EVAC

The Eastern Vet

The quarterly magazine of Eastern Veterans Athletic Club

Issue 113 Summer 2010 **Edited by Robert Lands**

Track & Field League Secretary Graeme Packman in action in the Finals at Bedford in 2009.
Find out more inside.

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Eastern Veterans Athletic Club Officers as at June 2010

Vice Presidents EC Butcher, A Churchill, HW Barnfather MBE

Chairman - Position Vacant

Honorary Secretary - Danny Mullane
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Honorary Treasurer - Brenda Russell
chelmscote@gmail.com

Honorary Membership Secretary - Mary Waters
East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB
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Other Committee Members - Phil Lee, Eric Yates

Track & Field League Chair - Jan Lawson
jan_law@tiscali.co
Secretary - Graeme Packman
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Communications - Tony Challis t_challis@hotmail.com

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Eastern Veterans Athletic Club *was formed in 1978 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

Firstly, I want to offer the clubs thanks to Rob Hadgraft for producing some great magazines over the last years.

EVAC is currently in the midst of change because many of our older members who have served the club well for decades now need to see younger folk taking up the reins. We have travelled some way in rejuvenating the club. We have a great team of people who have put new life into our track & field league, an indoor championship at Lee Valley and EVAC punches above its weight in the annual inter area T&F competition. Many of you compete well in BMAF competitions be they athletics, cross country or road. We now need to put the rest of our house in order. I have always valued the road and cross country events we have put on. Sadly, I am also responsible for cancelling the Cross Country Champs at Wimpole in 2009, but I have resurrected the Championships in both 2009 and 2010 at the Ampthill Trophy Meeting. I hope to see many of you there in October if not, you may catch me in the stands at the T & F Finals in Bedford; stop watch in hand; hopefully in company of others as I'm sure our sprinters don't want me estimating any more of their times.....

Finally, I badly miss our road races, I am not able to organise road races, we need someone, better a group of people from across the Region to step up and take this in hand. The style of this is completely open - bespoke races in the centre of the region, competition within an established race, a postal competition. Where there is a will there is a way. Do you have the will?

Notice of Extraordinary General Meeting
At 5pm on Sunday 5 September 2010
At Bedford International Athletic Stadium

This is Formal Notice that an Extraordinary General Meeting of the membership of Eastern Veterans AC has been called and that it will take place on Sunday 5 September at Bedford International Athletic Stadium at 5pm shortly after the close of competition in the EVAC Track & Field League Finals.

All members of EVAC may attend and vote at this meeting and are encouraged to attend. The motions to be discussed are on page 8 of this magazine.

INTER-AREA VETERAN'S TRACK & FIELD MATCH 2010

The inter area match takes place this year at Solihull on Sunday 8 August. Last year, at Solihull, the EVAC ladies team won their match and the men finished fifth. Overall, EVAC placed third on the combined scores.

Any interested athletes including M70's should contact our team managers without delay:

MEN'S team: Catherine Goddard Tel 01280703815
c.goddard@cranfield.ac.uk

WOMEN'S team: Gaye Clarke Tel 07867543317
gayeclarke@btinternet.com

or Graeme Packman Tel 01234781707
graemepackman@hotmail.com

Eastern Veterans Athletic Club Cross Country Championship 2010

The club's annual championship will be held within the Ampthill Trophy meeting on **Sunday 17 October** by kind agreement of Ampthill & Flitwick Flyers Running Club.

The race HQ is at Parkside Hall, Woburn Street, Ampthill and the race takes place in Ampthill Park across the road. The start of the race is at 11am. Numbers are to be collected from the race HQ on the day when you can also check in at the EVAC desk so we know your are running. There is also a young athletes race at 10am in the Trophy meeting.

We will award medals in the normal 5 year age groups dependant on numbers entered. If we have sufficient numbers then team medals will be awarded (3 to a team, cummulative time).

The race is 8k, as last year our M70 and F65 races will be one lap (~4k) but you will have the option to complete the full distance.

You need to enter the race in the normal way and include your EVAC membership number. There is no additional EVAC fee - why not donate a prize? Help is also needed on the day.

Contact Rob Lands for more info or to offer help or prizes.

AMPTHILL TROPHY
CROSS COUNTRY

Entry Form 2010

PLEASE COMPLETE IN BLOCK CAPITALS (Photocopies of this form are acceptable)

Forename: . . . .

Surname: . . . .

Address: . . . . . .

. . . . . .

Postcode: .....

Tel No: .....

Email: .....

UKA Affiliated Club: .....

UKA Competition Number: . . . . . *(For affiliated entrants only)*

EVAC No: ..... *(If entering EVAC Champs)*

Male: ... Female: ... Date of Birth: .....

DECLARATION:

If I am unable to run or the event is cancelled no money will be refunded; any surplus will go to local charities. I declare that on the day of the race I will be medically fit to run. I agree that the organisers will not be held responsible for any injury, illness, accident to me or loss/damage to my property, as a result of my participation in this event. I agree to abide by the rules and laws governing this event. I also agree to my personal details being held on a computer for all purposes relating to the event.

☐ Ampthill & Flitwick Flyers present other events including the Flitwick 10K & Marston Forest 5K.

I do not wish to receive information about these future events.

I enclose a cheque made payable to: ***"Ampthill & Flitwick Flyers"***

Junior Race: £3, or £5 for unattached runners.

Main Race: £6 for attached or £8 for unattached runners

£1 attached V60+ (advance entries only).

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

(If under 18 MUST be signed by a Parent / Guardian)

Please send completed entry forms to reach us by 10th October 2010 to:

Ampthill Trophy, c/o Dave Stanley, 21 Blackbird Close, Flitwick,

Bedfordshire MK45 1SB

List of Entrants and Race Pack will be on the website: **www.AmpthillTrophy.org.uk**

RACE PACKS WILL NOT BE SENT BY POST SO PLEASE DO NOT ENCLOSE AN S.A.E

Spotlight on Graeme Packman

Interviewed by Rob Lands

Graeme Packman is secretary of the EVAC T&F League and a member of Bedford and County AC. Born in Warwickshire in 1955 he is normally seen throwing things at league meetings (see front cover). Scratch below the surface and there is much more to Graeme. I asked him 8 questions and received a three page reply, here is an edited version of his very interesting response.

What was your first involvement with athletics? I was no good as a youngster but things changed at 13 when I made the school Rugby team, a serious accident stopped contact sport for a year and so I was forced to run cross country. I found I was finishing in the first three, joined the school team and was winning medals in the county schools champs within weeks. Over the next years cross country built up at school with the team getting into the top three in the country. I continued running in the summer season where my physique led to competing in the Shot as well as the 1500m and filling in for other events.

What athletic clubs have you belonged to and for how long? I didn't belong to a club as a youngster; my local club was Birchfield and was filled with stars such as Ray Smedley. I was at the University of York where I spent too much time on the track, in the sports centre and the Athletic Union to the detriment of my degree grade. I was encouraged by York team mates to join a club but while in Plymouth for three years couldn't find the track. I then moved to Bedford and passed the track on my way home each day. I joined the club and made the Southern League team and am still competing in it 31 years later.

What are the highlights of your athletic career? There are many team and individual highlights including representing Warwickshire in the shot at U17, putting the shot over a Lichfield school fence endangering dog walkers on a footpath beyond. Team managing my school house athletics team in my final year and winning the championships for the first time for my house. Winning the annual athletics match between York and Lancaster universities in my final year in the annual sports war of the roses. One of the highlights of my school athletics career was getting my "Five Star Award" with the same number of points in each of the shot, 1500 and 3000m race walk.

What do you do in athletics now and why? I still see myself as an active competitive athlete and my main focus is the Southern Men's League. I have taken various roles in the SML, but the focus is to ensure there are teams for me to compete in and matches to compete at. It is team and league competition that motivates me to compete harder and achieve better distances. I am Team Manager for the Bedford SML team – the second team as the club are also in the British Athletics League. The team is successful (12 of the last 18 matches have been won) but I have not managed

to get the team promoted from Division 3 yet. We are now getting 20 – 25 athletes out for a match a great improvement on past seasons. I enjoy welding a wide age range of athletes from U17 to M50 into a cohesive and successful team. I also officiate at field events at athletic meetings. I am Secretary of the Southern Men's League – the largest competitive league in the country with 102 clubs competing across 7 divisions. This is very time consuming, there is little commonality between large clubs at the top of the pile; striving for membership of the BAL; and the small town clubs at the bottom of the pyramid. A one size fits all policy is very hard to operate across the league structure. I am secretary of the EVAC T&F league and enjoy working alongside Chair Jan Lawson and the rest of that committee. There is a can do attitude in the committee and among many Team Manager's who give good feedback (usually politely!).

How do you fit athletics in with your life in general? I have been lucky enough to be able to part retire since I was just over 50 and so have the time to concentrate on the (to me) more important things in life such as making Track and Field athletics happen. During the peak period for athletics organization in March, April, May, I am able to reduce my hours even further to be able to get all my athletics work done. However there are still not enough hours in the day and my wife definitely declares herself as an "athletics widow"!

What would you like to do in the future? Something I love doing is field judging particularly in the throws but trying to do this in the same match as team managing and competing is a little stressful. Like many members of EVAC I would like to improve my officiating skills with 2012 coming along so that I could get involved with the Olympics in some role but to do this something else would have to give and I am loathe to cut back on my competing or team managing.

Keeping EVAC alive in difficult times

The last edition of this newsletter contained articles from Danny Mullane and Peter Chaplin setting out concerns about the future existence of EVAC given a declining level of participation in its organization and operation.

There was no direct response but the suggestion was made that the sub-committee running the Track & Field League and general T&F related matters take over the overall running of EVAC or become the Management Committee given that there have been few non T&F events happening in the last year. This change has become more imperative since the last newsletter as the EVAC Treasurer Julie Herron is standing down and the newsletter editor Rob Hadgraft has resigned. Various meetings and discussions have taken place and, subject to agreement from the membership, the EVAC T & F League Committee have agreed to become the overall EVAC Committee.

This change could be made in different ways but we think the most open and transparent is to call an EGM of EVAC and put a motion to that meeting that the EVAC T & F League Committee becomes the Managing Committee of EVAC.

EVAC's constitution requires a written request by at least 10 members for an EGM to be called. At the June Track & Field League match at Cambridge a proposal was circulated and was signed by over 20 EVAC members. The proposal is as follows:

"***We request that an EGM of EVAC is called to take place at the Bedford International Athletics Stadium on the 5th September 2010 immediately prior to the AGM of the EVAC Track & Field League.***

The motion to be put to the EGM is that

- the EVAC Track & Field League Committee becomes the Managing Committee of EVAC, responsible for all of the administrative, financial and regulatory affairs of EVAC.

- The Managing Committee of the EVAC Track & Field League become, with any additional officers they choose to appoint, the Managing Committee of EVAC. The change to take effect immediately upon it being agreed by the majority of members at the EGM"

The timing of the meeting was chosen as the Track & Field Final at Bedford as this is the occasion when there are likely to be most EVAC members at a single venue during a year - with 16 teams competing there should be between 150-250 athletes and officials present on the day.

The proposed structure for the "new" EVAC committee is slightly larger than the existing T & F League Committee. It also will include the current EVAC Secretary Danny Mullane in that role and Rob Lands as Newsletter Editor and representing the interests of Cross Country & Road Running. Hence the proposed "new" EVAC committee would be:-

Chair	Jan Lawson*
Secretary	Danny Mullane**
Treasurer	Brenda Russell*
Membership Secretary	Mary Waters**
Track & Field Secretary	Graeme Packman*
Results Secretary	Brian Graves*
Newsletter Ed., XC & Road	Rob Lands***
Committe Member	Catherine Goddard*
Committee Member	Dave Stephenson*

*Current T&F Lge committee, ** Current committee, *** New

If you have any comments or suggestions to make about the future of EVAC and its organization then please come along to the EGM on Sunday September 5th at Bedford International Athletics Stadium at 5pm and participate in the debate.

British Masters Road Relays, Sutton Park, Saturday 15 May 2010

There were several teams from the East Anglian Region competing in the annual masters relay races this year. The best performance on the day was by the City of Norwich AC women's F45 team who finished a close second behind a Windsor team closed in by Paula Fudge. The CoNAC team were led off by Jane Clarke who recorded one of the fastest women's times of the day and was 3rd overall on the opening leg.
Jane Clarke 17:40, Louise Wilkinson 19:54 & Tessa Pike 19:58
Gail Duckworth ran 18:32 in an incomplete Leighton Buzzard team.

The M60 and M70 men competed in the same race. There were two teams in the M60's, Herts Pheonix 14th and Bedford & County 26th. Herts Pheonix's M70 team came in 4th.

Herts Pheonix M60's

Mike Dixon	20:24,
Stuart Mann	19:06
Richard Bloom	19:42

Bedford & County M60's

Pete Dancer	20:48
Bob Thompson	20:40
Brian Webb	22:25

Herts Pheonix M70's

David Beasley	22:46
Angus Kindley	22:37
John Steed	22:55

The second race of the day was for M35's (4 legs), M40's (8 legs) & M50's 6 (legs). Two of our clubs competed in the M40 race with Bedford & County just coming out on top in 13th place 12 seconds and two places ahead of City of Norwich. Andrew Jones led off for CoNAC finishing an excellent 7th on leg one but Bedford pulled in front with a fine leg by Richard Powell on leg 2. By leg 5 the two teams were 1 place apart with Bedford just 50secs ahead. The tables were turned on leg 6 with CoNAC moving back ahead of Bedford and in to the top ten and they maintained their lead on leg 7. However, on the final leg Bedford pulled back in front.

Bedford & County AC

Jim McMahon	16:15
Richard Powell	15:37
Alan Turnbull	15:52
Andrew Blair	16:52
Robert Payne	18:13
Paul Gooding	18:03
Jonathan Roots	18:57
Stephen Earley	16:48

City of Norwich AC

Andrew Jones	15:27
John Walshaw	18:02
Wayne Lincoln	15:31
Harry Knowles	18:40
Neil Davison	15:49
Robert Cheverton	16:47
Andrew Bunn	17:45
Chris Turner	18:48

There were no complete teams for our area in the M50's. Hunts AC and Herts Pheonix AC had incomplete teams.

Hunts AC	
Derek Darnell	19:53
Giles Newcombe	20:06
Shane Hunt	18:08
Alan Burgin	20:55

Herts Phoenix AC	
Norman Morrison	17.52m
Richard Foskett	20.45m

British Masters XC Champs Stormont, Belfast, Sat 13 March 2010

A small number of intrepid athletes from our region took part in the cross country championships in Northern Ireland.
In relatively small fields:

In the women's race Yvonne Scarott of Nene Valley Harriers was 5th F40 in 26:19, Gail Duckworth of Leighton Buzzard AC was 2nd F50 in 24:18, Lorraine Dalglish of Luton AC was 6th F50 in 29:34 and Mary Holmes of Cambridge & Coleridge AC was 1st F70 in 34:12.

In the Men's races Paul Spowage of Colchester Harriers was 7th M45 in 27:41, Stanley Owen now with Salford Harriers was 4th M55 in 28:57 and Alan Dalglish of Luton AC was 9th in 31:46.

EVAC are due to host the 2011 championships at Luton, lets hope for a bigger turnout in general and as many EVAC members as possible running next year.

BMAF 10km Track Walk Champs, Oxford 23 May 2010

These are the performances of club members.

Age	Name	Club	Posn.	Time
M65	Peter Howard	Cambridge	5th	76.16.5
W45	Helen Middleton	Biggleswade	1st	58.28.9
W55	Diana Braverman	Cambridge	2nd	71.50.2
W60	Susan Barnett	Cambridge	1st	69.35.9

BMAF Pentathlon, Oxford 23 May 2010

Results for our members from the pentathlon were:

Age	Name	Club	Pos	Total Points	Long Jump	Javelin	200m	Discus	1500m
M45	Geoff Powley	Lincoln W.	3rd	2852pts	5m03(569)	40m08(577)	26.75(701)	26m75(416)	5.29.6(589)
	Jim Gillespie	Lincoln W.	7th	1661pts	3m57(239)	22m79(271)	28.72(551)	21m58(322)	6.38.6(278)
M50	Brian Slaughter	MMKAC	1st	3489pts	5m42(767)	37m87(565)	26.51(800)	34m00(544)	5.10.4(813)
	Jim Lawrence	MMKAC	4th	1939pts	4m10(409)	21m64(267)	28.90(614)	19m40(261)	6.28.7(388)
	Peter Morgan		6th	1608pts	4m05(398)	24m85(324)	32.86(354)	18m97(253)	6.56.8(279)
M55	Ian Reeve	West Norfolk	1st	3355pts	5m07(886)	35m90(635)	28.27(808)	30m20(542)	6.39.6(484)
			Pos	**Total Points**	**100mH.**	**High Jump**	**Shot**	**Long Jump**	**800m**
W45	Gaye Clark	Ryston	1st	3023pts	13.52(973)	1m33(678)	6m88(468)	4m20(540)	3.13.6(364)

Cross Country Championships in 2010/11

The British Masters Cross Country Championships move around the UK as do many of the Road Race Championships. 2011 sees EVAC's turn to host the BMAF Cross Country Championship.
Philip Lee and Rob Lands have started initial preparations and we are pleased to have the assistance of our friends at Luton AC who have agreed to host the race at Wigmore Valley Park near Luton Airport.

The date for the event is Saturday 12 March 2011 - so put it into your diaries now. We hope that as many of you as possible will be able to compete in the event. We also need offers of help both on the day and with the preparation. Further information will be published later in the year.

Please volunteer if you can - contact Rob Lands.

And, don't forget that the EVAC Cross Country Championship will be at Ampthill Park on Sunday 17 October, please support the event. See pages 4 & 5 for more information.

Track & Field League, Match 1
Men (1)

	MATCH ONE	05-May-10
	Three Counties	Men
	At Bedford	score
1	Milton Keynes	99
2	Bedford	75
3	Huntingdon	60
4	Cambridge	54
5	Biggleswade	18

	100m M40		
1	P.Downhill	Huntingdon	13.0
2	L Croft	Bedford	13.1
3	P Balderston	Milton Keynes	13.4
4	S Emmings	Cambridge & Col	13.7
5	E Jones	Biggleswade	13.9
	100m M50		
1	T James	Bedford	13.3
2	J Turner	Milton Keynes	13.9
3	G Meah	Cambridge & Col	15.6
NS	P Canning	Milton Keynes	12.7
NS	J Lawrence	Milton Keynes	14.3
NS	J Philip	Cambridge & Col	16.5
	100m M60		
1	P Toombs	Milton Keynes	15.3
2	W Bradley	Huntingdon	15.3
3	N Moss	Cambridge & Col	16.0
4	G Garafalo	Bedford	18.5
	400m M40		
1	P Benedickter	Bedford	54.1
2	P Downhill	Huntingdon	56.5
3	R Balderston	Milton Keynes	62.1
4	K White	Cambridge & Col	72.3
NS	L Croft	Bedford	57.6

	MATCH ONE	05-May-10
	Essex	Men
	At Chelmsford	Score
1	Chelmsford	65
2	Southend	64.5
3	Fairlands Valley	47.5
4	Loughton	47

	100m M40		
1	Prince Duwai	Chelmsford	12.1
2	Keith Palmer	Southend	12.2
3	Dave Stephenson	Fairlands Valley	13.3
4	Jim Harrison	Loughton	13.6
	100m M50		
1	David Barnett	Chelmsford	14.0
2	Peter Binns	Southend	15.0
3	John Ryan	Loughton	15.5
4	Dave Bowker	Fairlands Valley	15.6
	100m M60		
1	David Hobbs	Loughton	14.6
2	Roger Cole	Chelmsford	15.5
3	John Brock	Southend	16.8
4	Chas Avis	Fairlands Valley	18.1
	400m M40		
1	Keith Palmer	Southend	57,4
2	Jim Harrison	Loughton	65,0
3	Paul Pickard	Fairlands Valley	1,08.8
4	Peter Tullett	Chelmsford	1,08.9

	MATCH ONE	05-May-10
	Fenland	Men
	At Peterborough	score
1	Peterborough	78.5
2	West Norfolk	70.5
3	Ryston	50
4	City of Norwich	18

	100m M40		
1	D Harbour	Peterborough	12.7
2	G Powley	West Norfolk	13.4
3	G Slater	City of Norwich	13.6
	100mM50		
1	D Whitehead	Peterborough	12.9
2	L Percival	West Norfolk	12.9
3	W Paterson	Ryston	13.2
	100m M60		
1	T.Wells	Peterborough	13.9
2	M.Simmonds	Ryston	16.5
3	T.Gamble	West Norfolk	18.1
	400m M40		
1	D Harbour	Peterborough	64.3
2	G Powley	West Norfolk	67.0
3	M Ive	Ryston	67.8

Track & Field League, Match 1
Men (2)

	400m M50			1	Melvyn Cooper	Chelmsford	1,04.0		**400m M50**		
1	I Licietis	Milton Keynes	58.4	2	Peter Binns	Southend	1,07.7	1	D Whitehead	Peterborough	60.1
2	J Tucker	Cambridge & Col	68.6	3	Dave Bowker	Fairlands Valley	1,09.0	2	L Percival	West Norfolk	61.2
NS	J Philip	Cambridge & Col	87.8	4	John Ryan	Loughton	1,14.0	3	W Paterson	Ryston	62.1
	400m M60				**400m M60**				**400m M60**		
1	W Bradley	Huntingdon	71.1	1	David Hobbs	Loughton	1,17.7	1	T.Wells	Peterborough	63.9
2	P Toombs	Milton Keynes	77.7	2	John Hush	Chelmsford	1,14.5	2	M.Simmonds	Ryston	70.5
3	N Moss	Cambridge & Col	78.5	3	Roger Biggs	Fairlands Valley	1,20.2	3	T.Gamble	West Norfolk	86.8
4	G Garafalo	Bedford	84.9	4	John Brock	Southend	1,23.8				
				NS	J.Parmenter	EVAC	2,05.9				
	1500m M40				**1500m M40**				**1500m M40**		
1	K White	Cambridge & Col	4.39.5	1	Mick Bridgeland	Chelmsford	4,46.4	1	L Ball	West Norfolk	4.28.2
2	S Herring	Milton Keynes	4.40.7	2	T Hyde	Southend	4,59.4	2	M Tuff	Ryston	4.42.6
3	D Cheshire	Bedford	4.51.7	3	Steve Mayfield	Fairlands Valley	5,49.5	3	S Beard	Peterborough	4.54.7
4	L Welham	Biggleswade	5.05.6	4	Matthew Blundy	Loughton	6,00.3				
NS	D Darnell	Huntingdon	5.26.0	NS	Peter Tullett	Chelmsford	5,19.4				
NS	S West	Biggleswade	5.30.7	NS	Melvin Cooper	Chelmsford	5.19.7				
NS	M Childs	Milton Keynes	5.36.7								
	1500m M50				**1500m M50**				**1500m M50**		
1	G Brewster	Huntingdon	4.42.1	1	Glen Kent	Chelmsford	5,07.2	1	J Hughes	West Norfolk	4.59.2
2	I Russell	Milton Keynes	5.11.9	2	Peter Binns	Southend	5,14.1	2	P Johnson	Ryston	5.12.2
3	J Haines	Biggleswade	5.13.4	3	Richard Sidlin	Fairlands Valley	5,35.3	3	K Brooks	Peterborough	5.27.3
4	G Meah	Cambridge & Col	5.34.2	4	John Borgas	Loughton	6,55.7				
5	P Dancer	Bedford	5.52.7	NS	Steve Kemp	EVAC	5,25.4				
	2km Walk M40				**2km Walk M40**				**2km Walk M40**		
1	B Austin	Milton Keynes	12:57	1	Chris Cattano	Southend	11,19.9	1	C James	West Norfolk	11.08.5
NS	B Graves	Milton Keynes	12:34	2	Dave Stephenson	Fairlands Valley	12,38.1	2	R Isbill	Ryston	16.46.8
				3	Matthew Blundy	Loughton	12,56.3				
	2km Walk M50				**2km Walk M50**				**2km Walk M50**		
1	M Wall	Milton Keynes	10:45	1	Dave Bowker	Fairlands Valley	12,35.8	1	R Dunn	Peterborough	11.55.7
2	G Garafolo	Bedford	12:30	2	John Brock	Southend	12,54.3	2	P Firmage	Ryston	12.47.9
3	P Howard	Cambridge & Col	12:54	3	John Borgas	Loughton	12,55.0				
4	S Hunt	Huntingdon	13:13	4	Glen Kent	Chelmsford	16,55.5				

Track & Field League, Match 1
Men (3)

	110mH M40				**110mH M40**				**110mH M40**		
1	P Benedickter	Bedford	18.3	1	Paul Ffrench	Southend	21.5	1	D Harbour	Peterborough	19.40
2	A Nisbet	Milton Keynes	20.6	2	Jim Harrison	Loughton	21.5	2	G Powley	West Norfolk	21.20
3	R Phelan	Huntingdon	22.4						**100mH M50**		
	100mH M50				**100mH M50**			1	I Reeve	West Norfolk	17.60
1	T James	Bedford	15.5	1	David Barnett	Chelmsford	24.6	2	R Husskinson	Peterborough	21.40
2	B Slaughter	Milton Keynes	16.8					3	D Neal	Ryston	23.20
	Long Jump M40				**Long Jump M40**				**Long Jump M40**		
1	E Jones	Biggleswade	4.84	1	Paul Ffrench	Southend	5.13	1	G Powley	West Norfolk	4.61
2	S Eastwood	Bedford	4.60	2	Jim Harrison	Loughton	4.54	2	C Poyner	City of Norwich	4.19
3	R Phelan	Huntingdon	4.60	3	Paul Pickard	Fairlands Valley	3.67	3	M Ive	Ryston	4.18
4	P Balderston	Milton Keynes	3.53					4	K Eve	Peterborough	3.88
	Long Jump M50				**Long Jump M50**				**Long Jump M50**		
1	B Slaughter	Milton Keynes	5.20	1	David Barnet	Chelmsford	4.05	1	R Husskinson	Peterborough	5.04
2	T James	Bedford	3.80	2	John Ryan	Loughton	3.58	2	I Reeve	West Norfolk	4.65
3	G Meah	Cambridge & Col	3.17	3	Peter Binns	Southend	3.06	3	W Paterson	Ryston	3.02
NS	N Carrington	Bedford	4.54	4	David Bowker	Fairlands Valley	3.05				
NS	D Wood	Milton Keynes	3.88								
	Long Jump M60				**Long Jump M60**				**Long Jump M60**		
1	W Bradley	Huntingdon	3.84	1	David Hobbs	Loughton	4.23	1	M.Simmonds	Ryston	3.42
2	N Moss	Cambridge & Col	3.48	2	Roger Cole	Chelmsford	3.69	2	P Brantom	Peterborough	3.40
3	P Toombs	Milton Keynes	3.35	3	John Brock	Southend	2.76	3	B Delves	West Norfolk	2.21
4	G Garafolo	Bedford	2.70	4	Roger Biggs	Fairlands Valley	1.81				
	High Jump M40				**High Jump M40**				**High Jump M40**		
1	R Phelan	Huntingdon	1.53	1	Paul Ffrench	Southend	1,45	1	K Eve	Peterborough	1.40
2	S Eastwood	Bedford	1.45	2	Steve Mayfield	Fairlands Valley	1,25	2	G Powley	West Norfolk	1.40
3	E Jones	Biggleswade	1.40	3	Shaun de Souza Brady	Loughton	1,15	3	G Slater	City of Norwich	1.30
4	A Nisbet	Milton Keynes	1.40	4				4	M Ive	Ryston	1.20
	High Jump M50				**High Jump M50**				**High Jump M50**		
1	B Slaughter	Milton Keynes	1.45	1	David Barnett	Chelmsford	1,35	1	R Husskinson	Peterborough	1.45
2	W Dubose	Huntingdon	1.25	2	John Ryan	Loughton	1,25	2	I Reeve	West Norfolk	1.40
3	G Meah	Cambridge & Col	1.15	3=	Peter Binns	Southend	1,00	3	D Neal	Ryston	1.20
NS	D Goldsworthy	Milton Keynes	1.30	3=	Dave Bowker	Fairlands Valley	1,00				

Track & Field League, Match 1
Men (4)

	Shot M40				**Shot M40**				**Shot M40**		
1	D Burrell	Bedford	12.03	1	**Rob Earle**	Southend	12.13	1	**K Eve**	Peterborough	9.22
2	A Nisbet	Milton Keynes	9.80	2	Steve O'Neill	Chelmsford	10.20	2	G Powley	West Norfolk	8.59
3	S West	Biggleswade	7.83	3	Shaun de S Brady	Loughton	6.89	3	C Poyner	City of Norwich	7.82
4	P Downhill	Huntingdon	5.45	4	Paul Pickard	Fairlands Valley	5.35	4	J Naurady	Ryston	7.04
	Shot M50				**Shot M50**				**Shot M50**		
1	D Goldsworthy	Milton Keynes	10.56	**1**	Mike Williams	Chelmsford	10.87	1	J Painter	City of Norwich	11.30
2	W Dubose	Huntingdon	10.49	2	Mick Shortland	Fairlands Valley	8.29	2	R Husskinson	Peterborough	9.40
3	G Packman	Bedford	10.16	3	Peter Binns	Southend	6.75	3	C Ely	West Norfolk	9.36
4	P Bramford	Cambridge & Col	9.38	4	Mick Higgins	Loughton	6.52	4	D Neal	Ryston	7.06
5	J Haines	Biggleswade	7.56								
M60	**Shot**				**Shot M60**				**Shot M60**		
1	B Richards	Bedford	9.24	1	Roger Cole	Chelmsford	7.30	1	M Simmonds	Ryston	6.87
2	J Kee	Milton Keynes	8.93	2	Chas Avis	Fairlands Valley	7.17	2	B Delves	West Norfolk	5.14
3	W Bradley	Huntingdon	8.79	3	John Clark	Southend	7.05	3	P Brantom	Peterborough	4.75
4	F Martin	Cambridge & Col	7.53	4	David Hobbs	Loughton	6.98				
	Hammer M40				**Hammer M40**				**Hammer M40**		
1	D Burrell	Bedford	45.32	1	Rob Earle	Southend	50.15	1	K Eve	Peterborough	21.55
2	A Nisbet	Milton Keynes	39.68	2	Steve O'Neill	Chelmsford	31.37	2	G Powley	West Norfolk	20.87
3	F Martin	Cambridge & Col	18.74	3	Steve Mayfield	Fairlands Valley	15.10	3	G Slater	City of Norwich	17.76
	Hammer M50			4	Shaun Brady de Souza	Loughton	13.60	4	J Naurady	Ryston	12.76
1	J Kee	Milton Keynes	37.53		**Hammer M50**				**Hammer M50**		
2	P Bramford	Cambridge & Col	25.66	1	Mike Williams	Chelmsford	34.21	1	R Husskinson	Peterborough	27.76
3	G Packman	Bedford	24.48	2	Mike Shortland	Fairlands Valley	25.30	2	J Painter	City of Norwich	25.46
4	W Dubose	Huntingdon	23.33	3	John Clark	Southend	19.39	3	C Ely	West Norfolk	9.36
NS	J Lawrence	Milton Keynes	20.78	4	Mick Higgins	Loughton	13.30	4	M Simmonds	Ryston	11.84
	M40 Relay	**2x200,1x400,1x800**			**M40 Relay**	**2x200,1x400,1x800**			**M40 Relay**	**2x200,1x400,1x800**	
1		Milton Keynes	4.17.9	1		Southend	4,27.4	1		Peterborough	4.27.2
2		Bedford	4.19.4	2		Fairlands Valley	4,56.7	2		West Norfolk	4.36.8
3		Cambridge & Col	4.35.9	3		Loughton	5,09.4	3		Ryston	4.39.1
	M50 Relay	**2x200,1x400,1x800**			**M50 Relay**	**2x200,1x400,1x800**			**M50 Relay**	**2x200,1x400,1x800**	
1		Milton Keynes	4.31.3	1	Chelmsford	4,45.2	4.31.3	1		West Norfolk	4.22.7
2		Huntingdon	4.55.3	2	Fairlands Valley	5,04.5	4.55.3	2		Peterborough	4.39.6
3		Cambridge & Col	6.29.2					3		Ryston	4.59.8

Track & Field League, Match 1
Women (1)

	MATCH ONE	05-May-10	
	Three Counties	Women	
	At Bedford	score	
1	Milton Keynes	95	
2	Bedford	69	
3	Cambridge	46	
4	Huntingdon	35	
5	Biggleswade	16	
	100m F35		
1	C.Goddard	Milton Keynes	15.0
2	S Blackman	Bedford	16.2
3	S Cahill	Huntingdon	17.1
NS	A Slatcher	Bedford	14.2
	100mF45		
1	J Hardcastle	Milton Keynes	15.3
2	C Alker	Bedford	15.8
3	S Ingham	Biggleswade	16.8
4	M Holmes	Cambridge & Col	19.9
	400m F35		
1	A Slatcher	Bedford	66.5
2	J Lasenby	Cambridge & Col	71.6
3	D Baldwin	Milton Keynes	78.6
4	S Pedley	Huntingdon	86.0
	400m F45		
1	D Farmer	Milton Keynes	81.6
2	K Thompkins	Huntingdon	93.2
3	M Holmes	Cambridge & Col	93.2
	1500m F35		
1	J Lasenby	Cambridge & Col	5.18.2
2	J Winfield	Bedford	5.27.1
3	F Hunter	Biggleswade	5.33.3
4	D Baldwin	Milton Keynes	5.45.5
NS	M Calleia	Milton Keynes	6.17.1

	MATCH ONE	05-May-10	
	Essex	Women	
	At Chelmsford	score	
1	Chelmsford	86	
2	Loughton	61	
3	Fairlands V	46	
	100m F35		
1	Alison McGowan	Chelmsford	14.7
2	Michaela Davis	Loughton	15.5
3	Steph Mayfield	Fairlands Valley	17.7
	100m F45		
1	Yvonne Holmes	Chelmsford	15
2	Tessa Stephenson	Fairlands Valley	16.7
3	Julie Ryan	Loughton	17.5
	E.Welbourne	Chelmsford	15
	400m F35		
1	Joanne Smith	Chelmsford	1,11.2
2	Lorna Gaffney	Loughton	1,17.4
3	Rosie Canham	Fairlands Valley	1,33.4
NS	S.Mhlanga	Chelmsford	67.2
	400m F45		
1	Tessa Stephenson	Fairlands Valley	1,17.9
2	Jill Kent	Chelmsford	1,20.3
3	Tania Blundy	Loughton	1,22.2
NS	Yvonne Holmes	Chelmsford	76.1
	1500m F35		
1	Wendy King	Chelmsford	5,15.2
2	Vicky Morris	Loughton	6,44.4
NS	S.Mhlanga	Chelmsford	5.17.1
NS	E.Missen	Chelmsford	6.57.6

	MATCH ONE	05-May-10	
	Fenland	Women	
	At Peterborough	score	
1	Ryston	69	
2	West Norfolk	56	
3	Peterborough	50	
4	City of Norwich	10	
	100m F35		
1	L Richardson	Peterborough	14.3
2	K Johnson	West Norfolk	16.0
3	M Lambert	Ryston	19.2
	100mF45		
1	W Dunn	Peterborough	14.2
2	J Clarke	City of Norwich	16.5
3	A Fleming	West Norfolk	18.5
4	L Marshall	Ryston	18.9
	400m F35		
1	L Richardson	Peterborough	65.9
2	M James	West Norfolk	68.8
3	L Robins	Ryston	76.4
	400m F45		
1	W Dunn	Peterborough	69.8
2	J Clarke	City of Norwich	71.8
3	A Milnes	Ryston	98.6
	1500m F35		
1	M James	West Norfolk	5.08.4
2	P Drewery	Ryston	6.10.1

	1500m F45				**1500m F45**				**1500m F45**		
1	D Farmer	Milton Keynes	5.52.4	1	Chris Feeley	Fairlands Valley	5,54.7	1	J Clarke	City of Norwich	5.07.1
2	D Braverman	Cambridge & Col	6.18.9	2	Eliz. Welbourne	Chelmsford	6,02.3	2	S Taylor	Ryston	6.04.9
				3	Tania Blundy	Loughton	7,44.4	3	C Cook	Peterborough	7.24.3
	1500m F55				**1500m F55**				**1500m F55**		
1	S Barnett	Cambridge & Col	6.42.3	1	Margaret Jarvis	Chelmsford	6,32.0	1	G Hart	Ryston	7.06.0
2	U Ghaleb	Milton Keynes	7.08.7	2	Iris Hornsey	Fairlands Valley	7,11.2	2	D Fraser	Peterborough	8.30.3
				3	Jean Hobbs	Loughton	7,19.9				
	100mH F35				**100mH F35**				**100mH F35**		
1	C Goddard	Milton Keynes	14.0	1	Kate Alexander	Chelmsford	19.6	1	K Johnson	West Norfolk	23.50
2	S Pedley	Huntingdon	23.4	2	Lorna Gaffney	Loughton	26.2	2	J Isbill	Ryston	37.40
	80mH F45				**80mH F45**				**80mH F45**		
1	O Johnson	Bedford	15.7	1	Chris Feeley	Fairlands Valley		1	G Clarke	Ryston	14.20
2	L Byrne	Milton Keynes	16.7	2	Margaret Jarvis	Chelmsford	19.9				
				3	Barbara	Loughton	21.1				
				NS	C.Johnson	Loughton	16.0				
	2km Walk F35				**2km Walk F35**				**2km Walk F35**		
1	D Baldwin	Milton Keynes	12:02	1	Tracey Minton	Chelmsford	16,11	1	S Smith	Ryston	14.09
2	P Blizard	Bedford	13:13	2	Steph Mayfield	Fairlands Valley	16,32.7	2	K Johnson	West Norfolk	14.18.6
NS	M Calleia	Milton Keynes	14:16	3	Vicky Morris	Loughton	17,46.0				
	2kmWalk F45				**2kmWalk F45**				**2kmWalk F45**		
1	H Middleton	Biggleswade	10:48	1	Elspeth Missen	Chelmsford	14,22.1	1	L Blakey	Ryston	12.46.9
2	S Barnett	Cambridge & Col	12:35	2	Sharon Crowley	Fairlands Valley	14,26.2	2	L Ely	West Norfolk	15.49.3
3	S Rey	Milton Keynes	13:40	3	Doris de Souza	Loughton	16,45				
4	C Darnell	Huntingdon	18.13								
5	H Packman	Bedford	18:23								
	2km Walk F55				**2km Walk F55**				**2kmWalk F55**		
1	D Braverman	Cambridge & Col	12:37	1	Jean Hobbs	Loughton	14,32	1	C Duhig	Ryston	12.11.0
2	U Ghaleb	Milton Keynes	14:15	2	Sylvia Sergeant	Chelmsford	17,46	2	A Fleming	West Norfolk	15.31.9
3	C Alker	Bedford	16:05	3	Ruby Avis	Fairlands Valley	19,26				
	High Jump F35				**High Jump F35**				**High Jump F35**		
1	C Goddard	Milton Keynes	1.20	1	Kate Alexander	Chelmsford	1.20	1	K Johnson	West Norfolk	1.20
2	S Pedley	Huntingdon	1.10	2	Lorna Gaffney	Loughton	1.15	2	S George	Peterborough	1.15
3	B Russell	Bedford	0.90					3	J Isbill	Ryston	1.10

	F35 Relay	2x200,1x400,1x800			F35 Relay	2x200,1x400,1x800			F35 Relay	2x200,1x400,1x800	
1	Bedford		5.03.7	1		Chelmsford	5,17.5	1		Peterborough	5.05.6
				2		Loughton	5,20.1	2		West Norfolk	5.21.3
								3		Ryston	5.48.5
	F45 Relay	**2x200,1x400,1x800**			**F45 Relay**	**2x200,1x400,1x800**			**F45 Relay**	2x200,1x400,1x800	
1	Milton Keynes		5.28.1	1		Chelmsford	5,33.6	1	Ryston	Ryston	5.59.0
2	Cambridge		5.41.2	2		Fairlands Valley	6,13.1	2	Peterborough	Peterborough	6.46.4
				3		Loughton	6,32.9				

Round up of the first matches

A cold evening in early May saw the start of this season's Track & Field matches. The first round favoured the men's teams from Milton Keynes, Chelmsford and Peterborough. In the women's matches Milton Keynes, Chelmsford and Ryston led the way. Athletes of the match were Dave Burrell (Bedford) and Christine Goddard (MK) at Bedford and David Barnett (Chelmsford) and Chris Feeley FVS) at Chelmsford. Two league records were broken, Tony Wells of Peterborough beat the M60 400m record (63.9) and Shirley Quinn of Chelmsford beat the F55 Hammer record (34.44).

Athlete of the match Christine Goddard in action

Thanks to City of Norwich AC and John Painter the EVAC Track and Field Championships are back this summer, please do your best to support the event to help ensure that our championships return to being an annual event.

EVAC TRACK & FIELD CHAMPIONSHIPS & OPEN EVENT

UEA Sportspark, University of East Anglia, University Drive, Norwich NR4 7TJ

(directions available from www.conac.ac.org.uk)

SUNDAY September 26th 2010

Events:

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

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

ENTRY FEES: [which are non-refundable]

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

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

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO: CoNAC

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

ENTRIES CLOSE: 12th September 2010

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

Surname_____ First Name_____

Address_____

Date of Birth_____ Age Group for Event_____

Email Address_____Contact Tel No_____

EVENTS

Payment enclosed for Entry fees as follows:

£7.00/£4.00 EVAC Members £_____

£8.00/£5.00 BMAF Affiliated Member £_____

£11.00/£5.00 for non BMAF Affiliated £_____

EVAC MEMBERSHIP NO: _____

Other BMAF MEMBERSHIP NO: _____

FIRST CLAIM CLUB

_____

For non-affiliated masters athletes only – proof of age is required.

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

SIGNED DATED

_____ _____

Track & Field League, Match 2
Men (1)

	MATCH TWO	2 June 2010
	Three Counties	Men
	At Cambridge	Score
1	Milton Keynes	84
2	Bedford	80
3	Huntingdon	62
4	Cambridge & Col.	51
5	Biggleswade	24

	200m M40		
1	P Canning	Milton Keynes	25.7
2	L Croft	Bedford	26.2
3	S Emmings	Cambridge & Col.	27.4
4	R Phelan	Huntingdon	28.2
	200m M50		
1	T James	Bedford	25.8
2	D Brown	Biggleswade	28.2
3	J Lawrence	Milton Keynes	28.7
4	G Meah	Cambridge & Col.	32.6
	800m M40		
1	P Downhill	Huntingdon	2.19.2
2	B Watson	Cambridge & Col.	2.20.1
3	R Balderston	Milton Keynes	2.23.1
4	R Payne	Bedford	2.25.0
5	S West	Biggleswade	2.39.7
	800m M50		
1	I Licietis	Milton Keynes	2.14.2
2	G Brewster	Huntingdon	2.16.1
3	D Brown	Biggleswade	2.31.6
4	G Meah	Cambridge & Col.	2.50.8

	MATCH TWO	2 June 2010
	Essex	Men
	At Lee Valley	Score
1	Chelmsford	72
2	Loughton	51
3	Southend	50
4	Fairlands Valley	40

	200m M40		
1	K Palmer	Southend	24.8
2	Peter Ilo	Loughton	25.4
3	Steve Down	Chelmsford	26.7
4	Dave Stephenson	Fairlands Valley	28.0
	200m M50		
1	John Brown	Chelmsford	25.7
2	David Hobbs	Loughton	30.3
3	P Binns	Southend	31.2
4	Richard Sidin	Fairlands Valley	35.9
	800m M40		
1	Tony Babbs	Loughton	2:24.2
2	Tont Hyde	Southend	2:25.7
3	Steve Mayfield	Fairlands Valley	2:31.4
4	Glen Grant	Chelmsford	2:36.0
	800m M50		
1	Dave Bowker	Fairlands Valley	2:30.9
2	Melvyn Cooper	Chelmsford	2:34.5
3	P Binns	Southend	2:36.8
4	John Bogard	Loughton	3:28.5

	MATCH TWO	2 June 2010
	Fenlands	Men
	At Kings Lynn	Score
1	Ryston	56
2	Peterborough	52
3	West Norfolk	50
4	City of Norwich	23

	200m M40		
1	A. Wood	West Norfolk	26.2
2	Gordon Slater	City of Norwich	27.2
3	C. Milnes	Ryston	38.2
	200m M50		
1	D. Whitehead	Peterborough	26.3
2	W Paterson	Ryston	27.1
3	J Moore	West Norfolk	27.7
	800m M40		
1	L Ball	West Norfolk	2.09.7
2	M Tuff	Ryston	2.13.7
3	P Ward	Peterborough	2.32.4
	8000m M50		
1	J Hughes	West Norfolk	2.20.1
2	E Voglen	Ryston	2.42.8

Track & Field League, Match 2
Men (2)

	3000m M40				**3000m M40**				**30000m M40**		
1	J McMahon	Bedford	9.42.5	1	Mike Bridgeland	Chelmsford	9:51.6	1	J Herbert	Peterborough	9.15.7
2	S Herring	Milton Keynes	9.51.1	2	Chris Cattano	Southend	10.23.0	2	M Tuff	Ryston	10.10.0
3	R Campbell	Huntingdon	9.58.2	3	Jim Harrison	Loughton	12.10.5				
4	D Pettitt	Cambridge & Col.	9.59.4	4	Paul Pickard	Fairlands Valley	13.42.6				
5	D Croft	Biggleswade	11.02.0								
	3000m M50				**3000m M50**				**3000m M50**		
1	J Oakes	Cambridge & Col.	9.56.1	1	Keith Wilkinson	Chelmsford	10.15.1	1	J Hughes	West Norfolk	10.55.1
2	J Skelton	Milton Keynes	10.36.8	2	Dave Bower	Fairlands Valley	10.18.6	2	P. Johnstone	Ryston	10.56.6
3	A Boast	Bedford	10.45.9	3	P Binns	Southend	11.25.4	3	E.Dorling	Peterborough	11.17.9
4	S Hunt	Huntingdon	10.48.7	4	John Bogard	Loughton	15.03.3				
5	J Haines	Biggleswade	11.03.1								
	3000m M60				**3000m M60**				**30000m M60**		
1	K Smith	Milton Keynes	12.14.8	1	Roger Biggs	Fairlands Valley	13.06.9	1	Keith Brooks	Peterborough	11.53.8
2	**J Jenkins**	Cambridge & Col.	12.57.0	2	Roger Cole	Chelmsford	13.33.4	2	E Voglen	Ryston	12.31.0
				3	David Hobbs	Loughton	15.45.5	3	T Gamble	West Norfolk	13.43.0
				4	J Brock	Southend	17.18.3				
	400mH M40				**400mH M40**				**400mH M40**		
1	P Benedicter	Bedford	60.3	1	Steve Down	Chelmsford	71.6	1	D Harbour	Peterborough	73.0
2	P Downhill	Huntingdon	64.1	2	Jim Harrison	Loughton	73.1				
3	B Slaughter	Milton Keynes	69.5	3	Paul Ffrench	Southend	73.5				
				4	Dave Stephenson	Fairlands Valley	82.9				
	400mh M50				**400mH M50**				**4000mH M50**		
1	T James	Bedford	68.1	1	Melvyn Cooper	Chelmsford	72.0	1	Ricky Huskisson	Peterborough	69.3
2	D Brown	Biggleswade	72.4					**2**	I Reeve	West Norfolk	69.9
3	A Harrison	Milton Keynes	80.7					3	D Neale	Ryston	89.4
	1mile Walk M40				**1 Mile Walk M40**				**1mile Walk M40**		
1	B Austin	Milton Keynes	10.14.3	1	Chris Cattano	Southend	9:53.4	1	J. Greenhalgh	West Norfolk	10.10.3
2	H Fischer	Huntingdon	10.42.8	2	Dave Stephenson	Fairlands Valley	10:02.7	2	C Milnes	Ryston	10.17.8
				3	S de Souza-Brady	Loughton	14:30.9				

	High Jump F45				High Jump F45				High Jump F45		
1	J Hardcastle	Milton Keynes	**1.25**	1	Clare StJohn-Coleman	Chelmsford	**1.05**	1	L Marshall	Ryston	1.10
2	R Boast	Bedford	1.20	2	Barbara Higgin	Loughton	1.00	2	A Fleming	West Norfolk	1.05
3	P Butcher	Huntingdon	1.10								
	Long Jump F35				**Long Jump F35**				**Long Jump F35**		
1	C Goddard	Milton Keynes	4.59	1	Kate Alexander	Chelmsford	4.62	1	K Johnson	West Norfolk	3.67
2	S Blackman	Bedford	3.08	2	Chris Feeley	Fairlands Valley	3.30	2	S George	Peterborough	3.54
				3	Michaela Davis	Loughton	2.98	3	L Robins	Ryston	3.00
	Long Jump F45				**Long Jump F45**				**Long Jump F45**		
1	L Byrne	Milton Keynes	3.70	1	Claire StJohn Coleman	Chelmsford	3.58	1	D Timmis	Peterborough	4.42
2	O Johnson	Bedford	3.62	2	Julie Ryan	Loughton	3.19	2	G Clarke	Ryston	4.24
3	S Ingham	Biggleswade	3.36					3	L Ely	West Norfolk	3.08
	Shot F35				**Shot F35**				**Shot F35**		
1	C Goddard	Milton Keynes	9.67	1	C. Johnson	Loughton	10.38	1	K Johnson	West Norfolk	7.12
2	S Cahill	Huntingdon	6.79	2	Sarah Besford	Chelmsford	7.63	2	P Drewery	Ryston	6.36
3	B Russell	Bedford	6.45	3	Monica Brown	Fairlands Valley	6.03	3	M Williams	Peterborough	6.35
4	S Edwards	Biggleswade	6.16								
	Shot F45				**Shot F45**				**Shot F45**		
1	R Martin	Cambridge & Col	7.72	1	Shirley Quinn	Chelmsford	7.18	1	L Ely	West Norfolk	6.54
2	R Boast	Bedford	7.57	2	Pam Ackland-Snow	Loughton	6.35	2	C Cook	Peterborough	5.73
3	J Hardcastle	Milton Keynes	6.35	3	Sharon Crowley	Fairlands Valley	4.85	3	A Milnes	Ryston	5.11
4	K Thompkins	Huntingdon	6.20								
	Hammer F35				**Hammer F35**				**Hammer F35**		
1	B Russell	Bedford	27.02	1	Sarah Beresford	Chelmsford	28.05	1	K Gibson	Peterborough	19.96
2	C Goddard	Milton Keynes	23.48	2	Michaela Davis	Loughton	15.02	2	J Isbill	Ryston	16.87
3	S Cahill	Huntingdon	15.91	3	Monica Brown	Fairlands Valley	6.35	3	K Johnson	West Norfolk	8.63
	Hammer F45				**Hammer F45**				**Hammer F45**		
1	D Farmer	Milton Keynes	11.87	1	Pam Ackland-Snow	Loughton	21.32	1	G Clarke	Ryston	22.88
2	C Darnell	Huntingdon	11.18	2	Tracey Minton	Chelmsford	16.98	2	L Ely	West Norfolk	8.57
				3	Sharon Crowley	Fairlands Valley	12.65				
	Hammer F55				**Hammer F55**				**Hammer F55**		
1	R Martin	Cambridge & Col	25.11	1	Shirley Quinn	Chelmsford	36.44	1	A Martin	Ryston	19.20
2	C Alker	Bedford	10.40	2	Jean Hobbs	Loughton	11.23	2	D Fraser	Peterborough	18.33
3	J Lawson	Milton Keynes	9.99	3	Iris Hornsey	Fairlands Valley	10.67	3	A Fleming	West Norfolk	15.80

Track & Field League, Match 2
Men (3)

	1mile Walk M50			1 Mile Walk M50			1mile Walk M50		
1	M Wall	Milton Keynes	8.33.1	Dave Bowker	Fairlands Valley	10:01.4	??	Peterborough	9.09.0
2	G Packman	Bedford	11.26.2	John Borgard	Loughton	10:02.1	P Firmage	Ryston	10.2.3
3	G Meah	Cambridge & Col.	12.48.1	Dave Barnett	Chelmsford	12:23.7			
	1mile Walk M60			**1 Mile Walk M60**			**1mile Walk M60**		
1	A Thompson	Biggleswade	8.27.2	J Brock	Southend	10:17.7	M.Simmonds	Ryston	10.36.7
2	W Bradley	Huntingdon	9.56.5	Roger Cole	Chelmsford	11:24.1	B. Delves	West Norfolk	11.11.7
3	B Graves	Milton Keynes	10.04.1	Peter Cassidy	Loughton	11:29.1			
4	P Howard	Cambridge & Col.	10.19.8	Chas Avis	Fairlands Valley	12:25.3			
	Triple Jump M40			**Triple Jump M40**			**Triple Jump M40**		
1	N Carrington	Bedford	10.57	Cliff Warren	Loughton	10.42	Clive Poyner	City of Norwich	9.15
2	E Jones	Biggleswade	10.55	Steve Down	Chelmsford	10.10	??	Peterborough	9.06
3	B Slaughter	Milton Keynes	10.28	Keith Palmer	Southend	9.96			
4	R Phelan	Huntingdon	9.41	Steve Mayfield	Fairlands Valley	7.54			
	Triple jump M50			**Triple Jump M50**			**Triple jump M50**		
1	T James	Bedford	9.00	Dave Barnett	Chelmsford	9.13	**1** I Reeve	West Norfolk	9.71
2	G Meah	Milton Keynes	5.27	P Binns	Southend	7.58	2 Ricky Huskisson	Peterborough	9.42
				3 Paul Holgate	Fairlands Valley	5.38	3 D Neale	Ryston	8.35
	Triple Jump M60			**Triple Jump M60**			**Triple Jump M60**		
1	C Gunn	Bedford	9.29	David Hobbs	Loughton	8.39	M.Simmonds	Ryston	7.34
2	W Bradley	Huntingdon	7.74	Roger Cole	Chelmsford	8.04	B. Delves	West Norfolk	5.35
3	N Moss	Cambridge & Col.	7.24	J Brock	Southend	6.52			
4	P Toombs	Milton Keynes	7.10						
	Pole Vault M40			**Pole Vault M40**			**Pole Vault M40**		
1	S Eastwood	Bedford	3.61	Jim Harrison	Loughton	2.80	Gordon Slater	City of Norwich	1.80
2	B Slaughter	Milton Keynes	2.80	Dave Barnett	Chelmsford	1.60			
3	R Phelan	Huntingdon	1.50	Chris Cattano	Southend	1.60			
	Pole Vault M50			**Pole Vault M50**			**Pole Vault M50**		
1	W DuBose	Huntingdon	2.40	Tim Brooking	Chelmsford	2.90	I Reeve	West Norfolk	2.80
2	T James	Bedford	2.20	J Clark	Southend	1.60	Ricky Huskisson	Peterborough	1.80
3	N Moss	Cambridge & Col.	2.20				D Neale	Ryston	1.70
4	D Goldsworthy	Milton Keynes	2.20						

Track & Field League, Match 2
Men (4)

	Discus M40			**Discus M40**				**Discus M40**			
1	B Slaughter	Milton Keynes	31.88	1 Steve O'Neill	Chelmsford	28.70	1	Clive Poyner	City of Norwich	23.45
2	S Eastwood	Bedford	27.82	2 Paul French	Southend	24.25	2	M Tuff	Ryston	20.29
3	F Martin	Cambridge & Col.	13.74	3 S de Souza-Brady	Loughton	18.21	3	Ricky Huskisson	Peterborough	19.72
4	G Pedley	Huntingdon	12.85	4 Steve Maysfield	Fairlands Valley	15.58	4	J. Greenhalgh	West Norfolk	16.53
	Discus M50			**Discus M50**				**Discus M50**		
1	W DuBose	Huntingdon	32.96	1 Mike Williams	Chelmsford	34.84	1	J Painter	City of Norwich	36.29
2	G Packman	Bedford	32.41	2 Mike Shortland	Fairlands Valley	22.48	2	T Needham	Peterborough	28.35
3	P Bramford	Cambridge & Col.	32.28	3 Mick Higgins	Loughton	18.73	3	C Ely	West Norfolk	24.73
4	J Turner	Milton Keynes	28.84	4 J Clark	Southend	16.32	4	D Neale	Ryston	16.18
	Javelin M40			**Javelin M40**				**Javelin M40**		
1	S Eastwood	Bedford	36.24	1 Jim Harrison	Loughton	31.48	1	Clive Poyner	City of Norwich	30.76
2	B Slaughter	Milton Keynes	35.40	2 Steve O'Neill	Chelmsford	26.38	2	D Harbour	Peterborough	27.85
3	F Martin	Cambridge & Col.	18.04	3 Chris Cattano	Southend	24.40	3	M Tuff	Ryston	22.43
4	G Pedley	Huntingdon	15.73	4 Paul Pickard	Fairlands Valley	15.47				
	Javelin M50			**Javelin M50**				**Javelin M50**		
1	W DuBose	Huntingdon	39.54	1 Mike Williams	Chelmsford	31.93	1	D Neale	Ryston	24.55
2	I Stephenson	Milton Keynes	37.92	2 Mike Shortland	Fairlands Valley	26.27	2	Ricky Huskisson	Peterborough	21.61
3	P Bramford	Cambridge & Col.	33.09	3 J Clark	Southend	21.37	3	C Ely	West Norfolk	18.46
4	B Richards	Bedford	30.25	4 Mick Higgins	Loughton	11.72				
5	J Haines	Biggleswade	19.84							
	M40	**4 x 100m Relay**		**M40**	**4 x 100m Relay**			**M40**	**4 x 100m Relay**	
1		Milton Keynes	50.7	1	Loughton	50.5	1		Peterborough	52.4
2		Bedford	53.1	2	Southend	52.6	2		Ryston	63.5
3		Huntingdon	57.4	3	Chelmsford	55.3				
4		Cambridge & Col.	60.5	4	Fairlands Valley	59.4				
	M50	**4 x 100m Relay**		**M50**	**4 x 100m Relay**			**M50**	**4 x 100m Relay**	
1		Milton Keynes	55.3	1	Chelmsford	55.8	1		West Norfolk	58.2
2		Bedford	59.6	2	Fairlands Valley	75.4	2		Ryston	63.1
3		Huntingdon	59.9							

Track & Field League, Match 2
Women (1)

	MATCH TWO	02 June 2010
	Three Counties	**Women**
	Cambridge	**score**
1	Milton Keynes	88
2	Cambridge & Col.	67
3	Bedford	63
4	Huntingdon	24
5	Biggleswade	14

	200m F35		
1	S Blackman	Bedford	34.4
2	D Farmer	Milton Keynes	34.7
3	S Pedley	Huntingdon	35.2
4	R Roberts	Cambridge & Col.	37.2
	200m F45		
1	J Willock	Bedford	29.0
2	S Kelk	Cambridge & Col.	32.3
3	B Chammings	Milton Keynes	33.0
	200m F55		
1	R Muston	Milton Keynes	39.1
2	M Holmes	Cambridge & Col.	40.4
3	J Hancock	Bedford	41.4
	800m F35		
1	J Winfield	Bedford	2.29.5
2	F Hunter	Biggleswade	2.40.1
3	D Farmer	Milton Keynes	2.56.0
4	R Roberts	Cambridge & Col.	3.17.2
	800m F45		
1	J Lasenby	Cambridge & Col.	2.34.3
2	D Baldwin	Milton Keynes	3.03.0
	800m F55		
1	R Muston	Milton Keynes	3.11.8
2	S Barnett	Cambridge & Col.	3.34.1
3	J Hancock	Bedford	3.57.3

	MATCH TWO	02 June 2010
	Essex	**Women**
	At Lee Valley	**score**
1	Chelmsford	69
2	Loughton	68
3	Fairlands Valley	55

	200m F35		
1	Rosie Canham	Fairlands Valley	30.4
2	Alison McGowan	Chelmsford	31.2
3	Michaela Davis	Loughton	32.0
	200mF45		
1	Amanda Rochester	Loughton	29.7
2	Yvonne Holmes	Chelmsford	31.3
3	Tessa Stephenson	Fairlands Valley	34.4
	200mF55		
1	Maggie Jarvis	Chelmsford	36.3
2	D. de Souza-Brady	Loughton	38.9
3	Iris Hornsey	Fairlands Valley	42.4
	800m F35		
1	Sally Mhlanga	Chelmsford	2:32.2
2	Rosie Canham	Fairlands Valley	2:41.3
3	Vicky Morris	Loughton	3:26.7
	800m F45		
1	Chris Feely	Fairlands Valley	2:58.9
2	Tracy Minton	Chelmsford	3:24.9
3	Tanya Blundy	Loughton	3:36.3
	800m F55		
1	Maggie Jarvis	Chelmsford	3:09.9
2	Iris Hornsey	Fairlands Valley	3:35.6
3	Jean Hobbs	Loughton	3:45.9

	MATCH TWO	02 June 2010
	Fenland	**Women**
	Kings Lynn	**score**
	Ryston	69
	West Norfolk	62
	Peterborough	37
	City of Norwich	12

	200m F35		
1	Karen Hindle	West Norfolk	28.3
2	Lisa Griffin	City of Norwich	30.6
3	Kay ???	Peterborough	34.0
4	P. Drewery	Ryston	34.5
	200m F45		
1	Wendy Dunn	Peterborough	28.6
2	G.Clarke	Ryston	30.7
3	Leigh Ely	West Norfolk	36.5
	200m F55		
1	G. Hart	Ryston	39.4
2	Rosie Loughton	Peterborough	41.1
3	Angela Fleming	West Norfolk	42.1
	800m F35		
1	Molly James	West Norfolk	2.32.7
2	Sally ???	Peterborough	2.47.6
3	L. Robins	Ryston	3.02.5
	800m F45		
1	Sally Edwards	West Norfolk	3.04.7
2	L. Marshall	Ryston	3.05.6
	800m F55		
1	G.Hart	Ryston	3.44.7

Track & Field League, Match 2
Women (2)

	3000m F35		
1	F Hunter	Biggleswade	11.40.1
2	J Winfield	Bedford	12.49.1
3	M Calleia	Milton Keynes	12.58.2
4	R Roberts	Cambridge & Col.	14.55.0
	3000m F45		
1	J Lasenby	Cambridge & Col.	11.28.5
2	D Baldwin	Milton Keynes	13.13.2
	400mh F35		
1	L Byrne	Milton Keynes	90.5
	400m F45		
1	O Johnson	Bedford	84.7
2	D Baldwin	Milton Keynes	108.7
	1 Mile Walk F35		
1	S Rey	Milton Keynes	11.18.7
2	R Roberts	Cambridge & Col.	11.24.3
3	S Cahill	Huntingdon	12.04.1
4	J Cheshire	Bedford	12.41.8
	1mileW F45		
1	H Middleton	Biggleswade	8.34.2
2	D Baldwin	Milton Keynes	9.41.9
3	S Barnett	Cambridge & Col.	9.59.5
4	R Boast	Bedford	11.33.4
5	C Darnell	Huntingdon	12.08.9
	Pole Vault F35		
1	S Pedley	Huntingdon	1.40

	3000m F35		
1	Wendy King	Chelmsford	11.08.2
2	Peta Wilson	Fairlands Valley	14.18.2
3	Vicky Morris	Loughton	14.42.4
	3000m F45		
1	Jean Hobbs	Loughton	15.09.1
	400mH F35		
1	Wendy King	Chelmsford	90.7
	400mH F45		
1	Tracy Minton	Chelmsford	99.1
2	Chris Feely	Fairlands Valley	102.5
3	Barbara Higgins	Loughton	106.6
	1 Mile Walk F35		
1	Jane Clark	Loughton	11:20.0
2	Steph Mayfield	Fairlands Valley	12:56.8
	1 Mile Walk F45		
1	F Fernandez	Loughton	10:57.2
2	Tracy Minton	Chelmsford	12:53.1
3	Ruby Avis	Fairlands Valley	15:58.6
	Pole Vault F35		
1	Michaela Davis	Loughton	1.40
	Pole Vault F45		
1	Barbara Higgins	Loughton	1.60

	3000m F35		
1	Molly james	West Norfolk	10.59.6
2	P. Drewery	Ryston	13.07.7
	3000m F45		
1	Sally Edwards	West Norfolk	13.50.2
2	A. Milnes	Ryston	13.55.2
	400mh F35		
1	Katrina Wasterny	West Norfolk	83.0
2	L Robins	Ryston	95.8
	400m F45		
1	L. Marshall	Ryston	48:00.0
	1mileW F35		
1	C. Duhig	Ryston	9.43.8
2	Kath Johnson	West Norfolk	11.11.7
	1mileW F45		
1	Sandra ???	Peterborough	10.06.3
2	Gillian Loughlin	City of Norwich	10.15.6
3	S. Smith	Ryston	11.07.4
4	Angela Fleming	West Norfolk	12.38.0
	Pole Vault F45		
1	G.Clarke	Ryston	1.30

	Triple Jump F35		
1	L Byrne	Milton Keynes	8.15
2	S Pedley	Huntingdon	7.30
3	B Russell	Bedford	5.14
	Triple Jump F45		
1	S Kelk	Cambridge & Col.	7.09
2	P Chammings	Milton Keynes	6.78
	Discus F35		
1	E Beales	Milton Keynes	41.85
2	B Russell	Bedford	22.27
3	S Cahill	Huntingdon	18.27
4	M Holmes	Cambridge & Col.	12.39
	Discus F45		
1	R Boast	Bedford	16.92
2	J Lasenby	Cambridge & Col.	14.22
	Discus F55		
1	R Martin	Cambridge & Col.	20.19
2	J Lawson	Milton Keynes	12.43
3	J Hancock	Bedford	9.92
	Javelin F35		
1	S Cahill	Huntingdon	19.60
2	L Byrne	Milton Keynes	14.21
3	R Martin	Cambridge & Col.	13.07
4	B Russell	Bedford	11.99
	Javelin F45		
1	C Morris	Cambridge & Col.	16.01
2	O Johnson	Bedford	14.78
3	P Chammings	Milton Keynes	10.34
	Javelin F55		
1	J Lawson	Milton Keynes	13.99
2	M Holmes	Cambridge & Col.	12.88
3	J Hancock	Bedford	7.79

	Triple Jump F35		
1	Monica Brown	Fairlands Valley	7.70
2	Michaela Davis	Loughton	7.29
3	Alison McGowan	Chelmsford	7.28
	Triple Jump F45		
1	Chris Salvary	Loughton	6.78
2	Margaret Jarvis	Chelmsford	6.47
	Discus F35		
1	Carol Morris	Chelmsford	18.40
2	Michaela Davis	Loughton	16.77
3	Steph Mayfield	Fairlands Valley	12.73
	Discus F45		
1	Tracy Minton	Chelmsford	17.41
2	Tessa Stephenson	Fairlands Valley	15.84
3	Francoise Fernandez	Loughton	14.02
	Discus F55		
1	Shirley Quinn	Chelmsford	30.57
2	Pam Ackland-Snow	Loughton	18.29
3	Iris Hornsey	Fairlands Valley	11.48
	Javelin F35		
1	Monica Brown	Fairlands Valley	14.10
2	Carol Morris	Chelmsford	13.94
3	Jane Clark	Loughton	4.90
	Javelin F45		
1	Chris Feely	Fairlands Valley	14.00
2	Francoise Fernandez	Loughton	12.59
3	Tracy Minton	Chelmsford	11.55
	Javelin F55		
1	Shirley Quinn	Chelmsford	19.47
2	Pam Ackland-Snow	Loughton	15.69
3	Iris Hornsey	Fairlands Valley	6.60

	Triple Jump F35		
1	Sally ???	Peterborough	7.57
2	Katrina Wasterny	West Norfolk	7.43
3	L. Robins	Ryston	5.91
	Triple Jump F45		
1	A. Martin	Ryston	6.58
2	Leigh Ely	West Norfolk	6.48
	Discus F35		
1	Kay ???	Peterborough	18.87
2	Kath Johnson	West Norfolk	18.13
3	Lisa Griffin	City of Norwich	15.39
4	B. Hammond	Ryston	12.76
	Discus F45		
1	Leigh Ely	West Norfolk	14.89
2	S. Smith	Ryston	13.93
3	Sandra ???	Peterborough	12.98
	Discus F55		
1	A. Martin	Ryston	18.03
2	Angela Fleming	West Norfolk	15.68
	Javelin F35		
1	Lisa Griffin	City of Norwich	12.88
2	Katrina Wasterny	West Norfolk	12.81
3	B. Hammond	Ryston	8.32
4	Kay ???	Peterborough	7.83
	Javelin F45		
1	G.Clarke	Ryston	14.04
2	Wendy Dunn	Peterborough	13.86
3	Leigh Ely	West Norfolk	12.48
	Javelin F55		
1	M. Simmonds	Ryston	14.89
2	Dot Fraser	Peterborough	9.71
3	Angela Fleming	West Norfolk	7.91

	F35	4 x 100m	
1		Milton Keynes	65.0
2		Cambridge & Col.	67.7
	F45	**4 x 100m**	
1		Bedford	63.5
2		Milton Keynes	74.8

	F35	4 x 100m	
1		Chelmsford	62.0
2		Fairlands Valley	65.0
3		Loughton	67.4
	F45	**4 x 100m**	
1		Loughton	63.5
2		Chelmsford	69.6
3		Fairlands Valley	81.6

	F35	4 x 100m	
		West Norfolk	59.3
		Ryston	76.9
	F45	**4 x 100m**	
		Peterborough	70.9
		West Norfolk	71.2
		Ryston	74.1

Round up of the second matches

The second fixtures saw better weather with balmy hot conditions across the region. The men's matches saw narrow 4 point wins for both Milton Keynes and Ryston, Chelmsford also won at Lee Valley. In the women's matches there was a clear win for Milton Keynes at Cambridge but close finishes at Lee Valley and Kings Lynn where Chelmsford and Ryston came out on top. Athlete's of the match at Cambrige were John Oakes and Emma Beales and at Lynn John Herbert and Katrina Wasteney. Two league records were also broken at Cambridge, Courtney Gunn jumped 9m29 in the M60 Triple Jump and Ivor Licietis ran 2m14.2 in the M50 800m. Well done to both of them! Many thanks to Brian Graves for compiling the results and supplying pictures.

N.b. If you don't put full information down on the declaration sheets you won't get a full mention here and you may not qualify for the final!

John Herbert of Cambridge & Coleridge athlete of the match at Cambridge.

Application to join or renew membership of Eastern Veterans AC - 2010/2011

Please note - membership runs from the 1st April to 31st March.

First Name	Surname

Address

No. & Road/Street	Town/Village	Postal Town/County	Post Code

e mail Address	Telephone No.

Age Group Details

Gender	Date of Birth	Current Age	Age Group
Male / female			

Club Status

First Claim Club/ E.A. or ARC?	Other Veteran Clubs

For new members only - indicate 1st, 2nd etc interests

T & F League	Track & Field	Cross Country	Road Running

BMAF	WMA - EUMA

Subscriptions - Affiliations

2nd Claim EVAC £12	EVAC Membership No.

1st Claim EVAC £12	To register with England Athletics Additional £5

Life Members (M70 & F65), to register with BMAF/WMA/EUMA

Fee £4 [ ]

I agree to abide by the rules of E.V.A.C. as laid down

I agree that these details will be retained on a database [Yes/No]

Signed Dated

Please complete and return together with your cheque to -
Mary Waters mary.waters@uea.ac.uk or
East Cottage, Beccles Road, Fritton, Norfolk, NR31 9HB

EVAC 2010 ROAD CHAMPIONSHIP

Including ***The Peter Andrews Memorial Medal***

There will only be one race in 2010, we hope more people will come forward in 2011 to organise and coordinate a more extensive road championship.

The race will be held in conjunction with the Wissey Half Marathon on Sunday 5 September 2010. The race starts ar 10:30 and the race H.Q. is at Oxborough Village Hall, Norfolk. The race also incorporates the Norfolk County Championships and is part of ***The Runners Centre*** Grand Prix. EVAC are grateful to Ryston Runners for making this event possible.

The race entry fee is £10 (+£2 on the day), there is no additional entry fee for the EVAC championship. You must tick the EVAC box on the entry form. Awards will be made to the first two finishers in each 10 year age category, M40 to M70 & F35 - F65.
Contact Peter Chaplin if you need more information at eastvetm75@ntlworld.com .

You can get an entry form and full details from the Ryston Runners AC Website - www.rystonrunners.org.uk

To qualify for **The Peter Andrews Memorial Medal** you must better the following times:

	Men	Women		Men	Women		Men	Women
35	1:10:19	1:18:04	52	1:20:13	1:31:55	69	1:34:01	1:58:08
36	1:10:52	1:18:07	53	1:21:08	1:33:07	70	1:35:00	2:01:43
37	1:11:34	1:19:01	54	1:21:54	1:35:00	71	1:36:05	2:02:09
38	1:11:45	1:19:06	55	1:22:27	1:36:28	72	1:37:02	2:05:11
39	1:12:00	1:20:16	56	1:23:01	1:37:06	73	1:38:51	2:07:37
40	1:12:56	1:22:03	57	1:23:08	1:38:09	74	1:39:09	2:16:17
41	1:13:15	1:21:04	58	1:24:05	1:40:03	75	1:41:53	2:20:45
42	1:14:26	1:22:01	59	1:25:03	1:41:08	76	1:43:28	2:25:22
43	1:14:53	1:22:09	60	1:26:11	1:43:28	77	1:45:18	2:30:45
44	1:15:34	1:23:08	61	1:26:09	1:44:08	47	1:47:03	2:36:24
45	1:15:54	1:24:08	62	1:27:07	1:46:38	79	1:49:06	2:42:06
46	1:16:17	1:25:08	63	1:28:06	1:48:00	80	1:52:15	2:49:07
47	1:17:20	1:26:08	64	1:29:45	1:49:06	81	1:54:09	
48	1:17:45	1:27:09	65	1:30:33	1:51:38	82	1:57:09	
49	1:18:09	1:29:05	66	1:31:02	1:53:15	83	2:01:13	
50	1:19:16	1:30:16	67	1:32:13	1:55:00	84	2:05:08	
51	1:19:45	1:31:55	68	1:33:05	1:56:08	85	2:09:02	

EVAC *Fixture List*

2010

July

Sat 3, Sun 4	BMAF Track & Field Champs, Cardiff.
Wed 7	EVAC T&F League, Match 3, Various

August

Wed 4	EVAC T&F League, Match 4, Various
Sun 8	Inter area Veteran's T&F Match Solihull
Sun 22	BMAF Half Marathon Championships Burnham Beeches, nr Slough.

September

Sun 5	EVAC T&F League Finals, Bedford
Sun 5	**EVAC EGM 5pm, Bedford**
Sun 5	EVAC Half Marathon Champs. Oxborough, Norfolk
Sat 11 , Sun 12	BMAF Decathlon/Heptathlon Champs, Oxford.
Sun 12	BMAF 10km Road Champs, Wolverhampton
Sat 25	Southern Vets Relays (Men), Aldershot.
Sun 26	Southern Vets Relays (Women), Aldershot.
Sun 26	EVAC Track & Field Champs, Norwich.

October

Sun 3	BMAF 10 Mile Championships, Bristol.
Early Oct	BMAF Cross Country Relays, Mansfield, *date to be confirmed.*
Sun 17	EVAC Cross Country Championships Ampthill Trophy Meeting, Ampthill

December

Sat 11	SEAA Masters XC, venue tbc

2011

March

Sat 12	BMAF Cross Country Champsionships Wigmore Valley Park, Luton