

EVAC

# *The Eastern Vet*

The quarterly magazine of the Eastern Veterans Athletic Club

Issue 115 Winter 2010/11

Edited by Robert Lands



Diane Baldwin 2nd F50 leads  
Giorgio Garofalo 1st M70 in the  
Cross Country Championships.  
See inside, page 4.

Kelvin Smith 1st M60 in the  
Cross Country Championships  
at Ampthill Park



## ***Inside this issue***

- Details of the EVAC indoor Champs - act now, entries close soon.
- Plans for Track & Field competition in 2011.
- What to do about a Road Race Championship, page 16

## ***From the editor***

As we move into a new year we can look forward to some great Track & Field events. We are repeating the EVAC Indoor Championships at Lee Valley in conjunction with the BMAF multi event in February, we have our Track & Field League running through the Spring and Summer and our Outdoor Track & Field championships will be repeated at Norwich - this time earlier possibly at the end of July.

Things are not so buoyant with distance running. We have held our cross country championships successfully within the Ampthill Trophy event in October. This has worked well for the last two years but Ampthill is not central to our region. We have not been able to organise any road races or relays for a couple of years & I cannot see this situation changing in 2011 without members coming forward to help. We have managed to associate competition for the Peter Andrews Memorial medal in some races but, as for the cross country, not centrally as the races used have been on the northern edge of the region. Personally, I would love to see a thriving series of races and a road relay again in our calendar, if you can help, please volunteer.

Like many people I keep a log or diary of my athletic performances and training. I started this when in my late teens and have just about kept it up over the last 35 years. Over the years I have moved my records from the old school exercise books through hardback note books to computer records. The "new" technology is great for this as I can construct graphs and charts showing what I intend to do and what I have actually done. Sadly the last two years charts re-emphasise to me how little running I have been able to do in recent years. I have usually started with the aim of running 35 miles a week for most of the last decade, a mere shadow of the 65 miles I managed in my early twenties. Over the past year I have not been able to approach even a modest 1,000 miles pa (20 miles a week), just 300 miles in 2010. This is principally down to illness but here's hoping for better health in 2011 and perhaps running over 500 miles and even competing a few times.

On the plus side keeping records does allow me to be a running bore and tell all and sundry that *we were all so much faster in the 1980's*, that they should be running under 25 mins for 5 miles well under 53 mins for 10 and you needed to run under 15m 30 to be competitive as a B string 5000m runner in the Southern Men's League. However, having said that there seems to be a resurgence in middle distance running at least in my neck of the woods, with more than a handful of middle distance runners who are now bettering those 1980 times many by a good margin.

I hope everyone reading this enjoyed their Christmas and has a good new year. As for a new year's resolution, may I suggest let's improve what and where we can, and wish good health to everyone and a graceful decline in performance in your chosen event. Oh... and why not volunteer?

*Rob Lands*

## EVAC Cross Country Championships 2010

This years cross country championship took place at Ampthill Park in conjunction with the Ampthill Trophy Meeting on Sunday 17 October. The race was over the same course as for 2009 so we are again very grateful to Ampthill & Flitwick Flyers for making the race possible.

Sunday morning saw a nip in the air but not quite a frost and as the skies were clear it was sunny. The Ampthill Trophy course is over 8km, just over a two lap course starting & finishing on top of the Greensand Ridge. Sadly for the less fit the course descends and climbs the ridge twice each lap. The race was won by a senior man from Bedford & County AC but not so far behind him was our EVAC winner John Herbert M40 of Werrington Joggers just 40 seconds behind the winner. Andrew Copp M35 of Stopsley Striders was second home just 3 seconds in front of our leading lady, Philippa Taylor F40 who was in overall 15 place in the Trophy race but won the ladies race by 3.5 minutes, Sally Cartwright F40 of Bedford Harriers was 2nd home in the EVAC race.

Finally, a special mention for Giorgio Garofalo of Bedford & County AC. Giorgio missed much of the track season through injury but completed 2 laps of the course to finish 113th overall and he was our first M70 home. Our other M70, M75 & M80 competitors ran one lap and the starting loop ~ 4.5km Overall we had 38 entered in the race and 32 finishers. Not our highest turnout, but enough to make the event worthwhile.

Having held the event in the far west of the EVAC region for the last two years I very much hope that we can hold closer to the centre and east of the area next year. But for that to happen we need someone or a club to come forward to host the event either as a race on its own or within some other cross country event. Preferably, we need a course length of 8km and a shorter option (~ 5km) for older club members. While we do not necessarily need full changing and showering facilities we do need a room where people can mingle and for the presentations to be made.

Once again thanks to our friends at Ampthill and to Eric Yates for their assistance in making the event happen.

Offers and suggestions to Rob Lands please.

Rob Lands

### 4km Race

Milford	Callow	Marshall Milton Keynes AC	M	75	M75 1	28:39
Brian	Graves	Marshall Milton Keynes AC	M	70	M70 2	29:34
Brian	Gilks	Marshall Milton Keynes AC	M	75	M75 2	30:17
Patrick	Parameter	Eastern Veterans AC	M	80	M80 1	36:00

### 8km race

Name	Club	M/F	Age	Race Position	Womens race	EVAC position	Time
Herbert John	Werrington Joggers	M	40	3		M40 1	28:22
Copp Adrian	Stopsley Striders	M	35	14		M35 1	31:31
Phillippa Taylor	Nene Valley Harriers	F	40	15	1	F40 1	31:34
Paul Douglas	Leighton Fun Runners	M	40	21		M40 2	32:36
Phillip Tullett	Cheilmsford AC	M	50	28		M50 1	33:48
Mike Burling	Marshall Milton Keynes AC	M	50	43		M50 2	35:14
Godfrey Tofts	Royston Runners	M	45	44		M45 1	35:18
Kevin Smith	Marshall Milton Keynes AC	M	60	49		M70 1	35:42
Sally Cartwright	Bedford Harriers AC	F	40	53	4	F40 2	35:55
Martin McPheat	Marshall Milton Keynes AC	M	50	57		M50 3	36:23
Paul Green	Royston Runners	M	50	59		M40 4	36:29
Peter Harris	Ely Runners	M	60	65		M60 2	37:21
Fiona Wynde	Biggleswade AC	F	35	66	5	F35 1	37:22
Andy Harrison	Marshall Milton Keynes AC	M	50	69		M50 5	37:41
Nicky Morgan	Nene Valley Harriers	F	40	79	6	F40 3	38:31
Paul Firmage	Ryston Runners	M	55	85		M50 1	39:04
Gerald Meah	Cambridge & Coleridge AC	M	50	88		M50 6	39:17
Lorraine Daglish	Luton AC	F	50	106	9	F50 1	41:47
Diana Braverman	Cambridge & Coleridge	F	55	111	11	F55 1	42:19
Don Hutchinson	Cambridge Triathlon Club	M	65	112		M65 1	42:34
Giorgio Garofalo	Bedford & County AC	M	70	113		M70 1	42:49
Diane Baldwin	Marshall Milton Keynes AC	F	50	117	13	F50 2	43:10
John Turner	Ely Runners	M	65	118		M65 2	43:17
Collin Harries	Biggleswade AC	M	60	136		M60 3	46:01
Ursula Ghalab	Marshall Milton Keynes AC	F	55	139	23	F55 2	46:22
Terry Braverman	Haverhill	M	65	146		M65 3	47:56
Alan Taylor	Stopsley Striders	M	65	159		M65 4	50:40
John Adam	Leighton Buzzard AC	M	65	162		M65 5	51:30

## EVAC Indoor Track & Field Champs, Lee Valley Sunday 13 February 2011

We are pleased to be able to repeat our indoor track and field championships this year and they will be held in conjunction with the BMAF open indoor pentathlon championships and the Vets AC championships at the Lee Valley Stadium, Enfield on Sunday 13 February. Entries for all the events are being taken by Maurice Doogan the BMAF Track & Field Secretary. Maurice sends out regular circular emails about BMAF & international track and field events so it is worth getting in touch with him if national and international events are of interest to you. To help Maurice process entries we are not including an entry form in this magazine, however you can find one on the BMAF website (see fixtures) and in the recent BMAF magazine, *Masters Athletics*.

To encourage participation from all EVAC members rather than just those who feel themselves capable of winning medals at these championships and to generate some interest in the summer's T & F League we are introducing a team competition into the event as well.

### EVAC Championship events

60m	200m	400m	800m	1500m	60mH
Shot	Long Jump	High Jump	Triple Jump	Pole Vault	

### BMAF Indoor Pentathlon Championships

#### Open Events:

200m	400m	800m	1500m	Shot
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#### ENTRY FEES: [non-refundable]

PENTATHLON: Affiliated: £18.00. Non-affiliated £21.00.

EVAC Championships: First Event £9.00 £5.00 each extra event.

OPEN Events: First Event Affiliated: £9.00 / Non-affiliated: £12.00  
£5.00 each extra event.

The **closing date** for entries is Thursday 27th January 2011 and you must follow instructions on the entry form.

*First event 12 noon - Pentathlon Hurdles.*

**The Team Competition** will be across the existing championship events. Where clubs have declared a "team" the performances of the individual athletes will be compared and ranked in a "virtual" race and points awarded accordingly.

To keep the team competition manageable there will be a limited number of events that count in the team competition.

The events that in the team competition will be:

60m      400m      1500m      Long Jump      Shot Put

There will be 4 categories of competitor:

M35-49      M50+      W35-49      W50+

This gives a potential 20 events to score in.

Athletes will run, jump or throw in their own age groups (5 year age bands) for Championship purposes. We will then take their performances and put them in the broader age groups for the team championships and re rank the athletes. In the case of the shot where different weights are used across the age groups, we will compare actual distances and make no allowance for the different weights. One athlete to score in each category who **must have** been declared beforehand. Scoring per event will be based on the number of teams entering- i.e if 5 teams enter then scoring will be 5,4,3,2,1 points. Clearly there is an incentive to enter as many events as possible of the 20 we have selected.

All athletes must enter the Championships as individuals and the team manager must enter a team by notifying Graeme Packman by Thursday 10 February. There is no fee for entering a team (**but** athletes **MUST** enter as individuals closing date 27/01/2011).

## **BMAF Indoor Track and Field Championships and Winter Throws Championships Saturday 26 & Sunday 27 February 2011**

The National indoor track and field championships take place 2 weeks after the EVAC champs at Lee Valley Stadium on the weekend of 26/27 February, first event at 9:30am. You can find full details of the events and an entry form both on the BMAF website and in the recent BMAF magazine, *Masters Athletics*.

In addition to a full program of indoor track & field events throwers can take advantage of the outdoor throws winter championships. Entries close on Thursday 10 February 2011.

## **British & Irish Masters Cross Country International Dublin, 13 November 2011**

A small but elite group of EVAC runners represented England in the annual cross country race and we had one in the Irish team.

Our competitors in the women's 6000m race were Phillipa Taylor of Nene Valley Harriers and Gail Duckworth of Leighton Buzzard AC. Phillipa finished an excellent 6th overall & third W40 being second scorer winning W40 England team. Gail was 47th overall and an excellent second in the W55 category leading home the winning England team.

There were two 8000m races for men. In the first race John Herbert of Werrington Joggers and Mark Greenwood of Nene Valley Harriers competed. John was an excellent 9th overall and 2nd M40 home contributing significantly to England's winning team. Mark finished 14th overall and 7th M35 with the England team second.

In the second mens 8000m race we had three representatives. Jim McMahon of Bedford & County AC was 11th overall, 9th M50 and part of Irelands second place M50 team. Mike Bridgeland of Chemsford AC was 15th overall & 13th M50. Alan Dalglish of Luton AC was 53rd overall and 8th M60.

Well done to all on both their selection and performance in the races.

### **EVAC Track & Field League 2011**

Supported by *Winning Ways*

With the summer athletics season rapidly approaching, the EVAC Track and Field League is almost ready to go again. We have 13 teams entered so far with others still to send in their applications. We can still accept more team entries, so any club wanting to give the League a try should contact Graeme Packman ASAP. Clubs can enter only a Mens or a Ladies Team if they do not have enough athletes in both categories.

Our aim is to arrange the League into 3 divisions across the region although this depends on the teams entering. All the matches are on Wednesday evenings and start at 7:00pm with the Top 8 teams

from across all 3 divisions going through to an all day full programme Final in September. The current champions are Bedford & County AC (Men) and Chelmsford AC (Ladies).

The clubs entered so far are:

West Norfolk AC , Ryston Runners AC, Peterborough AC, City of Norwich AC, Bedford & County AC, Biggleswade AC, Marshall Milton Keynes AC, Cambridge & Coleridge AC, Huntingdonshire AC, Chelmsford AC, Southend AC (men only) Fairland Valley Spartans, Loughton AC

There are trophies for the winning teams at the league Final as well as individual medals for the top 3 teams in each of the men's and ladies categories. There will also be "athlete of the match" awards for best male and female athletes at the Final.

The competition dates for 2011 are Wednesdays May 4th, Jun 1st, July 6th, Aug 3rd. The final will be on Sunday Sep 11th. Venues have yet to be decided. We will have the usual format for the Wednesday evening fixtures, they will be half matches. The final will be a full match.

Men's events will be for the M40, M50 and M60 age groups, Ladies events will be for W35, W45 and W55 age groups. The W55 and M60 age groups will not compete in all the events.

**Matches 1 & 3:** Sprint Hurdles, Long Jump, Hammer, 100m, High Jump, Shot, 400m, 1500m, Relay (Medley), 2k walk.

**Matches 2 & 4:** 400m Hurdles, Pole Vault, Discus, 200m, Triple Jump, Javelin, 800m, 3000m, Relay, 1 mile walk.

**Please Note:**

All the League matches (but not the final) are open to any EVAC athletes to compete as a guest whether or not their club is in the league. If your club is not in the league, you might consider competing for a neighbouring club as a second claim member as second claim athletes are eligible if their first claim club has not entered a team.

More details will be supplied to team managers directly and details will be included on the EVAC website and in the next issue of *The Eastern Vet*.

# Eastern Veterans AC Track & Field Champs Norwich 26 September 2010

We are pleased to see this important event back in our calendar and thanks to City of Norwich AC and John Painter for hosting and organising the competition. No report has been sent to the magazine but you will see from the results that there was healthy competition and we can look forward to a bigger event in 2011.

## Results

<b>100m</b>	12.7	Andy Woods	V45	M	48	West Norfolk/Eastern Vets
	12.9	Julian Courtney	V45	M		Eastern Vets
	13.9	Clive Poyner	V45	M	47	City of Norwich
	12.0	Ricky Huskisson	V50	M	50	Nene Valley/Eastern Vets
	13.0	Wilson Paterson	V50	M	52	Corby/Civil Service/Ryston
	13.6	John Turner	V50	M	54	Marshall Milton Keynes
	13.8	Jim Lawrence	V50	M	54	M Milton Keynes/Eastern Vets
	13.2	Ian Foster	V65	M	67	Eastern Vets
<b>100m</b>	14.8	Julie Zulu	V35	W	37	City of Norwich
	13.5	Karen Hindle	V40	W	43	Diss
	15.3	Lesley Richardson	V40	W	41	Enfield & Haringey/Civ. Service
	13.9	Amanda Rochester	V45	W	47	Barnet/Highgate
	13.5	Wendy Dunn	V50	W	50	Peterborough/Eastern Vets
	14.6	Gaye Clarke	V50	W	50	Ryston/Eastern Vets
	14.9	Elizabeth Welbourn	V50	W	50	Ipswich
	15.3	Christine Salvary	V50	W	53	Trent Park/Southern C. Vets
	15.5	Clare St. John-Coleman	V50	W	50	Chelmsford/Eastern Vets
	16.3	Yvonne Newton	V55	W	56	Eastern Vets
<b>200m</b>	25.0	Paul Canning	V40	M	44	Marshall Milton Keynes
	25.4	Antony Babbs	V40	M	43	Loughton
	26.8	Julian Courtney	V45	M		Eastern Vets
	27.2	Gordon Slater	V45	M	49	City of Norwich
	24.5	Ricky Huskisson	V50	M	50	Nene Valley/Eastern Vets
	26.5	Les Percival	V55	M	57	Paddock Wood/Eastern Vets/West Norfolk
	27.0	Wilson Paterson	V50	M	52	Corby/Civil Service/Ryston R
	28.2	John Turner	V50	M	54	Marshall Milton Keynes
	28.7	Jim Lawrence	V50	M	54	M Milton Keynes/Eastern Vets
	27.7	John Moore	V60	M	60	Lincoln W/East Vets/W Norfolk
	29.8	John Vickerie	V60	M		EVAC
	27.7	Ian Foster	V65	M	67	Eastern Vets

## EVAC Track & Field Champs - Results 26 September 2010

<b>200m</b>	28.3	Karen Hindle	V40 W	43	Diss
	32.6	Lesley Richardson	V40 W	41	Enfield & Haringey/Civil Service
	29.7	Amanda Rochester	V45 W	47	Barnet/Highgate
	28.1	Wendy Dunn	V50 W	50	Peterborough/EVAC
	32.1	Christine Salvary	V50 W	53	Trent Park/S Counties Vets
	37.9	Dorothy Fraser	V70 W	73	Lincoln Wellington/EVAC
<b>400m</b>	57.0	Antony Babbs	V40 M	43	Loughton
	57.8	Andrew Preston	V40 M		Wymondham
	61.8	Les Percival	V55 M	57	Paddock Wood/EVAC/W Norfolk
	62.5	Wilson Paterson	V50 M	52	Corby/Civil Service/Ryston R
	70.8	Jim Lawrence	V50 M	54	Marshall Milton Keynes/Eastern
	65.8	John Moore	V60 M	60	Lincoln W/EVAC/W Norfolk
82.4	John Garber	V65 M	68	Herne Hill/EVAC	
<b>400m</b>	67.4	Amanda Rochester	V45 W	47	Barnet/Highgate
<b>800m</b>	02:14.5	Mark Oldham	V45 M	45	Southend/EVAC
	02:16.1	Andrew Preston	V40 M		Wymondham
	02:22.5	Stuart Robertson	V50 M	50	Chelmsford
	02:26.2	Derek Darnell	V50 M	51	Huntingdonshire/EVAC
	02:27.5	Mike Burling	V50 M	53	Marshall Milton Keynes
	02:33.7	Joseph Tucker	V50 M	50	Cambridge & Coleridge
03:08.4	John Garber	V65 M	68	Herne Hill/Eastern Vets	
<b>800m</b>	03:18.3	Elizabeth Welbourn	V50 W	50	Ipswich
<b>1500</b>	06:17.6	John Garber	V65 M	68	Herne Hill/Eastern Vets
	06:50.4	Roger Duffield	V70 M	71	Tiptree
<b>5000</b>	16:56.1	Adrian Copp	V35 M	38	Stopsley
	18:59.2	Chris Cattano	V45 M	47	Southend/Castle Point AC
	17:13.2	Robert Cheverton	V50 M	53	City of Norwich
	18:25.6	Richard White	V50 M	50	Wymondham
	16:21.7	David Butler	V55 M	57	Billericay
	18:41.5	Pete Johnson	V55 M	56	Norfolk Gazelles
	21:48.3	Paul Firmage	V55 M	55	Ryston
	24:53.3	Roger Duffield	V70 M	71	Tiptree
<b>80mH</b>	13.8	Gaye Clarke	V50 W	50	Ryston/Eastern Vets
<b>80mH</b>	19.8	Patricia Hill	V70 W	70	Newark/Eastern Vets
<b>200H</b>	47.5	Patricia Hill	V70 W	70	Newark/Eastern Vets
<b>3k SC</b>	10:24.4	Dave Connell	V35 M	35	Huntingdonshire

## EVAC Track & Field Champs - Results 26 September 2010

<b>3K W</b>	17:00.5	Chris Cattano	V45 M	47	Southend/Castle Point AC
	17:21.1	Rodney Dunn	V55 M	58	Leicester WC/EVAC/Enfield & H
	19:46.6	Paul Firmage	V55 M	55	Ryston
	19:02.5	Gillian Loughlin	V45 W	45	City of Norwich
	17:29.7	Cath Duhig	V55 W	55	Ryston/Loughton
<b>HJ</b>	1.35	David Goldsworthy	V50 M	51	Marshall Milton Keynes
	1.40	Carole Filer	V50 W	54	City of Norwich/EVAC/P'boro
	1.80	Gordon Slater	V45 M	49	City of Norwich
<b>LJ</b>	4.97	Julian Courtney	V45 M		Eastern Vets
	4.49	Julie Zulu	V35 W	37	City of Norwich
	3.76	C St. John-Coleman	V50 W	50	Chelmsford/Eastern Vets
	3.55	Christine Salvary	V50 W	53	Trent Park/Southern Counties
	2.97	Yvonne Newton	V55 W	56	Eastern Vets
<b>TJ</b>	7.85	Lesley Richardson	V40 W	41	Enfield & Haringey/Civil Service
	8.19	C St. John-Coleman	V50 W	50	Chelmsford/Eastern Vets
	7.47	Christine Salvary	V50 W	53	Trent Park/Southern Counties
<b>SP</b>	11.72	Malcolm Fenton	V50 M	54	Ipswich/EVAC/Southend
	11.17	John Painter	V50 M	52	City of Norwich
	11.15	Mike Williams	V50 M	52	Chelmsford
	11.56	Anthony Richards	V60 M	61	Croydon/Southern C Vets
	9.20	Godfrey Leak	V65 M	66	Stevenage & North Herts/EVAC
	10.12	Jack Kee	V70 M	71	Marshall Milton Keynes/EVAC
	9.39	Brian Sumner	V75 M	75	Tamworth/Midland
<b>SP</b>	7.72	Julie Zulu	V35 W	37	City of Norwich
	8.45	Shirley Quinn	V55 W	56	Chelmsford/EVAC/Police
	9.51	Romana Martin	V60 W	60	Cambridge & Coleridge/EVAC
	7.00	Anne Martin	V70 W	74	Wymondham/Eastern Vets
	6.11	Dorothy Fraser	V70 W	73	Lincoln Wellington/Eastern Vets
	4.87	Barbara Dunsford	V75 W	75	Epsom & Ewell/Belgrave
<b>DT</b>	23.46	Steven Bode	V35 M	37	West Suffolk
	21.02	Clive Poyner	V45 M	47	City of Norwich
	37.38	John Painter	V50 M	52	City of Norwich
	33.69	Mike Williams	V50 M	52	Chelmsford
	31.70	John Turner	V50 M	54	Marshall Milton Keynes
	28.33	Tim Needham	V55 M	58	Peterborough/Eastern
	38.79	Anthony Richards	V60 M	61	Croydon/Southern Counties
	35.35	Godfrey Leak	V65 M	66	Stevenage & North
	31.96	Jack Kee	V70 M	71	Marshall Milton Keynes/EVAC

## EVAC Track & Field Champs - Results 26 September 2010

DT	20.32	Lorraine Brown	V40 W	44	City of Norwich
	17.77	Kathleen Warhurst	V45 W	47	Lincoln Wellington
	30.77	Shirley Quinn	V55 W	56	Chelmsford/EVAC/Police
	22.15	Romana Martin	V60 W	60	Cambridge & Coleridge/EVAC
	20.73	Patricia Hill	V70 W	70	Newark/Eastern Vets
	16.42	Anne Martin	V70 W	74	Wymondham/EVAC
	9.28	Barbara Dunsford	V75 W	75	Epsom & Ewell/Belgrave
HT	24.10	Steven Bode	V35 M	37	West Suffolk
	18.14	Gordon Slater	V45 M	49	City of Norwich
	45.58	Malcolm Fenton	V50 M	54	Ipswich/EVAC/Southend
	35.77	Mike Williams	V50 M	52	Chelmsford
	28.58	Mike Burling	V50 M	53	Marshall Milton Keynes
	23.54	Jim Lawrence	V50 M	54	Marshall Milton Keynes/EVAC
	28.40	Tim Needham	V55 M	58	Peterborough/Eastern
	28.10	Anthony Richards	V60 M	61	Croydon/Southern Counties
	24.99	Godfrey Leak	V65 M	66	Stevenage & North Herts/EVAC
	45.37	Jack Kee	V70 M	71	Marshall Milton Keynes/EVAC
	34.35	Brian Sumner	V75 M	75	Tamworth/Midland M./NVH
HT	19.53	Kathleen Warhurst	V45 W	47	Lincoln Wellington
	28.32	Gaye Clarke	V50 W	50	Ryston/Eastern Vets
	36.27	Shirley Quinn	V55 W	56	Chelmsford/Eastern Vets/Police
	27.59	Romana Martin	V60 W	60	Cambridge & Coleridge/EVAC
	20.11	Patricia Hill	V70 W	70	Newark/Eastern Vets
	17.43	Anne Martin	V70 W	74	Wymondham/Eastern Vets
	17.36	Dorothy Fraser	V70 W	73	Lincoln Wellington/Eastern Vets
	18.81	Barbara Dunsford	V75 W	75	Epsom & Ewell/Belgrave
JT	32.63	Steven Bode	V35 M	37	West Suffolk
	26.65	Clive Poyner	V45 M	47	City of Norwich
	35.55	Anthony Richards	V60 M	61	Croydon/Southern C Vets
JT	23.80	Lorraine Brown	V40 W	44	City of Norwich
	16.05	Steph Mullarney	V50 W		Norw

## Eastern Veterans AC Track & Field Champs 2011

John Painter and City of Norwich AC are hosting our annual championships in Norwich in Summer 2011. The date is not yet certain as some Track & Field Leagues have yet to finalise their dates and venues, John is hoping that the event can be hosted earlier in the season and 31 July is a possible date. We will confirm the date as soon as we can and give more details in our next magazine.

## **BMAF Cross Country Championships**

The annual championships are now to be held at Alexander Stadium Birmingham on Saturday 12 March 2011. The entry form is on the BMAF web site with a closing date on 1 March 2011. There is also an entry form in the winter edition of *Masters Athletics*. I hope club members will support the event as it is probably as close to our region as it is likely to be in the foreseeable future.

Members will recall that the BMAF withdrew their offer to EVAC to host this event very late in the day. One of the main problems for us was the financial viability of the event. You will see that the BMAF have addressed this point by allowing the organisers to increase the entry fee to £10, something that we at EVAC said was necessary, sadly they did not give us this flexibility last summer. The "void" referred to in the *Masters Athletics* fixture is a reflection of poor administration by BMAF and not those of us who put in a lot of time and work at EVAC to prepare an event at Luton.

## **BMAF Road Relays**

The British Masters Road Relays at Sutton Park are one of the highlights of the British Masters year and one of their best organised events as well. The races are on Saturday 21 May 2011. Entry forms are now on the BMAF web site and the closing date for entries is 23 April 2011.

It would be good to see more clubs from the EVAC area entering teams, I am sure you will not be disappointed if you give it a go.

## **BMAF Road Races**

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

- 19 June 5km & 5k walk, Horwich
- 21 August Half Marathon, Leek tbc
- 02 October 10km, Exmouth
- 16 October Marathon, Abingdon tbc

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.

## Vets Inter Area Match, Solihull Sunday 7 August 2011

The Vets Inter Area match has been scheduled to take place again at last year's venue. As reported in the last *Eastern Vet* we did quite well last year but the Ladies did lose the title that they had held for the previous two years. This year we are starting to plan our campaign early to regain the Ladies trophy (EVAC has won most years that it has been competed for) and to "medal" in the men's competition.

We need our strongest teams out at what is a difficult time in the middle of the holiday period and so near to major championships. It will be a great day's competition for Masters with a high quality of competition in many events and the chance to meet athletes you normally only meet in a the major championships.

The age groups are slightly different to our normal competitions and are - M35-49, M50-59, M60-69, M70, W35-49, W50-59, W60

The exact events will not be known until quite near the match as they are partly dependent on the number of teams that enter (last year there were ten) generally there are more events in the younger age groups with the M70 grouping having just 4 last year (100, 800, LJ, SP). However it will not quite be a full programme in any age group with the long throws usually suffering the greatest editing!

This is a representative team so we can only put out our best available athlete in each event (guests are **not** allowed due to timetable constraints). If you are available and interested in competing then please let the team manager or Graeme Packman know as soon as possible together with your current performances (see below). All competitors **must** be EVAC members. We are particularly keen to hear from M70s as last year we realised that we knew of so few of them and the number of M70 events continues to increase .  
If you are interested in competing then please contact:

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

## Fenland 10 Sunday 31 October 2010

The Fenland 10 was a Peter Andrews Medal qualifying event.

*Peter Chaplin writes:*

Four Eastern Veterans scored over 85% on the WMA% Tables to qualify for a Peter Andrews Medal. Special Congratulations To John Oakes; who is the first Eastern Veteran to win three medals in the same Season; and to Anne Furbank for being the first person to score over 90%. This was also John Herberts' second PA medal and Phillipa Taylor's first.

Congratulations to John H and Phillipa for winning the Open race as well. Eastern veterans recorded five in the first 19 who were under the hour. Finally thank you to FENLAND Running Club who have been a great support to Eastern Veterans over many years.

John Herbert	Werrington J.	M40	52:23
John Oakes	Cambridge & C	M50	57:32
Malcolm Tuff	Ryston	M45	58:10
Phillipa Taylor	Nene Valley H	F40	59:59

Peter, nominates John Oakes as the road race champion of the year for his three performances Thorney 5, Wissey Half Marathon 1:17:47 and the Fenland 10

### **Editors Note**

*I am aware that there were other EVAC members competing in the three road races and I would have been happy to include all members performances in the magazine. However, no one, other than Peter, has sent me information for the magazine on the races and I do not have the time to compile the results.*

## **EVAC Road Races for 2011/12**

Over the last couple of years both Peter Chaplin and I have tried to enthuse other EVAC members to take up the baton and organise a road race series of some sort to replace the races we used to organise, mainly through Peter's considerable efforts:

- The Hemingford Grey Road Relay,
- The Reach 5 mile
- The Comberton 10k
- The Granchester 5k

Neither Peter or I are able to resurrect these races. As I live in Bedfordshire I live too far away from the central area to do this.

In the absence of anyone having come forward to take over as road race secretary or to take over the the organisation of an EVAC road event we must decide as a club whether we continue with a Road Race championship. What can we do?

If we can't organise races ourselves we could associate our championship with road races in the Region. We have good relationships with the Fenland 10, Wissey Half and Thorney 5 all in the north of the region. We have used the Luton 10k in the west of the region and I know from contacts with Bedford Harriers and Ampthill & Flitwick Flyers that there are other races we could associate ourselves with (thanks to those clubs for their offers). This suggests that a divisional championship might be possible with 3 - 5 races in each of say North Cambridgeshire/Norfolk, in Beds/Bucks, and in Suffolk/Essex. Those in the middle of the region would have a choice. We would then be able combine the results for each distance raced to identify, say, the EVAC 5 mile road race champion for 2011/2012. And we could also work out the overall age adjusted champions over say 4 of 5 races.

To do this we need someone or some people in each area to nominate the races to be used in their locality and then to compile the EVAC results from the overall race results. We would also need one of these people to take responsibility for compiling overall results possibly as Road Running Secretary.

If you (as an EVAC member) want a road race championship you need to be proactive now. I am happy to do the initial coordination to get things started so contact me before the end of February if you think this is a good idea and if you will help get it off the ground. The slate is blank so any other idea could be put in place if you want to take this on.

I'll let you know the outcome in the next magazine at the end of March.

*Rob Lands*

## **BMAF Track and Field Championships**

The national track and field championships are currently shown as being on the weekend of 26/27 June 2011 at Birmingham or another venue. Keep an eye on the BMAF website for further information

## The Greensand Ridge Relay

Many EVAC members compete for their clubs in long distance relays such as the Round Norfolk Relay, there is another one in the west of our area along the Greensand Ridge Long Distance Path. This race is organised by South Midland Orienteering Club and has been run since 1987. The 33 mile race starts in Leighton Buzzard and finishes at the Crown Inn, Northill just South East of Bedford. The race is divided into 6 Legs and runners are handicapped by age and sex. The winning team in 2010 was Bedford & County AC whose performance was enhanced by a recently "50" Jim McMahon" - there was only one under 40 in the Bedford team. However one of the more interesting achievements must be that on the Marshall Milton Keynes AC M70 squad who completed the course. If this wets your appetite the 2011 event is on Saturday 25 June and you can get details at [www.smoc.info/GSRR/](http://www.smoc.info/GSRR/)

*Brian Graves writes*

At the prize giving of the 2009 event I overheard a comment from the Ampthill runners that they had finished a M60 team. This got me thinking knowing that MMKAC already had four M70's capable of competing here and with three more of us due to move up this exalted rank before June 2010, I floated the idea of a MMKAC M70 team being on the start line.

The Greensand Ridge Relay has been organised by the South Midlands Orienteering Club since the 1988 and is a 33 mile multi-terrain relay from Linslade (Leighton Buzzard) following the "way-marked" Greensand Ridge Walk across Bedfordshire to Northill.

MMKAC first competed in 1992 when there just ten teams competing. It is very popular now and the event has a 30 team limit. The start time is determined by an age group handicap and not surprisingly our M70 team (average age 73) had the earliest start time. I therefore had the privilege of running leg 1, 5.6 miles starting along the Grand Union Canal and thence a steady climb up through Stockgrove Park. I was off at 11.08, some 30 mins before the next team. Some comfort to me as I trogged up the final hill knowing that the second team were just starting!

61 mins 46 later I handed over to Brian Gilks (our oldest runner, 75.5) who then ran the 3.9 mile section through Brickhill Woods to Woburn in 46.07. Leg three (8.0 miles through Woburn Abbey, Ever-sholt ,Jackdaw Hill to Millbrook) is the key leg and Brian Daniells, our fastest M70 made good use of his handicap clocking 74.75.

Jim McKellar ran leg 4 through Ampthill Park and Maulden Woods (5.7miles) to Deadman's Hill on the A6. Jim ran 63.10 and it was here that we lost our lead. Still we had been in front for about 20 miles before the chasing team started to close us down. John Greenall ran leg 5 (5.5miles) through Clophill and by Chicksands Wood to Deadman's Cross. Unfortunately John made a navigational error which slowed him down to 68.29 for this penultimate leg. I consoled John with the Michael Johnson adage –

*"the first thing in relays is to get the baton round"*

And that is all we wanted to achieve and Milford Callow (another 75-year old) bought the team home with 49.57 for his 4.7mile leg. We were the 22nd team over the finish line in 6 hours 04.04 and we were not the slowest!!

## **Membership Renewal**

The Eastern Veterans AC membership year runs from 1 April to 31 March. We will include membership renewal information in our next magazine which should be with you at the end of March

## **Articles and photos for the Eastern Vet and the EVAC website**

Our club magazine can only be as good as your contributions allow. We always need more stories and photo's for inclusion.

Do you have a story to tell or success to report?

Send photo's and copy to Rob Lands. Contributions are needed by 15 March for the Spring Issue.

## **Brenda Kinch's story -**

### **How "You Can Use My London Marathon Race Number" Became Worldwide News!**

In 2008 it appears that a Patricia M Moss, an independent runner in the F60 – 64 category completed the Flora London Marathon in 3:58:50 which gave her a Good for Age place in 2009 and 2010. In 2009 Patricia again ran the Flora London marathon in the F65- 69 category and completed it in 6:11:50. In 2010 she ran the Virgin London marathon in 3:52:36 quite a wide spread of times.

Her time in 2010 gave her 1st place in the female 65-69 category and that's when the trouble began. The London Marathon carry out checks on winning runners and the runner wearing the vest as "Ms Moss" was in fact tall, middle aged, balding and male. This deception then promoted Brenda Kinch of the North Norfolk Beach Runners of Cromer, to first place in the F65-69 category and Ms Moss and male friend have now been disqualified from ever running the London Marathon again.

A London Marathon spokesperson released the following statement:

"We are aware that a man wearing a women's vest in the 65-69 age group category initially showed in the results as first place in the category. Investigations have confirmed this and the individual concerned has since been disqualified and removed from the results." A participant must show ID when picking up their race bib. The man, who was wearing the bib of a 65-year-old woman, probably borrowed, swapped or purchased the bib from someone else, an illegal practice.

In fact if the marathon had checked the 2009 photo there was an even taller man with the name PHIL on his running tee shirt completing under her number.

We decided that this would be of interest to local people and contacted Alex Hurrell at the North Norfolk News as she has reported on Brenda's fundraising in the past. After a telephone interview and photos being taken the story became worldwide.

## Headlines were as follows

*The Express* -

"Lady runner revealed as marathon man"

*Daily Mail* -

"Brenda is a London Marathon winner after all as rival pensioner is found to be ..a MAN"

*Daily Star* -

"London marathon women's OAP winner exposed as a man."

*Montreal Gazettee*

"Marathon drama"

*Vancouver Sun*

"No Gender tests needed for this runner"

*National Examiner (USA)*

"London marathon: What happens when the woman who wins your age group is actually a man"

The moral of the story is NEVER allow someone else to run with your number – you don't know where it might lead to!

Thanks to Brenda for sending in this story and congratulations on the excellent victory, even though the award was received late she certainly gained good publicity. Sadly we do not have a picture of the "gent" who masqueraded as Patricia Moss, but we do have a picture of Brenda on the back page.

*Do you have any stories and pictures we can use in the magazine? If you do please send them to the editor - Rob Lands.*

## **BMAF Pentathlon Championships**

The National Pentathlon Championships are at Oxford on 5 June 2011. This event hosts the **BMAF track 10,000m championship** for both running and race walking. There are not that many 10,000m track races about now so perhaps this is the one to break your PB or attack that old club masters record but mind you don't get too giddy running 25 laps around a track.

## **BMAF Throws Pentathlon**

Marshall Milton Keynes AC host the BMAF throws Pentathlon on 12 June 2011

## Application to Join or Renew Membership of Eastern Veterans Athletics Club - 2010/2011

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

Your interests (please tick)

Track & Field	<input type="checkbox"/>	X Country	<input type="checkbox"/>	Road Running	<input type="checkbox"/>	BMAF events	<input type="checkbox"/>	International Events	<input type="checkbox"/>
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2nd Claim Membership of EVAC	£12	
1st Claim Membership of EVAC	£12 + £5 for registration with England Athletics	
Life Membership - M70 & F65	£4.50 to register with BMAF	
	Membership Number	

I agree to abide by the rules of EVAC as laid down.

I agree to these details being retained on a database.

Yes/No
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**Signed**...../**Dated**.....

To be completed and returned to Hon. Membership Sec. Mary Waters,  
cheques payable to EVAC. Address of page 2

# Fixture List 2011

## February

- 13 EVAC Indoor T & F Champs, Lee Valley  
BMAF Indoor Pentathlon Champs, Lee Valley  
26 BMAF Indoor T & F Champs, Lee Valley

## March

- 12 BMAF Cross Country Champs, Perry Park, Birmingham  
16 - 20 European Masters Indoor Champs, Ghent

## May

- 4 EVAC Track & Field Lge, match 1  
13-15 European Road Races & Walks, Thionville, France  
21 BMAF Road Relay Champs, Sutton Park

## June

- 1 EVAC Track & Field Lge, match 2  
5 BMAF Pentathlon & Track 10k Champs, Oxford  
12 BMAF Throws Pentathlon, Milton Keynes  
19 BMAF 5k Road & 5k Road Walk Champs, Horwich  
26-27 BMAF Track & Field Champs, Venue tbc

## July

- 6 EVAC Track & Field Lge, match 3  
6 -17 World Masters T & F Champs, Sacramento, USA  
31 EVAC Track & Field Champs, Norwich - date tbc

## August

- 3 EVAC Track & Field Lge, match 4  
5 Veterans Inter area Competition, Solihull  
21 BMAF Half Marathon Champs, Leek tbc

### 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



Brenda's London Marathon Success - read more inside, page 20



Why is committee member Brian Graves standing alone on a footpath on a sunny day in Bedfordshire in June 2010?

- More inside, page 18.