



Welcome to what is intended to be an irregular publication designed to keep members in touch with what is going on with EVAC. It will ONLY be circulated by email or accessible on the club website. If anyone wants a printed version then they are at liberty to print copies for themselves or others. It will ONLY be published when there is something to write about. If you have anything to share with other members via this forum then please send submissions to the Editor, whose contact details appear later in this issue.

EVAC REVIVAL

After some shaky moments during 2014, mainly manifested by the absence of the T&F League as it had been known and loved, there have been major efforts made by some committed people to get things back on track—and road and country—for 2015.

At the AGM in September a new Committee was formed, whose names, details, and contact information can be found later in this publication. [mainly on Page 3, that seemed apt...]

EVAC 10 mile road championships were held in 2014, as were the annual Cross Country Championships, thanks respectively to Tom Salway and Fenland AC, and Adam Henley at Kettering for this. Winners are listed on Page 2. Results from these, and all EVAC events can be found on the club website www.evac.org.uk, which should be your first port of call for ALL masters' information and links.

Plans are well under way for the 2015 T&F League competition, with 24 clubs intending to be involved. [See Page 6]

EVAC Indoor T&F Championships are due to take place at Lee Valley on and teams are being put together for the Inter Area Indoor Match—EVAC has a title to defend at this particular event.

There have also been offers to host the outdoor T&F Champs as well as separate 5000m and 10000m events and 3 racewalking championships. [See back page for details of forthcoming events.]

So, EVAC is still alive and kicking, it just needs EVERYONE now to step up to the mark and be pro-active in supporting all these excellent efforts.

If there's something not happening that you think should be, or happening in a way you don't like, don't just moan about it, get stuck in and do something to help those who are already working hard for the benefit of all the club's members.

CHAMPIONSHIP NEWS

The last EVAC Champions of 2014 won their honours in the 10 mile Road Championships and XC Championships. Jim Stocker of Hunts AC was the only member to claim the double crown, winning the M65 race on both occasions.

10 Mile Road Champions :

M35	Matt Pyatt	Hunts AC	W35	Jo Coates	St Edmund's Pacers
M40	Michael Moore	Cam & Col AC			
M45	Karl Chapman	Wymondham AC	W45	Jo Isbill	Ryston Runners AC
			W50	Karen Wood	Ryston Runners AC
M55	Eammon Dorling	Thorney RC			
M65	Jim Stocker	Hunts AC	W65	Jane Ashby	Ryston Runners AC
M70	Terry Fone	Eye Comm Runners			
M75	Mike Rosebrook	Hadleigh Harriers AC			

Race Organiser, Tom Salway, writes :

The EVAC 10M championship was held on 26th October in conjunction with the Fenland 10M. Despite the relatively mild conditions and the flat course, runners were challenged by the usual strong Fenland breeze, but nevertheless produced some impressive performances.

There were 30 EVAC starters in a the field of 273 finishers, and our top performers were well to the fore in the race itself. First EVAC finisher was Matt Pyatt (MV35) who placed second in the race overall in a time of 56:26. He was followed by Michael Moore (first MV40 and 7th race finisher) in 58:42, with Robert Prady (second MV35 and 8th Overall). Both Matt (80.6%) and Michael (80.5%) registered age % performances over 80%, with evergreen Terry Fone recording 82.5% to win the M70 category with a time of 1:14:15.

Without a doubt the most impressive performance of the day was by Jo Coates who finished in 9th place overall in a stunning 59:15 to win the EVAC F35 award. She recorded an age % performance of 86.1%

Many thanks go to all the EVACers who took part in the race.

XC Champions :

M35	Simon Fell	Nene Valley Harriers	W35	Christine Lathwell	Luton AC
M40	Julian Blackwell	Wellingborough DAC			
M45	Stephen Herring	Marshall Milton Keynes AC	W45	Paula Kessler	Cam & Col AC
M50	Malcolm Tuff	Ryston Runners AC	W50	Lindsay Lister	Biggleswade AC
M55	Paul Muffett	N Norfolk Beach Runners	W55	Margaret Bond	Higham Harriers
M60	Lionel Smith	Ely Runners	W60	Diana Braverman	Cam & Col AC
M65	Jim Stocker	Hunts AC			
			W75	Mary Holmes	Cam & Col AC

Out of interest only 40% of those of Masters' age competing at these championships were EVAC qualified.

Get recruiting, everybody!
OR
Get recruiting everybody!
OR
Preferably, both!

EVAC COMMITTEE, A BIT OF BACKGROUND AND CONTACT INFORMATION

Chairman PETER DUHIG is a founder member of Ryston Runners AC. He was EVAC Chairman from 1990 (when he had just turned 40, then the qualification for Veteran status) until 2002. He has taken back the Chair in order to help EVAC rejuvenate, but states clearly that he is only willing to do this if he gets the backing of all members in terms of active support of events and initiatives, with a view to someone else taking over within the next year or two.

peter@peterduhig.plus.com

chair@evac.org.uk



Secretary & Website Administrator MAURICE HEMINGWAY



didn't participate in any sport from leaving school in 1972 until, on reaching the age of 51, he took up orienteering with the family. He enjoyed this & was improving, but says he couldn't maintain the pace necessary to do well so joined the local running club to get fitter. Gradually the running has taken over from the orienteering which has now been relegated to mainly international multi-day events. Maurice runs with Riverside Runners (St Neots) and favours the 10k and longer events. He enjoys marathons and has now completed 47, mainly in the last three years! He says, "I promise I will try and improve for this year now I join the M60 group."

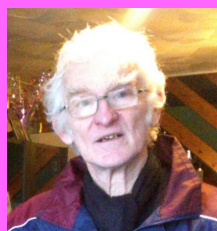
sec@evac.org.uk

Treasurer BRENDA RUSSELL has been a member of Vale of Aylesbury AC since the age of 15 and now also competes for Bedford & County AC in the EVAC T&F league. She joined the T&F sub-committee in 2002 and later became Treasurer "by default" (as she puts it) in 2010.

chelmscote@gmail.com

Membership Secretary COURTNEY GUNN is a member of Bedford & County AC and a whizz at putting together results at track and field meets.

evacmemsec@btinternet.com



Road Running Sec TOM SALWAY is a member of Fenland Running Club and race secretary of the Fenland 10M, the long running venue for the EVAC 10M championships. Tom is a recent returner to EVAC having lapsed in 2008. He lists his athletics likes as "road running, running quickly (now sadly a thing of the past)" and dislikes as speedwork and marathons.

salway@meridianonline.co.uk

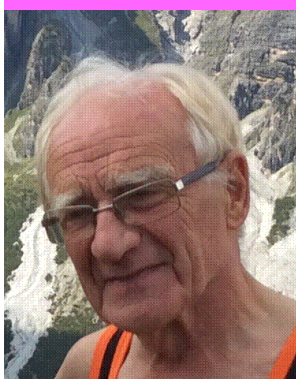
GAYE CLARKE has competed in athletics since school, being selected for sprint hurdles at the English Schools Championships 3 times for Lincolnshire. Now her 2 children have flown the nest she makes time to officiate as a timekeeper, endurance official, photo-finish judge and field judge, as well as being County Officials Secretary for Norfolk. She is on the Civil Service Athletic Association committee and organises an annual T&F championship for them. She competes in the heptathlon (World and European Champion) and is a sprints and hurdles coach. Gaye is frequently EVAC Team Manager for Inter Area competitions.



gayeclarke@hotmail.com

DAVID BARNETT is team manager of Chelmsford AC Veterans having been involved with clubs in the Essex area for 40+ years. As a youngster he was a 400m / 800m specialist and is now the atypical team manager doing what needs to be done on the track and in the field. David is the owner of Track & Field Tours so athletics is a 24/7 activity.

davidtftours@aol.com



BRIAN GRAVES has been involved with athletics for 60years now, almost the last 40 with

Milton Keynes, previously with Victoria Park Harriers (where he was born) and then Watford Harriers. He joined EVAC in the early 90's, for cross-country and T&F league, enjoying some race walking and being part of the team. His main interest has been fell and mountain running all over Europe. Now he does more walking, but hopes to compete in the World Masters Mountain Running Championships in North Wales in Sept 2015

having done the same event in Austria in September 2014.

[See write –up on Page 5]

Brian was behind the efficient recording and dissemination of results and stats from the T&F League before its “sabbatical” last year.

b.graves134@btinternet.com

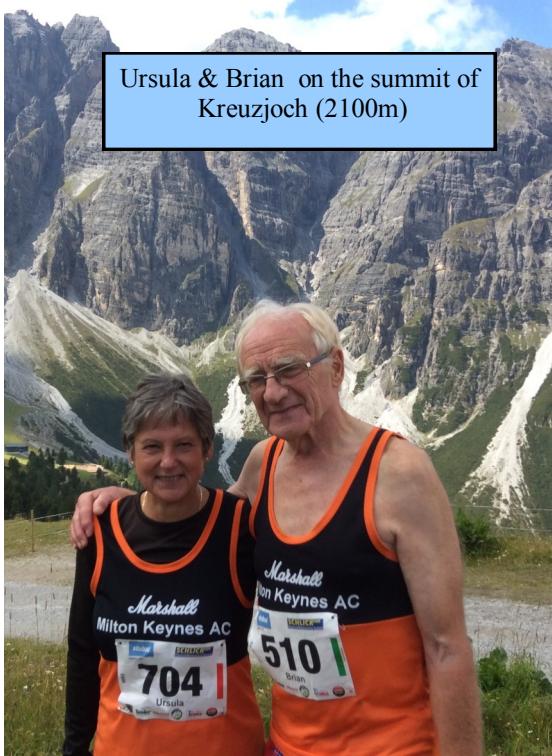
Newsletter CATH DUHIG likes words and uses a lot of them. When she is not talking (or writing) she is walking, fairly fast whenever possible, competing for Ryston Runners AC. She took up racewalking after a smashed up knee refused to let her run on it any more, and has done reasonably well at it.

cath@peterduhig.plus.com

News@evac.org.uk



MOUNTAIN MARVELS



MMKAC and EVAC members Ursula Ghaleb and Brian Graves travelled out to the Stubai Alps, south of Innsbruck, Austria for the annual World Masters Mountain Running Championships. Competitors in the older age groups faced a course of 7.2km, virtually all uphill, entailing a total climb of 760m. (about 2/3rd of the way up Snowdon for example) This was Ursula's debut at this type of event whilst Brian has competed in 17 such events since 1988, including running on this course back in 1990 and 1996.

Competitors start in their own age groups and, in bright sunshine, Ursula started the race for the 60-69's at 11.30am. Brian followed on ten minutes later in the 70+ age group. It was a really fine debut for Ursula, coming home 16th in the W60 age group. She finished strongly up the very steep zig-zag path to complete in 73mins41secs on the Kreuzjoch Mountain at over 2000m high.

Brian was more than happy to finish 41st in the M70 age group in a time of 82:46, with a bonus of finishing in sunshine, whereas back in 1996 he had to contend with quite severe weather, finishing soaking wet and freezing cold.

After descending by cable-car, with their support team, including Graham Ghaleb, Colin Burnett & Chas Kendall, they made their way to the presentation arena. Graham, looking seriously at the results, was of the opinion that Ursula could feature in the Great Britain W60 team – and he was correct, Ursula was 2nd scorer for GB, taking the bronze medals behind Germany and Italy. A Yorkshire lass was 1st scorer with a Scottish lady, 3rd.

The 2015 Championships are being held on 12th September based around Betws-y-coed,,North Wales. Further details are awaited.

*Congratulations to both athletes, and many thanks to Brian
for sharing this experience with us all.
He will be only too pleased to share information about forthcoming events,
especially the 2015 Championships, with other members.*

If you have taken part in a “special” event, or just want to share a race experience with others, please send in your account and possibly accompanying photo, to the Editor :

News@evac.org.uk or cath@peterduhig.plus.com

EVAC TRACK & FIELD LEAGUE 2015

24 teams have entered for this, an encouraging response to attempts to revive a very popular series of matches. All teams are intending to field M & W Teams.

Fixtures will probably be the 1st Wed of the month May to Aug, but the intention is to be flexible, with regard to both day and week, so clubs can fit them in as and when they can.

The World Championships are 4th to 18th Aug, which is why there was an alternative suggestion to hold matches on the last Wed of the month April to July. Events are yet to be confirmed. It is probable that older athletes will be able to score in younger aged events, as well as their own age group, on the same night, but NOT in the same event. Therefore, for example, a M60 can run in the M45 200 & the M60 800, but NOT in the M45 200 and the M60 200.

The **League Structure** is as follows:

NE DIVISION

Ryston Runners AC

West Norfolk AC

Cambridge & Coleridge AC

West Suffolk AC / St Edmunds Pacers

City of Norwich AC

Waveney Valley AC

NW DIVISION

Nene Valley Harriers

Peterborough AC

Corby AC

Higham Harriers

Wellingborough & District AC

Huntingdonshire AC

SE DIVISION

Thurrock Harriers/ Pitsea RC

Southend AC

Chelmsford AC

Fleet Street Runners

Loughton AC

Ipswich Harriers

SW DIVISION

Marshall Milton Keynes AC

Bedford Harriers

Biggleswade AC

Fairlands Valley Spartans

Bedford & County AC

Saffron Striders

A provisional date for the final has been set for 14 Sept.

BRITISH & IRISH MASTERS CROSS COUNTRY INTERNATIONAL & BMAF XC RELAYS

A few EVAC members were privileged to have their efforts and achievements recognised in the form of selection for the England team for the 27th Home Countries XC match. None was more delighted than Maureen McCarthy who has had a dogged struggle to be able to compete for England as a US passport holder. I asked Maureen to pen a few words about the experience, and also about West Suffolk AC's Masters Women's success in the BMAF Cross Country Relays:

"The 27th British & Irish Masters Cross Country International took place on 22nd November 2014 at the beautiful venue of Wollaton Park, Nottingham. I was very fortunate as 1st reserve to be called into the women's 50 team, due to an injury sustained by Margaret Deasy. For me it was a dream come true, as I had trained hard and taken part in several masters' events over the last few years, just hoping for this day.

The day started out cold and cloudy but with a hint of sunshine. There were 2 magnificent stags lying down grazing, which later proceeded to walk across the start area, about half an hour before the race began. There was an electric atmosphere with various stalls selling sporting goods, programmes, race hoodies & t-shirts, and a large marquee for athletes to change in. The loud speakers gave accounts of previous past winners. I was so excited to receive my vest and felt honoured to represent England. The England team congregated on the steps leading up to the spectacular Elizabethan mansion, Wollaton Hall, for our team photographs.

Shortly afterwards it was time for the first race of the day, women 35s up to 70 along with men 65 to 75. The race took in 3 x 2km laps(6k), which led up the steep hill towards the magnificent Wollaton Hall. Following the steep incline, there was a long down hill, then another small hill. The rest was mostly flat, with some wet muddy sections. It started to rain during the race, but I can't say it affected me. I started off hard going up the hill, and just sped down the down hill section, which put me up in the top 20 or so runners to begin with. However, after about 1.5k, I was overtaken by the leading W50 runners :Clare Elms, Fiona Matheson (Scotland) and Catherine Newman. My aim was to run as well as I could, and, hopefully, overtake the 4th W50 runners and perhaps some 3rd W50s from the other 4 competing countries. I continued to run well, perhaps putting in the best performance of my life, as I was so inspired. I tried to keep ahead of the 3rd England runner Monica Williamson, and managed to do so for the first two laps, although we changed places a couple of times, and again even on the last lap. However, she got ahead with about 1.5k to go. I made a sprint to the finish, to get ahead of some rivals in a time of 23:55, on a tough xc course. I almost collapsed crossing the line from the effort. Although as 4th English runner, I didn't score for the team (4 run, 3 to score) I couldn't believe that I actually was 6th W50 overall ! I also placed 49th out of 200 + runners. Our W50 team won Gold, a medal I will treasure for ever. As well as the experience, I far exceeded my expectations: my son, a keen runner, said he had never seen me run so fast, and I think that was true. Physically and mentally I gave it my all.

Thanks to Maureen for this account of a memorable day. Congratulations to all our members who took part - Results are on BMAF website

The BMAF XC Relays took place at Derby over a 2 lap course covering 3k. I led off W45 WSAC/EVAC team, handing over in 2nd place to Celia Duncan in a time of 12:41. Celia, a W60, did very well to maintain a good pace, only dropping 2 places, to hand over to Christine Anthony in 4th in a time of 14:22. Christine had a fantastic run, managing to gain 2 places to bring the team home in 2nd position, in a time of 12:44. We were proud to win the silver medal against some very competitive teams."

Photo shows l-r Celia, Christine and Maureen



LONDON MARATHON

EVAC was allocated one running place in the 2015 London Marathon. There were 4 worthy applications and, after some discussion, it was agreed the fairest way to decide the recipient was by the time-honoured method of Names in the Hat.

Pictured are Chairman Peter Duhig and Road Sec Tom Salway with the winning name emerging from the very special hat used for this momentous occasion.

The place went to JEREMY NAVRADY

Coming up

Date	Event	Venue	Entry date
FEB 15	EVAC Indoor Champs	Lee Valley	Closes Feb 1st
MAR 1	Indoor Inter Area Match	Lee Valley	Contact Gaye Clarke
MAR 7-8	BMAF Indoor Championships	Lee Valley	Closes Feb 21st
MAR 8	BMAF 10 mile Road Championships	Sidcup	Closes Feb 21st
MAR 14	BMAF X Country	Ruthin	Closes Mar 7th
MAR 23-28	EMAA Indoor Championships	Torun, Poland	Closed
MAY 15-17	EMAA Non Stadia Championships	Grossetto, Italy	tbn
MAY 16	BMAF Road Relays	Sutton Coldfield	Closes Apr 21st
MAY 17	EVAC track 5000m Championships	Bedford	tbn
JUNE 21	BMAF 5K Championships	Horwich	Closes June 7th
JUNE 21	BMAF Pentathlon/ 1 hour events	Horspath	Closes June 7th
JUNE 28	EVAC T&F Championships	Stockwood Park, Luton	tbn
JULY 9	EVAC 10000m Championships	Biggleswade	tbc
JULY25-26	BMAF T&F Championships	Birmingham	Closes July 11th
JULY 26	BMAF 10K Championships	Magor	Closes July 12th
SEPT 6th	BMAF Half Marathon Championships	Oxborough	Closes 23 Aug
SEPT 19-20	BMAF Multi Events/ 10000m Run/Walks	Birmingham	Closes Sept 5th
NOV 1	BMAF Marathon Championships	Newcastle	Closes Oct 18th

Details of all these events and how to enter are on the EVAC Website www.evac.org.uk
Entries to ALL national and international championships have to be made via the online portal, instructions for which are also linked on the EVAC website

EVAC Racewalking

APRIL 26	10K Championship	Downham Market
JUNE 6	5 mile Championship	Moulton