

TRACK & FIELD / CROSS / ROAD / RACEWALKING

# EASTERN

MASTERS #01/ MASTERS ATHLETICS FOR THE EAST OF ENGLAND  
SUMMER 2017

## WORLD LEADERS

OUR CHAMPIONS  
FROM DAEGU

MARATHON  
EFFORT

THE EMAC HERO  
AIMING FOR 100  
MILES



# THREE WORLD MASTERS TITLES AS EMAC SQUAD TRIUMPHS IN SOUTH KOREA

## WORLD INDOOR MASTERS

**THREE** Eastern Masters athletes brought back gold from this year's World Masters Indoor Championships in Daegu.

Despite having endured the 11-hour trip to South Korea, Kevin Burgess, Carole Filer and John Mayor brought back the top prize from their travels.

In the M60 60 metres, Kevin Burgess triumphed in every race that he contested, winning his first heat in 8.06 seconds, his semi-final in 7.88 seconds and the final in 7.91 seconds to secure the top spot on the podium.

In the W60 Pentathlon, meanwhile, Carole Filer accumulated a total of 4,112 points to win the world title. Filer's total, while impressive, was some 300 points down on the phenomenal 4,484 points she had polled at the BMAF Pentathlon championships a month earlier.

Also in the Pentathlon, there was victory for John Mayor in the M55 category. John's total of 3,766 was a solid 100 points ahead of what he had achieved in the domestic



championships and enough to clinch the title. A fourth medal was brought back home to Blighty in the M35 competition too, when Clint Nicholls secured a bronze – his first title on the world stage (see below).

The medal haul for EMAC athletes could easily have been more.

Ivars Licietis, who was competing in the M60 400m, had looked promising in the initial stages, finishing second in both his heat and the semi-final. In his first race, he finished in 62.51 seconds, followed by 63.43

for his second. The final, however, proved a step too far, finishing agonisingly close to the medal positions in 4th, with a time of 62.58 seconds.

Also narrowly missing out on the medals was Richard Phelan, who triple jumped into 5th place with a leap of 10.78 in the M55 competition.

Brenda Russell completed the Eastern Masters AC line-up, throwing 6.04 in the W55 shot and 7.64 in the W55 weight throw, sufficient for 11th and 8th respectively.

# BMAF CHAMPION CLINT BRINGS WORLD BRONZE HOME FOR EASTERN MASTERS

**REIGNING** British Masters Indoor Pentathlon champion, Clint Nicholls, added a world bronze to his collection of medals as the 2017 indoor season came to a close.

Nicholls – who competes in the 35-39 age group – clocked personal bests in the 60m Hurdles (8.79) and the 1,000 metres (3:09.91) to beat rivals from around the world at the World Masters Championships in Daegu, South Korea at the end of March.

Nicholls was initially in

contention for the title, but a disappointing Shot and High Jump allowed France's Laurent Jobard (pictured, middle) and Hong Kong's Chit Wing Ng (pictured, left) to move ahead.

It's been a strong winter season for Nicholls, who has collected numerous titles, thanks to an intensive and co-ordinated winter training programme as his base in Basildon.

In the Men's M35 age group, he has taken gold in the British Masters Pentathlon, British



Masters Indoor Shot, British Masters High Jump, England Athletics Inter Area High Jump and silver in the British Masters 60m Hurdles and Essex County Championships 60m. In the Senior Men's age group, he has also taken bronze at the Essex County Championships 60m

Hurdles. Nicholls – a star performer in Basildon's Southern Athletics League squad last year – will start the summer season with renewed confidence and will surely be among the contenders for the British Masters Decathlon title, in September.

# ENGLAND SELECTION OPEN FOR BRITISH AND IRISH XC INTERNATIONAL

## CROSS COUNTRY

**ENGLAND** Athletics Masters Association (EAMA) has opened selection applications for the British and Irish Masters Cross Country International, which takes place in Londonderry, Northern Ireland on Saturday 18 November 2017.

Those seeking to qualify for the England Team, will be assessed by selectors from performances in 2017 at British Masters Athletic Federation (BMAF) and EAMA club races over 5K and 10K on the road, track and country, in addition to other appropriate races.

It is hoped BMAF and EAMA events will give the selectors the opportunity to compare the performances of runners against each other.

The race categories for women are in five year age groups from 35 to 70+, while the men's event will also compete in five year age brackets between 35 to 75+.

Forms and information regarding the requirements are available on the EAMA



website and on the Eastern Masters Athletic Club website in the document library section. England Athletics Masters Association cannot assist with traveling or hotel expenses. An England team vest may

be supplied, but the rest of the kit required will need to be supplied by the runner.

Selection will take place early in October and successful candidates contacted soon after.

# MARATHON EFFORT IN LONDON FOR EMAC'S JOYCE

## LONDON MARATHON 2017

**MARATHON** runner Joyce Crawford completed this year's London Marathon flying the flag for Eastern Masters Athletics Club (EMAC).

Running in the 45-49 age group category, she endured the agonising 26 mile long course around some of the most famous sites in the world to complete her run in five hours and 26 minutes.

After the competition, she said she felt extremely privileged to take the EMAC marathon place this year and said she found it an amazing experience.

She said: "My plan was to jog the first 10K and then speed walk – or race walk – the rest. I was thrilled the run past our young Royals at the start and then to continue with the 40,000 runners to the finish line.

"The weather was perfect, the crowds continuous, the music infectious and the whole event was inspiring."

Crawford said while she was mentally and physically fit for the marathon distance, she now plans to top it with further training

towards walking a Centurion - 100 miles in 24 hours - in August.

A total of 40,382 competitors took part in this year's London Marathon and the race was believed to be watched by 800,000 spectators along the route with thousands more watching at home on television.

The 2018 London Marathon takes place on Sunday 22 April.



## UPDATE: EMAC XC CHAMPS 2017

**KETTERING** Town Harriers have kindly offered to allow Eastern Masters AC to use their annual cross country event as the venue for the EMAC Championship in 2017.

Whilst Kettering Town Harriers haven't yet finalised the date, it is most likely to be 25 November 2017.

So please pencil that date in and keep watch on the "Fixtures" page of the EMAC website.

We can, however, say that the event will be at Wickstead Park - a great venue for a cross country championship.

Sadly, if the date of 25 November 2017 is firmed up, this will clash with the Road Running 5m event at Wolverton.

However, we are very limited to possible venues / events.

Further details will follow in the next Eastern Masters newsletter.

# EMAC ROAD RUNNING CHAMPIONSHIP TAKES SHAPE AFTER RACE ONE IN KENT

## ROAD RUNNING

THE first of four races in the 2017 Eastern Masters Athletics Club Road Running Championship was completed earlier this year.

It was a 10k held at the Gravesend Cyclopark in Kent as part of the BMAF 10k Road Championships.

There were 15 EMAC runners among the 110 athletes there. Most other athletes were from VAC & SCVAC.

EMAC runner, Sullivan Smith (M40) of Cambridge & Coleridge AC won the race in a time of 32:24 in conditions which were considered by most to be "warm" on the undulating, four lap, tarmac cycle track.

Congratulations to Sullivan, and the three others "first in their category" namely Mark Vaughan (M45), Maureen McCarthy (W55) & Yuko Gordon (W65), and to all the other EMAC runners.

The full results are linked from the Eastern Masters AC website.

## EMAC EXTRACTED RESULTS:

Pos	Time	Name	Age	Club	AC Position
1	32:24	Sullivan Smith	M40	Cambridge & Coleridge AC	1
5	34:57	Mark Vaughan	M45	North Herts RRC	1
10	36:12	Lee Taylor	M40	Southend On Sea AC	4
22	39:06	Christine Lathwell	W40	Stopsley Striders	2
25	39:32	Chris Armstrong	M50	Nene Valley	4
32	41:05	Don Lawless	M50	Thurrock Harriers AC	7
35	41:44	Mark Gowers	M55	Billericay Striders RC	6
51	44:08	Maureen McCarthy	W55	West Suffolk AC	1
62	45:19	Yuko Gordon	W65	North Herts RRC	1
64	45:42	M. Hemingway	M60	Riverside Runners, St Neots	8
65	46:08	Tony Hyde	M50	Ilford AC	1
68	46:19	Gerald Meah	M55	Cambridge & Coleridge AC	11
75	46:56	Anne Ellen	W60	Norfolk Gazelles AC	2
78	47:11	Glyn Smith	M70	Cambridge & Coleridge AC	4
94	52:25	Robert Sargent	M60	Ilford AC	10

# EASTERN MASTERS LEAGUE GETS UNDER WAY WITH NEW COMP STRUCTURE

OFFICIALS managing this year's Eastern Masters AC League have shaken up the divisional structure, merging the previous four divisions into just three.

This year, the EMAC league is divided up into North, Central and Southern divisions.

Like before, the men and women's teams compete separately, meaning that each club has an opportunity for their male and female squads to make the league final independently.

The Northern Division is comprised of Hunts AC, Peterborough AC, Nene Valley Harriers, Corby AC, Stamford Striders, Ryston Runners AC and West Norfolk AC.

The Central Division features Milton Keynes, Bedford & County, Luton AC, Biggleswade, Bedford Harriers, Fairlands Valley Spartans and Cambridge & Coleridge AC. The Southern Division includes Southend AC, Loughton AC, Thurrock Harriers, Colchester & Tendring with Ipswich Harriers, Basildon AC, West Suffolk with St Edmunds Pacers and Chelmsford AC with Springfield Striders.

The league championship final, which will feature the top teams in each division, will

take place on Sunday 10 September in Bedford.

As was the case last year, the events will alternate at each fixture to ensure all events can be completed on each evening.

Match 1 featured Pole Vault, Shot, 100m, 3000m, Long Jump, Hammer, 400m, 1K race walk and a 4 x 100 relay.



Match 2 will include High Jump, Discus, Sprint Hurdles, 1500m, Triple Jump, Javelin, 200m, 1.5K race walk and a 4 x 200m relay.

Match 3 opens with a 400m Hurdles, followed by Pole Vault, Shot, 1 mile race walk, Long Jump, 800m, 200m, Hammer and 4 x 400 relay.

Match 4 has a 2k race walk, High Jump, Discus, 100m, Discus, High Jump, Mile, Triple Jump, Javelin, 400m and Medley Relay (400, 200, 200, 400).

The final in Bedford features all events for all age groups.

Athletes aged between 35 and 49 compete in one group, those aged between 50 and 59 another group and those over 60 in the final group.

This is different to other UK Athletics championship events in which masters athletes are bracketed in age groups of five years.

The standard of the league is admittedly mixed, but the performances at the top end can impress.

Last year's final saw the winner of the Men 35-49 400m Hurdles finish in 58.8 seconds, the M35 shot landed at 12.28m, the 1500m was won in 4:16.6.

The men's pole vault in the same age group was 4m.

In the women's mid-tier age group (aged 50-59 years), the 100m was won in 14.2 seconds while the W50 1500m was won in 5:04.6.

# ENGLAND ATHLETICS CONFIRMS SELECTED ATHLETES FOR CHESTER RACE

## ROAD RUNNING

**ENGLAND** Athletics has announced those athletes selected to represent England Athletics Masters Association at the forthcoming Chester Marathon in October.

The latest crop qualified at the Brighton Marathon, which was one of the designated qualifying races outlined last year by EAMA.

Under the new rules, brought in from 2016, the top five England Athletics registered runners in each masters age category, who compete at a qualifying event

and opt in to the qualifying system, guarantee themselves a place in the England team for the next race.

England Athletics chief executive Chris Jones said: "We would like to congratulate each of the athletes who has qualified on their performances.

"The masters athletics scene is an integral part of the sport and we are delighted to give these athletes this opportunity.

"Bodies, such as the England Athletics

Masters Association, provide a tremendous number of competitions for our masters athletes but we are delighted to be able to also offer this opportunity and show our support for these athletes."

More details on masters selection for the England team can be found online at the dedicated web site:

[www.englandathletics.org/athletes/england-athletics-team/road-running/england-age-group-marathon](http://www.englandathletics.org/athletes/england-athletics-team/road-running/england-age-group-marathon).



## EAMA QUALIFIERS FROM BRIGHTON MARATHON

### M35

David Hudson  
(BRJ Run and Tri)  
Simon Gill  
(Bognor Regis Tone Zone)  
Simon Longthorpe  
(Torbay AAC)  
Ian Salt  
(Uttoxeter Road Runners)  
Simon Collins  
(Preston Harriers)

### M40

Mark Couldwell  
(Charnwood AC)  
Keith MacIntosh  
(Wimbledon Windmilers)  
Ty Farrer  
(Huntingdon AC)  
Jeremy Rogers  
(Norfolk Gazelles)  
Justin Thomas  
(Cornwall Athletic Club)

### M45

Mark Dickinson  
(Garden City Runners)

Adam Tribe  
(Brighton and Hove A/C)  
Lewis Sida  
(Lewes AC)  
Richard Ebbs  
(Ryston Runners)  
Chris Gilbert  
(Lewes AC)

### M50

Tim Wigley  
(Bourne Town Harriers)  
Michael Kingsbury  
(Charnwood AC)

### M55

Michael Valbonesi  
(Benfleet Running Club)  
Philip Hoy  
(Portsmouth Joggers)  
Mike Harper  
(Vegan Runners)

### M60

Paul Mingay  
(Tiptree Road Runners)  
Tom Ulliott

(Brighton & Hove)  
Kevin Byrne  
(Headington Road Runners)

### M65

David Pettifer  
(Kenilworth Runners)  
Roy Dillon (Clanfield Joggers)

### W35

Amy Sarkies  
(Rugby and Northampton AC)  
Sophie Carter (Belgrave)  
Alissa Ellis  
(Hailsham Harriers)  
Lisa Hale  
(Sandhurst Joggers)  
Hannah Bown  
(Exmouth Harriers)

### W40

Sarah Hill (Farnham Runners)  
Juliette Roberts (Arena 80 AC)

### W45

Odette Robson  
(Saint Edmund Pacers)

Sue Fry  
(Hailsham Harriers)  
Jill Cliff (Deal Tri Club)  
Kate Allred  
(Headington Road Runners)  
Vicki Clark  
(Arena 80 AC)

### W50

Kate Wright  
(Stratford upon Avon AC)  
Cathy Ulliott  
(Brighton & Hove)  
Helen Sida  
(Lewes AC)

### W55

Carol Marsh (Plumstead)  
Lesley Yearley  
(100 Marathon)

### W60

Janet Watson (Falmouth RR)

### W65

Sue Fox  
(Maiden Newton Runners)

# A winning mentality

An outstanding career in track and field has brought medals and trophies to one of Eastern Masters' much-loved coaches. But her most recent competition underscored the competitive spirit that still thrives in Vespa Ellis.

Few long-standing athletes were surprised to learn that Vespa Ellis brought back an EMAC league record from her first appearance in the league at the beginning of May.

For most people involved in athletics in the East, Vespa is the no-nonsense, outspoken, multi-events coach with high expectations of her athletes. But the expectations she had of herself have always been that little bit higher.

In her first competitive outing since 2012, the multi-events coach bagged a league record at the opening fixture of the EMAC League in Thurrock, when she launched the shot just shy of nine metres.

That same throw that would have placed her second in her age group on last year's listings.

Unsurprisingly for anyone who knows Ellis, she was relatively nonplussed by the whole affair and a quick look into the history books explains why.

## SPEED DEMON

As a younger athlete, Ellis was a sprinter. And she was fast.

The pinnacle of her career came in 1983 at the South of England Athletics Association (SEAA) Championships in Hendon, where she ran two lifetime bests.

Her 100m personal best of 11.89 seconds would have been enough to raise eyebrows of anyone reading the senior women's results sheet from that day, but even more so when you consider she also



competing during the aforementioned 14-year period.

She says: "There were always heats and finals, which I think brought out the best in us. It was competitive.

"Throughout the day, there would be a buzz around the stadium, people would be talking and making guesses as to who would win.

"I have been asked if my athletes were aware of my performances over the years in the Essex Championships.

"My reply is 'as it was a hundred years ago, I'm sure they're not'.

Those who've competed in the region throughout their life, will recall that Ellis has always instilled a competitive spirit both in her own performances and in the performances of her athletes.

"There were always heats and finals, which I think brought out the best in us. It was competitive."

ran the 200m in 23.85.

While the 1983 SEAA Championships gave Ellis her only Area medal, she won eight gold county medals between 1978 and 1992 over the two sprint distances. She also picked up no fewer than 17 silvers during that period.

Ellis recalls the Essex County Championships with immense fondness, noting that there were large numbers

## LOST IN TIME

Unlike today, where all UK registered athletes enjoy the ranking and results system Power of 10, many of Ellis's performances were sadly not documented.

Thankfully, towards the end of her sprinting career, one of them did make it, however.

In 1991, 13 years after she contested her



first senior women's county title, she lined up against five female international sprinters at the RPM meeting in Haringey.

Three of these competitors would later qualify for the Olympic Games.

Among them were Birchfield Harriers' Lorraine Hanson and Marshall Milton Keynes' Stephi Douglass who both made the Olympic team for Barcelona a year later. Also in the race was double Olympian Phyllis Smith of Sale Harriers who placed fourth in the 400m in



Barcelona and made the Atlanta Olympic squad again in 1996.

It was this race which earned Ellis a place on the prestigious 'UK All Time' list.

Her performance of 18.01 seconds may not have resulted in a medal, but once again illustrated the competitive spirit which Ellis still embodies to this day.

While many of her athletic achievements on the track could have been lost in history, Ellis's insistence on keeping a race diary during her time as a senior offers up



some gems.

In 1983, Ellis was flying high. A medal and two lifetime bests at the SEAA championships led her to expand her repertoire at that year's National Championships – then referred to as 'the AAAs of England Championships'.

Despite being a short sprints specialist, she made the final, clocking 55.26 in the heats, the day before, but the final would prove to be a tough ask with seven of the eight lanes occupied by international



“I was pleased to have made the final... After all, I was on live TV and some members of the family saw it. The phone rang quite a lot on Saturday night.”

athletes. In the end, she came home in 55.2 in the final, albeit in eighth place. The race was won by Boyd Australia in 51.62.

In her race diary, at the time, she wrote: “I was pleased to have made the final and it didn't bother me coming last.

“After all, I was on live TV and a number of people, including some members of the family saw it. The phone rang quite a lot on Saturday night.”

### PASSING THE BATON

Today, Ellis finds herself unable to compete in the sprints, due to some knee pain, but this has not prevented her passing the baton the next generation of sprinters.

At the youngest end of her coaching group, she mentors a squad of hurdlers,

sprinters, jumpers and multi-eventers, many of whom continue to collect medals and awards, driven by the Vespa Ellis competitive spirit.

In recognition of her efforts, she was awarded the Active Essex Community Champion award at the turn of the year.

In doing so, she was invited to join a select group of elite athletes and coaches, including double Olympic Champion Max Whitlock and Paralympic bronze medallist Gemma Prescott at a presentation evening in Basildon.

So while she may not be returning to the top of the podium at the AAA of England Championships any time, it's good to know that her wisdom and experience, gained from a life in athletics, is still alive and producing results.

# FIXTURES



## TRACK & FIELD

### Sat 20 May

England Athletics 10,000m  
Championships  
Highgate

### Sun 21 May

Sweatshop Southern Athletics  
League  
Various

### Mon 22 May

Blackheath & Bromley Open  
Bromley

### Wed 24 May

Lee Valley Summer Spring  
Series Open  
Lee Valley

### Sun 28 May

UK Javelin Carnival  
Loughborough

### Mon 29 May

Newham Network Open Series  
Newham

### Wed 31 May

Blackheath & Bromley Open  
Bromley

### Wed 31 May

BMC Regional Races  
Brighton

### Wed 31 May

Watford Open Graded Meeting  
Watford

### Wed 7 June

Lee Valley Summer Sprint Open  
Lee Valley

### Wed 7 June

Eastern Masters' League  
Various

### Thu 8 June

Invicta East Kent Open  
Canterbury

### Sat 10 June

SEAA South of England Senior  
Championships  
Crystal Palace

### Sun 11 June

Watford Minors' Open Series  
Watford

### Mon 12 June

Blackheath & Bromley Open  
Bromley

### Tues 13 June

Woodford Green Open  
Woodford

### Wed 14 June

Watford Open & BMC Gold  
Standard Races  
Watford

### Sat 17 June

Southern Athletics League  
Various

### Sun 18 June

British Masters Pentathlon  
Championships  
Oxford

### Wed 21 June

Cambridgeshire AA Open  
St Ives

### Wed 21 June

Lee Valley Summer Sprint Open  
Lee Valley

### Sat 24 June

Eastern Counties AA  
Championships  
Cambridge

### Sat 24 June

British Masters Track & Field  
Championships  
Birmingham

### Wed 28 June

Blackheath & Bromley Open  
Bromley

### Wed 28 June

Watford Open Graded Meeting  
Watford

### Fri 30 June – Sun 2 July

British Athletics Championships  
Birmingham

## ROAD

### Thu 4 May

Gravesend Floodlit 5K and  
10K Series  
Gravesend

### Sat 6 May

QEOP 10K Summer Series  
Stratford

### Tue 9 May

Veterans' AC 5 Miles  
Battersea Park

### Wed 10 May

RunThrough Chase the Sun 5K  
and 10K Series

Finsbury Park

### Sun 14 May

Oxford Town & Gown 10K  
Oxford

### Wed 17 May

RunThrough Chase the Sun 5K  
and 10K Series  
Stratford

### Sat 20 May

British Masters' Road Relay  
Championships  
Sutton Park, Birmingham

### Sat 27 May

RunThrough Olympic Park 10M /  
Half Marathon  
Stratford

### Sun 28 May

Great Manchester Run 10K  
Manchester

### Fri 2 June

Gravesend Floodlit 5/10K Series  
Gravesend

### Sat 3 June

QEOP 10K Summer Series  
Stratford

### Sun 4 June

Regent's Park Summer 10K  
London

### Mon 5 June

Self Transcendence 5K  
Battersea Park

### Sun 11 June

Nice Work Richmond 5/10K  
Richmond Park