Phill Balderston	MMKAC	61.4	4	John Turner	MMKAC	67.0
5	S.Mayfield	FVS	63.7	5	D.Bowker	FVS	70.6
6	P.Marlow	KTH	67.3	6	P.Young	KTH	79.9
7	I.Patton	W&DAC	67.3	7	J.Philip	C&CAC	89.7
	1500m M40				**1500m M50**		
1	Steve Herring	MMKAC	04:37.3	1	R.Holland	Hunts AC	04:44.9
2	M.Ward	C&CAC	04:48.8	2	D.Bowker	FVS	04:57.6
3	P.Pickard	FVS	05:27.0	3	D.Laynes	B&CAC	05:16.1
4	R.Britten	KTH	05:55.2	4	J.Tucker	C&CAC	05:17.7
				5	Andy Harrison	MMKAC	05:20.2
				6	P.Young	KTH	05:44.0
	2k Walk M40				**2k Walk M50**		
1	Brian Graves	MMKAC	13:37.5	1	Mark Wall	MMKAC	10:37.4
2	M.Hayball	Hunts AC	14:30.2	2	D.Bowker	FVS	12:10.1
3	P.Pickard	FVS	14:30.2	3	G.Ayres	B&CAC	12:52.4
4	A.Moxey	KTH	14:54.5	4	G.Meah	C&CAC	16:06.1
	Long Jump M40				**Long Jump M50**		
1	B Slaughter	MMKAC	5.22	1	J.Courtney	C&CAC	4.66
2	R.Phelan	Hunts AC	4.58	2	T.James	B&CAC	4.51
3	S.Mayfield	FVS	4.25	3	Carl Baldwin	MMKAC	3.87
4	P.Marlow	KTH	4.19	4	W.Paterson	W&DAC	3.49
5	I.Slack	C&CAC	4.08	5	W.Dubose	Hunts AC	3.47
6	L.Croft	B&CAC	3.84	6	J.Haines	Bigg AC	3.33
7	I.Patton	W&DAC	3.65	7	D.Bowker	FVS	2.80

EVAC Track & Field League Match 1 Bedford -2

	Medley Relay M40				**Medley Relay M50**		
1	Marshall Milton Keynes AC		04:26.8	1	Marshall Milton Keynes AC		04:36.6
2	Hunts AC		04:35.0	2	Hunts AC		04:38.2
3	Cambridge & Coleridge AC		04:42.4	3	Fairlands Valley Spartans		04:54.2
4	Kettering Town Harriers		05:23.3	4	Cambridge & Coleridge AC		07:09.5
	100m M60				**110mH M40**		
1	Paul Toombs	MMKAC	15.7	1	P.Benedickter	B&CAC	18.3
2	C.Gunn	B&CAC	16.0	2	Brian Slaughter	MMKAC	21.9
3	P.Speaight	Hunts AC	16.2	3	R.Phelan	Hunts AC	22.3
4	N.Moss	C&CAC	17.1	4	P.Marlow	KTH	26.8
					100mH M50		
				1	T.James	B&CAC	19.3
				2	Andy Harrison	MMKAC	27.6
	400m M60				**High Jump M40**		
1	P.Speaight	Hunts AC	76.5	1	R.Phelan	Hunts AC	1.45
2	Kelvin Smith	MMKAC	76.7	2	Brian Slaughter	MMKAC	1.4
3	C.Gunn	B&CAC	77.5	3	I.Slack	C&CAC	1.35
4	N.Moss	C&CAC	82.2	4	G.Smith	KTH	1.35
5	R.Biggs	FVS	86.6	5	S.Mayfield	FVS	1.25
					High Jump M50		
	1500m M60			1	D.Darnell	Hunts AC	1.35
1	John Skelton	MMKAC	04:59.6	2	Andy Harrison	MMKAC	1.10
2	A.Swiecicki	B&CAC	05:31.4	2	G.Meah	C&CAC	1.10
3	R.Biggs	FVS	06:22.0				
				2	**Hammer M40**		
				1	D.Burrell	B&CAC	43.42
				2	Brian Slaughter	MMKAC	29.03
	2k Walk M60			3	D.Ensor	Hunts AC	18.20
1	G.Garafolo	B&CAC	12:21.3	4	I.Slack	C&CAC	16.04
2	Bob Austin	MMKAC	12:52.4	5	S.Mayfield	FVS	14.60
				6	A.Moxey	KTH	13.22
	Long Jump M60				**Hammer M50**		
1	P.Speaight	Hunts AC	3.73	1	Jack Kee	MMKAC	36.67
2	C.Gunn	B&CAC	3.72	2	G.Packman	B&CAC	22.57
3	N.Moss	C&CAC	3.54	3	P.Bramford	C&CAC	22.44
4	Paul Toombs	MMKAC	3.49	4	W.Dubose	Hunts AC	15.80
				5	D.Bowker	FVS	11.83

EVAC Track & Field League Match 1 Bedford - 3

	Shot M40				**Shot M50**		
1	D.Trafford	B&CAC	9.34	1	G.Packman	B&CAC	9.99
2	B Slaughter	MMKAC	9.29	2	W.Dubose	Hunts AC	9.96
3	I.Slack	C&CAC	7.70	3	Carl Baldwin	MMKAC	8.26
4	D.Ensor	Hunts AC	6.12	4	F.Martin	C&CAC	7.09
5	P.Pickard	FVS	5.17	5	S.Stredwick	W&DAC	6.16
6	R.Britten	KTH	4.14	6	J.Haines	Bigg AC	5.68

Women Match 1 Bedford

Marshall Milton Keynes AC	MMKAC	182.5
Fairlands Valley Spartans	FVS	148
Hunts AC	Hunts AC	115
Bedford & County AC	B&CAC	79
Kettering Town Harriers	KTH	78
Cambridge & Coleridge AC	C&CAC	75
Biggleswade AC	Bigg AC	7
Wellingborough & District AC	W&DAC	0

	100m F35				**100m F45**		
1	K.Williams	KTH	14.9	1	T.Stephenson	FVS	16.1
2	R.Canham	FVS	15.2	2	D.Baldwin	MMKAC	17.0
3	H.Stirley	Hunts AC	15.4	3	S.Pedley	Hunts AC	17.8
4	J.Hardcastle	MMKAC	15.5	4	Y.Elliott	KTH	18.8
5	S.Blackman	B&CAC	17.0				
	1500m F35				**1500m F45**		
1	R.Canham	FVS	05:41.1	1	D.Baldwin	MMKAC	05:35.9
2	Z.Luscombe	Bigg AC	05:45.3	2	J.Packman	C&CAC	05:44.7
3	M.Calleia	MMKAC	06:06.3	3	T.Stephenson	FVS	06:40.7
4	R.Roberts	C&CAC	06:19.6	4	J.Ash	Hunts AC	07:15.1
5	A.Moxey	KTH	06:31.1				
6	P.Blizzard	B&CAC	06:49.5				
	2kmWalk F35				**2kmWalk F45**		
1	P.Blizzard	B&CAC	12:59.9	1	H.Middleton	B&CAC	10:59.9
2	S.Rey	MMKAC	13:36.7	2	D.Baldwin	MMKAC	12:09.1
3	R.Roberts	C&CAC	14:29.7	3	S.Crowley	FVS	14:10.1
4	S.Mayfield	FVS	14:55.6	4	C.Darnell	Hunts AC	15:07.0
5	A.Marlow	KTH	15:05.9				
	Long J F35				**Long Jump F45**		
1	H.Stirley	Hunts AC	3.59	1	L.Byrne	MMKAC	3.77
2	J.Hardcastle	MMKAC	3.35	2	P.Butcher	Hunts AC	3.52
3	M.Brown	FVS	3.20	3	C.Feely	FVS	3.42
4	S.Blackman	B&CAC	3.18	4	Y.Elliott	KTH	2.94
5	J.Tierney	KTH	2.60	5	B.Russell	B&CAC	1.78

EVAC Track & Field League Match 1 Bedford - 4

	Shot M60		
1	Jack Kee	MMKAC	8.85
2	R.Richards	B&CAC	8.84
3	P.Speaight	Hunts AC	6.94
4	P.Bramford	C&CAC	6.52
5	R.Biggs	FVS	4.98

Graeme Packman
Photos from Bedford courtesy of Brian Graves

Women Match 1 Bedford

	400m F35				**400m F45**		
1	R.Canham	FVS	01:14.2	1	C.Feely	FVS	01:13.1
2	R.Roberts	C&CAC	01:19.3	2	???	B&CAC	01:14.0
3	H.Stirley	Hunts AC	01:21.7	3	D.Baldwin	MMKAC	01:16.0
4	J.Tierney	KTH	01:22.6	4	S.Pedley	Hunts AC	01:24.3
5	M.Calleia	MMKAC	01:25.9	5	Y.Elliott	KTH	01:29.0
				6	M.Holmes	C&CAC	01:40.0
	100m F55				**100mH F35**		
1	J.Lawson	MMKAC	16.6	1	J.Hardcastle	MMKAC	23.1
2		FVS	20.5	2	H.Stirley	Hunts AC	25.9
3	J.Speaight	Hunts AC	21.1	3	J.Tierney	KTH	29.7
4	M.Holmes	C&CAC	21.3				
					80mH F45		
				1	O.Johnson	B&CAC	16.0
	1500m F55			2	L.Byrne	MMKAC	17.0
1	U.Ghaleb	MMKAC	06:57.6	3	C.Feely	FVS	18.4
2	I.Hornsey	FVS	07:23.4	4	S.Pedley	Hunts AC	22.8
3	J.Hancock	B&CAC	08:15.2				
					High Jump F35		
				1	M.Brown	FVS	1.20
				2	J.Hardcastle	MMKAC	1.20
	2kmWalk F55			3	H.Stirley	Hunts AC	1.10
1	U.Ghaleb	MMKAC	13:38.2	4	A.Marlow	KTH	1.05
2	J.Speaight	Hunts AC	14:54.5				
					High Jump F45		
				1	L.Byrne	MMKAC	1.20
				2	P.Butcher	Hunts AC	1.15
	Long J F55			3	T.Stephenson	FVS	1.15
1	J.Lawson	MMKAC	2.44	4	S.Bailey	KTH	1.00
2	I.Hornsey	FVS	2.13				
	Medley Relay F35				**Medley Relay F45**		
1	Fairland Valley Spartans		05:11.3	1	Marshall Milton Keynes AC		05:59.1
2	Kettering Town Harriers		05:37.6	2	Bedford & CountyAC		06:06.0
3	Marshall Milton Keynes AC		06:15.8	3	Hunts AC		06:07.8

EVAC Track & Field Lge Match 1 Peterborough 1

	Shot F35				**Shot F45**		
1	S.Cahill	Hunts AC	6.74	1	L.Byrne	MMKAC	8.02
2	R.Roberts	C&CAC	6.28	2	R.Martin	C&CAC	7.41
3	J.Hardcastle	MMKAC	6.18	3	B.Russell	B&CAC	6.21
4	A.Moxey	KTH	5.58	4	T.Stephenson	FVS	5.98
5	S.Mayfield	FVS	4.64	5	S.Bailey	KTH	5.34
				6	P.Butcher	Hunts AC	5.26
	Hammer F35				**Hammer F45**		
1	S.Cahill	Hunts AC	20.87	1	B.Russell	B&CAC	26.3
2	J.Lawrence	MMKAC	18.87	2	R.Martin	C&CAC	21.22
3	R.Roberts	C&CAC	17.67	3	J.Maycock	MMKAC	12.93
4	S.Mayfield	FVS	13.39	4	S.Crowley	FVS	12.69
5	A.Marlow	KTH	12.75	5	P.Butcher	Hunts AC	12.42
				6	Y.Elliott	KTH	10.56

Match 1 Peterborough **Fenland Division**

Men

Peterborough	Peteb.	74
Ryston Runners AC	Ryston	71
West Norfolk AC	WNAC	70
City of Norwich AC	CONAC	0

	100m M40				**100m M50**		
1	D.Harbour	Peteb.	13.2	1	D.Whitehead	Peteb.	13.3
2	G.Powley	WNAC	14.3	2	C.Manning	Ryston	14.5
3	A.Harrod	Ryston	15.4	3	J.Hughes	WNAC	15.2
	400m M40				**400m M50**		
1	M.Tuff	Ryston	59.9	1	D.Whitehead	Peteb.	62.6
2	D.Harbour	Peteb.	66.0	2	J.Hughes	WNAC	67.1
3	G.Powley	WNAC	77.3	3	C.Manning	Ryston	67.4
	1500m M40				**1500m M50**		
1	J.Herbert	Peteb.	4:33.3	1	J.Hughes	WNAC	5:01.9
2	N.Bensley	Ryston	4:59.0	2	E.Dorling	Peteb.	5:19.3
3	R.Vincent	WNAC	8:24.4	3	C.Manning	Ryston	5:38.3
	2k Walk M40				**2k Walk M50**		
1	M.Ive	Ryston	12:28.2	1	R.Dunn	Peteb.	11:16.3
2	R.Vincent	WNAC	16:29.4	2	P.Firmage	Ryston	12:47.9
	Long Jump M40				**Long Jump M50**		
1	D.Harbour	Peteb.	4.71	1	R.Huskinsson	Peteb.	5.19
2	G.Powley	WNAC	4.59	2	I.Reeve	WNAC	4.26
3	M.Ive	Ryston	4.48	3	D.Neale	Ryston	3.70
	Medley Relay M40				**Medley Relay M50**		
1	Peterborough		4:27.5	1	West Norfolk AC		4:28.6
2	Ryston Runners		4:47.8	2	Ryston Runners		5:29.3

EVAC Track & Field Lge Match 1 Peterborough 2

	Shot F55		
1	J.Lawson	MMKAC	7.27
2	A.Bamford	C&CAC	5.93
3	I.Hornsey	FVS	4.61
4	J.Hancock	B&CAC	3.74
	Hammer F55		
1	A.Bamford	C&CAC	25.5
2	J.Lawson	MMKAC	16.25
3	I.Hornsey	FVS	10.96

Picture by John Przbyl

	110mH M40				**High Jump M40**		
1	D.Harbour	Peteb.	19.4	1	G.Powley	WNAC	1.40
2	G.Powley	WNAC	21.7	2	J.Herbert	Peteb.	1.30
				3	M.Ive	Ryston	1.25
	100mH M50				**High Jump M50**		
1	I.Reeve	WNAC	18.8	1	R.Huskinsson	Peteb.	1.45
2	R.Huskinsson	Peteb.	20.2	2	I.Reeve	WNAC	1.40
3	D.Neale	Ryston	25.7	3	D.Neale	Ryston	1.20
	100m M60				**Hammer M40**		
1	J.Moore	WNAC	13.8	1	G.Powley	WNAC	22.79
2	M.Simmonds	Ryston	16.4	2	A.Harrod	Ryston	13.96
3	P.Brantom	Peteb.	27.5				
	400m M60				**Hammer M50**		
1	J.Moore	WNAC	65.9	1	T.Needham	Peteb.	29.12
2	M.Simmonds	Ryston	76.6	2	I.Reeve	WNAC	19.84
3	P.Brantom	Peteb.	116	3	D.Neale	Ryston	14.44
	1500m M60				**Shot M40**		
1	M.Simmonds	Ryston	6:05.5	1	G.Powley	WNAC	8.27
2	P.Brantom	Peteb.	7:56.6	2	D.Harbour	Peteb.	7.87
	2k Walk M60			3	A.Harrod	Ryston	5.93
1	M.Simmonds	Ryston	12:56.8		**Shot M50**		
2	P.Brantom	Peteb.	13:41.7	1	C.Manning	Ryston	6.50
3	B.Delves	WNAC	15:51.2				
	Long Jump M60				**Shot M60**		
1	M.Simmonds	Ryston	3.44	1	J.Moore	WNAC	9.78
2	P.Brantom	Peteb.	2.78	2	M.Simmonds	Ryston	6.91
3	B.Delves	WNAC	2.12	3	P.Brantom	Peteb.	5.23

EVAC Track & Field Lge Match 1 Peterborough 3

Women **Fenland Division** **Match 1**

Ryston Runners AC	Ryston	79
Peterborough	Peteb.	47
West Norfolk AC	WNAC	40
City of Norwich AC	CONAC	36

	100m F35				**100m F45**		
1	L.Richardson	Peteb.	14.7	1	W.Dunn	Peteb.	14.3
2	K.Wasteney	WNAC	16.0	2	M.Wolfe	Ryston	17.8
3	K.Wood	Ryston	17.2				
	1500m F35				**1500m F45**		
1	P.Taylor	Peteb.	5:02.5	1	S.Taylor	Ryston	5:55.8
2	N.Neill	WNAC	5:10.6		**1500m F55**		
3	L.Robins	Ryston	6:04.3	1	A.Martin	Ryston	7:28.0
	2k Walk F35				**2k Walk F45**		
1	M.James	WNAC	14.13	1	L.Blake	Ryston	13.11
2	S.Smith	Ryston	14.31	2	S.Mullarney	CONAC	16.11
	Long Jump F35				**Long Jump F45**		
1	G.Clarke	Ryston	3.91	1	P.Watson	Peteb.	3.44
2	K.Wasteney	WNAC	3.44	2	L.Blake	Ryston	3.02
3	S.George	Peteb.	3.33	3	S.Mullarney	CONAC	1.90
	Shot F35				**Shot F45**		
1	A.Jenkins	Peteb.	10.34	1	K.Gibson	Peteb.	6.13
2	G.Clarke	Ryston	7.49	2	M.Wolfe	Ryston	5.64
3	R.Smith	WNAC	5.96	3	S.Mullarney	CONAC	5.35
	Hammer F35				**Hammer F45**		
1	A.Jenkins	Peteb.	48.04	1	K.Gibson	Peteb.	19.38
2	G.Clarke	Ryston	27.31	2	S.Mullarney	CONAC	13.91
3	R.Smith	WNAC	14.76	3	M.Wolfe	Ryston	6.28

Match 1 Chelmsford **Essex Division**

Men

Loughton AC	Lough	77
Chelmsford AC	Chelm	71
Southend AC	South	64

	100m M40				**100m M50**		
1	M.Bellham	Lough	12.7	1	D.Barnett	Chelm	14.6
2	C.Farrow	South	12.9	2	P.Binns	South	15.7
3	G.Holmes	Chelm	17.1	3	J.Ryan	Lough	16.4
	400m M40				**400m M50**		
1	T.Holden	Lough	58.4	1	D.Barnett	Chelm	68.8
2	K.Palmer	South	59.1	2	S.Childs	Lough	71.7
3	M.Gibbs	Chelm	69.3	3	???	South	75.8

EVAC Track & Field Lge Match 1 Peterborough 4

	400m F35				**400m F45**		
1	N.Neill	WNAC	66.4	1	W.Dunn	Peteb.	69.9
2	L.Richardson	Peteb.	68.0	2	C.Filer	CONAC	80.0
3	L.Robins	Ryston	82.8	3	L.Marshall	Ryston	85.2
					100mH F35		
				1	K.Wasteney	WNAC	24.8
	100m F55			2	L.Robins	Ryston	28.4
1	C.Filer	CONAC	14.8		**80mH F45**		
2	D.Fraser	WNAC	18.1	1	C.Filer	CONAC	15.7
3	M.Simmonds	Ryston	18.5	2	L.Marshall	Ryston	20.2
	High Jump F35				**High Jump F45**		
1	G.Clarke	Ryston	1.25	1	C.Filer	CONAC	1.30
2	K.Wasteney	WNAC	1.20	2	L.Marshall	Ryston	1.20
3	S.George	Peteb.	1.15				
	2k Walk F55						
1	C.Duhig	Ryston	11.35				
	Long Jump F55				**Medley Relay F35**		
1	C.Filer	CONAC	4.33	1	Peteb.	Peteb.	5:00.3
2	M.Simmonds	Ryston	2.78	2	WNAC	WNAC	5:04.2
3	D.Fraser	WNAC	2.58	3	Ryston	Ryston	6:25.9
	Shot F55				**Medley Relay F55**		
1	M.Simmonds	Ryston	7.69	1	Ryston	Ryston	5:52.2
2	C.Filer	CONAC	7.32				
3	D.Fraser	WNAC	6.17				
	Hammer F55						
1	C.Filer	CONAC	19.78				
2	A.Martin	Ryston	17.28				
3	D.Fraser	WNAC	15.87				

Match 1 Chelmsford **Essex Division**

Men

	110mH M40				**100mH M50**		
1	J.Harrison	Lough	20.4	1	D.Barnett	Chelm	24.4
2	P.Ffrench	South	22.2				
	100m M60				**High Jump M40**		
1	D.Hobbs	Lough	15.0	1	M.Bellham	Lough	1.60
2	P.Harris	Chelm	15.7	2	P.Ffrench	South	1.45
3	J.Brock	South	16.9	3	D.Barnett	Chelm	1.30
	400m M60				**High Jump M50**		
1	D.Hobbs	Lough	81.4	1	G.Daniels	Chelm	1.35
2	P.Harris	Chelm	83.2	2	J.Ryan	Lough	1.25
3	J.Brock	South	99.4				

EVAC Track & Field Lge Match 1 Chelmsford 3

	1500m M40				1500m M50		
1	M.Gibbs	Chelm	5:09.7	1	M.Bridgeland	Chelm	4:38.2
2	D.Rayney	Lough	6:08.1	2	P.Binns	South	5:27.8
				3	R.Sargent	Lough	5:59.1
	2k Walk M40				**2k Walk M50**		
1	D.Rayney	Lough	16:35.4	1	P.Binns	South	13:38.4
				2	P.Cassidy	Lough	14:01.5
				3	G.Kent	Chelm	16:24.7
	Long Jump M40				**Long Jump M50**		
1	M.Bellham	Lough	5.30	1	D.Barnett	Chelm	4.16
2	P.Ffrench	South	4.69	2	J.Ryan	Lough	3.71
3	M.Gibbs	Chelm	3.87	3	P.Binns	South	3.29
	Shot M40				**Shot M50**		
1	P.Ffrench	South	9.20	1	R.Earle	South	13.65
2	P.Avontour	Chelm	8.39	2	M.Williams	Chelm	10.90
3	J.Harrison	Lough	8.17	3	M.Higgins	Lough	7.38

Women

Chelmsford AC		Chelm	90
Loughton AC		Lough	83

	100m F35				100m F45		
1	A.McGowan	Chelm	15.1	1	Y.Holmes	Chelm	15.0
2	L.Gaffney	Lough	17.1	2	A.Rochester	Lough	15.3
	1500m F35				**1500m F45**		
1	W.King	Chelm	5.17.9	1	A.Heeks	Lough	6:33.9
2	H.Newman	Lough	6.40.8	2	T.Minton	Chelm	7:39.4
	2k Walk F35				**2k Walk F45**		
1	G.Harwood	Lough	16:24.7	1	E.Missen	Chelm	13:43.5
				2	J.Clark	Lough	14:27.7
	Long Jump F35				**Long Jump F45**		
1	K.Alexander	Chelm	4.90	1	C.StJohn Coleman	Chelm	3.73
2	D.Songbird	Lough	2.70	2	C.Saliary	Lough	3.32
	Shot F35				**Shot F45**		
1	S.Besford	Chelm	7.38	1	T.Minton	Chelm	6.85
2	M.Hurley	Lough	6.17	2	P,Acklandsnow	Lough	6.10
	Hammer F35				**Hammer F45**		
1	S.Besford	Chelm	27.75	1	P,Acklandsnow	Lough	20.75
2	M.Hurley	Lough	15.94	2	T.Minton	Chelm	17.54
	Medley Relay F35				**Medley Relay F45**		
1	Chelmsford AC	Chelm	5.26		Loughton AC		5.41
2	Looughton AC	Lough	5.33		Chelmsford AC		5.45

EVAC Track & Field Lge Match 1 Chelmsford 4

	1500m M60				**Hammer M40**		
1	J.Borgars	Lough	6.57.0	1	D.Bauer	Chelm	31.03
2	J.Brock	South	7.50.1	2	P.Ffrench	South	15.95
				3	J.Harrison	Lough	14.37
	2k Walk M60				**Hammer M50**		
1	J.Brock	South	13.02.0	1	R.Earle	South	57.49
2	J.Borgars	Lough	13.04.0	2	M.Williams	Chelm	31.69
				3	M.Higgins	Lough	13.11
	Long Jump M60				**Medley Relay M40**		
1	D.Hobbs	Lough	4.21	1	Southend AC		4.30.0
2	P.Harris	Chelm	4.08	2	Chelmsford AC		4.41.4
3	J.Brock	South	3.16	3	Loughton AC		5.04.0
	Shot M60				**Medley Relay M50**		
1	P.Harris	Chelm	7.35		Chelmsford AC		4.44.5
2	J.Brock	South	6.46		Looughton AC		5.36.6
3	T.Casey	Lough	5.40				

	400m F35				**400m F45**		
1	W.King	Chelm	69.1	1	Y.Holmes	Chelm	71.1
2	L.Gaffney	Lough	71.5	2	A.Rochester	Lough	74.9
	100m F55				**100mH F35**		
1	B.Higgins	Lough	17.2	1	K.Alexander	Chelm	18.6
2	S.Sargeant	Chelm	17.8				
	1500m F55				**80mH F45**		
1	M.Jarvis	Chelm	6.41.2	1	M.Jarvis	Chelm	20.1
2	J.Hobbs	Lough	7.08.0	2	B.Higgins	Lough	24.6
	2k Walk F55				**High Jump F35**		
1	F.Fernandez	Lough	13:45.1	1	L.Gaffney	Lough	1.10
				2	S.Sewell	Chelm	1.05
	Long Jump F55				**High Jump F45**		
1	S.Sargeant	Chelm	2.89	1	B.Higgins	Lough	1.05
2	J.Ryan	Lough	2.63	2	C.StJohn Coleman	Chelm	1.00
	Shot F55						
1	S.Quinn	Chelm	8.41				
2	F.Fernandez	Lough	5.86				
	Hammer F55						
1	S.Quinn	Chelm	33.47				
2	F.Fernandez	Lough	12.00				

Track & Field League Records set in the first series of matches:

M50 Shot Rob Earle Southend 13.65 (Prev. 12.24 Brian Hatch,Chelmsford,2001)
M50 Hammer Rob Earle Southend 57.49 (Prev. 57.40 Malc. Fenton,Southend,2009)
W55 100m Carole Filer CONAC 14.8 (Prev. 15.4 Sylvia Sergeant, Chelmsford,2002)
W55 Long Jump Carole Filer CONAC 4.33 (Prev. 3.92 Marlene Simmonds,Ryston,2002)
W35 Hammer Andrea Jenkins P'borough 48.04 (Prev.40.75 Jean Harry, MKeynes,2005)

EVAC TRACK & FIELD CHAMPIONSHIPS & OPEN EVENT

Lynnsport & Leisure Park
Greenpark Avenue, King's Lynn
Norfolk PE30 2NB

SUNDAY 31st July 2011

Events: 100M, 80MH,100MH,110MH, 200M, 400M, 300MH, 400MH, 800M, 1500M, 5000M, 3KWalk, 3000M steeplechase, LJ, HJ, Triple Jump, Pole Vault, Shot, Discus, Hammer, Javelin

The organisers reserve the right to cancel or amalgamate events if not enough entries received.

ENTRY FEES: [which are non-refundable]

EVAC Championships: 1st event £7.00 & £4.00 each extra event

Open: 1st event Affiliated £8.00/ Non-affiliated £11.00 £5.00 each extra event

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO:
CoNAC

Please include e-mail address for confirmation of entry, timetable and instructions etc.

ENTRIES CLOSE: Sunday 17th July 2011

Entries to: Entries Secretary, 32 Britannia Road, Norwich NR1 4HP

Surname _____ First Name _____ Contact Tel No _____

Address _____

Date of Birth _____ Age Group for Event _____Email Address _____

EVENTS

Payment enclosed for Entry fees as follows:

£7.00/£4.00 EVAC Members £_____

£8.00/£5.00 BMAF Affiliated Member £_____

£11.00/£5.00 for non BMAF Affiliated £_____

EVAC MEMBERSHIP NO:_____OTHER BMAF MEMBERSHIP NO:_____

FIRST CLAIM CLUB _____

FOR NON-AFFILIATED MASTERS ATHLETES ONLY – proof of age required.

DECLARATION – I am an AMATEUR as defined by U.K. Athletics Rules and I agree to participate entirely at my own risk, the organisers not being responsible for any injury or loss sustained during the event. DATA PROTECTION ACT – These details may be entered and held on a club database. Please indicate I AGREE/DISAGREE please delete as appropriate.

SIGNED _____DATED _____

EVAC Track & Field Lge Match 2 Cambridge 1

Men

Bedford & County AC	B&CAC	167	
MMKAC AC	MMKAC	156	
Hunts AC	Hunts AC	140	
Cambridge & Coleridge AC	C&CAC	89	
Fairlands Valley Spartans	FVS	80	
Kettering Town Harriers	KTH	62	
Biggleswade AC	Bigg AC	46	
Welingborough & District AC	W&DAC	30	

	200m M40				**200m M50**		
1	???	B&CAC	26.4	1	J Browne	MMKAC	25.3
5	J Courtney	C&CAC	27.1	2	T James	B&CAC	26.1
3	P Balderston	MMKAC	27.4	3	W Paterson	W&DAC	27.6
4	R Phelan	Hunts AC	27.9	4	D Brown	Bigg AC	28.2
5	S Mayfield	FVS	28.1	5	D Darnell	Hunts AC	29.4
6	A Smit	W&DAC	28.6	6	R Sidlin	FVS	32.6
7	G Smith	KTH	33.7	7	J Philip	C&CAC	34.8
	800m M40				**800m M50**		
1	P Downhill	Hunts AC	02:12.3	1	D Brown	Bigg AC	02:20.9
2	K White	C&CAC	02:14.2	2	J Tucker	C&CAC	02:28.0
3	M Down	MMKAC	02:16.2	3	A Gibson	MMKAC	02:30.7
4	S Mayfield	FVS	02:28.1	4	B Laynes	B&CAC	02:33.8
5	P Westrope	B&CAC	02:34.9	5	S Hunt	Hunts AC	02:35.5
6	I Patton	W&DAC	02:46.0	6	P Gorringe	KTH	02:37.3
7	A Moxey	KTH	02:50.8	7	R Sidlin	FVS	02:49.7
				8	S Stredwick	W&DAC	02:53.0
	1mile Walk M40				**1mile Walk M50**		
1	D Stephenson	FVS	09:36.1	1	M Wall	MMKAC	08:33.0
2	B Graves	MMKAC	11:01.9	2	R Wynde	Bigg AC	10:39.3
3	M Hayball	Hunts AC	11:29.7	3	W DuBose	Hunts AC	11:53.9
4	P Marlow	KTH	11:52.5	4	J Wise	KTH	11:57.5
				5	P Bramford	C&CAC	16:33.5
	Triple Jump M40				**Triple Jump M50**		
1	N Carrington	Bigg AC	10.31	1	T James	B&CAC	9.05
2	R Phelan	Hunts AC	9.85	2	C Baldwin	MMKAC	8.25
3	L Croft	B&CAC	8.66	3	D Brown	Bigg AC	8.14
4	P Marlow	KTH	8.39	4	D Darnell	Hunts AC	7.86
5	D Stephenson	FVS	8.10	5	P Gorringe	KTH	6.52
6	R Balderston	MMKAC	7.09	6	D Bowker	FVS	6.29
	4 x 100m Relay M40						
1	Bedford & County AC		52.1	6	Cambridge & Coleridge AC		58.8
2	Wellingborough & D. AC		55.2	7	Kettering Town Harriers		68.5
3	Marshall Milton Keynes AC		55.4				
4	Fairlands Valley Spartans		56.5				
5	Hunts AC		57.3				

EVAC Track & Field Lge Match 2 Cambridge 2

	3000m M40				**3000m M50**		
1	S Herring	MMKAC	09:44.6	1	J Oakes	C&CAC	09:54.0
2	A Turnbull	B&CAC	09:46.4	2	R Holland	Hunts AC	10:00.2
3	P Marlow	KTH	11:38.6	3	D Bowker	FVS	10:20.6
4	I Patton	W&DAC	12:24.9	4	P Jones	MMKAC	10:25.6
5	P Holgate	FVS	13:57.5	5	A Boast	B&CAC	10:33.9
				6	P Gorringe	KTH	12:15.3
	200m M60				**3000m M60**		
1	W Bradley	Hunts AC	31.2	1	J Skelton	MMKAC	10:20.2
2	P Toombs	MMKAC	31.8	2	A Swieciki	B&CAC	12:02.7
3	C Gunn	B&CAC	32.1				
4	N Moss	C&CAC	33.6		**400mH M40**		
5	M Shortland	FVS	43.2	1	P Benedichter	B&CAC	60.6
				2	P Downhill	Hunts AC	71.1
				3	G Smith	KTH	82.9
	800m M60				**400mH M50**		
1	A Swieciki	B&CAC	02:43.7	1	T James	B&CAC	69.0
2	W Bradley	Hunts AC	02:46.9	2	D Brown	Bigg AC	72.0
3	K Smith	MMKAC	02:52.0	3	C Baldwin	MMKAC	02:14.9
4	M Shortland	FVS	04:28.0				
	Pole Vault M40				**Pole Vault M50**		
1	S Eastwood	B&CAC	3.40	1	T James	B&CAC	2.40
2	R Phelan	Hunts AC	2.00	2	N Moss	C&CAC	2.00
3	A Moxey	KTH	1.50	3	C Baldwin	MMKAC	1.90
	1mile Walk M60			4	D Darnell	Hunts AC	1.60
1	B Austin	MMKAC	NT				
2	W Bradley	Hunts AC	10:09.8		**Javelin M40**		
3	P Howard	C&CAC	10:31.1	1	S Eastwood	B&CAC	36.54
4	G Garafalo	B&CAC	10:56.0	2	D Ensor	Hunts AC	25.56
				3	J Courtney	C&CAC	24.79
	Triple Jump M60			4	D Goldsworthy	MMKAC	24.74
1	C Gunn	B&CAC	8.05	5	I Patton	W&DAC	22.60
2	W Bradley	Hunts AC	7.84	6	S Mayfield	FVS	21.70
3	N Moss	C&CAC	7.22	7	P Marlow	KTH	14.58
4	P Toombs	MMKAC	6.71		**Javelin M50**		
5	M Shortland	FVS	5.70	1	I Stephenson	MMKAC	37.07
				2	R Richards	B&CAC	27.42
	4 x 100m Relay M50			3	W DuBose	Hunts AC	26.09
1	Marshall Milton Keynes AC		54.2	4	R Wynde	Bigg AC	20.65
2	Hunts AC		60.4	5	D Bowker	FVS	16.42
3	Bedford & County AC		68.5	6	J Wise	KTH	16.11
4	Cambridge & Coleridge AC		84.6	7	F Martin	C&CAC	15.74
				8	S Stredwick	W&DAC	14.35

EVAC Track & Field Lge Match 2 Cambridge 3

	Discus M40				Discus M50		
1	S Eastwood	B&CAC	27.34	1	J Turner	MMKAC	32.88
2	D Goldsworthy	MMKAC	22.54	2	G Packman	B&CAC	32.49
3	J Courtney	C&CAC	21.30	3	W DuBose	Hunts AC	29.37
4	S Mayfield	FVS	20.58	4	J Wise	KTH	20.41
5	D Ensor	Hunts AC	16.40	5	D Bowker	FVS	16.41
6	P Marlow	KTH	16.11	6	N Moss	C&CAC	14.28

Central Division

Women

Marshall Milton Keynes AC	MMKAC	168
Fairlands Valley Spartans	FVS	116
Kettering Town Harriers	KTH	103
Cambridge & Coleridge AC	C&CAC	100
Hunts AC	Hunts AC	94
Bedford & County AC	B&CAC	88
Biggleswade AC	Bigg AC	11

	200m F35				200m F45		
1	K Williams	KTH	30.6	1	J Hardcastle	MMKAC	31.5
2	R Canham	FVS	31.1	2	T Stephenson	FVS	31.9
3	H Stirley	Hunts AC	31.8	3	S Pedley	Hunts AC	36.2
4	L Byrne	MMKAC	34.1	4	Y Elliott	KTH	38.8
5	R Roberts	C&CAC	35.1				
6	S Blackman	B&CAC	35.8				
	800m F35				**800m F45**		
1	R Canham	FVS	02:30.1	1	H Grant	C&CAC	02:49.8
2	J Winfield	B&CAC	02:31.5	2	C Feely	FVS	02:50.1
3	Z Luscombe	Bigg AC	02:41.9	3	D Baldwin	MMKAC	02:54.2
4	J Packman	C&CAC	02:54.0	4	K Munn	KTH	02:54.9
5	M Calleia	MMKAC	03:14.5	5	K Cameron	Hunts AC	03:14.5
6	J Tierney	KTH	03:20.6				
	3000m F35				**3000m F45**		
1	J Winfield	B&CAC	11:40.9	1	K Munn	KTH	11:24.0
2	K James	FVS	12:09.1	2	H Grant	C&CAC	11:54.6
3	J Packman	C&CAC	12:22.6	3	K Cameron	Hunts AC	13:08.4
4	M Calleia	MMKAC	13:01.4	4	S Crowley	FVS	14:45.1
5	J Tierney	KTH	14:04.5	5	J Maycock	MMKAC	16:25.4
	Discus F35				**Discus F45**		
1	E Beales	MMKAC	41.07	1	R Martin	C&CAC	21.61
2	S Cahill	Hunts AC	20.60	2	J Lawrence	MMKAC	15.28
3	B Russell	B&CAC	19.41	3	S Bailey	KTH	14.70
4	A Marlow	KTH	14.94	4	S Ingham	Bigg AC	13.78
5	S Mayfield	FVS	13.05	5	T Stephenson	FVS	12.95
				6	J Ash	Hunts AC	12.94

EVAC Track & Field Lge Match 2 Cambridge 4

	Discus M60		
1	R Richards	B&CAC	31.50
2	M Shortland	FVS	28.43
3	W Bradley	Hunts AC	24.53
4	F Martin	C&CAC	20.60
5	K Smith	MMKAC	16.63

Central Division **Women**

	400mH F35				**400mH F45**		
1	H Stirley	Hunts AC	89.3	1	H Keyworth	KTH	76.8
2	L Byrne	MMKAC	90.3	2	O Johnson	B&CAC	83.2
3	J Tierney	KTH	01:41.1	3	D Baldwin	MMKAC	01:47.6
4	S Mayfield	FVS	01:43.1				
	400mH F35				**400mH F45**		
1	H Stirley	Hunts AC	89.3	1	H Keyworth	KTH	76.8
2	L Byrne	MMKAC	90.3	2	O Johnson	B&CAC	83.2
3	J Tierney	KTH	01:41.1	3	D Baldwin	MMKAC	01:47.6
4	S Mayfield	FVS	01:43.1				
	200m F55				**Pole Vault F35**		
1	J Lawson	MMKAC	36.4	1	L Byrne	MMKAC	1.60
2	J Hancock	B&CAC	40.8		**Pole Vault F45**		
3	I Hornsey	FVS	42.2	1	S Pedley	Hunts AC	1.80
4	J Speaight	Hunts AC	46.5				
5	A Bramford	C&CAC	60.4		**Triple Jump F35**		
				1	L Byrne	MMKAC	8.07
	800m F55			2	A Marlow	KTH	7.37
1	U Ghaleb	MMKAC	03:22.0	3	H Stirley	Hunts AC	7.14
2	S Barnett	C&CAC	03:26.0	4	S Mayfield	FVS	7.05
3	I Hornsey	FVS	03:41.0	5	B Russell	B&CAC	4.60
4	J Hancock	B&CAC	03:54.1		**Triple Jump F45**		
				1	J Hardcastle	MMKAC	8.04
				2	S Pedley	Hunts AC	7.04
	3000m F55			3	Y Eliott	KTH	6.23
1	S Barnett	C&CAC	14:18.9				
2	U Ghaleb	MMKAC	14:20.7		**4 x 100m Relay F35**		
3	???		14:48.7	1	Kettering Town Harriers		64.1
				2	Bedford & County AC		66.1
				3	Fairlands Valley Spartans		68.6
	Discus F55			4	Marshall Milton Keynes AC		71.8
1	A Bramford	C&CAC	16.69	5	Cambridge & Coleridge AC		72.1
2	J Lawson	MMKAC	14.93		**4 x 100m Relay F45**		
3	I Hornsey	FVS	9.40	1	Kettering Town Harriers		68.1
				2	Fairlands Valley Spartans		68.2
				3	Marshall Milton Keynes AC		69.2
				4	Hunts AC		76.8

EVAC Track & Field Lge Match 2 Lynn 1

	1mile Walk F35				1mile Walk F45		
1	P Blizzard	B&CAC	10:15.1	1	H Middleton	B&CAC	08:53.2
2	R Roberts	C&CAC	10:56.3	2	D Baldwin	MMKAC	09:27.4
3	S Rey	MMKAC	10:57.1	3	S Crowley	FVS	11:34.2
4	S Mayfield	FVS	11:53.7	4	J Ash	Hunts AC	11:35.9
5	B Smit	KTH	11:56.0	5	Y Elliott	KTH	12:19.5
	Javelin F35				**Javelin F45**		
1	E Beales	MMKAC	24.98	1	O Johnson	B&CAC	15.29
2	S Cahill	Hunts AC	21.10	2	J Maycock	MMKAC	13.83
3	M Brown	FVS	16.49	3	R Martin	C&CAC	13.55
4	B Russell	B&CAC	12.67	4	S Pedley	Hunts AC	9.71
5	A Marlow	KTH	12.65	5	S Bailey	KTH	9.35
6	J Packman	C&CAC	8.56	6	C Feely	FVS	8.89

Match 2, Lynn, Men **Fenland Division**

City of Norwich AC	CONAC	11
Peterborough	Petrb.	75
Ryston Runners	Ryston	74
West Norfolk AC	WNAC	58

	200m M40				200m M50		
1	D. Harbour	Peterb.	26.4	1	D. Whitehead	Peterb.	27.6
2	G. Powley	WNAC	26.6	2	I. Reeve	WNAC	28.6
3	G. Slater	CONAC	28.2	3	P. Brown	Ryston	38.1
4	N.Bensley	Ryston	29.8				
	800m M40				**800m M50**		
1	M. Tuff	Ryston	02:18.7	1	W. McGrory	Peterb.	02:14.3
2	J. Walshaw	CONAC	02:23.3	2	D. Robinson	Ryston	02:31.0
3	J. Herbert	Peterb.	02:26.2				
	3000m M40				**3000m M50**		
1	J. Herbert	Peterb.	09:32.2	1	E. Dorling	Peterb.	11:04.9
2	G. Roper	CONAC	09:41.8	2	P. Johnson	Ryston	11:14.7
3	N. Bensley	Ryston	10:59.3				
4	R. Vincent	WNAC	18:03.6				
	1 mile Walk M40				**1mile Walk M50**		
1	M Ive	Ryston	09:43.9	1	P Firmage	Ryston	10:06.7
2	R Vincent	WNAC	12:38.8	2	E Dorling	Peterb.	10:42.1
	Triple Jump M40				**Triple Jump M50**		
1	J. Powley	WNAC	9m07	1	I. Reeve	WNAC	9m43
2	J. Herbert	Peterb.	8m83	2	R. Huskisson	Peterb.	9m02
3	D. Lane	Ryston	8m55	3	D. Neale	Ryston	7m96
	4x100m Relay M40						
1	Ryston Runners		56.6				
2	Peterborough		59.2				

EVAC Track & Field Lge Match 2 Lynn 2

	1mile Walk F55		
1	S Barnett	C&CAC	09:49.8
2	U Ghaleb	MMKAC	10:50.0
3	J Speaight	Hunts AC	11:42.9
	Javelin F55		
1	J Lawson	MMKAC	15.63
2	A Bramford	C&CAC	8.28
3	I Hornsey	FVS	8.20
4	J Hancock	B&CAC	7.48

Track & Field League records set in the second series of matches:

Men -

M60 3000m John Skelton MMKAC 10.20.2 (prev. 10.41.3 Alec Swiecicki Bedford 2009)

Women -

F55 200m Carole Filer CONAC 30.2 (prev. 33.8 Marlene Simmonds Ryston 2002)

F55 Mile Walk Cath Duhig Ryston 9.21.4 (prev. 9.58.5 Di Braverman Cambridge 2009) F45 Pole Vault Jo Isbill Ryston 2.30m (prev. 2.20 Judi Stafford 1999).

W55 Discus Shirley Quinn 33.77

Match 2, Lynn, Men **Fenland Division**

	400mH M40				**Pole Vault M40**		
1	D Harbour	Peterb.	72.5	1	G. Powley	WNAC	3m00
2	G Powley	WNAC	84.1	2	G. Slater	CONAC	2m00
	400mH M50			3	M. Ive	Ryston	1m80
1	R Huskisson	Peterb.	77.1		**Pole Vault M50**		
2	D Neale	Ryston	94	1	I Reeve	WNAC	2m20
	200m M60			2	R.Huskisson	Peterb.	2m00
1	J. Moore	WNAC	28.1	3	D. Neale	Ryston	1m80
2	M. Simmonds	Ryston	34.2				
3	D. Branton	Peterb.	43.3		**Discus M40**		
				1	G. Powley	WNAC	25m39
	800m M60			2	M.Tuff	Ryston	19m06
1	M. Simmonds	Ryston	02:49.8	3	J.Herbert	Peterb.	17m49
2	K. Brookes	Peterb.	02:54.1		**Discus M50**		
3	T. Gamble	WNAC	03:19.5	1	T.Needham	Peterb.	28m89
	3000m M60			2	I.Reeve	WNAC	25m56
1	K. Brookes	Peterb.	12:25.7	3	P.Brown	Ryston	19m53
2	M. Simmonds	Ryston	13:21.0		**Discus M60**		
3	T. Gamble	WNAC	13:36.3	1	J. Moore	WNAC	25m30
	1mile Walk M60			2	M.Simmonds	Ryston	17m72
1	M Simmonds	Ryston	10:09.1	3	P.Brantom	Peterb.	17m05
2	P Brantom	Peterb.	10:33.1				
3	B Delves	WNAC	11:33.3		**Javelin M40**		
	Triple Jump M60			1	G.Powley	WNAC	32m10
1	M. Simmonds	Ryston	6m77	2	D.Harbour	Peterb.	28m16
2	P. Brantom	Peterb.	5m97	3	M.Tuff	Ryston	22m87
	4x100m Relay M50				**Javelin M50**		
1	West Norfolk AC		54.5	1	D.Neale	Ryston	24m61
2	Peterborough		56.0	2	T.Needham	Peterb.	12m12
3	Ryston Runners		64.5				

EVAC Track & Field Lge Match 2 Lynn 3

Women **Fenland Division** **Match 2**

Peterborough		Peteb.	75
Ryston Runners AC		Ryston	74
West Norfolk AC		WNAC	58
City of Norwich AC		CONAC	11

	200m F35				**200m F45**		
1	K.Wasteney	WNAC	28.9	1	G. Clarke	Ryston	29.8
2	T. Lazenby	Peterb.	34.5	2	P. Watson	Peterb.	32.9
3	K. Wood	Ryston	36.1	3	L. Ely	WNAC	38.2
	800m F35				**800m F45**		
1	N. Neill	WNAC	02:27.8	1	J. Clarke	CONAC	02:33.8
2	T. Curl	CONAC	02:49.1	2	L. Marshall	Ryston	02:58.0
3	T. Lazenby	Peterb.	02:51.6	3	S. Edwards	WNAC	03:10.5
4	K. Wood	Ryston	03:25.2				
	1mile Walk F35				**1mile Walk F45**		
1	G Loughin	CONAC	10:03.7	1	L Blakie	Ryston	10:07.8
2	K Wasteney	WNAC	10:46.9	2	S Mullarney	CONAC	12:00.1
3	S SMITH	Ryston	11:37.1	3	L Ely	WNAC	12:32.2
	Discus F35				**Discus F45**		
1	A.Jenkins	Peterb.	39m01	1	K. Gibson	Peterb.	18m33
2	J. Isbill	Ryston	17m10	2	L. Ely	WNAC	14m39
3	K. Wasteney	WNAC	14m73	3	S. Mullarney	CONAC	13m81
4	G. Loughlin	CONAC	9m56	4	M. Wolfe	Ryston	12m51
	Javelin F35				**Javelin F45**		
1	A. Jenkins	Peterb.	24m36	1	S. Mullarney	CONAC	17m30
2	N. Neill	WNAC	20m49	2	G. Clarke	Ryston	15m10
3	G. Loughlin	CONAC	6m65	3	L. Ely	WNAC	12m80
4	S.Smith	Ryston	5m34	4	K. Gibson	Peterb.	10m52

Match 2 Lea Valley, Men **Essex Division**

Chelmsford AC	Chelm	51
Loughton AC	Lough	47
Southend AC	South	41

	200m M40				**200m M50**		
1	K. Palmer	South	25.8	1	Gerry Daniels	Chelm	29.1
2	Ty Holden	Lough	26.7	2	P. Binns	South	34.6
3	Dave Barnett	Chelm	32.4	3	Mick Higgins	Lough	47.0
	400mH M40			N	David Newman	G City	33.1
1	Martin Gibbs	Chelm	73.7				
2	C. Farrow	South	74.9		**400mH M50**		
3	Jim Harrison	Lough	74.9	1	Gerry Daniels	Chelm	84.0

EVAC Track & Field Lge Match 2 Lynn 4

	3000m F35				**3000m F45**		
1	M. McKay	WNAC	11:21.1	1	S. Taylor	Ryston	12:28.6
2	T.Curl	CONAC	11:23.3	2	S.Edwards	WNAC	14:07.9
3	T.Lazenby	Peterb.	12:39.4		**3000m F55**		
4	L.Robins	Ryston	13:01.9	1	A. Martin	Ryston	16:10.5
	200m F55				**400mH F35**		
1	C. Filer	CONAC	30.2	1	K Wasteny	WNAC	77.3
2	D. Fraser	WNAC	39.4	2	L Robins	Ryston	97.6
3	G. Hart	Ryston	40.7				
	800m F55				**400mH F45**		
1	G. Hart	Ryston	03:31.4	1	G Clarke	Ryston	79.4
	Pole Vault F35				**Pole Vault F45**		
1	Jo Isbill (45)	Ryston	2m30	1	G. Clarke	Ryston	1m30
	1mile Walk F55				**Triple Jump F35**		
1	C Duhig	Ryston	09:21.4	1	K Watsteney	WNAC	8.21
				2	L Robins	Ryston	6.33
					Triple Jump F45		
	Discus F55			1	M Simmonds	Ryston	7.62
1	M. Simmonds	Ryston	20m85	2	L Ely	WNAC	6.44
2	C.Filer	CONAC	18m63		**4x100m Relay F35**		
3	A.Sutton	Peterb.	9m86	1	West Norfolk AC		64.5
4	D. Fraser	WNAC	5m62	2	Peterborough		69.1
	Javelin F55			3	City of Norwich AC		70.4
1	M.Simmonds	Ryston	16m84	4	Ryston Runners		71.0
2	C. Filer	CONAC	12m86		**4x100m Relay F45**		
3	D. Fraser	WNAC	9m13	1	Ryston Runners		67.1
4	A. Sutton	Peterb.	7m12	2	West Norfolk AC		70.0

Match 2 Lea Valley, Men **Essex Division**

	Pole Vault M40				**Pole Vault M50**		
1	Jim Harrison	Lough	2.70	1	Dave Barnett	Chelm	1.60
2	Martin Gibbs	Chelm	1.00		**Javelin M40**		
	200m M60			1	Dave Bauer	Chelm	30.49
1	David Hobbs	Lough	30.6	2	Jim Harrison	Lough	29.47
2	Ian Pearce	Chelm	32.7	3	P. Ffrench	South	28.93
3	J. Brock	South	40.4		**No M50 Javelin results**		
	4 x 100m Relay				**4 x 100m Relay**		
1	Loughton AC		51.7	1	Loughton AC		79.4
2	Southend AC		54.9	2	Chelmsford AC		DQ
3	Chelmsford AC		57.5				

EVAC Track & Field Lge Match 2 Lea Valley 3

	800m M40				**800m M50**		
1	Dave Tullett	Chelm	2:18.9	1	Barry Thorpe	Chelm	2:30.8
2	M. Waine	South	2:26.0	2	P. Binns	South	2:45.5
3	Cliff Warren	Lough	2:31.1	3	Rob Sargent	Lough	3:26.7
N	Steve Lott	Chelm	2:40.4				
	3000m M40				**3000m M50**		
1	M Bridgeland	Chelm	9:36.0	1	Glen Kent	Chelm	10:57.7
2	A. Kyriades	South	10:17.2	2	P. Binns	South	11:27.3
N	Mark Wathne	Springf	10:32.8	3	Rob Sargent	Lough	15:04.9
				N	Martin Gibbs	Chelm	11:10.2
	1 mile Walk M40				**1 mile Walk M50**		
1	Terry Casey	Lough	13:16.1	1	John Borgars	Lough	10:14.0
2	M. Waine	South	14:00.5	2	P. Binns	South	10:47.2
3	Glen Kent	Chelm	14:15.8	3	Dave Barnett	Chelm	12:15.9
	Discus M40				**Discus M50**		
1	Dave Bauer	Chelm	37.86	1	Mike Williams	Chelm	33.53
2	P. Ffrench	South	28.06	2	P. Binns	South	18.21
3	Mitch Belham	Lough	24.91	3	Mick Higgins	Lough	16.76

Match 2 Lea Valley, Women **Essex Division**

Loughton AC	Lough	38
Chelmsford AC	Chelm	23

	200m F35				**200m F45**		
1	Wendy King	Chelm	31.6	1	A Rochester	Lough	30.2
2	Michaela Davis	Lough	34.6	2	Yvonne Holmes	Chelm	31.2
	800m F35				**800m F45**		
1	Wendy King	Chelm	2:33.9	1	Tania Blundy	Lough	3:43.6
2	Michelle Hurley	Lough	2:59.2				
	1mile Walk F35				**1mile Walk F45**		
1	Jane Clark	Lough	12:28.9	1	Tania Blundy	Lough	13:34.7
	Discus F35				**Discus F45**		
1	Kate Merrit	Lough	20.07	1	P Ackland-Snow	Lough	20.02
2	Carol Morris	Chelm	19.98	2	Claire SJ Coleman	Chelm	9.59
	Javelin F35				**Javelin F45**		
1	Kate Merrit	Lough	17.88	1	P Ackland-Snow	Lough	15.16
2	Carol Morris	Chelm	13.59	2	Yvonne Holmes	Chelm	10.11
	4 x 100m Relay F35				**4 x 100m Relay F45**		
1	Chelmsford AC		62.0	1	Loughton AC		66.4
2	Loughton AC		68.2				

EVAC Track & Field Lge Match 2 Lea Valley 4

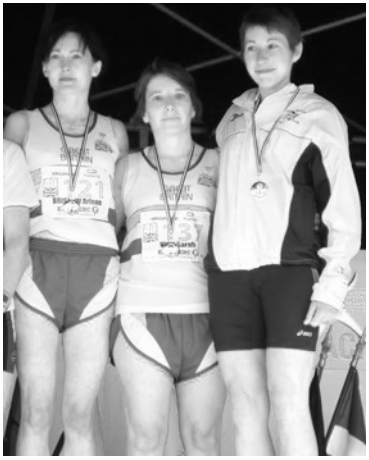
	800m M60		
1	Ian Pearce	Chelm	3:04.4
2	John Borgars	Lough	3:17.5
3	J. Brock	South	3:54.0
	3000m M60		
1	John Borgars	Lough	14:30.9
	1 mile Walk M60		
1	J. Brock	South	10:12.9
2	Peter Cassidy	Lough	10:53.8
	Discus M60		
1	David Hobbs	Lough	23.86
2	J. Brock	South	20.02

	Triple Jump M40		
1	Mitch Belham	Lough	11.03
2	P. Ffrench	South	10.58
3	Martin Gibbs	Chelm	7.70
	TripleJump M50		
1	Dave Barnett	Chelm	9.06
2	P. Binns	South	6.68
3	Mick Higgins	Lough	4.98
	Triple Jump M60		
1	David Hobbs	Lough	8.34
2	J. Brock	South	6.12

Match 2 Lea Valley, Women **Essex Division**

	3000m F35		
1	Wendy King	Chelm	11:13.0
2	Michelle Hurley	Lough	11:35.7
	200m F55		
1	B Higgins	Lough	36.2
	800m F55		
1	D Souza Brady	Lough	4:17.8
	1mile Walk F55		
1	F Fernandez	Lough	11:03.0
	Discus F55		
1	Shirley Quinn	Chelm	33.77
2	F Fernandez	Lough	14.55
2			
	Javelin F55		
1	Shirley Quinn	Chelm	16.20
2	F Fernandez	Lough	10.47

	400mH F35		
1	Wendy King	Chelm	86.2
	400mH F45		
1	Barbara Higgins	Lough	122.0
	Pole Vault F35		
1	Michaela Davis	Lough	1.30
	Pole Vault F45		
1	C SJ Coleman	Chelm	1.70
2	Barbara Higgins	Lough	1.65
	Triple Jump F35		
1	Michaela Davis	Lough	6.55
	Triple Jump F45		
1	Claire SJ Coleman	Chelm	8.34
2	D De Souza Brady	Lough	5.68



Success in Thionville

Sarah Vick of the Saxmundham Running Club (The Saxons) travelled to France to compete in the European Veterans Athletics Championships Non Stadia in Yutz and Thionville.

She was delighted to win a Team Gold medal in the 10k on Friday 13th May 2011 and a Team Bronze medal in the 3 x 2k cross country relay on the Saturday.

Sarah then took part in the half marathon on the Sunday she reports that it was a great experience to take part in the championships. Sarah is in the centre of the photo.

Sarah says it really does show that you have to be "in it to win it", her time of 46:11 in the 10K placed her 15th out of 16 in the F40 age group but with two other F40 GB runners who won individual silver and bronze medals, their combined time was good enough for the gold medal, out of 28 nations competing. The cross country relay was a good social team event, Sarah ran the first leg and had a good strong run, the second leg was run by one of the F40 girls who had won an individual medal in the 10k. However the 3rd runner did not turn up, so at the last minute a GB F80 stepped in to complete the team, they were all thrilled with our bronze medals.

EVAC Track & Field League 2011

Supported by ***Winning Ways***

With the track and field league well under way here is a reminder of the arrangements and divisions.

Division	Central	Fenland	Essex
Wed 29 June			Chelmsford
Wed 6 July	St Ives	Peterborough	
Wed 3 Aug	Milton Keynes	Kings Lynn	Southend
Sun 11 Sept	**Final -** Bedford		

The Leading team in each division will qualify for the League Final at Bedford International Athletic Stadium on Sunday 11 September. In addition the five next best teams will qualify for the final. This will be based on a paper match score of performances in the League Matches. Men's and Women's matches will be scored separately so it will be possible for a men's team to qualify for the final and not the women's team (or vice versa).

The Wednesday league matches will have half programs:

Matches 1 & 3: Sprint Hurdles, Long Jump, Hammer, 100m, High Jump, Shot, 400m, 1500m, Relay (Medley), 2k walk.
Matches 2 & 4: 400m Hurdles, Pole Vault, Discus, 200m, Triple Jump, Javelin, 800m, 3000m, Relay, 1 mile walk.
There will be a full program of these events for the final.

Men's events will be for the M40, M50 and M60 age groups, Ladies events will be for W35, W45 and W55 age groups. Please note that the W55 and M60 age groups will not compete in all the events, the exact events have yet to be finalised. There are trophies for the winning teams at the League Final as well as individual medals for the top 3 teams in both the men's and ladies categories. There will also be "athlete of the match" awards for best male and female athletes at the Final. The current champions are Bedford & County AC (Men) and Chelmsford AC (Ladies). Thanks to Pete Duhig and Winning Ways for supporting the League.

European Indoor Championships
Ghent, Belgium 16 -20 March 2011

We just missed reportiing on these championships in the last magazine. There were some superb performances from EVAC members in all age groups. You can see a picture of Ivars Licentis & Les Percival on the front cover. There were many other medallists (highlighted)as well.

	60m				
M35	Mark Collins	Luton	7(F)	7.33	7.22 H
M50	Kevin Burgess	EVAC	8(SF)	7.88	7.80 H
M60	Tony Wells	Corby	7(SF)	8.65	8.54 H
M65	**Ian Foster**	EVAC	**2(F)**	8.30	8.25 H
M70	Alan Carter	Enfield & H	5(H)	8.86	
F40	Karen Hindle	Diss	5(SF)	8.52	
F45	Monica Brown	FVS	6(SF)	8.64	8.61 H
F50	Denise Timmis	Lincoln	7(SF)	9.09	9.06 H
F50	Wendy Dunn	Peterborough	4(F)	8.63	
F55	Jan Lawson	MMKAC	4(H)	9.58	
	200m				
M40	Peter Benedickter	Bedford	6(SF)	25.03	24.3 H
M40	Lance Croft	Bedford	3(H)	26.10	
M50	Tenny James	Bedford	4(SF)	25.32	25.29 H
M50	Kevin Burgess	EVAC	5(H)	26.55	
M55	Les Percival	West Norfolk	6(F)	27.69	25.50 H
M60	**John Moore**	West Norfolk	**3(F)**	27.26	27.03 H
M60	Tony Wells	Corby	2(H)	27.77	
M70	Alan Carter	Enfield & H	5(SF)	30.81	30.57 H
F40	Karen Hindle	Diss	4(F)	27.72	27.69 SF
F50	Denise Timmis	Lincoln	5(SF)	30.43	29.84 H
F50	Wendy Dunn	Peterborough	5(F)	28.78	28.35 SF
F55	Jan Lawson	MMKAC	5(H)	34.06	
F70	Dorothy Fraser	Lincoln	4(F)	37.77	37.69 H

	400m				
M40	Peter Downhill	Huntingdon	5(H)	56.63	
M40	Lance Croft	Bedford	4(H)	56.28	
M40	Peter Benedickter	Bedford	6(SF)	54.04	
M45	Keith Palmer	Southend	4(H)	58.51	
M50	Tenny James	Bedford	5(F)	56.63	55.97 SF
M55	**Ivars Licietis**	MMKAC	**2(F)**	57.07	
M60	John Moore	West Norfolk	5(F)	62.2	
F40	**Denise Morley**	Colchester	**2(F)**	61.17	
	800m				
M40	Peter Downhill	Huntingdon	6(H)	2.10	
M45	Mike Scott	Huntingdon	7(H)	2.19	
M50	Brian Slaughter	MMKAC	6(H)	2.17	
F35	**Nicky Neil**	West Norfolk	**2(F)**	2.20	
F40	**Denise Morley**	Colchester	**2(F)**	2.2	
F45	Christine Feely	FVS	10(H)	2.52	
F50	Di Farmer	MMKAC	6(F)	2.53	
F70	Betty Stracey	Lincoln	7(F)	3.46	
F75	**Anne Martin**	Wymondham	**2(F)**	3.49	
	1500m				
F50	Elaine O'Sullivan	Wellingborough	9	5.39	
F70	Betty Stracey	Lincoln	6	7.32	
	3000m				
F50	**Jane Clarke**	City of Norwich	**1**	10.38	
F50	Elaine O'Sullivan	Wellingborough	5	11.44	
F50	Di Farmer	MMKAC	9	11.58	
F55	**Gail Duckworth**	Leighton Buzz.	**1**	11.1	
M40	Des Wilkinson	Bedford	6(F)	9.31	
	60m H				
M40	Peter Benedickter	Bedford	7(F)	9.81	
M50	**John Mayor**	Stevenage	**2(F)**	9	
M50	Tennyson James	Bedford	6(F)	9.17	
M60	**Tony Wells**	Corby	**1(F)**	9.61	
F40	Catherine Goddard	MMKAC	6(H)	10.52	
F50	**Gaye Clark**	Ryston	**1(F)**	9.81	
	Long Jump				
F35	Kate Alexander	Chelmsford	6	4.92m	
F50	Gaye Clark	Ryston	6	4.67m	
F50	Denise Timmis	Lincoln	8	4.53m	
F55	**Carole Filer**	City of Norwich	**1**	4.61m	
F75	**Anne Martin**	Wymondham	**1**	2.87m	
	High Jump				
F50	**Gaye Clark**	Ryston	**3**	1.35m	
F55	**Carole Filer**	City of Norwich	**2**	1.30m	
	Pole Vault				
M45	Simon Eastwood	Bedford	11	3.60m	
M50	Brian Slaughter	MMKAC	8	3.20m	

	3000m Walk			
M70	**Arthur Thomson**	Enfield & H	**3**	16.59
F50	Cath Duhig	Ryston	5	17.3
	5000m Walk			
M70	**Arthur Thomson**	Enfield & H	**2**	28.07
M55	Rod Dunn	Peterborough	15	29.23
F55	Cath Duhig	Ryston	4	28.27
	TJ			
F75	**Anne Martin**	Wymondham	**1**	6.70m
	Shot			
M35	Ken Baker	Nene Valley	8	13.49m
M45	Dave Burrell	Luton	14	11.11m
M50	Brian Slaughter	MMKAC	16	10.75m
	Pentathlon			
M50	**John Mayor**	Stevenage	**3**	3627pts
M50	Brian Slaughter	MMKAC	4	3457pts
F40	Catherine Goddard	MMKAC	7	2866pts
F45	Monica Brown	FVS	8	2770pts
F50	**Gaye Clark**	Ryston	**1**	3678pts
F50	Jan Hardcastle	MMKAC	6	2832pts
F55	**Carole Filer**	City of Norwich	**1**	3909pts
	Weight			
M45	Dave Burrell	Luton	11	12.10m
F75	Anne Martin	Wymondham	4	9.78m
	Discus			
M45	Dave Burrell	Luton	8	34.64m
	Hammer			
M45	Dave Burrell	Luton	14	38.99m
F75	Anne Martin	Wymondham	6	25.41m
	Javelin			
M45	**Trevor Ratcliffe**	Dacorum	2	56.73m

Vets Inter Area Match, Solihull, Sunday 7 August 2011

We did quite well in the match last year but the Ladies did lose the title that they had held for the previous two years. This year we hope to regain the Ladies trophy and to "medal" in the men's competition.

We need our strongest teams out.

It will be a great day's competition for Masters with a high quality of competition in many events and the chance to compete against athletes you normally only meet in a the major championships. The age groups are slightly different to our normal competitions and are -

M35-49, M50-59, M60-69, M70, W35-49, W50-59, W60

This is a representative team so we can only put out our best available athlete in each event (guests are **not** allowed). If you are available and interested in competing then please let the team manager or Graeme Packman

know as soon as possible together with your current performances. All competitors **must** be EVAC members.

If you are interested in competing then please contact:

Men:	Catherine Goddard	c.goddard@cranfield.ac.uk	Tel: 01280 703815
Women:	Gaye Clarke	gayeclarke@btinternet.com	Tel: 07867 543317
Or	Graeme Packman	graemepackman@hotmail.com	Tel: 01234 781707

Designated Peter Andrews Memorial Medal Races

Peter Chaplin is coordinating a series of road races that will allow club members to compete for the medal. It will be an electronic competition. You must enter the races in the normal way. Peter will then compute the WMA percentage performance for every EVAC member and any one scoring 85% or above will be awarded the medal. Peter will publish full lists of all EVAC entrants so that you can see how well you fared and compare your performance with other club members.
The next races are:

Sunday 24 July	Luton 10k
Sunday 14 August	Thorney 5
Sunday 4 September	Wissey Half Marathon
Sunday 30 October	Fenland 10

Peter will nominate a number of further events later in the year to make up the EVAC Road Championship. You can find further information on Peter's website www.easternveteran.co.uk/
Entry details will be on the organising clubs website.

EVAC is grateful to all the promoting clubs for their assistance.

The medallists in the first two races of 2011:

Flitwick 10k

Gail Duckworth		Leighton Buzzard AC	40:15	91.9%
John Oakes	M53	Cambridge & Coleridge AC	36:01	87.3%
Peter Thompson		Nene Valley Harriers	36:16	86.0%

Breckland 10k

Jane Clarke	F51	City of Norwich AC	38:11	92.0%
John Oakes	M53	Cambridge & Coleridge AC	34:50	90.3%
Penny Edwards	F55	City of Norwich AC	43:14	85.6%

Articles and photos for the Eastern Vet

Our club magazine can only be as good as your contributions allow. We always need more stories and photo's for inclusion. Please send photo's and copy to Rob Lands by 18 September 2011.

BMAF Road Races

The BMAF hold road race championships at various distances throughout the year. The races in the coming year are:

21 August Half Marathon, Leek
02 October 10km, Exmouth
16 October Marathon, Abingdon

EVAC are happy to support our clubs if they want to host a BMAF event. If you compete in any of these events please let us know how you get on, photo's are also welcome.

BMAF Cross Country Relays

The relays have in recent years been held at Mansfield in early October. They were not held last year and at the time of writing there is no fixture on the BMAF web site. There is however a South of England cross country relay fixture in the calendar on Saturday 2nd October at Shuttleworth College Biggleswade.

British & Irish Masters Cross Country International Glasgow, Saturday 27 November 2011

Many EVAC members have represented England in this annual fixture. The English Masters Athletics Association is now seeking nominations for selection for the forthcoming international.

There are new arrangements for EVAC members this year. Self nominations should be made by 30 September 2011 and should be sent to Rob Lands (address on page 2).

All nominations will be considered by the selection committee on 19th October. The selectors give weight to performances in BMAF national events such as cross country, 5k, 10k & track races. It is a condition of selection that you are a member of a BMAF affiliated club or association i.e. EVAC.

The relevant letter and further details will be found on the EVAC and BMAF web sites shortly. www.bvaf.org.uk

Please contact Rob Lands for more information.

The Eastern Veterans AC website www.evac.org.uk

Maurice Hemingway of Riverside Runners has taken on the EVAC website. The site should be your first port of call for news about the club, results and forms.

Maurice needs your support, so please let him have your thoughts and send him pictures from EVAC events, entry forms, results, interesting stories.

Application to Join or Renew Membership of Eastern Vetarans Athletics Club - 2011/2012

Please Note - membership runs from 1st April to 31st March

First Name	Surname

Address

Number	
Road/street	
Town/Village	
County	
Postcode	

Phone number
Email address

Gender	Date of Birth	Current Age	Current Age Group
Male/Female			

First Claim Club	EA/ARC?	Any other Veteran club
England Athletics Registration Number		

Your interests (please tick)

Track & Field		X Country		Road Running		BMAF events		International Events	

2nd Claim Membership of EVAC	£12	
1st Claim Membership of EVAC	£12 + £5 for registration with England Athletics	
Life Membership - M70 & F65	£4.50 to register with BMAF	
	Membership Number	

I agree to abide by the rules of EVAC as laid down.
I agree to these details being retained on a database. Yes/No

Signed...../Dated.....

To be completed and returned to Hon. Membership Sec. Mary Waters, East Cottage, Beccles Road, Fritton, Norfolk NR31 9HB. Cheques payable to EVAC.

Fixture List
2011

July

6	EVAC Track & Field League, match 3 (not Essex -29/6)
6 -17	World Masters T & F Champs, Sacramento, USA
31	EVAC Track & Field Champs, Kings Lynn

August

3	EVAC Track & Field League, match 4
7	Veterans Inter area Competition, Solihull
20	BMAF 20k & 30k Walks, Coventry
21	BMAF Half Marathon Champs, Leek

September

4	BMAF 10 mile Road Champs, Hexham
10/11	BMAF Decathlon/Pentathlon Champs, Oxford
11	EVAC Track & Field League Final, Bedford

October

2	BMAF 10k Road Race Exmouth
16	BMAF Marathon, Abingdon
23	Ampthill Trophy Meeting, Ampthill

Many thanks to the following people for allowing us to use their photos.
John Przbyl - http://multicapturephotography.zenfolio.com/
Tom Phillips - http://www.tomphillipsphotos.co.uk/
You can see their other photos at the web sites above.
Brian Graves - for his many contributions.

What do I get as a member of EVAC?

You can join EVAC as either a 1st or 2nd claim member. For your membership you receive:

- the Eastern Vet and the BMAF magazines.
- You are able to compete in all the EVAC competitions.
- You qualify to represent Eastern Veterans in inter area matches if selected.
- You are able to enter all BMAF events often for a lower entry fee and without the need to prove your age group.
- You qualify to represent Great Britain in international events if selected.
- Through BMAF you can enter the many international masters events around the world.

EVAC

Photos from the first round of the League matches:

Above (taken by Brian Graves at Bedford)
Peter Benedickter in the 400 Hurdles
The leading group in the 1500m -
Steve Herring leading from R. Holland.

Left (taken by John Przbyl)
Ricky Huskinsson in the Long Jump & A. Jenkins shot putting.

www.evac.org.uk