EVAC

The Eastern Vet

The quarterly magazine of the Eastern Veterans Athletic Club

Issue 119 Winter 2011/12 **Edited by Robert Lands**

Danny Mullane 1945 - 2011

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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

It is with great sadness that we carry on the cover of the magazine a picture of our honorary secretary Danny Mullane running for Britain at Poznan in 2006. Danny will be missed by his friends at EVAC and by a great many more people besides. Graeme Packman was able to attend Danny's funeral in November and reports:

The church at Witham was full & it was a very impressive event. The local clubs and BMAF were represented. A eulogy was read out that listed all of Danny's interests and achievements. His greatest love was acknowledged as his involvement in athletics but that was only a small part of his involvements. Very few people there except his immediate family had been aware of the extent of his voluntary and charitable work. It is unfortunate that one only knows the full extent of people's involvement with so many activities afterwards.

We are pleased to have permission to carry part of the Eulogy written by Danny's wife Jean and read by a friend at the funeral service as a tribute to Danny. There are many roles that Danny undertook on behalf of us from the summer of 2007 we he became our secretary as he was also EVAC representative on the England Athletics Masters Association and the BMAF. Graeme Packman has agreed to be acting secretary for the next months and Pete Duhig is covering as representative when he can.

Many thank to Tom Phillips for searching out the picture of Danny on the front cover

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.

Danny Mullane 1945 - 2011 RIP

Danny was born on the 27th August 1945 at the William Julien Courtauld Hospital in Braintree. He spent his early years in the Essex village of Silver End before moving to Black Notley when he was seven. He attended primary schools in both villages and showed an aptitude for sport and mathematics at quite an early age. Danny represented his school Braintree County High School on the football field and the athletics track.

Danny left school at 16 and went to work for Barclays Bank which and the bank remained his place of work until he took voluntary redundancy in 1993 except fora two year break in the late 1960's when he travelled to Australia as a £50 pom.

While working as the manager of the Kelvedon branch, Danny became involved with the Kelvedon House of the "Abbeyfield Society" as treasurer, a role he continued to fulfil for many years. On retirement he became treasurer of the Braintree and Bocking Abbeyfield Houses, and also became an active member of the Regional Committee. He was also on the committee of the Witham Housing Association (a sheltered housing association) for several years.

Danny became treasurer for a wide range of voluntary groups in his retirement including: The Feering Community Association; The Mid-Essex Talking News; and The Essex Athletic Association. He also ran the British Masters Athletics 300 Club, and he was responsible for checking the annual accounts of many local organisations including Scouting and Guiding groups; Drama Groups; the W.I.; Branches of the British Legion; and various Churches.

Some quotes from sympathy cards received:

> *Danny will be remembered for his dedication as keeper of our books.*
>
> *He gave so much of his time to charities, calmly keeping them in sound financial health.*
>
> *I have only just realised how much Danny did for other people, and how many varied interests he had.*

Danny met his wife Jean playing Badminton for Notley Sports after he return from Australia in the early 1970's. They married in 1974, and their daughter Jennifer was born in 1975.

Danny supported Jean and Jennifer in their activities. He was an enthusiastic member of the Parent-Teacher Association at Jennifer's secondary school serving in several key roles, as well as a school governor. For over twenty years, Danny served as a Magistrate at Colchester and Harwich, sitting on both the Adult and the Youth Benches. This was a role he took very seriously believing firmly in fairness and equality of justice – always trying to ensure that everyone had a fair hearing.

When his daughter was a member of the Junior Kelvedon Players, Danny also took to the stage in the senior section taking roles in the pantomime & straight plays. Danny joined the Witham Amateur Operatic Society in 1988, and from that time until illness prevented it he would be seen either in the chorus or playing minor roles. Gilbert & Sullivan were always his favourite. Danny loved his years with the society and was equally happy on stage, erecting or dismantling the scenery, even joining in working front of house.

However Danny's first love was Athletics. On leaving school, he played football for Halstead Town until he was forced to retire due to a knee injury. This did not affect Danny's ability to run, and he joined Chelmsford Athletic Club turning out for them at track and field meetings road running and cross-country. In recent years Danny represented Tiptree Road Runners & Jean continued to accompany him offering him her continued support. Danny ran from 5km to marathons – he was very proud of achieving his best marathon time 2 hours 37 minutes in the early 1980's.

It was in 1999 that Danny's athletics entered a new phase. While on a camping holiday he entered the World Masters Track and Field Championships in Gateshead. He ran 5km and 10km track races against athletes from all over the world. From then on Danny & Jean would travel abroad up to three times in a year to enable Danny to represent his country at European and World Masters Athletics events. Danny's highlight was when he won a team bronze medal in the Cross-Country race at the World Championships in Linz, Austria in 2006.

More recently, realising that he was slowing down and totally unaware that he was ill, he maintained his love of athletics by becoming a field and track judge. It was this that kept him going throughout the two years of his illness. During this time he travelled around the country judging and even as recently as during the summer of 2010 went to Hungary to judge in the European Masters Championships.

During his lifetime, Danny experienced times of great sadness – not least when he lost his brother Graham in a drowning accident at the young age of 21, and again, when he and Jean lost their baby son Andrew in 1978. It was at these times that his deep faith and trust in God saw him through. Danny was immensely proud of his daughter Jennifer and his three wonderful grandchildren.

To quote from one more sympathy card received by Jean and Jennifer:

> *Danny was a very special man. One of life's genuine volunteers who touched so many lives, and has, in his own way, left a significant legacy for the rest of us to follow*.

May he rest in peace with the Lord.

Eastern Veterans AC Track & Field League Final, Bedford Stadium, 11 September 2011

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 both are pictured on the rear cover of the magazine.

	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

Individual Results

Men

	100m M40	Team	
1	Mitch Bellham	Loughton	12.5
2	C.Farrow	Southend	12.5
3	Paul Canning	M Keynes	12.5
4	Peter Downhill	Huntingdon	'13.0
5	Dunc. Harbour	Peterboro	'13.0
6	David Lane	Ryston	13.6
7	Lance Croft	Bedford	'14.0
8	Martin Gibbs	Chelmsford	22.1
	100m M50		
1	D Whitehead	Peterboro	13.3
2	Tenny James	Bedford	13.4
3	John Turner	M Keynes	13.7
4	David Barnett	Chelmsford	14.3
5	Wayne Dubose	Huntingdon	15.3
6	P.Binns	Southend	15.5
7	John Ryan	Loughton	16.5
8	Peter Brown	Ryston	18.2

Women

	100m W35	Team	
1	Katy Williams	Kettering	14.7
2	Hannah Stirley	Huntingdon	14.9
3	Alison Mcgowan	Chelmsford	15.2
4	Michaela Davis	Loughton	15.2
5	T Stephenson	Fairlands	15.8
6	Jean Harry	M Keynes	16.1
7	Karen Wood	Ryston	16.4
	100m W45		
1	Monica Brown	Fairlands	13.9
2	Yvonne Holmes	Chelmsford	14.6
3	Ama. Rochester	Loughton	14.7
4	Di Baldwin	M Keynes	16.5
5	Sandra Pedley	Huntingdon	17.1
6	Liz Blakie	Ryston	18.1
7	Yvonne Elliott	Kettering	26.4

EVAC Track & Field League Final -2

	100m M60	**Team**			**100m W55**	**Team**	
1	Jim Keech	Bedford	14.7	1	Jan Lawson	M Keynes	15.5
2	Paul Toombs	M Keynes	14.8	2	Mags Jarvis	Chelmsford	17.3
3	David Hobbs	Loughton	15.2	3	Marl. Simmonds	Ryston	17.5
4	Roger Cole	Chelmsford	15.8	4	Julie Ryan	Loughton	17.8
5	Phil Speaight	Huntingdon	16.1	5	Iris Hornsey	Fairlands	20.4
6	M. Simmonds	Ryston	16.4	6			
7	J.Brock	Southend	16.6	7			
8	Peter Brantom	Peterboro	16.7	8			
	200m M40				**200m W35**		
1	Paul Canning	M Keynes	25.8	1	Rosie Canham	Fairlands	30.5
2	Lance Croft	Bedford	26.5	2	Hannah Stirley	Huntingdon	31.2
3	K.Palmer	Southend	26.9	3	Katy Williams	Kettering	31.9
4	Ty Holden	Loughton	`27.0	4	Katrina Wasteney	W Norfolk	32.1
5	D. Harbour	Peterboro	27.3	5	Michaela Davis	Loughton	32.2
6	Richard Phelan	Huntingdon	28.6	6	Alison Mcgowan	Chelmsford	32.3
7	Martin Gibbs	Chelmsford	29.3	7	Lesley Robins	Ryston	32.4
8	Andy Harrod	Ryston	31.6	8	Di Farmer	M Keynes	36.2
	200m M50				**200m W45**		
1	R Huskisson	Peterboro	25.8	1	Monica Brown	Fairlands	28.8
2	Tenny James	Bedford	27.5	2	Am. Rochester	Loughton	30.2
3	John Turner	M Keynes	28.2	3	Helen Keyworth	Kettering	30.7
4	David Barnett	Chelmsford	29.2	4	Yvonne Holmes	Chelmsford	31.6
5	Wayne Dubose	Huntingdon	32.2	5	Di Baldwin	M Keynes	34.8
6	John Ryan	Loughton	33.4	6	Linda Marshall	Ryston	`36.0
7	C.Reed	Southend	34.8	7			
8	Chris Milnes	Ryston	39.1	8			
	200m M60				**200m W55**	**Team**	
1	David Hobbs	Loughton	31.1	1	Jan Lawson	M Keynes	34.8
2	Paul Toombs	M Keynes	31.4	2	Mags Jarvis	Chelmsford	36.9
3	Peter Brantom	Peterboro	`33.0	3	Julie Ryan	Loughton	38.8
4	Roger Cole	Chelmsford	33.1	4	Georgina Allen	Ryston	39.1
5	J.Brock	Southend	33.6	5	Iris Hornsey	Fairlands	42.8
6	M Simmonds	Ryston	`34.0	6			
7				7			
	400m M40				**400m W35**	**Team**	
1	P.Benedickter	Bedford	54.8	1	Rosie Canham	Fairlands	`70.0
2	Peter Downhill	Huntingdon	55.9	2	Katrina Wasteney	W Norfolk	71.2
3	C.Farrow	Southend	58.3	3	Jo Smith	Chelmsford	72.2
4	Paul Canning	M Keynes	58.5	4	Michelle Hurley	Loughton	78.8
5	Ty Holden	Loughton	60.2	5	Karen Wood	Ryston	79.1
6	Martin Gibbs	Chelmsford	64.5	6	Jill Tierney	Kettering	`81.0
7	Martin Ive	Ryston	66.3	7	Di Farmer	M Keynes	84.2
8	John Herbert	Peterboro	67.4				

EVAC Track & Field League Final - 3

	400m M50	**Team**			**400m W45**	**Team**	
1	Ivars Licietis	M Keynes	`60.0	1	Helen Keyworth	Kettering	67.7
2	D Whitehead	Peterboro	`61.0	2	Am. Rochester	Loughton	68.8
3	David Barnett	Chelmsford	65.2	3	Yvonne Holmes	Chelmsford	70.4
4	Derek Darnell	Huntingdon	65.7	4	Chris Feely	Fairlands	73.4
5	P.Binns	Southend	`76.0	5	Di Baldwin	M Keynes	73.7
6	John Ryan	Loughton	80.9	6	Sandra Pedley	Huntingdon	82.7
7	Chris Milnes	Ryston	89.8	7	Liz Blakie	Ryston	89.4
	800m M40				**800m W35**		
1	Peter Downhill	Huntingdon	2:06.6	1	Jo Smith	Chelmsford	2:40.2
2	M.Oldham	Southend	2:09.9	2	Kerry James	Fairlands	2:41.0
3	Lance Croft	Bedford	2:11.5	3	Michelle Hurley	Loughton	2:55.7
4	Malcolm Tuff	Ryston	2:16.8	4	Sarah Taylor	Ryston	3:01.2
5	John Herbert	Peterboro	2:21.7	5	Di Farmer	M Keynes	3:02.7
6	M Bridgeland	Chelmsford	2:23.7	6	Jill Tierney	Kettering	3:16.8
7	Cliff Warren	Loughton	2:25.5	7			
8	Steve Herring	M Keynes	2:35.3	8			
	800m M50				**800m W45**		
1	Geoff Brewster	Huntingdon	2:25.9	1	Helen Keyworth	Kettering	2:47.8
2	Ivars Licietis	M Keynes	2:33.6	2	Di Baldwin	M Keynes	2:49.1
3	Glen Kent	Chelmsford	2:38.4	3	Chris Feely	Fairlands	2:51.2
4	P.Binns	Southend	2:40.2	4	Anne Heeks	Loughton	2:57.4
5	Eam. Dorling	Peterboro	2:43.3	5	Linda Marshall	Ryston	3:00.5
6	Dave Neale	Ryston	2:54.3	6	Sally Edwards	W Norfolk	3:03.6
7	Simon Childs	Loughton	2:55.0	7	Denise Ford	Chelmsford	3:06.8
	800m M60				**800m W55**		
1	John Skelton	M Keynes	2:39.3	1	Mags Jarvis	Chelmsford	3:06.0
2	David Laynes	Bedford	2:43.2	2	Ursula Ghaleb	M Keynes	3:22.7
3	C.Reed	Southend	2:46.9	3	Iris Hornsey	Fairlands	3:33.6
4	M Simmonds	Ryston	2:54.3	4	Georgina Allen	Ryston	3:37.8
5	Phil Harris	Chelmsford	3:06.4	5	Jean Hobbs	Loughton	3:43.2
6	John Borgars	Loughton	3:13.9	6			
7	Peter Brantom	Peterboro	3:24.7	7			
	110mH M40				**100mH W35**		
1	P Benedickter	Bedford	18.6	1	Kate Alexander	Chelmsford	19.4
2	D. Harbour	Peterboro	19.3	2	K. Wasteney	W Norfolk	21.2
3	M.Oldham	Southend	19.4	3	Hannah Stirley	Huntingdon	22.7
4	B. Slaughter	M Keynes	20.3	4	Lesley Robins	Ryston	`28.0
5	Jim Harrison	Loughton	20.6	5	T. Stephenson	Fairlands	30.6
6	Richard Phelan	Huntingdon	22.1	6	Maria Calleia	M Keynes	45.3
	100mH M50				**80mH W45**		
1	Tennn James	Bedford	16.8	1	Lesley Byrne	M Keynes	16.1
2	R Huskisson	Peterboro	22.3	2	Monica Brown	Fairlands	16.6
3	David Barnett	Chelmsford	22.9	3	Jill Kent	Chelmsford	18.1
4	Dave Neale	Ryston	24.3	4	Linda Marshall	Ryston	18.2
5	Andy Harrison	M Keynes	27.2	5	Tania Blundy	Loughton	22.3

EVAC Track & Field League Final - 4

	400mH M40	**Team**			**400mH W35**	**Team**	
1	P Benedickter	Bedford	59.3	1	K. Wasteney	W Norfolk	`80.0
2	M.Oldham	Southend	66.6	2	Wendy King	Chelmsford	86.2
3	Brian Slaughter	M Keynes	67.6	3	Hannah Stirley	Huntingdon	88.1
4	Jim Harrison	Loughton	70.2	4	Jo Isbill	Ryston	91.6
5	Duncan Harbour	Peterboro	72.3	5	Steph. Mayfield	Fairlands	96.2
6	Martin Gibbs	Chelmsford	76.4	6	Jill Tierney	Kettering	105.9
7	G. Westhorp	Huntingdon	91.5	7	Sue Rey	M Keynes	147.1
	400mH M50				**400mH W45**		
1	Tenny James	Bedford	70.3	1	Helen Keyworth	Kettering	`79.0
2	Ricky Huskisson	Peterboro	`74.0	2	Jill Kent	Chelmsford	88.7
3	David Barnett	Chelmsford	74.7	3	Lesley Byrne	M Keynes	90.2
4	Derek Darnell	Huntingdon	80.5	4	Linda Marshall	Ryston	90.7
5	Andy Harrison	M Keynes	81.3	5	Sharon Crowley	Fairlands	118.3
6	Dave Neale	Ryston	84.3	6	Barbara Higgins	Loughton	126.2
7	J.Brock	Southend	115.6				
	1500m M40				**1500m W35**		
1	Malcolm Tuff	Ryston	4:37.4	1	Wendy King	Chelmsford	5:17.9
2	Sean Beard	Peterboro	4:41.7	2	Molly Mckay	W Norfolk	5:32.3
3	Mick Bridgeland	Chelmsford	4:42.6	3	Rosie Canham	Fairlands	5:35.1
4	M.Oldham	Southend	4:56.3	4	Lesley Robins	Ryston	6:01.9
5	M. Blackwell	Bedford	5:01.8	5	Maria Calleia	M Keynes	6:03.5
6	Ian Day	Huntingdon	5:03.6	6	Michelle Hurley	Loughton	6:05.1
7	Rob Balderston	M Keynes	5:16.5	7	Hayley Hunter	Kettering	6:58.3
8	Cliff Warren	Loughton	5:46.0	8			
	1500m M50				**1500m W45**		
1	Richard Holland	Huntingdon	4:53.0	1	Kerry Munn	Kettering	6:04.0
2	Malcolm Down	M Keynes	5:01.2	2	Chris Feely	Fairlands	6:07.0
3	Glen Kent	Chelmsford	5:16.1	3	Di Baldwin	M Keynes	6:25.4
4	David Laynes	Bedford	5:25.8	4	Anne Heeks	Loughton	6:27.4
5	Eamonn Dorling	Peterboro	5:26.4	5	Maureen Wolfe	Ryston	6:31.6
6	P.Binns	Southend	5:36.3	6	Sally Edwards	W. Norfolk	6:36.3
7	Paul Firmage	Ryston	5:58.0	7	Tracy Minton	Chelmsford	7:04.8
8	Simon Childs	Loughton	6:24.7	8	Justine Ash	Huntingdon	7:42.1
	3000m M40				**3000m W35**		
1	John Herbert	Peterboro	09:48.7	1	Wendy King	Chelmsford	11:21.6
2	Mick Bridgeland	Chelmsford	09:54.8	2	Molly Mckay	W. Norfolk	11:46.6
3	M.Waine	Southend	10:14.9	3	Kerry James	Fairlands	12:22.2
4	Ian Day	Huntingdon	10:27.1	4	Maria Calleia	M Keynes	12:44.4
5	Nic Bensley	Ryston	10:30.6	5	Sarah Taylor	Ryston	12:52.6
6	M. Blackwell	Bedford	10:31.4	6	Michelle Hurley	Loughton	13:04.8
7	Stewart Fraser	M Keynes	11:47.7	7	Hayley Hunter	Kettering	15:16.7

EVAC Track & Field League Final - 5

	3000m M50	**Team**			**3000m W45**	**Team**	
1	Richard Holland	Huntingdon	10:13.0	1	Kerry Munn	Kettering	12:45.4
2	Malcolm Down	M Keynes	10:33.2	2	Anne Heeks	Loughton	13:17.2
3	Glen Kent	Chelmsford	11:08.3	3	Denise Ford	Chelmsford	13:22.0
4	P.Binns	Southend	11:26.3	4	Sally Edwards	W Norfolk	13:59.0
5	Eamonn Dorling	Peterboro	11:30.1	5	Alison Milnes	Ryston	14:23.9
6	Chris Milnes	Ryston	13:20.6	6	Sharon Crowley	Fairlands	14:50.7
7	Simon Childs	Loughton	13:50.9	7	Jacquie Maycock	M Keynes	16:49.9
8	Georgio Garafalo	Bedford	14:24.5	8			
	3000m M60				**3000m W55**		
1	John Skelton	M Keynes	10:35.9	1	Mags Jarvis	Chelmsford	14:09.6
2	David Laynes	Bedford	11:45.5	2	Ursula Ghaleb	M Keynes	14:47.2
3	C.Reed	Southend	12:36.3	3	Jean Hobbs	Loughton	15:36.0
4	M. Simmonds	Ryston	13:56.3	4	Gill Hart	Ryston	15:53.7
5	Peter Brantom	Peterboro	14:45.4	5	Jan Fry	Fairlands	18:48.5
6	John Borgars	Loughton	14:57.9				
7	Roger Cole	Chelmsford	15:56.7				
	2km Walk M40				**2km Walk W35**		
1	Martin Ive	Ryston	10:42.2	1	Sue Rey	M Keynes	13:41.0
2	K.Palmer	Southend	13:16.3	2	Jane Clark	Loughton	13:59.9
3	Robert Lands	Bedford	13:19.3	3	Sue Smith	Ryston	14:26.0
4	Mike Hayball	Huntingdon	13:29.9	4	Bronwyn Smit	Kettering	14:26.8
5	Brian Graves	M Keynes	13:32.7	5	Jo Smith	Chelmsford	15:17.8
				6	Carol Darnell	Huntingdon	15:34.4
				7	S. O'Callaghan	Fairlands	15:58.9
	2km Walk M50				**2km Walk W45**		
1	Mark Wall	M Keynes	11:24.1	1	Di Baldwin	M Keynes	12:07.0
2	Graham Ayres	Bedford	12:21.7	2	Liz Blakie	Ryston	12:44.7
3	P.Binns	Southend	12:39.0	3	Elspeth Missen	Chelmsford	13:47.7
4	Paul Firmage	Ryston	12:47.8	4	Sharon Crowley	Fairlands	14:15.5
5	Eamonn Dorling	Peterboro	12:54.9	5	Justine Ash	Huntingdon	14:21.1
6	Wayne Dubose	Huntingdon	13:29.9	6	Yvonne Elliott	Kettering	15:30.7
7	Terry Casey	Loughton	15:59.1	7	Tania Blundy	Loughton	15:52.1
	2km Walk M60				**2km Walk W55**		
1	Phil Speaight	Huntingdon	12:43.4	1	Cath Duhig	Ryston	11:38.1
2	M. Simmonds	Ryston	12:51.8	2	Ursula Ghaleb	M Keynes	13:18.7
3	Bob Austin	M Keynes	12:54.8	3	Fran. Fernandez	Loughton	13:51.0
4	J.Brock	Southend	13:13.7	4	Jan Fry	Fairlands	15:27.3
5	John Borgars	Loughton	13:19.3				
6	Peter Brantom	Peterboro	13:25.8				
7	Roger Cole	Chelmsford	13:29.9				

EVAC Track & Field League Final - 6

	Hammer Throw M40				**Hammer Throw W35**		
1	Bob Ellingham	Huntingdon	36.95	1	Emma Beales	M Keynes	33.44
2	David Bauer	Chelmsford	33.62	2	Kate Merrit	Loughton	21.54
3	Jack Kee	M Keynes	33.34	3	Carol Morris	Chelmsford	18.85
4	Simon Eastwood	Bedford	18.03	4	Hannah Stirley	Huntingdon	17.85
5	P.Ffrench	Southend	14.97	5	Amanda Marlow	Kettering	16.71
6	John Herbert	Peterboro	14.02	6	Steph. Mayfield	Fairlands	14.84
7	Jim Harrison	Loughton	13.68	7	Jo Isbill	Ryston	14.63
8	Andy Harrod	Ryston	11.73	8			
	Hammer Throw M50				**Hammer Throw W45**		
1	R.Earle	Southend	56.18	1	Shirley Quinn	Chelmsford	30.59
2	Mike Williams	Chelmsford	34.77	2	Gaye Clarke	Ryston	23.78
3	Tim Needham	Peterboro	29.97	3	P. Ackland-Snow	Loughton	21.36
4	Wayne Dubose	Huntingdon	27.03	4	Jean. Lawrence	M Keynes	19.07
5	Carl Baldwin	M Keynes	25.33	5	Sarah Bailey	Kettering	13.77
6	Jim Burke	Bedford	22.87	6	Leigh Ely	W Norfolk	12.68
7	Peter Brown	Ryston	16.26	7	Sharon Crowley	Fairlands	12.19
8	Mick Higgins	Loughton	13.02	8			
	Shot Putt M40				**Shot Putt W35**		
1	Darren Kerr	Bedford	9.81	1	Emma Beales	M Keynes	10.53
2	D. Goldsworthy	M Keynes	9.28	2	Kate Merrit	Loughton	6.93
3	Paul Avontuur	Chelmsford	`9.00	3	Amanda Marlow	Kettering	6.86
4	P.Ffrench	Southend	8.96	4	Sarah Stark	Chelmsford	6.34
5	Derick Watson	Peterboro	`8.10	5	Sharron Kenyon	Huntingdon	5.99
6	Jim Harrison	Loughton	`7.40	6	Jo Isbill	Ryston	5.84
7	Andy Harrod	Ryston	6.29	7	T. Stephenson	Fairlands	5.33
8	Dave Ensor	Huntingdon	6.09	8			
	Shot Putt M50				**Shot Putt W45**		
1	R.Earle	Southend	13.42	1	Lesley Byrne	M Keynes	8.24
2	Mike Williams	Chelmsford	11.15	2	Monica Brown	Fairlands	6.39
3	G Packman	Bedford	10.33	3	Tracy Minton	Chelmsford	6.19
4	Wayne Dubose	Huntingdon	10.02	4	P. Ackland-Snow	Loughton	5.96
5	Carl Baldwin	M Keynes	8.25	5	Leigh Ely	W Norfolk	`5.80
6	Peter Brown	Ryston	`7.40	6	Maureen Wolfe	Ryston	5.78
7	Tim Needham	Peterboro	7.23	7	Justine Ash	Huntingdon	5.38
8	Mick Higgins	Loughton	6.25	8	Sarah Bailey	Kettering	5.23
	Shot Putt M60				**Shot Putt W55 (3.25Kg)**		
1	Bob Richards	Bedford	9.98	1	Shirley Quinn	Chelmsford	8.39
2	Jack Kee	M Keynes	8.96	2	Marl. Simmonds	Ryston	7.63
3	Phil Harris	Chelmsford	8.18	3	Jan Lawson	M Keynes	6.79
4	Phil Speaight	Huntingdon	7.65	4	Jennie Speaight	Huntingdon	5.91
5	J.Brock	Southend	7.12	5	Fernandez	Loughton	5.67
6	M. Simmonds	Ryston	`7.10	6	Jan Fry	Fairlands	`5.10
7	David Hobbs	Loughton	6.83	7			
8	Peter Brantom	Peterboro	6.14	8			

EVAC Track & Field League Final - 7

	Javelin Throw M40				**Javelin Throw W35**		
1	Simon Eastwood	Bedford	36.92	1	Jean Harry	M Keynes	22.41
2	Brian Slaughter	M Keynes	`33.80	2	Amanda Marlow	Kettering	20.12
3	Duncan Harbour	Peterboro	32.73	3	Sharron Kenyon	Huntingdon	19.17
4	Jim Harrison	Loughton	29.42	4	Kate Merrit	Loughton	17.24
5	P.Ffrench	Southend	28.02	5	K. Wasteney	W Norfolk	`15.70
6	Dave Ensor	Huntingdon	26.25	6	Carol Morris	Chelmsford	14.51
7	Martin Gibbs	Chelmsford	25.83	7	Steph. Mayfield	Fairlands	`10.80
8	Malcolm Tuff	Ryston	21.27	8	Lesley Robins	Ryston	`10.80
	Javelin Throw M50				**Javelin Throw W45**		
1	R.Earle	Southend	37.43	1	P. Ackland-Snow	Loughton	16.53
2	Ian Stephenson	M Keynes	37.01	2	Maureen Wolfe	Ryston	13.59
3	Bob Richards	Bedford	34.11	3	Leigh Ely	W Norfolk	12.27
4	Martin Branfoot	Chelmsford	33.94	4	Jacquie Maycock	M Keynes	`12.10
5	Dave Neale	Ryston	28.19	5	Tracy Minton	Chelmsford	11.24
6	Wayne Dubose	Huntingdon	27.32	6	Sandra Pedley	Huntingdon	11.03
7	Tim Needham	Peterboro	16.93	7	Sarah Bailey	Kettering	9.85
8	Mick Higgins	Loughton	15.03	8			
	Discus Throw M40				**Discus Throw W35**		
1	David Bauer	Chelmsford	38.14	1	Emma Beales	M Keynes	42.07
2	Darren Kerr	Bedford	31.47	2	Kate Merrit	Loughton	20.06
3	Mitchell Bellham	Loughton	24.45	3	Sharron Kenyon	Huntingdon	17.38
4	D Goldworthy	M Keynes	22.94	4	Jo Isbill	Ryston	17.29
5	P.Ffrench	Southend	22.11	5	Carol Morris	Chelmsford	15.59
6	Malcolm Tuff	Ryston	19.05	6	Hayley Hunter	Kettering	14.78
7	Dave Ensor	Huntingdon	17.52	7	Sara O'Callaghan	Fairlands	12.96
8	John Herbert	Peterboro	16.15	8			
	Discus Throw M50				**Discus Throw W45**		
1	R.Earle	Southend	43.91	1	P. Ackland-Snow	Loughton	17.42
2	Mike Williams	Chelmsford	35.01	2	Maureen Wolfe	Ryston	16.18
3	John Turner	M Keynes	32.56	3	Chris Feely	Fairlands	15.37
4	G. Packman	Bedford	30.49	4	Tracy Minton	Chelmsford	14.41
5	Tim Needham	Peterboro	28.63	5	Leigh Ely	W Norfolk	14.27
6	Wayne Dubose	Huntingdon	20.57	6	Jean. Lawrence	M Keynes	13.09
7	Peter Brown	Ryston	`18.80	7	Sarah Bailey	Kettering	13.01
8	Mick Higgins	Loughton	17.55	8	Justine Ash	Huntingdon	11.65
	Discus Throw M60				**Discus Throw W55**		
1	Jack Kee	M Keynes	34.29	1	Shirley Quinn	Chelmsford	32.38
2	Bob Richards	Bedford	33.57	2	Marl. Simmonds	Ryston	19.03
3	Phil Speaight	Huntingdon	31.75	3	Jennie Speaight	Huntingdon	16.25
4	David Hobbs	Loughton	25.47	4	Jan Lawson	M Keynes	15.32
5	Phil Harris	Chelmsford	20.99	5	Franc. Fernandez	Loughton	13.85
6	J.Brock	Southend	19.76	6	Iris Hornsey	Fairlands	11.21
7	M Simmonds	Ryston	17.73				
8	Peter Brantom	Peterboro	14.45				

EVAC Track & Field League Final - 8

	Long Jump M40				**Long Jump W35**		
1	P.Ffrench	Southend	5m22	1	Kate Alexander	Chelmsford	4m75
2	Cliff Warren	Loughton	5m03	2	Hannah Stirley	Huntingdon	4m15
3	Brian Slaughter	M Keynes	4m95	3	Amanda Marlow	Kettering	4m03
4	Martin Gibbs	Chelmsford	4m89	4	K Wasteney	W Norfolk	3m80
5	David Lane	Ryston	4m58	5	Karen Wood	Ryston	3m60
6	Richard Phelan	Huntingdon	4m57	6	Michaela Davis	Loughton	3m57
7	John Herbert	Peterboro	4m35	7	T. Stephenson	Fairlands	3m55
8	Lance Croft	Bedford	3m76	8	Di Farmer	M Keynes	3m26
	Long Jump M50				**Long Jump W45**		
1	Dave Whitehead	Peterboro	4m92	1	Monica Brown	Fairlands	4m46
2	David Barnett	Chelmsford	4m81	2	Gaye Clarke	Ryston	4m32
3	Tennyson James	Bedford	4m66	3	C. St J Coleman	Chelmsford	3m90
4	Carl Baldwin	M Keynes	4m17	4	Lesley Byrne	M Keynes	3m66
5	Dave Neale	Ryston	3m72	5	Chris Salvary	Loughton	3m42
6	Simon Childs	Loughton	3m52	6	Sandra Pedley	Huntingdon	3m23
7	Wayne Dubose	Huntingdon	3m41	7	Leigh Ely	W Norfolk	3m05
8	P.Binns	Southend	3m15	8	Yvonne Elliott	Kettering	2m33
	Long Jump M60				**Long Jump W55**		
1	Phil Harris	Chelmsford	4m57	1	Marl. Simmonds	Ryston	3m29
2	David Hobbs	Loughton	3m90	2	Julie Ryan	Loughton	2m96
3	Paul Toombs	M Keynes	3m46	3	Mags Jarvis	Chelmsford	2m94
4	Peter Brantom	Peterboro	3m42	4	Iris Hornsey	Fairlands	2m78
5	Phil Speaight	Huntingdon	3m37	5	Ursula Ghaleb	M Keynes	2m66
6	J.Brock	Southend	3m12	6			
7	M. Simmonds	Ryston	2m61	7			
	Triple Jump M40				**Triple Jump W35**		
1	P.Ffrench	Southend	11m20	1	Kate Alexander	Chelmsford	9m24
2	Mitchell Bellham	Loughton	10m97	2	Sharron Kenyon	Huntingdon	8m45
3	Brian Slaughter	M Keynes	10m22	3	Jean Harry	M Keynes	8m22
4	Simon Eastwood	Bedford	9m98	4	Jo Isbill	Ryston	8m13
5	Richard Phelan	Huntingdon	9m85	5	Amanda Marlow	Kettering	7m40
6	John Herbert	Peterboro	9m57	6	Michaela Davis	Loughton	6m93
7	David Lane	Ryston	8m89	7	T. Stephenson	Fairlands	6m37
8	Martin Gibbs	Chelmsford	8m73	8			
	Triple Jump M50				**Triple Jump W45**		
1	Ricky Huskisson	Peterboro	10m28	1	Monica Brown	Fairlands	8m53
2	David Barnett	Chelmsford	9m79	2	Lesley Byrne	M Keynes	8m45
3	Carl Baldwin	M Keynes	9m35	3	C St J Coleman	Chelmsford	8m25
4	Dave Neale	Ryston	8m73	4	Marl. Simmonds	Ryston	7m98
5	John Ryan	Loughton	8m08	5	Sandra Pedley	Huntingdon	7m49
6	Wayne Dubose	Huntingdon	7m59	6	Chris Salvary	Loughton	6m95
7	J.Brock	Southend	6m64	7	Leigh Ely	W Norfolk	6m93
8				8	Yvonne Elliott	Kettering	5m82

EVAC Track & Field League Final - 9

	High Jump M40				**High Jump W35**		
1	Mitchell Bellham	Loughton	1m60	1	Sharron Kenyon	Huntingdon	1m30
2	Simon Eastwood	Bedford	1m50	2	Kate Alexander	Chelmsford	1m25
3	Richard Phelan	Huntingdon	1m45	3	Jo Isbill	Ryston	1m20
4	Brian Slaughter	M Keynes	1m45	4	Michaela Davis	Loughton	1m15
5	P.Ffrench	Southend	1m45	5	T Stephenson	Fairlands	1m10
6	John Herbert	Peterboro	1m30	6	Amanda Marlow	Kettering	1m00
7	Martin Ive	Ryston	1m25	6	Jan Lawson	M Keynes	1m00
8	Martin Gibbs	Chelmsford	1m20	8			
	High Jump M50				**High Jump W45**		
1	Ricky Huskisson	Peterboro	1m40	1	Gaye Clarke	Ryston	1m33
2	David Barnett	Chelmsford	1m35	2	Monica Brown	Fairlands	1m33
3	Carl Baldwin	M Keynes	1m30	3	Helen Keyworth	Kettering	1m15
4	Derek Darnell	Huntingdon	1m30	4	Leigh Ely	W Norfolk	1m05
5	Dave Neale	Ryston	1m20	5	C St J Coleman	Chelmsford	1m05
6	John Ryan	Loughton	1m10	6	Barbara Higgins	Loughton	1m00
	Pole Vault M40				**Pole Vault W35**		
1	Simon Eastwood	Bedford	3m40	1	Kate Alexander	Chelmsford	2m50
2	Jim Harrison	Loughton	3m00	2	Jo Isbill	Ryston	2m30
3	Brian Slaughter	M Keynes	2m60	3	Sharron Kenyon	Huntingdon	1m50
4	Richard Phelan	Huntingdon	2m00	3	Steph. Mayfield	Fairlands	1m50
5	Martin Ive	Ryston	1m70	3	Michaela Davis	Loughton	1m50
	Pole Vault M50				**Pole Vault W45**		
1	Tennyson James	Bedford	2m50	1	Sandra Pedley	Huntingdon	1m70
2	Carl Baldwin	M Keynes	2m40	2	C St J Coleman	Chelmsford	1m60
3	David Barnett	Chelmsford	2m20	3	Lesley Byrne	M Keynes	1m50
4	Dave Neale	Ryston	2m00	4	Barbara Higgins	Loughton	1m50
5	Derek Darnell	Huntingdon	1m80	5	Gaye Clarke	Ryston	1m40
6	Ricky Huskisson	Peterboro	1m50				
	Medley Relay M40 (4224)				**Medley Relay W35 (4224)**		
1	Bedford & C		2:49.4	1	Chelmsford AC		3:24.7
2	Southend M		2:56.2	2	Fairlands Valley		3:30.3
3	Milton Keynes		2:57.6	3	West Norfolk		3:39.8
4	Loughton AC		3:01.8	4	Kettering		3:45.4
5	Ryston Runners		3:05.8	5	Ryston Runners		3:51.8
6	Hunts AC		3:06.1	6	Milton Keynes		3:58.7
7	Peterborough		3:18.2	7	Loughton AC		4:08.1
8	Chelmsford AC		3:35.4	8			
	Medley Relay M50 (4224)				**Medley Relay W45 (4224)**		
1	Milton Keynes		2:59.6	1	Loughton AC		3:44.9
2	Hunts AC		3:12.8	2	Chelmsford AC		3:45.7
3	Peterborough		3:20.7	3	Kettering		3:47.0
4	Chelmsford AC		3:29.9	4	Ryston Runners		3:47.2
5	Ryston Runners		3:50.7	5	Fairlands Valley		3:48.5
6	Loughton AC		4:19.4	6	Milton Keynes		4:02.7
				7	Hunts AC		4:12.2

How do I get selected for the England Masters Cross Country team?

This is a question I have been asked in the past and up to now I haven't been able to give a good answer. Now, having been to the selection meeting this autumn I think I can now help you.

Applying:
Well the first thing you have to do is apply and you must be a member of one of the English regional masters clubs to be accepted. If you are Welsh, Scottish or Irish of course you don't qualify for England. Application details appear on web sites in the summer.

What teams are there for me to compete in?
Lots, the women's teams are in 5 year age categories from 35 to 65 inclusive, four to run plus three reserves. The men's teams are also in 5 year age group for 35 to 50 inclusive 6 to run plus three reserves and for 55 to 65 inclusive four to run plus three reserves.

What is the standard?
Well, It varies this year the M35 age group was weaker than the M40 and there were only two people applying for the F60 team.

Who do the selectors consider?
Only the people who have applied to their regional club contact. Only the people applying for the particular age group. But, if there are too few people applying for an age group then the selectors will consider other people either from an older age group or people who have run in past years but have not applied this year.

Do you have to run BMAF events?
Yes, but not absolutely. The first people considered will be the first 10 (say) finishers in the BMAF cross country but that is not the end of it. People will have to have shown form in recent races and if they have not they may not be selected. Other BMAF events are considered the 5k and 10k road and track races and the road relay. The 10k race times are important for the longer XC races and 5k for the shorter races.

What do the selectors do?
They select the teams. These four or six runners are not formally ranked. They then select three reserves and they are ranked – the first reserve is the first replacement if someone drops out. Reserves who travel can compete in the open race on the day.

Filling in the forms:
It is best to concentrate on BMAF races and your best times in the last year. It is good to have recent performances down as a guide to form even if they are not quite so fast. If your form shows very few races the selectors might conclude you are unfit, a Power of 10 search will easily inform their view. If you are returning from injury it may be best to write a letter to explain what has happened and where you are in regaining fitness.

The EAMA secretary will send out the results of the team selections and the Team Managers are available to take calls. There are always people disappointed in the result of the selection.

What were the standards for selection in 2011?

Well this is very difficult to say as the performances in races and times over different distances do not always match. For your guidance I put down rough times for the borderline between team selection and reserve. Remember some team members would have run a lot faster than this. If two runners are close in times then BMAF events are liekley tip the balance. You can also see which age groups are weaker by comparing the times.

Age Group	5k	10k
F35	18:00	37:30
F40	18:15	38:45
F45	19:15	39:00
F50	19:00	41:00
F55	20:30	42:30
F60	See F65	See F65
F65	24:30	54:15
M35	16:15	33:30
M40	16:00	33:00
M45	16:00	33:30
M50	17:00	35:00
M55	17:00	35:30
M60	18:00	38:00
M65	Slower than M60	

So if you think you are close to the standard why don't you apply next year, but don't forget the BMAF events?

Rob Lands

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. ***Results are***

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	Time	WAM

Luton 10k 24 July 2011

Place	Time	WAM

Humpty Dumpty 10k Gt Yarmouth 26 June 2011

Place	Name	Time	Age group	WAM

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.

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

January, February	
5	BMAF Indoor Pentathlon, Sheffield
19	EVAC Indoor, South of England Indoor, Lee Valley
March	
17,18	BMAF Indoor Champs, Lee Valley
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 of Danny supplied 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

Man of Match - Rob Earle

Women of Match - Kate Alexander

Mags Jarvis of Chelmsford AC receiving the Women's Trophy from Jan Lawson.

Alisdair Gibson of Marshall Milton Keynes AC receiving the Men's Trophy from Jan Lawson.

www.evac.org.uk