

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.



Inside this month:

- Results from the first fixtures in the track and field League.
- EVAC Track & Field Championships in Norwich.
- Details of the EVAC cross country champs 2010.
- BMAF cross country champs at Luton in March 2011
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- Notice of EGM on Sunday 5 September 2010
- Masters fixtures for the year ahead
- BMAF Cross Country & Road Relay results
- BMAF Pentathlon & Track Walk results



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, cumulative 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.

Amphill & 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: **"Amphill & 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:

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

Bedfordshire MK45 1SB

List of Entrants and Race Pack will be on the website: www.AmphillTrophy.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***
Committee 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		Herts Phoenix AC	
Derek Darnell	19:53	Norman Morrison	17.52m
Giles Newcombe	20:06	Richard Foskett	20.45m
Shane Hunt	18:08		
Alan Burgin	20:55		

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	Fenland	Men
At Bedford	score	At Peterborough	score
1 Milton Keynes	99	Peterborough	78.5
2 Bedford	75	West Norfolk	70.5
3 Huntingdon	60	Ryston	50
4 Cambridge	54	City of Norwich	18
5 Biggleswade	18		

MATCH ONE		05-May-10	
Essex	Men	Chelmsford	Men
At Chelmsford	Score	Southend	Score
1 Chelmsford	65	Chelmsford	12.1
2 Southend	64.5	Southend	12.2
3 Fairlands Valley	47.5	Fairlands Valley	13.3
4 Loughton	47	Loughton	13.6

MATCH ONE		05-May-10	
Three Counties	Men	Huntingdon	13.0
At Bedford	score	Bedford	13.1
1 Milton Keynes	99	Milton Keynes	13.4
2 Bedford	75	Cambridge & Col	13.7
3 Huntingdon	60	Biggleswade	13.9
4 Cambridge	54		
5 Biggleswade	18		

100m M40		100m M50		100m M60		400m M40	
1	D Harbour	1	D Whitehead	1	T Wells	1	D Harbour
2	G Powley	2	L Percival	2	M Simmonds	2	G Powley
3	G Slater	3	W Paterson	3	T Gamble	3	M Ive

100m M40		100m M50		100m M60		400m M40	
1	Prince Duwai	1	David Barnett	1	David Hobbs	1	Keith Palmer
2	Keith Palmer	2	Peter Binns	2	Roger Cole	2	Jim Harrison
3	Dave Stephenson	3	John Ryan	3	John Brook	3	Paul Pickard
4	Jim Harrison	4	Dave Bowker	4	Chas Avis	4	Peter Tullett

100m M40		100m M50		100m M60		400m M40	
1	P Downhill	1	T James	1	P Toombs	1	P Benedictt
2	L Croft	2	J Turner	2	W Bradley	2	P Downhill
3	P Balderston	3	G Meah	3	N Moss	3	R Balderston
4	S Emmings	NS	P Canning	NS	G Garafalo	4	K White
5	E Jones	NS	J Lawrence	NS		NS	L Croft

12.7	Peterborough	12.9	Peterborough	13.9	Peterborough	64.3	Peterborough
13.4	West Norfolk	12.9	West Norfolk	16.5	Ryston	67.0	West Norfolk
13.6	City of Norwich	13.2	Ryston	18.1	West Norfolk	67.8	Ryston

14.0	Chelmsford	14.6	Loughton	14.6	Loughton	57.4	Southend
15.0	Southend	15.5	Chelmsford	15.5	Chelmsford	65.0	Loughton
15.5	Loughton	16.8	Southend	16.8	Southend	1,08.8	Fairlands Valley
15.6	Fairlands Valley	18.1	Fairlands Valley	18.1	Fairlands Valley	1,08.9	Chelmsford

13.0	Huntingdon	13.3	Bedford	15.3	Milton Keynes	54.1	Bedford
13.1	Bedford	13.9	Milton Keynes	15.3	Huntingdon	56.5	Huntingdon
13.4	Milton Keynes	15.6	Cambridge & Col	16.0	Cambridge & Col	62.1	Milton Keynes
13.7	Cambridge & Col	12.7	Milton Keynes	18.5	Bedford	72.3	Cambridge & Col
13.9	Biggleswade	14.3	Milton Keynes			57.6	Bedford

Track & Field League, Match 1 Women (1)

MATCH ONE		05-May-10	
Three Counties	At Bedford	Fenland	At Peterborough
Women	score	Women	score
1 Milton Keynes	95	1 Ryston	69
2 Bedford	69	2 West Norfolk	56
3 Cambridge	46	3 Peterborough	50
4 Huntingdon	35	4 City of Norwich	10
5 Biggleswade	16		

MATCH ONE		05-May-10	
Essex	At Chelmsford	Essex	At Chelmsford
Women	score	Women	score
1 Chelmsford	86	1 Alison McGowan	14.7
2 Loughton	61	2 Michaela Davis	15.5
3 Fairlands V	46	3 Steph Mayfield	17.7

MATCH ONE		05-May-10	
Three Counties	At Bedford	Essex	At Chelmsford
Women	score	Women	score
1 C.Goddard	15.0	1 Alison McGowan	14.7
2 S Blackman	16.2	2 Michaela Davis	15.5
3 S Cahill	17.1	3 Steph Mayfield	17.7
NS A Slatcher	14.2		

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

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

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

Track & Field League, Match 1

Women (2)

1	1500m F45	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
1	1500m F55	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				
1	100mH F35	C Goddard	Milton Keynes	14.0	1	Kate Alexander	Chelmsford	19.6	1	K Johnson	West Norfolk	23.50
2		S Peadley	Huntingdon	23.4	2	Lorna Gaffney	Loughton	26.2	2	J Isbill	Ryston	37.40
1	80mH F45	O Johnson	Bedford	15.7	1	Chris Feeley	Fairlands Valley	19.9	1	G Clarke	Ryston	14.20
2		L Byrne	Milton Keynes	16.7	2	Margaret Jarvis	Chelmsford	21.1				
					3	Barbara	Loughton	16.0				
					NS	C Johnson	Loughton					
1	2km Walk F35	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	2	K Johnson	West Norfolk	14.18.6
NS		M Calleia	Milton Keynes	14:16	3	Vicky Morris	Loughton	17.46				
1	2kmWalk F45	H Middleton	Biggleswade	10:48	1	Elspeith Missen	Chelmsford	14.22	1	L Blakey	Ryston	12.46.9
2		S Barnett	Cambridge & Col	12:35	2	Sharon Crowley	Fairlands Valley	14.26	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								
1	2km Walk F55	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 Aiker	Bedford	16:05	3	Ruby Avis	Fairlands Valley	19:26				
1	High Jump F35	C Goddard	Milton Keynes	1.20	1	Kate Alexander	Chelmsford	1.20	1	K Johnson	West Norfolk	1.20
2		S Peadley	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

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			MATCH TWO			2 June 2010		
Three Counties			Men			Fenlands			Men		
At Cambridge			Score			At Kings Lynn			Score		
1	Milton Keynes	84	1	Chelmsford	72	1	Ryston	56	1	West Norfolk	50
2	Bedford	80	2	Loughton	51	2	Peterborough	52	2	City of Norwich	23
3	Huntingdon	62	3	Southend	50	3	West Norfolk	50	3		
4	Cambridge & Col.	51	4	Fairlands Valley	40	4	City of Norwich	23	4		
5	Biggleswade	24									
200m M40											
1	P Canning	25.7	1	K Palmer	24.8	1	A. Wood	26.2	1	West Norfolk	26.2
2	L Croft	26.2	2	Peter Ilo	25.4	2	Gordon Slater	27.2	2	City of Norwich	27.2
3	S Emmings	27.4	3	Steve Down	26.7	3	C. Milnes	38.2	3	Ryston	38.2
4	R Phelan	28.2	4	Dave Stephenson	28.0						
200m M50											
1	T James	25.8	1	John Brown	25.7	1	D. Whitehead	26.3	1	Peterborough	26.3
2	D Brown	28.2	2	David Hobbs	30.3	2	W Paterson	27.1	2	Ryston	27.1
3	J Lawrence	28.7	3	P Binns	31.2	3	J Moore	27.7	3	West Norfolk	27.7
4	G Meah	32.6	4	Richard Sidin	35.9						
800m M40											
1	P Downhill	2:19.2	1	Tony Babbs	2:24.2	1	L Ball	2:09.7	1	West Norfolk	2:09.7
2	B Watson	2:20.1	2	Tont Hyde	2:25.7	2	M Tuiff	2:13.7	2	Ryston	2:13.7
3	R Balderston	2:23.1	3	Steve Mayfield	2:31.4	3	P Ward	2:32.4	3	Peterborough	2:32.4
4	R Payne	2:25.0	4	Glen Grant	2:36.0						
5	S West	2:39.7									
800m M50											
1	I Licietis	2:14.2	1	Dave Bowker	2:30.9	1	J Hughes	2:20.1	1	West Norfolk	2:20.1
2	G Brewster	2:16.1	2	Melvyn Cooper	2:34.5	2	E Voglen	2:42.8	2	Ryston	2:42.8
3	D Brown	2:31.6	3	P Binns	2:36.8						
4	G Meah	2:50.8	4	John Bogard	3:28.5						

Track & Field League, Match 2

Men (2)

3000m M40									3000m 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	Ryton	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											
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	Ryton	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											
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	Ryton	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											
1	P Benedict	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 French	Southend	73.5													
				4	Dave Stephenson	Fairlands Valley	82.9													
400mh M50									400mH 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	Ryton	89.4									
1mile 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	Ryton	10.17.8									
				3	S de Souza-Brady	Loughton	14:30.9													

Track & Field League, Match 2 Men (3)

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

Track & Field League, Match 2 Women (3)

Triple Jump F35			Triple Jump F35			Triple Jump F35					
1	L Byrne	Milton Keynes	8.15	1	Monica Brown	Fairlands Valley	7.70	1	Sally ???	Peterborough	7.57
2	S Peadley	Huntingdon	7.30	2	Michaela Davis	Loughton	7.29	2	Katrina Wasterny	West Norfolk	7.43
3	B Russell	Bedford	5.14	3	Alison McGowan	Chelmsford	7.28	3	L. Robins	Ryton	5.91
Triple Jump F45			Triple Jump F45			Triple Jump F45					
1	S Keik	Cambridge & Col.	7.09	1	Chris Salvary	Loughton	6.78	1	A. Martin	Ryton	6.58
2	P Chammings	Milton Keynes	6.78	2	Margaret Jarvis	Chelmsford	6.47	2	Leigh Ely	West Norfolk	6.48
Discus F35			Discus F35			Discus F35					
1	E Beales	Milton Keynes	41.85	1	Carol Morris	Chelmsford	18.40	1	Kay ???	Peterborough	18.87
2	B Russell	Bedford	22.27	2	Michaela Davis	Loughton	16.77	2	Kath Johnson	West Norfolk	18.13
3	S Cahill	Huntingdon	18.27	3	Steph Mayfield	Fairlands Valley	12.73	3	Lisa Griffin	City of Norwich	15.39
4	M Holmes	Cambridge & Col.	12.39					4	B. Hammond	Ryton	12.76
Discus F45			Discus F45			Discus F45					
1	R Boast	Bedford	16.92	1	Tracy Minton	Chelmsford	17.41	1	Leigh Ely	West Norfolk	14.89
2	J Lasenby	Cambridge & Col.	14.22	2	Tessa Stephenson	Fairlands Valley	15.84	2	S. Smith	Ryton	13.93
				3	Francoise Fernandez	Loughton	14.02	3	Sandra ???	Peterborough	12.98
Discus F55			Discus F55			Discus F55					
1	R Martin	Cambridge & Col.	20.19	1	Shirley Quinn	Chelmsford	30.57	1	A. Martin	Ryton	18.03
2	J Lawson	Milton Keynes	12.43	2	Pam Ackland-Snow	Loughton	18.29	2	Angela Fleming	West Norfolk	15.68
3	J Hancock	Bedford	9.92	3	Iris Hornsey	Fairlands Valley	11.48				
Javelin F35			Javelin F35			Javelin F35					
1	S Cahill	Huntingdon	19.60	1	Monica Brown	Fairlands Valley	14.10	1	Lisa Griffin	City of Norwich	12.88
2	L Byrne	Milton Keynes	14.21	2	Carol Morris	Chelmsford	13.94	2	Katrina Wasterny	West Norfolk	12.81
3	R Martin	Cambridge & Col.	13.07	3	Jane Clark	Loughton	4.90	3	B. Hammond	Ryton	8.32
4	B Russell	Bedford	11.99					4	Kay ???	Peterborough	7.83
Javelin F45			Javelin F45			Javelin F45					
1	C Morris	Cambridge & Col.	16.01	1	Chris Feely	Fairlands Valley	14.00	1	G. Clarke	Ryton	14.04
2	O Johnson	Bedford	14.78	2	Francoise Fernandez	Loughton	12.59	2	Wendy Dunn	Peterborough	13.86
3	P Chammings	Milton Keynes	10.34	3	Tracy Minton	Chelmsford	11.55	3	Leigh Ely	West Norfolk	12.48
Javelin F55			Javelin F55			Javelin F55					
1	J Lawson	Milton Keynes	13.99	1	Shirley Quinn	Chelmsford	19.47	1	M. Simmonds	Ryton	14.89
2	M Holmes	Cambridge & Col.	12.88	2	Pam Ackland-Snow	Loughton	15.69	2	Dot Fraser	Peterborough	9.71
3	J Hancock	Bedford	7.79	3	Iris Hornsey	Fairlands Valley	6.60	3	Angela Fleming	West Norfolk	7.91

Track & Field League, Match 2 Women (4)

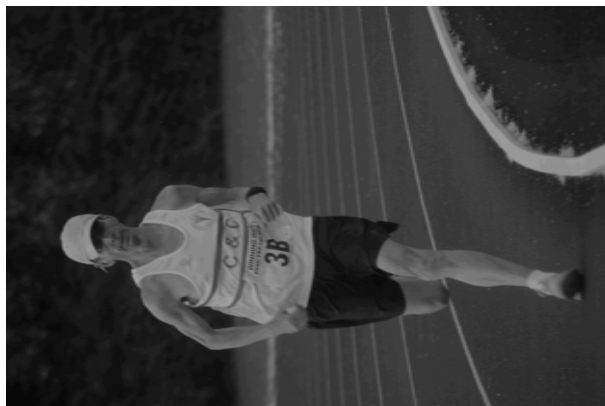
F35	4 x 100m		F35	4 x 100m	
1	Milton Keynes Cambridge & Col.	65.0 67.7	1 2 3	Chelmsford Fairlands Valley Loughton	62.0 65.0 67.4
F45	4 x 100m		F45	4 x 100m	
1	Bedford Milton Keynes	63.5 74.8	1 2 3	Loughton Chelmsford Fairlands Valley	63.5 69.6 81.6

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 Cambridge were John Oakes and Emma Beales and at Lynn John Herbert and Katrina Wasteneay. 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 at 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
Amphill Trophy Meeting, Amphill

December

Sat 11 SEAA Masters XC, venue tbc

2011

March

Sat 12 BMAF Cross Country Championships
Wigmore Valley Park, Luton