EVAC

The Eastern Vet

The quarterly magazine of the Eastern Veterans Athletic Club
Issue 118 Autumn 2011 **Edited by Robert Lands**

The start of the M60 100m at the T&F league Final
Paul Speaight, Paul Toombs, John Brock

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Did Les Percival wipe out in Gent?

Get a potted history on page 16

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as at October 2011

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Other Committee members
Dave Stephenson, Dave Barnett, Jan Hardcastle, Cath Duhig, Pete Duhig

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

Another summer of track & field has finished with an excellent competition in the EVAC league final where Marshall Milton Keynes AC took the Men's crown from Bedford and Chelmsford AC retained the women's title. We carry the team match results and some pictures in this magazine, full individual results will be in the winter magazine.

There has also been action in August at the Masters inter area track and field event where our women were a little non plused to have been place second on the day when they won the event - one of our 800m runners was wrongly assigned to Vets AC in the results!

Those of you who braved the T&F League finals at Bedford Stadium were also able to attend the AGM where all the club officers listed on the facing page were re elected to the committee. Our Chair invited others to come forward either on the day or after. So if you can help the club please don't stand back, EVAC can only be as good as its members make it - ask how can you help.

EVAC is particularly weak on the cross country and road running side at the moment, we need fresh blood to take over the Cross Country role. Peter Chaplin is organising a road race series within organised road races but we do not have anyone on the committee to take this further.

On the personal front, I have managed a few races myself in the T&F League I made it to the Milton Keynes match and walked for the team and non scored in the 3000m, that was my first competition in almost 15 months. I also walked in the final as can be seen in the photo above just behind Sue Rey. Why was I in the women's race? Well that's a long story.

I was also chief timekeeper at the T&F finals and am very grateful to my small team of timekeepers. All our Track & Field events rely on the goodwill of many officials be they starters, marksman, track judges, field judges, timekeepers or scorers. Behind the scenes there are often more people ensuring refreshments are available. I offer a big thank you to them all on your behalf.

All clubs and leagues are desperately short of officials nowadays. It is easy to help out and there are plenty of entry level courses across the East of England in the coming months, look on the England Athletics website for details.

Rob Lands

EVAC Annual General Meeting
Sunday 11 September 2011, Bedford

The AGM took place immediately after the conclusion of the T&F League finals. The officers of the club were re-elected unopposed. Our Chair, Jan Lawson, gave the report you can find printed below.
Our Treasurer, Brenda Russell, presented the club accounts for the year to 31 March 2011. Although the accounts gave the clubs position as at the 31 March 2011, Brenda has been chasing up the club assets and liabilities from past periods and this work is not quite complete. We will give a full picture of the finances in the next issue of the magazine.
Graeme Packman, our T&F League Secretary, initiated a discussion about the T&F League in 2012. This is likely to be affected by the London Olympics, There will be more on this point in the next issues of the magazines hopefully things will be clearer soon.

Jan Lawson's speech

Thank you all for coming today and making it such a good competitive end to the season. The League has had a good year with another 2 teams joining to give 15 men's and 13 ladies' teams in total & it is especially pleasing to see one of these teams (Kettering Ladies) here at the final. We hope all of these teams will be in the League again next year and that we will find even more teams to take part.

There have, however, been a few downsides this year:-
- the imbalance in the number of teams in each division- we are already looking at reconfiguring the Fenland and Central divisions for next year so that we have 6 teams in each -assuming everyone rejoins
- the Essex division is of particular concern with only 3 men's and 2 ladies teams.
- Given this, it is especially pleasing to see ALL of the Essex teams here at the Final.

I do need to stress that Graeme, other members of the Committee and the team managers of the existing Essex division teams have been making considerable efforts to try to recruit more teams into this Essex division. We seem to suffer from competition from the Southern Counties Vets League with clubs generally not keen to be in both Leagues although many of the athletes do compete in both.

Another major downside is the increasing difficulties we are facing in getting enough officials to cover these matches. This problem affects every League in the country so we are not alone. We don't in principle wish to go the route of the junior and young athlete leagues of penalising clubs for not bringing officials but we are sailing close to the wind at times.

I would on behalf of myself and the whole committee like to thank not only all the officials who have worked so hard today but those who have given so much support throughout the season often in uncomfortable conditions. I would also like to thank the Bedford club for hosting us here today. Many thanks to Trevor Buck, Bob Thomson, Bernard Wells and Courtney Gunn and their support team for their efforts behind the scenes. Also, of course, huge thanks to the track staff.

Besides the Track & Field League we have also had successful Indoor and Outdoor Championships. Although he is not here today I would particularly like to thank John Painter of City of Norwich AC for hosting the outdoor champs again at Kings Lynn. John is planning to offer to host the outdoor champs again next year and is looking at options of holding them at a more central venue such as Cambridge. We are giving John our full support on this and hope to be able to announce more info during the winter.

I would also like to pay tribute to our EVAC teams that took part in the Vets Inter Area match at Solihull back at the beginning of August. Our men's team did it's best for several years with an emphatic 3rd place and our ladies team, although the official results show us finishing runners up, are claiming a moral victory as one of our athletes was mistakenly recorded as competing for another area. Well done to both of them and to Graeme and Gaye for all their hard work in organizing the teams.

We are already planning next year and we will go onto discuss this in more detail in the next few minutes. However, I must just stress the considerable uncertainty that surrounds next season something to do with another athletics event that appears to be taking place in East London! I know that many of you will be involved as officials and volunteers (and if you were really lucky as spectators) for the able bodied and the Paralympics. I am also aware that Graeme has already been making considerable efforts with UKA to get clarity as to what will be happening next year- with no great response. It is inevitable that the Olympics will severely impact on our season next year. We will try to minimise the impact but this once in a lifetime event may need us to compromise severely on what we normally do. Can I just ask for your patience and understanding.

I would like to give my personal thanks to the EVAC Committee that have made this season happen- there is a lot of work goes in behind the scenes. Also to all the team managers without whom none of this would happen either. I just hope their teams appreciate what their team managers need to do. I know mine do- of course!

Finally could I wish good luck to all those athletes that are heading off to Italy in the next few days. I know some have gone already but others have waited specially to be here today. Thank you once again and over to the rest of the meeting.

EVAC Track & Field League Match 3 St Ives -1

Men Central Division Match 3

Bedford & County AC	B&CAC	155
Marshall Milton Keynes AC	MMKAC	149
Cambridge & Coleridge AC	C&CAC	116
Huntingdon AC	Hunts AC	113
Kettering Town Harriers	KTH	71
Fairlands Valley Spartans	FVS	70
Biggleswade AC	Bigg AC	38
Wellingborough & District AC	W&DAC	29

	100m M40				**100m M50**		
1	Peter Downhill	Hunts AC	13.2	1	T James	B&CAC	13.3
2	Lance Croft	B&CAC	13.6	2	Julian Courtney	C&CAC	13.3
3	D Stephenson	FVS	13.9	3	John Turner	MMKAC	14.4
4	Ian Patton	W&DAC	14	4	Richard Sidlin	FVS	15.5
5	N Carrington	Bigg AC	14.2	5	Wayne DuBose	Hunts AC	15.5
6	Greg Smith	KTH	14.3	6	Steve Stredwick	W&DAC	15.9
7	A Holdsworth	C&CAC	14.6	7	Paul Young	KTH	18.2
8	Mick Harry	MMKAC	15.2		**100m M60**		
				1	D Folgate	B&CAC	14.6
				2	Paul Toombs	MMKAC	15.8
1	**400m M40**			3	Noel Moss	C&CAC	17.1
1	P Benedickter	B&CAC	55.5		**400m M50**		
2	Peter Downhill	Hunts AC	56.4	1	Ivers Liciteis	MMKAC	59.9
3	Steve Mayfield	FVS	62.5	2	Julian Courtney	C&CAC	64.6
4	Phil Balderston	MMKAC	62.5	3	Derek Darnell	Hunts AC	64.9
5	Andre Smit	W&DAC	65.6	4	Dave Folgate	B&CAC	70.8
6	Paul Marlow	KTH	67.5	5	Peter Goring	KTH	71.7
7	Ian Slack	C&CAC	74.4	6	Richard Sidlin	FVS	75.8
	1500m M40				**1500m M50**		
1	Mike Salt	C&CAC	04:34.2	1	Richard Holland	Hunts AC	04:57.6
2	Steve Herring	MMKAC	04:42.0	2	Phil Jones	MMKAC	05:06.3
3	Paul Westrope	B&CAC	04:58.2	3	Andy Boast	B&CAC	05:26.7
4	Ian Day	Hunts AC	05:08.2	4	Richard Sidlin	FVS	05:53.5
5	Paul Pickard	FVS	05:42.1	5	Paul Young	KTH	05:59.3
6	Ian Patton	W&DAC	05:43.0	6	R Wynde	Bigg AC	06:09.4
7	Alistair Moxey	KTH	06:11.4		**1500m M60**		
				1	John Skelton	MMKAC	05:11.5
1	**110mH M40**			2	Alex Swiecicki	B&CAC	05:23.2
1	P Benedickter	B&CAC	18.9	3	John Jenkins	C&CAC	05:50.0
2	Richard Phelan	Hunts AC	22.2				
3	Ian Slack	C&CAC	24.6				
	100mH M50						
1	T James	B&CAC	20.1				

EVAC Track & Field League Match 3 St Ives -2

	2K Walk M40				**2K Walk M50**		
1	D Stephenson	FVS	11:58.0	1	Mark Wall	MMKAC	11:06.2
2	Brian Graves	MMKAC	13:05.1	2	R Wynde	Bigg AC	13:01.4
3	Rob Britten	KTH	13:53.4	3	Steve Peterson	KTH	13:43.9
	2K Walk M60			4	Wayne DuBose	Hunts AC	14:29.0
1	Graham Ayre	B&CAC	12:18.7	5	Paul Holgate	FVS	15:17.0
2	Bob Austin	MMKAC	12:47.2				
	High Jump	**M40**			**High Jump M50**		
1	Richard Phelan	Hunts AC	1.60m	1	Julian Courtney	C&CAC	1.45m
2	S Eastwood	B&CAC	1.55m	2	Derek Darnell	Hunts AC	1.40m
3	C Watson	Bigg AC	1.45m	3	D Folgate	B&CAC	1.35m
4	Ian Slack	C&CAC	1.40m	4	Andy Harrison	MMKAC	1.25m
5	Greg Smith	KTH	1.35m	5	Peter Goringe	KTH	1.10m
6	Steve Mayfield	FVS	1.30m	6	Richard Sidlin	FVS	1.10m
7	Carl Baldwin	MMKAC	1.30m		**Long Jump M50**		
8	Andre Smit	W&DAC	1.25m	1	Julian Courtney	C&CAC	4.55
	Long Jump	**M40**		2	Derek Darnell	Hunts AC	3.59
1	N Carrington	Bigg AC	4.75m	3	Steve Stredwick	W&DAC	3.48
2	Richard Phelan	Hunts AC	4.44m	4	Jim Lawrence	MMKAC	3.44
3	Paul Marlow	KTH	4.21m	5	Steve Peterson	KTH	3.42
4	D Stephenson	FVS	3.98m	6	Richard Sidlin	FVS	2.79
5	Carl Baldwin	MMKAC	3.91m		**Long Jump M60**		
6	Lance Croft	B&CAC	3.70m	1	Dave Folgate	B&CAC	4.76
7	A Holdsworth	C&CAC	3.61m	2	Noel Moss	C&CAC	3.29
				3	Paul Toombs	MMKAC	3.01
	Shot M40				**Shot M50**		
1	Gary Parsons	C&CAC	10.59	1	D Goldsworthy	MMKAC	10.34
2	D Kerr	B&CAC	9.51	2	Wayne DuBose	Hunts AC	9.53
3	Carl Baldwin	MMKAC	7.88	3	J Burke	B&CAC	8.15
4	C Watson	Bigg AC	7.68	4	Jerry Wise	KTH	7.55
5	Paul Marlow	KTH	6.50m	5	Frank Martin	C&CAC	6.95
6	Dave Ensor	Hunts AC	5.49	6	Steve Stredwick	W&DAC	6.43
7	Paul Pickard	FVS	5.29	7	Richard Sidlin	FVS	6.30m
	Hammer M60				**Shot M60**		
1	Jack Kee	MMKAC	39.25	1	R Richards	B&CAC	9.46
2	R Richards	B&CAC	19.76	2	Jack Kee	MMKAC	8.97
3	Noel Moss	C&CAC	16.81	3	Noel Moss	C&CAC	5.29
4	**Hammer M40**				**Hammer M50**		
1	D Kerr	B&CAC	41.57	1	J Burke	B&CAC	26.57
2	Gary Parsons	C&CAC	36.48	2	Wayne DuBose	Hunts AC	24.53
3	Carl Baldwin	MMKAC	20.12	3	D Goldsworthy	MMKAC	23.22
4	C Watson	Bigg AC	15.05	4	Frank Martin	C&CAC	19.80m
5	Dave Ensor	Hunts AC	14.54	5	Jerry Wise	KTH	14.70m
6	Steve Mayfield	FVS	14.22	6	Richard Sidlin	FVS	13.95
7	Alistair Moxey	KTH	12.45				

EVAC Track & Field League Match 3 St Ives - 3

	M40 4x400m					
1	Bedford & County	4:05.5	1	Marshall Milton Keynes		4:29.7
2	Marshall Milton Keynes	4:16.5	2	Hunts AC		4:37.4
3	Hunts AC	4:33.2	3	Cambridge & C AC		5:27.7
4	Fairlands Valley Spartans	4:35.9	4	Kettering Town Harriers		5:42.2
5	Wellingborough & District	4:48.9				
6	Kettering Town Harriers	5:05.9				

Women Central Division Match 3

Fairlands Valley Spartans	FVS	164
Marshall Milton Keynes AC	MMKAC	163
Kettering Town Harriers	KTH	110
Huntingdon AC	Hunts AC	93
Bedford & County AC	B&CAC	72
Cambridge & Coleridge AC	C&CAC	64

	100mF35				**100mF45**		
1	Rosie Canham	FVS	15.2	1	Anita Sampson	B&CAC	14.8
2	Hannah Stirley	Hunts AC	15.3	2	Jan Hardcastle	MMKAC	15.8
3	Bronwyn Smit	KTH	17	3	Tessa Stephenson	FVS	16.3
4	Di Baldwin	MMKAC	20.6	4	Jane Packman	C&CAC	17.5
	100mF55			5	Sandra Pedley	Hunts AC	18.1
1	Jan Lawson	MMKAC	18.3	6	Yvonne Elliott	KTH	19.4
2	Julia Hancock	B&CAC	19.8		**400mF45**		
3	Iris Hornsey	FVS	20.7	1	Anita Sampson	B&CAC	68.6
4	Myrtle Capliss	KTH	25.4	2	Helen Keyworth	KTH	70.1
	400mF35			3	Tessa Stephenson	FVS	75.7
1	Rosie Canham	FVS	69.8	4	Jane Packman	C&CAC	80.4
2	Rachel Roberts	C&CAC	79.9	5	Lesley Byrne	MMKAC	87.2
3	Di Baldwin	MMKAC	80.7		**400mF55**		
4	Hannah Stirley	Hunts AC	84.3	1	Ursula Ghaleb	MMKAC	94.7
5	Jill Tierney	KTH	85.6	2	Julia Hancock	B&CAC	97.6
6	Paula Blizzard	B&CAC	95.4	3	Iris Hornsey	FVS	98.1
				4	Myrtle Capliss	KTH	129.3
	1500mF35				**1500mF45**		
1	Jo Coates	C&CAC	05:32.0	1	Kerry Munn	KTH	05:52.7
2	Kerry James	FVS	05:49.8	2	Jane Packman	C&CAC	05:53.3
3	Di Baldwin	MMKAC	06:32.8	3	Chris Feely	FVS	06:01.8
4	Alison Moxey	KTH	06:44.1	4	Justine Ash	Hunts AC	07:42.4
	1500mF55			5	Jackie Maycock	MMKAC	08:12.3
1	Ursula Ghaleb	MMKAC	07:19.0				
2	Iris Hornsey	FVS	07:46.7		**80mH F45**		
	100mH F35			1	Lesley Byrne	MMKAC	17.8
1	Monica Brown	FVS	21.6	2	Penny Butcher	Hunts AC	18.9
2	Hannah Stirley	Hunts AC	22.3	3	Chris Feely	FVS	20.3

EVAC Track & Field League Match 3 St Ives - 4

	2K Walk F35				**2K Walk F45**		
1	Di Baldwin	MMKAC	12:02.0	1	Helen Middleton	B&CAC	11:27.6
2	Paula Blizzard	B&CAC	12:55.4	2	Justine Ash	Hunts AC	13:51.9
3	Rachel Roberts	C&CAC	13:50.2	3	Sharon Crowley	FVS	13:54.4
4	Steph Mayfield	FVS	13:56.2	4	Sue Rey	MMKAC	14:38.3
5	Bronwyn Smit	KTH	14:58.9	5	Yvonne Elliott	KTH	15:32.1
					2K Walk F55		
				1	Ursula Ghaleb	MMKAC	13:32.2
				2	Myrtle Capliss	KTH	15:39.1
	High Jump F35				**High Jump F45**		
1	C Goddard	MMKAC	1.40m	1	Jan Hardcastle	MMKAC	1.20m
2	Sharron Kenyon	Hunts AC	1.35m	2	Tessa Stephenson	FVS	1.20m
3	Monica Brown	FVS	1.30m	3	Sandra Pedley	Hunts AC	1.15m
4	Amanda Marlow	KTH	1.05m	4	Sarah Bailey	KTH	0.9m
	Long Jump F35				**Long Jump F45**		
1	Monica Brown	FVS	4.62m	1	Jan Hardcastle	MMKAC	3.44m
2	C Goddard	MMKAC	3.91m	2	Sandra Pedley	Hunts AC	3.29m
3	Sharron Kenyon	Hunts AC	3.76m	3	Karen Dodsworth	FVS	3.25m
4	Amanda Marlow	KTH	3.40m	4	Yvonne Elliott	KTH	2.71m
	Long Jump F55			5	Brenda Russell	B&CAC	1.79m
1	Ursula Ghaleb	MMKAC	2.63m		**Shot F45**		
2	Iris Hornsey	FVS	2.37m	1	Romana Martin	C&CAC	7.44m
	Shot F35			2	Karen Dodsworth	FVS	6.66m
1	C Goddard	MMKAC	8.92m	3	Brenda Russell	B&CAC	6.13m
2	Monica Brown	FVS	6.45m	4	Jackie Maycock	MMKAC	5.99m
3	S Blackman	B&CAC	6.10m	5	Penny Butcher	Hunts AC	5.24m
4	Rachel Roberts	C&CAC	6.06m	6	Sarah Bailey	KTH	5.00m
5	Hannah Stirley	Hunts AC	5.85m		**Shot F55**		
6	Alison Moxey	KTH	5.40m	1	Jan Lawson	MMKAC	7.48m
				2	Jenny Speaight	Hunts AC	6.31m
	Hammer F45			3	Mary Holmes	C&CAC	5.04m
1	Brenda Russell	B&CAC	27.60m	4	Iris Hornsey	FVS	4.76m
2	Romana Martin	C&CAC	21.44m		**Hammer F35**		
3	J Lawrence	MMKAC	19.59m	1	Amanda Marlow	KTH	16.79m
4	Sarah Bailey	KTH	12.53m	2	Steph Mayfield	FVS	15.75m
5	Penny Butcher	Hunts AC	12.52m	3	Hannah Stirley	Hunts AC	14.61m
6	Sharon Crowley	FVS	10.29m	4	Jean Harry	MMKAC	11.90m
	4 x 400m Relay F35				**4 x 400m Relay F45**		
1	Fairlands Valley Spartans		5:09.20	1	Fairlands Valley Spartans		5:26.60
2	Kettering Town Harriers		5:37.40	2	Marshall Milton Keynes AC		5:50.70
				3	Kettering Town Harriers		5:56.50

EVAC Track & Field Lge Match 3 Peterborough 1

Men Fenland Division Match 3 Peterborough

Peterborough AC	Peterb	70
West Norfolk AC	W.Norf	64
Ryston Runners AC	Ryston	62
City of Norwich AC	Conac	22

	100m M40				**100m M50**		
1	Duncan Harbour	Peterb	13.2	1	Ricky Huskisson	Peterb	12.7
2	G Powley	W.Norf	13.5	2	Gordon Slater	Conac	13.7
3	A Harrod	Ryston	14.7	3	Ian Reeve	W.Norf	14.7
	100m M60			4	Peter Brown	Ryston	17.6
1	**John Moore**	W.Norf	15 4				
2	Mart immonds	Ryston	16.2				
3	Peter Brantom	Peterb	17.3				
	400m M40				**400m M50**		
1	Neil Martin	Peterb	57.2	1	Dave Whitehead	Peterb	60.9
2	John Walshaw	Conac	63.0s	2	Gordon Slater	Conac	61.4
3	Geff Powley	W.Norf	63.0s	3	John Moore	W.Norf	62.4
4	N Bensley	Ryston	65.5	4	C Milne	Ryston	87.7
	1500m M40				**1500m M50**		
1	M Tuff	Ryston	4:35.5	1	C Milne	Ryston	6:16.7
2	John Herbert	Peterb	4:38.8		**1500m M60**		
3	John Walshaw	Conac	4:45.7	1	Peter Brantom	Peterb	5:36.6
4	Geff Powley	W.Norf	6:23.3	2	Mart Simmonds	Ryston	6:07.9
	100mH M50			3	B Delves	W.Norf	8:56.5
1	Ian Reeve	W.Norf	18.8		**110mH M40**		
2	Ricky Huskisson	Peterb	19.3	1	Duncan Harbour	Peterb	19.6
3	David Neale	Ryston	26.9	2	Geff Powley	W.Norf	22.4
	2km Walk M40						
1	M Ive	Ryston	11:24.5		**2km Walk M60**		
2	??	W.Norf	15:47.7	1	Mart Simmonds	Ryston	12:24.7
	2km Walk M50			2	Peter Brantom	Peterb	13:49.3
1	P Firmage	Ryston	12:37.3	3	B Delves	W.Norf	16:06.5
	High Jump M40				**High Jump M50**		
1	Geff Powley	W.Norf	1.45m	1	Ricky Huskisson	Peterb	1.55m
2	John Herbert	Peterb	1.40m	2	Gordon Slater	Conac	1.40m
3	David Lane	Ryston	1.30m	3	Ian Reeve	W.Norf	1.40m
				4	David Neale	Ryston	1.25m
	Long Jump M40				**Long Jump M60**		
1	Geff Powley	W.Norf	4.68m	1	John Bray	W.Norf	3.54m
2	Duncan Harbour	Peterb	4.60m	2	Peter Brantom	Peterb	3.41m
3	David Lane	Ryston	4.13m	3	Mart Simmonds	Ryston	3.32m

EVAC Track & Field Lge Match 3 Peterborough 2

Women Fenland Division Match 3 Peterborough

Ryston Runners AC		Ryston	81
Peterborough AC		Peterb	53
West Norfolk AC		W.Norf	33
City of Norwick AC		Conac	20

	100m F35				**100m F45**		
1	Mel Brown	Conac	14.1	1	Pat Watson	Peterb	15.7
2	L. Richardson	Peterb	14.7	2	Karen Wood	Ryston	17.1
3	Lesley Robins	Ryston	16.1	3	D Hunter	W.Norf	17.3
					100m F55		
	400m F35			1	Mel Browm	Conac	16.4
1	L Richardson	Peterb	66.3	2	Marl. Simmonds	Ryston	17.9
2	K Wasteney	W.Norf	68.3		**400m F45**		
3	Lesley Robins	Ryston	79.9	1	Linda Marshall	Ryston	82.7
					400m F55		
	1500m F35			1	Georgina Allen	Ryston	1:2
1	Nicky Neill	W.Norf	5:16.7		**1500m F45**		
2	Nicky Morgan	Peterb	5:27.0	1	Alison Milnes	Ryston	6:51.8
3	Sarah Taylor	Ryston	5:43.2		1500m F55		
				1	Gill Hart	Ryston	7:24.0
	100mH F35				**80H F45**		
1	L Richardson	Peterb	20.5	1	Linda Marshall	Ryston	18.9
2	K Wasteney	W.Norf	20.6	2	Pat Watson	Peterb	23.9
3	Lesley Robins	Ryston	28.0s		**2kmWalk F45**		
	2km Walk F35			1	Gillian Loughlin	Conac	12:34.7
1	Nicky Neill	W.Norf	14:20.6	2	Liz Blakie	Ryston	12:58.5
2	Sue Smith	Ryston	15:45.8		**2km Walk F55**		
				1	Cath Duhig	Ryston	11.33
	High Jump F35				**High Jump F45**		
1	L Richardson	Peterb	1.30m	1	Pat Watson	Peterb	1.20m
2	Jo Isbill	Ryston	1.25m	2	Linda Marshall	Ryston	1.20m
3	K Wasteney	W.Norf	1.20m				
	Long Jump F35				**Long Jump F45**		
1	L Richardson	Peterb	4.14 m	1	Karen Wood	Ryston	3.23m
2	K Wasteney	W.Norf	3.72m	2	Leigh Ely	W.Norf	3.15m
3	Jo Isbill	Ryston	3.62m		**Long Jump F55**		
	Shot F35			1	Marl. Simmonds	Ryston	3.25m
1	Andrea Jenkins	Peterb	10.42m	2	Yvonne Newton	Conac	2.88m
2	Jo Isbill	Ryston	5.53m		**Shot F45**		
3	Nicky Neill	W.Norf	4.45m	1	Kay Gibson	Peterb	6.05m
	Shot F55			2	Leigh Ely	W.Norf	5.95m
1	Marl. Simmonds	Ryston	7.97m	3	Maureen Hall	Ryston	5.33m
2	Yvonne Newton	Conac	5.99m	4	Gillian Loughlin	Conac	4.26m

EVAC Track & Field Lge Match 3 Chelmsford 1

	Hammer F35				**Hammer F45**		
1	Andrea Jenkins	Peterb	50.53m	1	Kay Gibson	Peterb	19.10m
2	Jo Isbill	Ryston	15.96m	2	Maureen Wolf	Ryston	13.44m
3	K Wasteney	W.Norf	14.00m	3	Leigh Ely	W.Norf	12.96m
				4	Gillian Loughlin	Conac	9.42m
	4x400m Relay F35				**4x400m Relay F45**		
1	Peterborough		5:17.5	1	Ryston Runners		5:46.0
2	Ryston Runners		5:38.9				

Men Essex Division Match 3 Chelmsford

Chelmsford AC	Chlems	58
Loughton AC	Lough	46
Southend AC	South	44

	100m M40				**100m M50**		
1	Prince Duwai	Chelms	12.5	1	Dave Barnett	Chelms	14.4
2	C.Farrow	South	12.6	2	C.Reed	South	16.7
3	Ty Holden	Lough	13.3	3	John Borgars	Lough	21.5
	Andy Mason	N/S	13.6		**110mH M40**		
	100m M60			1	Jim Harrison	Lough	20.5
1	David Hobbs	Lough	15.0s	2	C.Farrow	South	24.4
2	Ian Pearce	Chelms	15.6s	3	Andy Mason	Chelms	36.7
3	John Brock	South	16.0s		**100mH M50**		
	400m M40			1	Dave Barnett	Chelms	23.1
1	Ty Holden	Lough	58.9		**1500m M50**		
2	C.Farrow	South	63.7	1	Barry Thorpe	Chelms	05:10.7
3	Mike Bridgeland	Chelms	66.8	2	C.Reed	South	05:38.9
	400m M50			3	Simon Childs	Lough	06:08.3
1	Barry Thorpe	Chelms	70.1		Chris Purse	N/S	05:22.2
2	C.Reed	South	75.1		**1500m M60**		
3	Simon Childs	Lough	76.4	1	John Borgars	Lough	06:34.3
	1500m M40			2	Roger Cole	Chelms	07:14.7
1	Mike Bridgeland	Chelms	04:39.6	3	John Brock	South	08:19.7
2	T.Hyde	South	04:49.0		**2km Walk M60**		
3	Jim Harrison	Lough	05:35.9	1	John Brock	South	13:47.8
	2km Walk M40			2	Peter Cassidy	Lough	13:49.0
1	Keith Palmer	South	13:58.4	3	Roger Cole	Chelms	14:41.3
2	Terry Casey	Lough	15:24.3		**High Jump M40**		
	2km Walk M50			1	Mitch Belcham	Lough	1.71m
1	John Borgars	Lough	12:45.7	2	Keith Palmer	South	1.30m
2	Martin Branfoot	chelms	14:08.3	3	Andy Mason	Lough	1.20m
	Long Jump M40				**High Jump M50**		
1	Mitch Belcham	Lough	5.30m	1	Dave Barnett	Chelms	1.40m
2	Paul.Ffrench	South	5.12m	2	David Hobbs	Lough	1.10m
3	Prince Duwai	Lough	4.94m	3	John Brock	South	1.00m

EVAC Track & Field Lge Match 3 Chelmsford 2

	Long Jump M50				**Shot M50**		
1	Dave Barnett	Chelms	4.44	1	Robert.Earle	South	13.54
2	C.Reed	South	2.62	2	Mike Williams	Chelms	10.77
3	Mick Higgins	Lough	2.06	3	Mick Higgins	Lough	6.81
	Long Jump M60				**Shot M60**		
1	Phil Harris	Chelms	4.39	1	Phil Harris	Chelms	8.17
2	David Hobbs	Lough	3.9	2	John Clark	South	6.86
3	John Brock	South	2.59	3	Terry Casey	Lough	5.76
	Shot M40				**Hammer M50**		
1	Dave Bauer	Chelms	10.56	1	Robert.Earle	South	54.77
2	Paul.Ffrench	South	9.2	2	Mike Williams	Chelms	33.47
3	Jim Harrison	Lough	7.91	3	Mick Higgins	Lough	12.27
	Paul Avontuur	N/S	8.82				
	Hammer M40				**Hammer M60**		
1	Dave Bauer	Chelms	32.46	1	Phil Harris	Chelms	23.61
2	Paul.Ffrench	South	16.98	2	John Clark	South	19.84
3	Mitch Belcham	Lough	16.43	3	David Hobbs	Lough	13.69
	Paul Avontuur	N/S	18.44				
	4 x 400m M40 Relay				**4 x 400m M50 Relay**		
1	Loughton		04:31.5	1	Chelmsford		04:32.3
2	Chelmsford		04:47.1	2	Loughton		07:29.5
3	Southend		04:57.8				

Women Essex Division Match 3 Chelmsford

Chelmsford AC		Chelms	39.5
Loughton AC		Lough	35.5

	100m F35				**100m F45**		
1	Ali. McGowan	Chelms	14.9	1	Ama. Rochester	Lough	14.6
2	Michaela Davis	Lough	15.7	2	Yvonne Holmes	Chelms	14.6
	Sacha Sewell	N/S	15.2		**100m F55**		
	C. S-J Coleman	N/S	15.3	1	Barbara Higgins	Lough	16.5
	Carol Morris	N/S	17.3	2	Sylvia Sargeant	Chelms	17.1
					Jane Cler	N/S	17.1
	400m F35				**400m F45**		
1	Jo Smith	Chelms	73.1	1	Ama. Rochester	Lough	69.0s
2	Lorna Gaffney	Lough	74.0s	2	Yvonne Holmes	Chelms	71.6
	400m F55				**1500m F45**		
1	Margaret Jarvis	Chelms	84.9	1	Ann Heeks	Lough	06:17.0
2	Doris d'SBrady	Lough	102.7	2	Denise Ford	Chelms	06:18.3
	1500m F35				**1500m F55**		
1	Wendy King	Chelms	05:21.3	1	Margaret Jarvis	Chelms	06:31.9
2	Hea. Newman	Lough	06:37.7	2	Jean Hobbs	Lough	08:18.1
	Sacha Sewell	N/S	06:16.0				

EVAC Track & Field Lge Match 3 Chelmsford 3

	80mH F45				**2K Walk F45**		
1	Mags Jarvis	Chelms	20.2	1	Tania Blundy	Lough	16:23.4
2	Barb. Higgins	Lough	23.1				
	Tania Blundy	N/S	25.7				
	2K Walk F35				**2K Walk F55**		
1	Jane Clark	Lough	14:44.8	1	Fran. Fernandez	Lough	13:30.1
2	Tracey Minton	Chelms	14:48.0				
	High Jump F35				**High Jump F45**		
1	Carol Morris	Chelms	1.10m	1	Barbara Higgins	Lough	1.10m
2	Michaela Davis	Lough	1.10m	2	Sarah Stark	Chelms	1.00m
	Long Jump F35				**Long Jump F45**		
1	Kate Alexander	Chelms	4.47m	1	C St.J-Coleman	Chelms	3.82m
2	Lorna Gaffney	Lough	4.42m	2	Julia Ryan	Lough	3.00m
	Lana Gillard	N/S	4.53m		**Long Jump F55**		
	Sacha Sewell	N/S	3.55m	1	Sylvia Sargeant	Chelms	2.95m
				2	D. d'S -Brady	Lough	2.52m
	Shot F35				**Shot F45**		
1	Kate Merritt	Lough	6.44m	1	Sarah Stark	Chelms	6.28m
2	Tracey Minton	Chelms	5.93m	2	P. Ackland-Snow	Lough	5.98m
	Shot F55				Wendy Dunsford	N/S	9.83
1	Shirley Quinn	Chelms	8.63m				
2	Fr. Fernandez	Lough	5.64m				
	Hammer F35				**Hammer F45**		
1	Kate Merritt	Lough	22.15m	1	Shirley Quinn	Chelms	29.06m
2	Tracey Minton	Chelms	17.27m	2	P. Ackland-Snow	Lough	20.46m
					Wendy Dunsford	N/S	31.38m
	4 x 400m RelayF35				**4 x 400m Relay F45**		
1	Chelmsford	Chelms	05:06.6	1	Chelmsford	Chelms	05:31.6
2	Loughton	Lough	05:19.5	2	Loughton	Lough	05:51.0

Track & Field League Records set this summer:

Wednesday 4 May 2011

Venue	Name	Club	Age	Event	Perf.
Bedford	John Skelton	MMKAC	M60	1500m	4:59.6
Chelmsford	Rob Earle	Southend	M50	Shot	13m65
Chelmsford	Rob Earle	Southend	M50	Hammer	57m49
Peterborough	Andrea Jenkins	Peterborough	W35	Hammer	48m04
Peterborough	Cath Duhig	Ryston	W55	2kmWalk	11:35.8
Peterborough	Carole Filer	CoNAC	W55	100m	14.8
Peterborough	Carole Filer	CoNAC	W55	High Jump	1m30
Peterborough	Carole Filer	CoNAC	W55	Long Jump	4m33

Venue	Name	Club	Age	Event	Perf.
Wednesday 1 June 2011					
Cambridge	John Skelton	MMKAC	M60	3000m	10:20.2
Kings Lynn	Jo Isbill	Ryston	W45	Pole Vault	2m30
Kings Lynn	Cath Duhig	Ryston	W55	Mile Walk	9:21.4
Kings Lynn	Carole Filer	CoNAC	W55	200m	30.2
Lee Valley	Shirley Quinn	Chelmsford	W55	Discus	33m77
Wednesday 29 June 2011					
Chelmsford	Mitch Bellham	Loughton	M40	High Jump	1m71
Wednesday 6 July 2011					
Peterborough	Andrea Jenkins	Peterborough	W35	Hammer	50m53
Peterborough	Cath Duhig	Ryston	W55	2kmWalk	11:33.8
Peterborough	Ricky Huskisson	Peterborough	M50	High Jump	1m55
Peterborough	John Moore	W Norfolk	M60	400m	62.4
Wednesday 3 August 2011					
Kings Lynn	Cath Duhig	Ryston	W55	Mile Walk	9:13.5
Milton Keynes	John Skelton	MMKAC	M60	800m	2:30.0
Milton Keynes	Dave Folgate	Bedford	M60	Triple Jump	10m65

EVAC Track & Field League Finals, Bedford
Sunday 11 September 2011

There is not space in this magazine to publish the full individual results. They will be in the next issue.

Congratulations to Marshall Milton Keynes AC on winning the Men's League and to Chelmsford AC on retaining the Women's title.

The Man of the Match was Rob Earle of Southend AC & the Women of the Match was Kate Alexander of Chelmsford AC.

	Men's Teams	Score
1	Marshall Milton Keynes AC	260
2	Bedford & County AC	223
3	Southend AC	199
4	Chelmsford AC	196
5	Peterborough	186
6	Huntingdon AC	185
7	Loughton AC	142
8	Ryston Runners AC	149

	Women's Teams	Score
1	Chelmsford AC	267
2	Marshall Milton Keynes AC	220.5
3	Ryston Runners AC	216
4	Loughton AC	215
5	Fairlands Valley Spartans	207
6	Kettering Town Harriers AC	143.5
7	Huntingdon AC	123
8	West Norfolk AC	93

Les Percival - a potted life in sport and TV

Les Percival taking over from Ivars Licietis photo by Tom Phillips

Les Percival contacted me after the last magazine as I had incorrectly labelled a photo of him. I invited Les to put things right.

Athletics started early for me, as a well developed boy quite big for his age. I was the local primary school champion, running I believe 80 yards then. No great surprise there it was only a tin-pot primary with not a lot of competition. The only thing of note was that the fastest girl was a girl called Marilyn Neufville who went on to run for Jamaica which caused quite a storm because everyone thought she would run for Great Britain.

When I reached secondary school rugby was the order of the day, which was like bread & water to me. I captained the school & soon went on to play for the old boys team. Finding myself at the age of 14 playing for the school on Saturday mornings, the old boys club on Saturday afternoon & a pub team on Sundays. My rugby career was crowned when I joined Blackheath Rugby Club which at the time was one of the premier clubs in the country, I found myself playing at Cardiff Arms park & Murrayfield to name just two. The most wonderful thing about this was I now found myself playing against my boyhood heroes people like Andy Ripley, Bob Hiller & David Duckham all were playing for the opposition. These were great times but they came to an abrupt end when I was laying in a hospital bed & my pregnant wife came in to see me & words like responsibility came into my head & I thought enough is enough get out while you can.

I then dabbled with goal keeping at football for a while & to my surprise people would jump out of the way when I dived on the ball. It was at this point I won my only road race it was the Staplehurst 5 miles & my prize was a raffle ticket with number one on it. Though I was 16 stone I quite liked this running game & soon got into the running boom running in the end 15 marathons including 5 Londons. Not that I was any good, my best half marathon time was 1hr 18 mins coming 76th not bad out of over a thousand, but I knew in my heart I was the wrong size & build.

My big break came my 8 year old daughter suddenly wanted to joint an Athletics Club & of course dad had to go along as well. I soon found on a track I could compete with the best of them it didn't really matter when my daughter left, I was hooked. The club we joined was called Paddock Wood & my daughter still holds the 80m under 10 record. With Paddock Wood I entered the Kent veterans champs & won, in fact for the last 7 years I've managed to win one title or other.

At the age of 50 I decided to move away to Lincolnshire & retire giving me more time to indulge & started entering the national competitions, I never received a gold medal but was more than happy with a couple of silvers.

With more time on my hands I decided to enter the BBC Total Wipeout Series & to my surprise I got an audition & was selected to go out to Argentina & compete. Well when I got there the average age was twentyish with me being the grandfather image, which was quite appropriate as my first grandson was born on the week before. Well the old boy did well being the oldest guy in the country to get into the wipeout zone, in the final my two competitors were a semi pro wrestler 32 years younger than me & a semi pro footballer 23 years younger than me so it wasn't really a fair fight. As I got through to the last 3, I was asked to go back for the champion of champions show; another 16 hrs on a plane. The icing on the cake came last December when the show went global for a week with Great Britain taking on the rest of the world. I was asked to be the Great Britain captain, things just couldn't get any better than this, what a honour.

On a high with this I decided to enter the European indoor champs in Gent but my training had suffered so I put all my eggs in one basket & just entered the 200m. I was in the first heat of the 200m with the first 2 & 2 fastest losers going through I came third. I walked off thinking what a waste of time & money. When I got into the stand a friend told me I had run well & would go through, my time of 26.3 was the 6th fastest in the heats. In the semi's it was the first 3 through & I came third. In the final there were four Brits Steve Peters, Wally Franklin, Ian Broadhurst & me. The final didn't go as planned I was in the inside lane & at 16 stone I'm not designed to go round sharp corners, I finished last. However, I confidently put my name down for the relay. The next day was the 60m & David Elderfield & Ivars Licietis came out & both ran really well.

That evening we had a chat about the relay team, we all wanted the best team to run but Steve had to drop out with a slight strain. Although I had run in the final & was the 4th fastest of the Brits in the 200m, I knew Ivars was faster than me so I did the right thing & let him run.

On the final day of the champs the relay team was to be David, Wally, Ian & Ivars; a good team that should wipe the floor with the rest of the competition. Two hours before the race David came up to me & asked me to take his place in the relay as he had a slight pulled muscle. I had to compose myself, I was now going to run in the Great Britain relay team as the anchor leg runner replacing David. The championship final was run as a time trial with 2 heats & the fastest team winning. Well, all went well & I took the baton with a lead of 60m or so & ran 26.9. We then had to wait for the second heat with the Germans in, and they were nowhere to be seen. Our time was 1 min 42.59 secs less than 2 seconds off the European record.

Well that was going to be my swan song, but no I've one more challenge I'm going to swim the channel next.

Thanks to Les for his contribution - do you have a story to tell?

- Contributions and Photos to the editor please.

EVAC Track & Field Lge Match 4 Milton Keynes 1

Men Central Division Match 4 Milton Keynes

Marshall Milton Keynes AC		178.5
Bedford & County AC		134
Hunts AC		112
Cambridge & Coleridge AC		109.5
Fairland Valley Striders		99
Kettering Town Harriers		50
Biggleswade AC		42
Wellingborough & District AC		9

	200m M40				**800m M40**		
1	P Benedickter	B&CAC	24.7	1	Peter Downhill	Hunts AC	02:18.0
2	Paul Canning	MMKAC	25.6	2	M Blackwell	B&CAC	02:19.2
3	Richard Phelan	Hunts AC	27.6	3	Steve Mayfield	FVS	02:25.2
4	D Stephenson	FVS	28.1	4	Robert Balderston	MMKAC	02:27.2
5	C Campbell	Biggs	28.9	5	Andy Clawson	KTH	02:33.8
6	Greg Smith	KTH	29.9	n	Peter Benedickter	B&CAC	02:09.7
7	Ian Slack	C&CAC	32.9	n	Lance Croft	B&CAC	02:11.1
n	Lance Croft	B&CAC	26.7	n	Paul Westrope	B&CAC	02:24.9
n	G Westrope	Hunts	29.9	n	Ian Day	Hunts	02:31.8
	200m M50				**800m M50**		
1	J Courtney	C&CAC	26.6	1	Malcolm Down	MMKAC	02:19.1
2	Ivars Licietis	MMKAC	26.6	2	David Brown	Biggs	02:22.1
3	W Paterson	W&DAC	27.4	3	Derek Darnell	Hunts AC	02:24.6
4	David Brown	Biggs	28.3	4	Joe Tucker	C&CAC	02:39.6
5	Derek Darnell	Hunts AC	**29.8**	5	Dave Laynes	B&CAC	02:42.2
6	Paul Young		36.2	6	Paul Young	KTH	02:51.6
7	Mark Glading	FVS	38.5	7	Richard Sidlin	FVS	02:57.4
n	John Turner	MMKAC	27.8	8	T Hale	W&DAC	03:20.9
n	S Stredwick	W&DAC	32.6	n	Alasdair Gibson	MMKAC	02:31.0
	200m M60			n	Phil Young	Hunts	02:49.2
1	Paul Toombs	MMKAC	31.5		**800m M60**		
2	Noel Moss		33.7	1	John Skelton	MMKAC	02:30.0
3	Roger Biggs	FVS	38.5	2	Alec Swiecicki	B&CAC	02:43.0
	3000m M40			3	Roger Biggs	FVS	03:08.2
1	A Turnbull	B&CAC	09:37.9	n	Roger Head	Herts P	03:01.2
2	Steve Herring	MMKAC	09:49.9	n	Malcolm Haynes	MMKAC	03:25.1
3	Kevin White	C&CAC	10:13.5		**3000m M50**		
4	Ian Day	Hunts AC	10:44.4	1	Richard Holland	Hunts AC	10:10.7
5	Steve Mayfield	FVS	11:44.5	2	Dave Laynes	B&CAC	11:27.3
6	Paul Marlow	KTH	12:04.6	3	Mervyn Phillips		11:46.4
n	Paul Westrope	B&CAC	10:18.8		Paul Young	KTH	12:15.8
n	Paul Veitch	Riverside	10:22.2		Joe Tucker	C&CAC	13:08.1
n	Paul Tew	MMKAC	11:05.3		Rob Lands	B&CAC	13:37.1
n	Roy Head		12:00.5		Paul Holgate	FVS	14:17.8

EVAC Track & Field Lge Match 4 Milton Keynes 2

	400mH M40				**3000m M60**		
1	P Benedickter	B&CAC	59.7	1	Alec Swiecicki	B&CAC	11:11.7
2	B Slaughter	MMKAC	69.8	2	Kelvin Smith	MMKAC	12:23.1
3	Richard Phelan	Hunts AC	78.6	3	Roger Biggs	FVS	13:11.4
4	Andy Clawson	KTH	disq		Malcolm Haynes	MMKAC	15:28.1
					1m Walk M50		
	400mH M50			1	Mark Wall	MMKAC	08:53.8
1	David Brown	Biggs	77.9	2	Joe Tucker	C&CAC	11:01.1
2	Andy Harrison	MMKAC	86.5	3	Rob Lands	B&CAC	11:02.4
				4	Wayne DuBose	Hunts AC	11:12.8
				5	Paul Holgate	FVS	11:14.2
	1m Walk M40				**1m Walk M60**		
1	D Stephenson	FVS	09:33.4	1	G Ayre	B&CAC	09:43.9
2	Brian Graves	MMKAC	10:49.2	2	Bob Austin	MMKAC	10:15.7
3	Mike Hayball	Hunts AC	11:02.4	3	Peter Howard	C&CAC	10:26.2
4	Rob Britten	KTH	11:09.7				
	Pole Vault M40				**Pole Vault M50**		
1	S Eastwood	B&CAC	3.25m	1	Noel Moss	C&CAC	2.25m
2	B Slaughter	MMKAC	3.05m	1	Carl Baldwin	MMKAC	2.25m
3	Richard Phelan	Hunts AC	2.25m	3	Derek Darnell	Hunts AC	2.05m
4	Greg Smith	KTH	1.95m	4	Dave Laynes	B&CAC	1.25m
5	Ian Slack	C&CAC	1.85m				
6	Steve Mayfield		1.35m				
	Triple Jump M40				**Triple Jump M50**		
1	Neil carrington	Biggs	10.76m	1	Dave Folgate	B&CAC	10.65m
2	B Slaughter	MMKAC	10.18m	2	Comie Campbell	Biggs	9.15m
3	Richard Phelan		10.07m	3	Carl Baldwin	MMKAC	9.10m
4	Lance Croft	B&CAC	9.17m	4	Noel Moss	C&CAC	7.39m
5	Paul Marlow	KTH	8.63m	5	Wayne DuBose	Hunts AC	7.25m
6	Ian Slack	C&CAC	8.58m	6	Richard Sidlin	FVS	6.36m
7	Steve Mayfield	FVS	8.24m	7	S Stredwick	W&DAC	6.14m
	Discus M40				**Discus M50**		
1	D Burrell		35.20m	1	Graeme Packman	B&CAC	30.44m
2	Gary Parsons	C&CAC	33.82m	2	John Turner	MMKAC	30.04m
3	Bob Ellingham	MMKAC	26.03m	3	Wayne DuBose	Hunts AC	29.82m
4	Steve Mayfield	FVS	20.00m	4	Mark Glading	FVS	21.92m
5	Ian Arnott	MMKAC	19.73m	5	Frank Martin	C&CAC	19.08m
6	Rob Britten	KTH	12.47m	n	Jim Burke	B&CAC	26.30m
	Discus M60			n	D Goldsworthy	MMKAC	25.93m
1	Phil Bramford	C&CAC	31.44m	n	Paul Bailey	KTH	16.01m
2	Mick Shortland	FVS	28.92m	n	Carl Baldwin	MMKAC	23.11m
3	Kelvin Smith	MMKAC	18.74m				

EVAC Track & Field Lge Match 4 Milton Keynes 3

	Javelin M40				**Javelin M50**		
1	D Burrell	B&CAC	38.53m	1	Ian Stephenson	MMKAC	32.77m
2	B Slaughter	MMKAC	35.02m	2	Wayne DuBose	Hunts AC	30.04m
3	Gary Parsons	C&CAC	34.72m	3	Jim Burke	B&CAC	21.49m
4	Steve Mayfield	FVS	24.92m	4	Frank Martin	C&CAC	17.26m
5	Bob Ellingham	Hunts AC	22.09m	5	Mark Glading	FVS	16.99m
6	Bill Bailey	KTH	18.00m	n	Andy Harrison	MMKAC	17.00m
n	I Stephenson	MMKAC	30.76m	n	Carl Baldwin	MMKAC	22.95m
					Javelin M60		
	1x400,2x200,1x400m M40 Relay			1	Phil Bramford	C&CAC	27.78m
1	Marshall Milton Keynes AC		02:56.9	2	Mick Shortland	FVS	26.19m
2	Bedford & County		02:59.6	3	Paul Toombs	MMKAC	24.29m
3	Fairlands Valley		03:16.4		**1x400,2x200,1x400m M50 Relay**		
4	Hunts AC		03:16.8	1	Hunts AC		03:17.4
5	Kettering Town Harriers		03:25.1	2	Cambridge & Coleridge		03:18.3
6	Biggleswade AC		03:29.1	3	Marshall Milton Keynes AC		03:19.8

Women Central Division Match 4 Milton Keynes

Marshall Milton Keynes AC		MMKAC	156
Fairland Valley Striders		FVS	140
Cambridge & Coleridge AC		C&CAC	111
Kettering Town Harriers		KTH	101
Hunts AC		Hunts AC	80
Bedford & County AC		B&CAC	74
Biggleswade AC		Biggs	7

	200m F35				**800m F35**		
1	Rosie Canham	FVS	30.8	1	Rosie Canham	FVS	02:34.0
2	Katy Williams	KTH	31.1	2	Zoe Luscombe	Biggs	02:41.0
3	Hannah Stirley	Hunts AC	31.2	3	Jane Packman	C&CAC	02:48.6
4	Jane Packman	C&CAC	34.4	4	Maria Calleia	MMKAC	03:05.9
5	Di Baldwin	MMKAC	34.7	5	Tina Blackwell	B&CAC	03:13.1
n	Bronwyn Smit	KTH	34.0s	6	Jill Tierney	KTH	03:13.5
	200m F45				**800m F45**		
1	Monica Brown	FVS	30.6	1	Helen Keyworth	KTH	02:47.5
2	Oriana Johnson	B&CAC	33.4	2	Helen Grant	C&CAC	02:55.6
3	Sandra Pedley	Hunts AC	36.1	3	Penny Butcher	Hunts AC	02:57.3
4	Di Farmer	MMKAC	36.2	4	Di Farmer	MMKAC	03:03.7
5	Yvonne Elliott	KTH	38.7	5	Monica Brown	FVS	03:14.9
	200m F55				**800m F55**		
1	Jan Lawson	MMKAC	36.3	1	Ursula Ghaleb	MMKAC	03:31.0
2	Julia Hancock	B&CAC	40.4	2	Iris Hornsey	FVS	03:35.1
3	Iris Hornsey	FVS	41.5	3	Julia Hancock	B&CAC	03:47.9
4	Mary Holmes	C&CAC	43.3	4	Mary Holmes	C&CAC	03:52.8

EVAC Track & Field Lge Match 4 Milton Keynes 4

	3000m F35				**3000m F45**		
1	Jane Packman	C&CAC	12:37.7	1	Helen Grant	C&CAC	12:30.2
2	Maria Calleia	MMKAC	13:01.2	2	Kerry Munn	KTH	12:40.9
3	Alison Moxey	KTH	13:36.5	3	Di Farmer	MMKAC	12:54.6
4	Tina Blackwell	B&CAC	13:53.6	4	Karen Cameron	Hunts AC	14:31.6
5	S O'Callaghan	FVS	14:06.8	5	Sharon Crowley	FVS	15:46.3
				n	Chris Ryder	MMKAC	14:28.5
	400mH F35				**3000m F55**		
1	Hannah Stirley	Hunts AC	85.7	1	Ursula Ghaleb	MMKAC	14:33.6
2	Am. Marlow	KTH	90.9	2	Sue Barnett	C&CAC	14:34.7
3	Steph Mayfield	FVS	96.8	3	Jan Fry	FVS	18:25.6
4	Di Baldwin	MMKAC	99.1				
	400mH F45				**1m Walk F45**		
1	H Keyworth	KTH	79.5	1	Helen Middleton	B&CAC	09:02.6
2	Oriana Johnson	B&CAC	82.0s	2	Karen Cameron	Hunts AC	11:02.1
3	Sue Rey	MMKAC	148.5	3	Sue Rey	MMKAC	11:10.5
				4	Sharon Crowley	FVS	11:22.6
	1m Walk F35			5	Yvonne Elliott	KTH	12:11.7
1	Di Baldwin	MMKAC	09:48.4	n	Chris Ryder	MMKAC	11:47.0
2	Sue Cahill	C&CAC	11:24.8		**1m Walk F55**		
3	Steph Mayfield	FVS	11:30.0	1	Sue Barnett	C&CAC	09:50.9
4	Bronwyn Smit	KTH	12:02.3	2	Ursula Ghaleb	MMKAC	10:46.4
n	Alison Ray	MMKAC	11:16.6	3	Jan Fry	FVS	12:07.6
	Pole Vault F35				**Triple Jump F45**		
1	Steph Mayfield	FVS	1.25m	1	Monica Brown	FVS	7.83m
	Pole Vault F45			2	Penny Butcher	Hunts AC	7.58m
1	Sandra Pedley	Hunts AC	1.85m	3	Di Farmer	MMKAC	6.96m
2	Di Farmer	MMKAC	nh	4	Yvonne Elliott	KTH	5.54m
	Triple Jump F35				**Triple Jump F55**		
1	Jean Harry	MMKAC	7.95m	1	Ursula Ghaleb	MMKAC	5.63m
2	Steph Mayfield	FVS	7.12m	2	Iris Hornsey	FVS	5.36m
3	Hannah Stirley	Hunts AC	7.11m		**Discus F45**		
4	Ama. Marlow	KTH	6.74m	1	Romana Martin	C&CAC	20.27m
5	Sue Cahill	C&CAC	6.48m	2	Jean. Lawrence	MMKAC	16.17m
				3	Penny Butcher	Hunts AC	14.93m
	Discus F35			4	Sarah Bailey	KTH	14.30m
1	Emma Beales	MMKAC	42.77m	5	Monica Brown	FVS	13.73m
2	Sue Cahill	C&CAC	20.03m	n	Jacqui Maycock	MMKAC	14.25m
3	Rosem. Boast	B&CAC	16.19m		**Discus F55**		
4	Hannah Stirley	Hunts AC	15.27m	1	Jan Lawson	MMKAC	14.68m
5	Steph Mayfield	FVS	13.59m	2	Anthea Bramford	C&CAC	13.83m
6	Alison Moxey	KTH	13.31m	3	Iris Hornsey	FVS	11.04m
n	Hayley Hunter	KTH	12.77m	4	Julia Hancock	B&CAC	8.81m

EVAC Track & Field Lge Match 4 Lynn 1

	Javelin F35				**Javelin F45**		
1	Jean Harry	MMKAC	23.73m	1	Monica Brown		16.36m
2	Sue Cahill	C&CAC	21.72m	2	Oriana Johnson	B&CAC	15.83m
3	Rosem. Boast	B&CAC	17.62m	3	Penny Butcher	Hunts AC	14.06m
4	Am. Marlow	KTH	16.64m	4	Romana Martin	C&CAC	13.24m
5	Hannah Stirley	Hunts AC	12.88m	5	Jacqui Maycock	MMKAC	12.12m
6	Steph Mayfield	FVS	11.31m	6	Sarah Bailey	KTH	8.34m
				n	Jean. Lawrence	MMKAC	8.53m
	1x400,2x200,1x400m F35 Relay				**1x400,2x200,1x400m F45 Relay**		
1	Kettering		03:49.3	1	Kettering		03:47.2
2	Fairlands Valley		03:50.3	2	Cambridge & Coleridge		04:17.6
3	Bedford & County		04:08.7	3	Marshall Milton Keynes		04:22.0
4	Marshall Milton Keynes		04:10.9				

Men Fenland Division Match 4 Kings Lynn

Peterborough AC	Peterb	80
Ryston Runners AC	Ryston	70
West Norfolk AC	W,Norf	56
City of Norwich AC	Conac	6

	200m M40				**800m M40**		
1	D Harbour	Peterb	26.2	1	M Tuff	Ryston	2:12.7
2	G Powley	W.Norf	26.5	2	Neil Martin	Peterb	2:20.0
3	A Harrod	Ryston	30.4				
	200m M50				**800m M50**		
1	R Huskisson	Peterb	27.7	1	C Manning	Ryston	2:38.5
2	G Slater	CONAC	28.1	2	Eamonn Dorling	Peterb	2:39.3
3	C Manning	Ryston	30.4				
	200m M60				**800m M60**		
1	J Moore	W.Norf	27.9	1	M Simmonds	Ryston	2:57.7
2	Pete Brantom	Peterb	32.8	2	Pete Brantom	Peterb	3:26.3
3	M Simmonds	Ryston	33.0s				
	3000m M40				**400mH M40**		
1	J Herbert	Peterb	10:06.6	1	D Harbour	Peterb	72.5
2	N Bensley	Ryston	10:27.7	2	G Powley	W.Norf	86.5
	3000m M50				**400mH M50**		
1	E Dorling	Peterb	11:12.6	1	R Huskisson	Peterb	68.8
2	C Milne	Ryston	13:14.5	2	I Reeve	W.Norf	69.2
	3000m M60			3	D Neale	Ryston	87.3
1	M Simmonds	Ryston	13:51.0		**Pole Vault M40**		
	1mile Walk M40			1	G Powley	W.Norf	3.00m
1	M Ive	Ryston	08:56.6	2	G Slater	CONAC	2.00m
2	D Watson	Peterb	12:36.6	3	Neil Martin	Peterb	1.90m
				4	M Ive	Ryston	1.70m

EVAC Track & Field Lge Match 4 Lynn 2

	1mile Walk M50						
1	E Dorling	Peterb	10:13.0				
2	P Firmage	Ryston	10:27.9				
	1mile Walk M60				**Pole Vault M50**		
1	M Simmonds	Ryston	10:05.7	1	I Reeve	W.Norf	2.40m
2	Pete Brantom	Peterb	11:17.2	2	R Huskisson	Peterb	2.10m
3	B Delves	W.Norf	12:04.4	3	D Neale	Ryston	2.10m
	Triple Jump M40				**Triple Jump M50**		
1	G Powley	W.Norf	10.10m	1	I Reeve	W.Norf	9.82m
2	J Herbert	Peterb	9.75m	2	R Huskisson	Peterb	9.79m
3	N Bensley	Ryston	9.17m	3	D Neale	Ryston	8.85m
	Discus M40				**Discus M50**		
1	G Powley	W.Norf	22.85	1	Tim Needham	Peterb	27.51m
2	D Harbour	Peterb	21.07m	2	I Reeve	W.Norf	23.22m
3	M Tuff	Ryston	20.04m	3	P Brown	Ryston	18.58m
	Javelin M40				**Discus M60**		
1	G Powley	W.Norf	34.33m	1	J Moore	W.Norf	20.33m
2	M Tuff	Ryston	22.89m	2	M Simmonds	Ryston	17.86m
3	J Herbert	Peterb	20.03m	3	Pete Brantom	Peterb	14.28m
	Javelin M50				**Javelin M60**		
1	I Reeve	W.Norf	28.70m	1	B Delves	W.Norf	27.01m
2	R Huskisson	Peterb	21.04m	2	M Simmonds	Ryston	14.36m
3	P Brown	Ryston	16.89m	3	Pete Brantom	Peterb	9.54m
	1x400,2x200,1x400m M40 Relay				**1x400,2x200,1x400m M50 Relay**		
1	Peterborough		3:07.0	1	Ryston Runners		3:36.8
2	Ryston Runners		3:13.1	2	Peterborough		3:58.4
3	West Norfolk		3:34.0				

Women Fenland Division Match 4 Kings Lynn

Ryston Runners AC	Ryston	78
West Norfolk AC	W.Norf	52
Peterborough AC	Peterb	34

	200m F35				**800m F35**		
1	Katr. Wasteney	W.Norf	30.7	1	Katrina Wasteney	W.Norf	2:51.9
2	L Richardson	Peterb	31.6	2	Lesley Robins	Ryston	3:05.0
3	Lesley Robins	Ryston	31.7	3	Lisa Richardson	Peterb	3:19.0
	200m F45				**800m F45**		
1	P Watson	Peterb	32.7	1	Linda Marshall	Ryston	3:07.6
2	Karen Wood	Ryston	35.0s	2	Sally Edwards	W.Norf	3:11.5
3	Dor. Hunter	W.Norf	35.4				
	200m F55				**800m F55**		
1	Dot Fraser	W.Norf	38.1	1	Georgina Allen	Ryston	3:39.5
2	Georgina Allen	Ryston	38.6				

EVAC Track & Field Lge Match 4 Lynn 3

1	**3000m F35**				**3000m F45**		
1	Sue Smith	Ryston	14:20.4	1	Jo Isbill	Ryston	12:31.0
	3000m F55			2	Sally Edwards	W.Norf	14:07.6
1	Gill Hart	Ryston	15:26.0				
	400mH F35				**400mH F45**		
1	Kat. Wasteney	W.Norf	76.4	1	Linda Marshall	Ryston	89.9
2	L Richardson	Peterb	83.7				
3	Lesley Robins	Ryston	96.8				
	1mile Walk F35				**1mile Walk F55**		
1	Nicky Neill	W.Norf	11:23.8	1	Carh Duhig	Ryston	09:13.5
2	Sue Smith	Ryston	11:41.9				
	1mile Walk F45				**Pole Vault F45**		
1	Liz Blakie	Ryston	10:08.5	1	Jo Isbill	Ryston	2.20m
2	Leigh Ely	W.Norf	12:50.8				
	Triple Jump F35				**Triple Jump F45**		
1	L Richardson	Peterb	8.55m	1	Lisa Richardson	Peterb	7.97m
2	Kat. Wasteney	W.Norf	8.13m	2	Karen Wood	Ryston	7.75m
3	Lesley Robins	Ryston	5.60m	3	Leigh Ely	W.Norf	5.89m
	Discus F35				**Triple Jump F55**		
1	A Jenkins	Peterb	35.80m	1	Marl. Simmonds	Ryston	7.95m
2	Nicky Neill	W.Norf	17.66m		**Discus F45**		
3	Gaye Clarke	Ryston	15.65m	1	K Gibson	Peterb	17.36m
	Discus F55			2	Leigh Ely	W.Norf	15.43m
1	M Simmonds	Ryston	19.92m	3	Maureen Wolfe	Ryston	14.59m
	Javelin F35				**Javelin F45**		
1	A Jenkins	Peterb	22.44m	1	Maureen Wolfe	Ryston	10.92m
2	Nicky Neill	W.Norf	17.08m	2	Leigh Ely	W.Norf	10.79m
3	Gaye Clarke	Ryston	13.47m	3	K Gibson	Peterb	10.36m
	1x400,2x200,1x400m F35 Relay				**1x400,2x200,1x400m F45 Relay**		
1	West Norfolk		3:53.4	1	Ryston Runners		3:56.4
2	Ryston Runners		4:43.2				

Men Essex Division Match 4 Southend

Chelmsford		58
Southend		51
Loughton		38

	200m M40				**800m M40**		
1	Ty Holden	Lough	26.5	1	Mark Oldham	South	2:20.3
2	Keith Palmer	South	26.5	2	Mick Bridgeland	Chelms	2:23.7
3	Andy Mason	Chelms	28.5	3	Cliff Warren	Lough	2:34.5
	200m M50				**800m M50**		
1	Dave Barnett	Chelms	29.4	1	Barry Thorpe	Chelms	2:31.6
2	Peter Binns	South	31.6	2	Peter Binns	South	2:43.8
3	Simon Childs	Lough	32.1	3	Rob Sargent	Lough	2:55.2

EVAC Track & Field Lge Match 4 Southend 1

	200m M60				**800m M60**		
1	Roger Cole	Chelms	31.2	1	Chris Reed	South	2:53.6
2	John Brock	South	36.7	2	Phil Harris	Chelms	3:14.0
3	John Borgars	Lough	43.4	3	John Borgars	Lough	3:34.8
	3000m M40				**3000m M50**		
1	M Bridgeland	Chelms	9:58.6	1	Glen Kent	Chelms	10:56.7
2	Tony Hyde	South	10:36.0	2	Peter Binns	South	11:38.9
				3	Rob Sargent	Lough	12:30.4
	400mH M40				**3000m M60**		
1	Mark Oldham	South	1:10.4	1	Chris Reed	South	12:46.1
2	Jim Harrison	Lough	1:14.1	2	John Borgars	Lough	15:05.7
	400mH M50				**1 mile Walk M50**		
1	Dave Barnett	Chelms	1:21.1	1	John Borgars	Lough	10:06.9
	1 mile Walk M40			2	Peter Binns	South	10:42.4
1	Keith Palmer	South	10:15.7	3	Glen Kent	Chelms	13:42.8
2	Dave Barnett	Chelms	11:37.9		**1 mile Walk M60**		
3	Terry Casey	Lough	11:39.7	1	John Brock	South	10:14.3
				2	Roger Cole	Chelms	11:00.8
				3	Peter Cassidy	Lough	11:11.9
	Pole Vault M40				**Pole Vault M50**		
1	Jim Harrison	Lough	2.90m	1	Dave Barnett	Chelms	1.50m
2	Mart. Branfoot	Chelms	1.80m	2	Simon Childs	Lough	1.30m
3	Keith Palmer	South	1.00m				
	Triple Jump M40				**Triple Jump M50**		
1	Paul Ffrench	South	11.63	1	Dave Barnett	Chelms	9.68
2	Mitch. Bellham	Lough	11.15	2	Simon Childs	Lough	6.52
3	Andy Mason	Chelms	7.83				
	Discus M40				**Discus M50**		
1	David Bauer	Chelms	37.56	1	Mike Williams	Chelms	31.89
2	Mitch. Bellham	Lough	26.18	2	Peter Binns	South	13.28
3	Paul fFrench	South	24.26	3	Simon Childs	Lough	17.1
	Discus M60						
1	Phil Harris	Chelms	23.6		**Javelin M50**		
2	John Brock	South	17.82	1	Mike Williams	Chelms	31.16
3	Terry Casey	Lough	12.63	2	Peter Binns	South	22.49
	Javelin M40				**Javelin M60**		
1	Mart. Branfoot	Chelms	32.89	1	Phil Harris	Chelms	25.19
2	Jim Harrison	Lough	29.69	2	John Brock	South	13
3	Paul Ffrench	South	29.33	3	Terry Casey	Lough	10.46
	1x400,2x200,1x400 M40 Relay				**1x400,2x200,1x400 M50 Relay**		
1	Loughton	Lough	2:57.0	1	Chelmsford	Chelms	3:20.8
2	Southend	South	2:59.2	2	Southend	South	3:36.5
3	Chelmsford	Chelms	3:24.0	3	Loughton	Lough	4:14.6

EVAC Track & Field Lge Match 2 Southend 2

Women Essex Division Match 4 Southend

Loughton	Lough	38
Chelmsford	Chelms	37

	200m F35				**800m F35**		
1	Alis. McGowan	Chelms	32.4	1	Sally Mhlanga	Chelms	2:37.5
2	Michaela Davis	Lough	33.9	2	Lorna Gaffney	Lough	3:02.2
	200m F45				**800m F45**		
1	Am. Rochester	Lough	30.8	1	Ann Heeks	Lough	3:02.8
2	Yvonne Holmes	Chelms	31.7	2	Denise Ford	Chelms	3:07.9
	200m F55				**800m F55**		
1	D de S'a Brady	Lough	36.7	1	Mags Jarvis	Chelms	3:15.3
2	Mags Jarvis	Chelms	37.2	2	D de Souza Brady	Lough	4:08.9
	3000m F35				**3000m F45**		
1	Wendy King	Chelms	11:15.8	1	Ann Heeks	Lough	13:20.8
2	Lorna Gaffney	Lough	12:34.0	2	Denise Ford	Chelms	13:26.6
					3000m F55		
				1	Mags Jarvis	Chelms	1432.1
	400mH F35				**400mH F45**		
1	Wendy King	Chelms	1:25.1	1	Mags Jarvis	Chelms	1:44.4
2	**Tania Blundy**	Lough	1:53.3	2	Barbara Higgins	Lough	2:04.7
	1mile Walk F35				**1mile Walk F45**		
1	Jo Smith	Chelms	12:31.6	1	Jill Kent	Chelms	13:40.4
2	Tania Blundy	Lough	13:41.4	2	P Ackland-Snow	Lough	13:41.0
	Pole Vault F35				**1mile Walk F55**		
1	Michaela Davis	Lough	1.40m	1	Franc. Fernandez	Lough	11:05.4
	Pole Vault F45			2	Shirley Quinn	Chelms	12:24.0
1	Barb. Higgins	Lough	1.60m				
	Triple Jump F35				**Triple Jump F45**		
1	Michaela Davis	Lough	6.90m	1	Chris Salvary	Lough	6.71m
2	Carol Morris	Chelms	6.44	2	Jill Kent	Chelms	6.66m
	Discus F35				**Triple Jump F55**		
1	Kate Merrit	Lough	21.47	1	Mags Jarvis	Chelms	6.03m
2	Carol Morris	Chelms	18.42	2	D de Souza Brady	Lough	5.71m
	Discus F45				**Discus F55**		
1	P Ackland-Snow	Lough	18.49	1	Shirley Quinn	Chelms	30.08m
2	Denise Ford	Chelms	16.05	2	Franc. Fernandez	Lough	8.66m
	Javelin F35				**Javelin F45**		
1	Kate Merrit	Lough	16.78	1	Shirley Quinn	Chelms	17.62
2	Carol Morris	Chelms	14.99	2	P Ackland-Snow	Lough	15.25
	1x400,2x200,1x400 F35 Relay				**1x400,2x200,1x400 F45 Relay**		
1	Chelmsford		3:26.4	1	Loughton		3:49.9
2	Loughton		4:01.2	2	Chelmsford		3:52.3

EVAC Champs, Kings Lynn, Saturday 1 August 2011

Men

100m				**200m**			
M Collins	M35	EVAC	11.8	D Nichols	M40	EVAC	25.3
D Nichols	M40	EVAC	12.5	N Lauder	M40	VAC	26.1
N Lauder	M40	VAC	12.9	P Canning	M45	MKeynes	24.7
P Canning	M45	MKeynes	12.5	K Maclinden	M45	EVAC	‘26.0
Ty Holden	M45	Barnet	13.3	Ty Holden	M45	Barnet	26.2
David Lane	M45	Ryston	13.7	S Mayfield	M45	Fairl V	27.5
R Huskinson	M50	Nene V	12.4	D Lane	M45	Ryston	28.6
N Wragg	M50	Cleetho	12.5	R Huskinson	M50	Nene V	24.8
J Courtney	M50	Camb&C	12.5	N Wragg	M50	Cleetho	25.9
W Paterson	M50	Corby	13.1	J Courtney	M50	Camb&C	26.2
J Lawrence	M50	MKeynes	14.2	W Paterson	M50	Corby	27.3
J Turner	M55	MKeynes	13.7	J Lawrence	M50	MKeynes	42.4
Mike O’Reilly	M55	VAC	13.7	J Turner	M55	MKeynes	27.6
J Moore	M60	Lincoln	13.6	J Moore	M60	Lincoln	26.9
400m				**800m**			
P Benedickter	M40	Bedford	‘54.0	K White	M40	Camb&C	02:10.7
N Martin	M40	Thorney	57.2	M Tuff	M45	Ryston	02:11.6
N Lauder	M40	VAC	‘64.0	S Mayfield	M45	Fairl V	02:27.4
I Croft	M45	EVAC	56.9	C Warren	M45	Loughton	02:29.6
K Maclinden	M45	EVAC	60.1	D Darnell	M50	Hunts AC	02:30.3
C Warren	M45	Loughton	62.6	J Garber	M65	Herne H	02:49.1
R Huskinson	M50	Nene V	59.4	R Duffield	M70	Tipree	03:45.5
W Paterson	M50	Corby	61.2	P Parmenter	M80	EVAC	04:50.7
G Slater	M50	Norwich	61.7	**1500m**			
J Courtney	M50		‘62.0	K White	M40	Camb&C	04:42.1
J Moore	M60	Lincoln	64.9	M Tuff	M45	Ryston	04:41.7
R Duffield	M70	Tipree	98.5	D Butler	M55	Billericay	04:43.1
P Parmenter	M80	EVAC	‘127.0	P Firmage	M55	Ryston	04:58.1
				J Garber	M65	Herne H	04:51.6
5000m				**3 Km Walk**			
P Jeggo	M50	Springfd	19:55.4	P Firmage	M55	Ryston	20:05.7
D Butler	M55	Billericay	17:00.0	P Howard	M65	Camb&C	20:30.8
E Dorling	M55	Thorney	19:20.4				
80m Hurdles				**Long Jump**			
C Shafto	M80	York	17.4	W Gadd	M40	E Gr’tead	5.68m
100m Hurdles				D Lane	M45	Ryston	4.71m
J Mayor	M50	Steve’ge	16.1	S Mayfield	M45	Fairl V	4.34m
110m Hurdles				J Mayor	M50	Steve’ge	5.42m
W Gadd	M40	E Grinst’d	17.3	R Huskinson	M50	Nene V	5.37m
400m Hurdles				J Courtney	M50	Camb&C	4.56m
P Benedickter	M40	Bedford	59.5				
J Mayor	M50	Steve’ge	66.3				

EVAC Champs, Kings Lynn, Saturday 1 August 2011 - 2

Discus				**Hammer**			
D Bauer	M45	Harlow	37.69m	S Thurgood	M35	Luton	57.02m
D Burrell	M45	Luton	34.77m	S White	M45	ThamesV	53.76m
S Mayfield	M45	Fairl V	19.39m	D Burrell	M45	Luton	44.48m
J Painter	M50	Norwich	37.69m	D Bauer	M45	Harlow	29.86m
J Mayor	M50	Steve'ge	32.45m	M Burling	M50	MKeynes	29.99m
M Burling	M50	MKeynes	22.45m	G Slater	M50	Norwich	24.06m
J Turner	M55	MKeynes	30.19m	M Fenton	M55	Ipswich	47.13m
T Needham	M55	Nene V	26.96m	J Burke	M55	EVAC	24.32m
J Burke	M55	EVAC	25.90m	A Richards	M60	Croydon	31.32m
A Richards	M60	Croydon	35.91m	F Martin	M65	Camb&C	23.02m
R Richards	M60	Bedford	30.52m	B Sumner	M75	Tmworth	31.38m
G Leak	M65	Camb&Cl	28.94m				
B Sumner	M75	Tmworth	30.21m				
Shot				**Javelin**			
S Thurgood	M35	Luton	12.44m	D Burrell	M45	Luton	39.1m
M Collins	M35	EVAC	8.98m	J Burke	M55	EVAC	22.09m
W Gadd	M40	EGristead	9.76m	A Richards	M60	Croydon	34.26m
D Burrell	M45	Luton	11.71m	R Richards	M60	Bedford	33.39m
D Bauer	M45	Harlow	10.09m	**High Jump**			
J Painter	M50	Norwich	11.65m	W Gadd	M40	EGrstead	1.71m
J Mayor	M50	Steve'ge	10.37m	David Lane	M45	Ryston	1.35m
M Burling	M50	MKeynes	7.60m	J Mayor	M50	Steve'ge	1.60m
J Burke	M55	EVAC	7.69m	R Huskinson	M50	Nene V	1.50m
A Richards	M60	Croydon	11.19m	**Triple Jump**			
F Martin	M65	Camb C	7.92m	W Gadd	M40	EGrstead	10.08m
B Sumner	M75	Tmworth	8.68m	P Canning	M45	MKeynes	10.23m
Pole Vault				C Warren	M45	Loughton	10.12m
G Slater	M50	Norwich	2.30m	D Lane	M45	Ryston	9.28m
D Darnell	M50	Hunts	1.90m	S Mayfield	M45	Fairl V	8.75m
Women							
100m				**200m**			
M Brown	F40	Norwich	13.6	R Canham	F35	Luton	30.5
M Brown	F45	Fairland V	13.8	M Brown	F45	Fairl V	29.5
Y Holmes	F45	Ipswich	14.7	A Rochester	F45	Barnet	29.9
A Rochester	F45	Barnet	14.7	Y Holmes	F45	Ipswich	30.4
J Jagger	F50	Grantm	15.6	R Durant	F55	Coltishall	44.8
C S.J.Coleman	F50	Chelms	15.7	**400m**			
Y Newton	F55	Norwich	16.3	R Canham	F35	Luton	67.4
				K Wasteney	F35	WNAC	69.5
800m				A Rochester	F45	Barnet	68.1
R Canham	F35	Luton	02:33.4	Y Holmes	F45	Ipswich	69.2
				R Durant	F55	Coltishall	98.5
				I Hornsey	F65	Fairl V	93.3

EVAC Champs, Kings Lynn, Saturday 1 August 2011 - 3

1500m				**80m Hurdles**			
R Durant	F55	Co'shall	07:12.9	P Hill	F70	Newark	19.8
G Hart	F55	Ryston	07:15.6	**200m Hurdles**			
I Hornsey	F65	Fairland V	07:14.7	P Hill	F70	Newark	46.6
A Martin	F75	Wym'ham	07:48.7	**300m Hurdles**			
5000m				J Jagger	F50	Grant'm	59.7
H Grant	F45	Camb&C	20:54.9	**400m Hurdles**			
G Hart	F55	Ryston	26.53	K Wasteney	F35	WNAC	78.6
3Km Walk				**Discus**			
S Barnett	F60	Camb&C	18:47.4	A Jenkins	F35	Nene V	38.35m
G Loughlin	F45	Norwich	19:44.7	L Brown	F40	Norwich	22.61m
S Smith	F45	Ryston	23:15.9	J Isbill	F45	Ryston	17.33m
C Duhig	F55	Ryston	17:52.1	Kay Gibson	F45	Pbrough	16.79m
Javelin				W Dunsford	F50	Epsom&E	25.49m
L Brown	F40	Norwich	21.38m	J Jagger	F50	Grant'm	24.11m
J Jagger	F50	Grant'm	27.10m	S Quinn	F55	Chelms	30.08m
W Dunsford	F50	Epsom&E	11.82m	R Martin	F60	Camb&C	28.07m
				P Hill	F70	Newark	18.85m
Hammer				**Shot**			
A Jenkins	F35	Nene V	50.84m	W Dunsford	F50	Epsom&E	9.69m
K Gibson	F45	Pbrough	19.91m	J Jagger	F50	Grant'm	9.38m
J Isbill	F45	Ryston	15.53m	S Quinn	F55	Chelms	9.14m
W Dunsford	F50	Epsom&E	30.96m	R Martin	F60	Camb&C	8.98m
J Jagger	F50	Grant'm	28.05m	A Martin	F75	Wym'am	22.87m
S Quinn	F55	Chelms	34.79m	**High Jump**			
A Martin	F75	Wym'ham	22.87m	M Brown	F45	Fairl V	1.30m
Pole Vault				**Long Jump**			
J Isbill	F45	Ryston	2.50m	L Gillard	F35	Braintree	4.72m
Triple Jump				M Brown	F45	Fairl V	4.02m
J Jagger	F50	Grant'm	8.26m	C SJ-Coleman	F50	Chelms	3.44m
P Hill	F70	Newark	6.43m	Y Newton	F55	Norwich	3.30m

BMAF Multi events Champs, Oxford, 16 September 2011

Decathlon				
2	Geoff Powley	M45	Lincoln	5123
1	John Mayor	M50	Stevenage	6041
Heptathlon				
1	Judith Jagger	F50	Grantham	3934
2	Penny Butcher	F50	Huntingdon	3225

Vets Inter Area Match, Solihull, Sunday 7 August 2011

The men's team came 3rd (358 pts) behind 2nd place Midland Masters(403 pts) and winners SCVAC (410 pts). We were well ahead of the Welsh Masters in 4th place (292 pts) and this was our best men's performance for a number of years. The Ladies having lead for most of the day ended up being overtaken by Midland Masters in the relays to come 2nd just 2.5 pts behind. So in the combined trophy we also came 3rd behind MMAC and winners SCVAC. However, in the women's Match it does not appear that our competitor was included in the scoring.

Event	Age	Men	perf
110mH	M35	P.Benedickter	17.9
100m H	M50	J.Mayor	15.7
1500m	M35	D.Connell	4:23.3
1500m	M50	M.Bridgeland	4:35.8
1500m	M60	J.Skelton	4:58.7
400m	M35	P.Benedickter	53.9
400m	M50	I.Licietis	58.3
400m	M60	T.Wells	65.1
400m	M70	M.Simmonds	71.9
100m	M35	L.Croft	13.4
100m	M50	R.Huskisson	12.8
100m	M60	T.Wells	14.5
100m	M70	A.Carter	15.2
800m	M35	P.Downhill	2:11.4
800m	M50	M.Down	2:14.1
800m	M60	J.Skelton	2:29.5
800m	M70	M.Simmonds	2:51.8
200m	M35	P.Benedickter	24.9
200m	M50	R.Huskisson	25.3
200m	M60	T.Wells	`29.0
2K Walk	M35	D.Stephenson	11:52.2
2K Walk	M50	M.Wall	11:18.2
2K Walk	M60	G.Ayre	12-19.4
3000m	M35	M.Tuff	9:50.9
3000m	M50	M.Bridgeland	9:47.8
3000m	M60	J.Skelton	10:45.1
3000m	M70	M.Simmonds	13:30.0
Medley	M35		4:00.4
Relay	M50		4:16.4
	M60		4:59.4
	M70		
Discus	M35	D.Burell	34m57
Discus	M60	T.Richards	37m88

Event	Age	Women	perf
80m H	W35	J.Jagger	17.6
1500m	W35	W.King	5:08.2
1500m	W50	J.Clarke	5:01.1
400m	W35	D.Morley	62.5
400m	W50	C.Filer	71.6
400m	W60	D.Fraser	91.4
2K Walk	W35	S.Rey	13:53.2
2K Walk	W50	C.Duhig	11:32.2
100m	W35	K.Sutton	14.6
100m	W50	C.Filer	`15.0
100m	W60	D.Fraser	18.3
800m	W35	D.Morley	2-27.9
800m	W50	J.Clarke	2:40.1
800m	W60	A.Martin	3:58.8
200m	W35	K.Sutton	`27.0
200m	W50	J.Lawson	`37.0
3000m	W35	H.Grant	11:56.8
3000m	W50	J.Clarke	11:06.4
3000m	W60	D.Fraser	19:30.7
Medley	W35		4:40.7
Relay	W50		5:02.0
	W60		
P Vault	W35	J.Isbill	2m00
P Vault	W50	C.Filer	1m80
Shot	W50	W.Dunsford	9m16
Shot	W35	E.Beales	10m46
Hammer	W50	S.Quinn	35m49
L Jump	W35	C.Johnson	4m51
L Jump	W50	D.Timmis	4m31
L Jump	W60	M.Simmonds	3m40

Event	Age	Men	perf
L Jump	M35	M.Bellham	5m27
L Jump	M50	J.Mayer	5m32
P Vault	M35		
P Vault	M50	R.Huskisson	2m00
P Vault	M60		
Shot	M60	T.Richards	11m14
Shot	M70	M.Simmonds	7m82
Javelin	M35	D.Sketchley	59m47
Javelin	M50	I.Stephenson	35m76
H Jump	M35	M.Bellham	1m55
H Jump	M50	J.Mayer	1m55
H Jump	M70	A.Carter	1m10
Triple J	M35	M.Bellham	10m68
Triple J	M50	R.Huskisson	10m32
Shot	M50	G.Packman	9m88
Shot	M35	D.Burrell	11m14
Hammer	M50	M.Burling	29m32
L Jump	M60		
L Jump	M70	A.Carter	3m49

Event	Age	Women	perf
Shot	W60	M.Simmonds	8m54
Discus	W35	E.Beales	39m77
Discus	W50	S.Quinn	30m06
H Jump	W35	J.Jagger	1m10
H Jump	W50	C.Filer	1m35
H Jump	W60	M.Simmonds	1m11
Triple J	W35	J.Isbill	7m90
Triple J	W50	C.Filer	8m10
Javelin	W35	J.Jagger	22m81
Javelin	W60	M.Simmonds	17m64

The gaps against events indicate those the team was not able to fill.

BMAF T & F Championships Birmingham 25/26 June 2011

There were many outstanding performances in the championships earlier in the summer. Space prevents me listing them all with the performances but details can be found on the BMAF website.

Our male champions include Darren Kerr M40 hammer & weight, Pete Downhill M40 400H, John Mayor M50 100H, Long & High Jump, Rob Earle M50 Shot, Discus, Hammer & Weight, John Browne M55 100m, Tony Wells M60 100H & 300H, Dave Folgate M60 Triple Jump, Ian Foster M65 100m, Jack Kee M70 Weight, Ian Miller M75 Shot, Hammer & Weight, Arthur Thompson M75 3k & 5k Walks.

Our female champions include Julie Zulu F35 Long Jump, Andrea Jenkins F35 Shot, Discus, Javelin, Hammer & Weight, Denise Morley F40 400m & 800m, Dawn Jones F40 Triple & High Jump, Linda Rawlins F40 Javelin, Helen Middleton F45 3k and 5k Walks, Jane Clark F50 1500m, Gaye Clarke F50 Long & High Jump, Gail Duckworth F55 1500m & 5000m, Carol Filer F55 Long & High jumps, 80H & 300H, Sue Barnett F60 3k & 5k Walks, Iris Hornsey F65 400m, Dorothy Fraser F70 100m & 200m, Betty Stracey 1500m & 5000m, Patricia Hill 80H, High Jump & Javelin. And finally but by no means least Anne Martin 800m & 2000mSC.

Congratulations to all!

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 30 October	Fenland 10
Sunday 27 November	Norwich Half Marathon

There is more 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.

Recent results:

Thorney 5 14 August 2011

Place	Name		Time	Age group	WAM
20	Phillipa Taylor	Nene V	30:12	F40	84.9%
13	Ian Aunger	Nene V	29:39	M45	80.9%
49	Keith Brooks	Nene V	33:49	M60	79.8%
132	Malcolm Ball	NNBR	41:53	M70	79.3%
21	Sean Beard	Nene V	30:12	M45	77.6%
45	Maurice Hemingway	Riverside R	33:12	M55	76.2%
36	Jo Coates	St Edmunds	32:12	F35	76.2%
46	Tanya Taylor	Nene V	33:17	F40	75.3%
91	Verne Baltrop	100 Club	37:02	M60	74.9%
113	John Turner	Ely	38:45	M65	71.6%
145	Tony Cotton	BRJ Hunts	44:01	M70	69.0%
120	John Taylor	EVAC	39:55	M60	66.4%
114	Rachel Roberts	Ely	39:05	F40	64.1%

Luton 10k 24 July 2011

Place			Time		WAM
17	Keith McLellan	Luton AC	39:28	M50	80.4%
3	Adrian Copp	Stopsley	36:03	M35	78.2%
73	Lorraine Dalglish	Luton AC	48:55	F50	74.7%
82	Robert Price	St Edmunds	50:13	M65	71.5%
76	Keith Cook	M Keynes	49:18	M65	71.5%
89	Alan Taylor	Stopsley	52:19	M65	68.0%
120	John Pinner	EVAC	56:18	M70	63.2%

Humpty Dumpty 10k Gt Yarmouth 26 June 2011

Place	Name		Time	Age group	WAM
75	Penny Edwards	Norwich RR	44:58	F55	83.4%
30	Richard Blake	Gt Yarmouth RR	41:00	M60	82.2%
255	Carole Spong	Gt Yarmouth RR	56:10	F65	80.9%
209	Veronica Manly	EVAC	53:19	F60	76.5%
231	Malcolm Ball	N Norforlf BR	54:39	M75	76.5%
245	Brenda Hutcheon	Coltishall J	55:40	F60	74.3%
97	John Bone	Gt Yarmouth RR	47:04	M60	73.5%
261	Gill Woodhouse	Dereham R	56:41	F60	73.0%
83	Stephen Dady	Gt Yarmouth RR	45:41	M55	72.5%
27	Neil Sibley	Gt Yarmouth RR	40:45	M45	72.4%
290	Gill Hart	Ryston R	59:32	F55	64.7%
147	David Hutcheon	Coltishall J	50:04	M55	64.5%

BMAF Road Races

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

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 5k Road Race Horwich 19 June 2011

Place	Name		Time	Age group	
13	Mike Bridgeland	Chelmsford	16:34	M50	3rd
28	Sean Beard	Nene Valley	17:05	M50	8th
31	Peter Thompson	Nene Valley	17:16	M50	9th
46	John Skelton	M Keynes	18:06	M60	2nd
77	Tanya Taylor	Nene Valley	19:46	F40	3rd

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 December 2011.

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 Veterans 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 (only) 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.
Please include a stamped SAE if you want to be sent your membership card

Fixture List

2011/2012

October

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

November

26 British & Irish XC International, Glasgow

December

10 Southern Masters XC Champs, Croydon

January, February

There are normally regional and national T&F Champs in this period.

March

25 BMAF Cross Country Champs, Bath

April

3 -8 World Indoor T&F Champs, Jyvaskyla, Finland

Many thanks to Brian Graves for most of photographs used in the magazine. I have also used one supplied by Les Percival and one by Tom Phillips - http://www.tomphillipsphotos.co.uk/
If you have any pictures for the magazine please send them to Rob Lands

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

Some Photo's from the recent Track & Field League Finals at Bedford - At the top Mitch Bellham of Loughton AC and Cath Duhig of Ryston Runners walking. Below, Mike Bridgeland of Chelmsford AC and Sean Beard of Peterborough in the 1500m & Amanda Rochester of Loughton AC anchoring the winning F45 Relay team.

www.evac.org.uk