



*Welcome to the third issue of an irregular publication designed to keep members in touch with what is going on with EVAC. It is ONLY 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. 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.*

The original Issue 3 was intended for circulation in early summer, but, due to crossed wires, it never actually made it out there into the ether. No one seemed to miss it. Anyway, the original Page 3 still stands, as I promised Mel.....

Cath [Ed]

You will also find within :

Page 2 — Committee identification. Chairman's Message

Page 3 — Girl

Pp 4-5 — T&F League reflections and results from final

Pp 6-11 — Championship News, inc: EVAC, Relays, World Mountain Running, WAMA T&F

Page 12— Nene Valley Harriers Heroes

Page 13— Photos from EVAC T&F League Final

Page 14 — A rundown of upcoming events

It's been brilliant receiving contributions from members for this issue. If there's nothing of interest to you in this publication, then please feel free to compose something and send it in. Meanwhile, remember to check the club website for information, results etc

**[www.evac.org](http://www.evac.org)**

Cath

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From the Chair :

Well, what a busy time of it we have had lately.

EVAC is a thriving club again. A large amount of its present lively nature is the successful revival of the T&F League. This has helped us increase our membership again, gain more interest for things like the Inter Area Competitions, and given clubs a focal point where they meet like minded people on a regular basis. The enthusiasm and competitiveness of the Final was a breath of fresh air after the many months of concern over the future of the club. The divisional structure of the League has worked very well, and we will be building next year's League on the same basis.

We now need to build on this and encourage all aspects of EVAC to flourish more.

We have just had a successful Half Marathon Championship in Norfolk, now we have a 10m Champs in Cambridgeshire and a 5m Champs in Herts over the next two months. Please get your club members to support these events and show that EVAC is as good as any club. I would also like offers of a 10k to host EVAC Champs fairly early in 2016.

We are short of a venue for our XC Champs as I write. Enquiries recently made have indicated huge costs to use grounds and facilities. If your club can help by offering to put on our Championship at an economical, if not cost free, venue, then please do get in touch immediately. Reasonable expenses for so doing are no problem, but we can't pay out thousands for just one venue. A December/January/February date would be OK.

A few people have been asking about the AGM as well. As stated at last year's AGM, we are going back to the correct time of the year for it, so it will be happening at a venue yet to be chosen between January & March. Watch out for announcements. In recent years the AGM got mixed in with the T&F League meeting. I feel it is best to keep the Club AGM separate from League meetings.

Once again I appeal for members to come forward and help make up the committee to ensure your sport happens as you want it to. There will be positions up for grabs. A new Chairman would be very welcome for a start. I am happy to support anyone who wants to take up the position. We need a new Road Race Secretary, as well as a XC Secretary.

As I falsely quoted on Facebook recently, "Think not what EVAC can do for you, but what you can do for EVAC."

That is the best way to ensure your sport will always be there for you.

Peter Duhig (Chairman)

## ON THE ROADS

### Mel Watts of Ryston Runners AC shares her thoughts on achieving her London Marathon dream

The London Marathon has always been a dream of mine: just to take in the atmosphere and soak up the admiration of the crowds to witness first hand the power of the mind and what it allows the body to achieve, and just be able to say “I’ve done that”, and, of course, something to be ticked off the “To Do Before I’m 40” list.

Sprinting had always been my preferred event but to take on the challenge of long distance was another thing. Unfortunately I missed out in the ballot for 2014 so I then put my request in for the EVAC place. To my surprise I was awarded it. I was over the moon and come Christmas 2014 the training was well under way. Then, after a 15 mile race the end of Jan 2014, I was crippled with shin splints. After many weeks of treatment I had to make the decision to defer. And so back on track I was until the training began again in November 2014, tentatively starting to increase the mileage. This time round the training was going to plan; I had the odd niggle, which I’m sure comes part and parcel of marathon training, but I enjoyed the preparation. I can’t deny that I found motivation hard at times but with the help of loved ones and running friends we all spurred each other on towards that final goal.

Marathon day was soon upon me. I had all kinds of feelings including excitement, fear, apprehension and, ultimately, absolute joy to have made it to the start line fit and ready for the challenge ahead of me. Running the marathon was everything I expected and more, emotions were clearly evident: there were tears and laughter all at the same time. The first time I heard a stranger shout my name (I had my name on my running vest) felt amazing, such a boost and everything I needed to carry me through to the finish line. You witness so much strength, adversity and courage along the way, it was just an unforgettable experience that will last a lifetime.



My thanks really must go to Peter Duhig for giving me the heads up about the opportunity to fulfil that dream, and to Justin Kinsey and Andy Harrod for training with me, giving me the will to succeed, and the motivation when the going got tough!

Mel, pictured left in London, was running on a deferred club entry from last year.

Jeremy Navrady, who won this year’s EVAC place, completed the London in 3:51:05.

## ***EVAC T&F LEAGUE 2015***

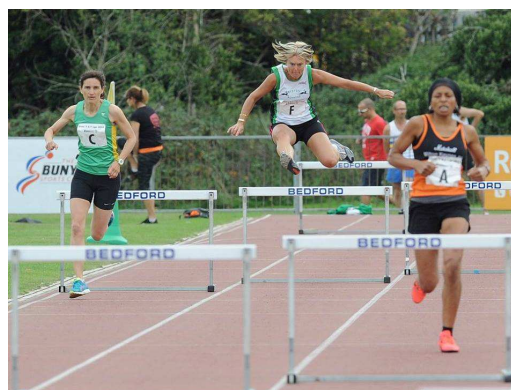
While a few clubs who had declared an interest did not actually materialise on competition nights, there was a definite feeling of enthusiasm at most matches and expressions of pleasure that the League was being rejuvenated. No-shows meant one of the divisions was particularly imbalanced, but this did not prevent anyone from enjoying a very competitive and exciting day's sport at the Final at Bedford.

The standard of competition was high (and very close, in some cases, as the results indicate), the atmosphere friendly and enjoyable, and the weather surprisingly kind (some competitors in the 300m even commented on the excessive heat!).

Final Results:					
Women			Men		
MMKAC	229.5		Bedford & CoAC	266	
FVS	210		Ryston RAC	213.5	
Chelmsford AC	197		MMKAC	208	
Ryston RAC	178		Peterborough AC	207	
Loughton AC	174		Southend AC	184	
Peterborough AC	170.5		Thurrock/PitseaACs	157.5	
NVH	64		Hunts AC	102	
Cam & Col AC	62		Cam & Col AC	41	

### Combined Teams Result :

- 1 Marshal Milton Keynes AC
- 2 Ryston Runners AC
- 3 Peterborough AC



### EVAC TRACK & FIELD LEAGUE RECORDS SET AT LEAGUE FINAL 13 September 2015

					<i>prev record</i>
M35	High Jump	Gavin Fordham	Bedford & County	1.77m	1.76m
M35	Pole Vault	Gavin Fordham	Bedford & County	4.26m	3.90m
M60	High Jump	Paul Oakes	Ryston Runners	1.30m=	1.30m
	High Jump	Wayne Dubose	Huntingdon	1.30m=	1.30m
W50	300m Hurdles	Gaye Clarke	Ryston Runners	58.94	63.9
W50	Triple Jump	Monica Brown	Fairlands Valley	8.87m	8.70m
W50	2248 Relay		MMKAC	5.30.25	6.06.5
W60	Discus	Shirley Quinn	Chelmsford AC	30.14m	29.69m
W60	Long Jump	Emily McMahon	Loughton AC	3.65m	3.42m
W60	High Jump	Emily McMahon	Loughton AC	1.15m=	1.15m



Presenting the awards after the match, Chairman Peter Duhig thanked all teams who had supported the revival of the EVAC T&F League this year, whether qualifying for the final or in the earlier stages. He also noted the important part played by Divisional Secretaries and Team Managers on disseminating information, encouraging participation, and generally making things work this year.

The loss of the League in the previous year has threatened the existence of EVAC itself, and the impact of the revival had been seen in the improvement of EVAC’s profile overall, especially at the Inter Area matches.

Peter emphasised that there is still a need for more clubs to come forward and take part, actively to recruit members for EVAC and promote the benefits of belonging to the Masters Athletics movement, and for more help in structuring and scheduling timetables. Please get in touch as soon as possible if you feel inclined to get involved.



Yuko Gordon receives the “Athlete of the Match” Award from Peter Duhig (“Man of the Match” was Gavin Fordham, “Woman of the Match” Wendy Dunn,) Based on Age Graded performance

Thanks are due to Courtney Gunn for all his work on checking athletes’ eligibility to compete, checking and distributing results throughout the season, and then getting the Final result sorted and announced so quickly on the day.

And:

Thanks to Brian Graves and Tim Smith for photos.

And thank you to Winning Ways [www.winningways.org.uk](http://www.winningways.org.uk) for continuing sponsorship of the League

# CHAMPIONSHIP NEWS

In the European Masters' Championships in Torun, Poland, a few EVAC members achieved medal success. Those I have news of include:

Leanne Buxton	gold W35 Pentathlon
Jemma Eastwood	gold W35 PV
Tracy Bezance	silver W50 200m, 400m.
Denise Timmis	silver 4 x200m
Carole Filer	gold W55 High Jump and 4x 200m, and a handful of silver from the Long Jump, 60m, 200m & 60mH
Gaye Clarke	bronze W50 60m Hurdles and silver from the 4 x 200m relay.
Margaret Phillips	gold W60 3000m
Eva Osborne	gold W75 XC, silver 800m
Betty Stracey	silver W75 3000m, bronze 800m, 1500m
John Mayor	silver in the M55 Pentathlon, including a BR of 9.07 in the 60mH, and gold in the individual 60mH.
Tony Wells	M65 60mH
Lawrence Ramm	bronze M40 Pentathlon

The European Non-Stadia Championships took place, in Grosseto, Italy, with medals coming home in the hands of Pete Duhig (team bronze M65 10K, XC) and Cath Duhig (silver W60 10K walk)

The BMAF Road Relays were held at Sutton Park on May 16th. Medal stars were City of Norwich AC W55 team who took first place in their category. Bedford Harriers W45 team just missed out, in 4th place in their race. CoNAC also had teams in the M45 race (14th & 32nd)

Ryston Runners AC descended mob-handed on the venue with a bus-load that represented over 20% of their total senior membership, with their best-placed team being in the M35 category (18th). Among their 7 teams was an M45 team that included 2 M70s.

Also sending teams from the EVAC zone were Nene Valley Harriers (M45 12th W35 17th)



## EVAC T&F Championships, Luton

There were a few rumblings from people about having the EVAC Champs incorporated into another event but we have to get real and acknowledge that we are less and less likely to have independent championships these days considering the expense involved in staging them and the need for numerous qualified officials and helpers (most of whom are Vet athletes themselves).

Results from the championships were posted on the EVAC website. However, the result of the Team Championship, awarded for participation, was not decided or announced until later. This happened at the League final on Sept 13th, when Bedford & County AC were announced as winners, with Marshall Milton Keynes AC in second place and the host club, Luton AC, third.

Jim Keech receives the Team Award on behalf of Bedford & County AC



*Results of this,  
and all EVAC events :  
[www.evac.org.uk](http://www.evac.org.uk)*

**Bill Haining** (M55, on left of photo) ran in his first ever mountain race on Sept 13th, choosing the World Masters Mountain Champs in Wales for his debut, and he commented, “the way I’m feeling today, maybe never again.”



However he still claimed to have enjoyed the experience and managed a respectable time of 53m 48s to finish in 31st place. Bill said, “It was the hardest short race I’ve done, I’m so full of lactic acid you would think I was recovering from a marathon.”

Ursula Ghaleb from MMKAC placed 13<sup>th</sup> W60 , running 64.27 for the 8.7km race that had 450m of ascent.

Missing from the mountains this year was Brian Graves, who is still recovering from effects of a fall in a League match earlier in the year. It was really good to see Brian out and about at the EVAC League Final on Sept 13th, camera in hand, recording other people’s efforts.

We all hope he is soon fully fit and able to compete once more.

## THE WISSEY HALF MARATHON

on Sept 6th incorporated both the EVAC and the BMAF Championships.

The day of the race proved to be an oasis of sunshine in what had been a rather dreary and dull late summer week. Some participants were even heard to say it was “too hot”! The free beer (“Hares Hopping” from Two Rivers Brewery at Denver) at the end seemed to go down well, better than the wasps, anyway. Because of the weather it was possible to hold the presentations outside, and it seems that afterwards several people enjoyed a pub lunch at the nearby Bedingfield Arms or a visit to Oxborough Hall, the NT property in the host village.

Competitors had come from all over the country for the BMAF Champs, with notable teams from Warrington and Kent ACs, so it is to the credit of all EVAC members who managed to medal in both championships.

EVAC results, with BMAF where relevant :

### M35

1 Phil Martin	Bushfield Joggers	BMAF G
2 Matt Pyatt	Ryston RAC	BMAF S
3 Che Plant	Ryston RAC	BMAF B

### W35

Jo Coates	St Eds Pacers	BMAF G
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(in centre of photo below)

### M40

1 Marcus Hawkins	Ryston RAC	BMAF B
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### W40

No competitors!

### M45

1 Charles Wartnaby	Cam & Col AC	BMAF S
2 Gary Finch	Bedford Harriers	

### W45

1 Philippa Taylor	NVH	BMAF G
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### M50

1 Simon Hart	Havering AC	BMAF G
2 Ian Richardson	Cam & Col AC	BMAF B
3 Barry Warne	NVH	

### W50

1 Wendy Fisher	Ryston	BMAF S
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### M55

1 Paul Mingay	Tiptree RR	BMAF S
2 Paul Muffett	NNBR	BMAF B
3 John Moore	Nfk Gazelles	

### W55

None!

### M60

1 Pete Johnson	Ryston	BMAF S
(below left)		
2 Neil Lovesey	Bedford Harr	
3 Rob Sargent	Ilford AC	

### W60

None!

### M65

1 Jim Hayes	NNBR	BMAF S
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### W65

1 Jane Ashby	Ryston	BMAF S
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(photo below)

### M70

1 Jeff Reed	Ryston	BMAF B
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### W70

1 Brenda Kinch	NNBR	BMAF G
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### M80

1 Malcolm Ball	NNBR	BMAF G
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## WMAC TRACK & FIELD CHAMPIONSHIPS, LYON, AUGUST

Some aspects of the WMAC Championships in Lyon were almost as tricky as the competition itself, as the four stadia being used were quite far from each other and the logistics of travelling between them were quite tricky at times. It also made keeping track of results difficult, even if you were able to get online every day to get up to date.

Despite this, however, a great fortnight's competition was had by most, and the standard was extremely high, as Gavin Fordham reports :

Having had a successful year in 2014 as a young and enthusiastic 35 year old master (winning bronze in the European decathlon in Izmir and finishing 7th at the world pentathlon in Budapest, breaking the British indoor pentathlon record) I thought I would go with all the hype and enter the World Champs in Lyon! Having heard the rumours this could be the best champs for a long time I thought I had to put my name down to give me a chance to compete with the best; and with 50 entries, of which 46 started, I knew I would have my work cut out.

Having checked out the entries I decided to set 4 goals;

1. To be the top Brit
2. To finish in the top 10
3. To score a score over 6000
4. To attempt to move up from number 8 in the British all time lists (5943-Izmir score)



Day 1 - steady 28-30 degree heat

(comfortable) much more pleasant than the heat in Izmir!

Having begun well in the 100m, running 12.0 I continued with good form in the LJ, soaring out to 6m08, then ,SP -11m03, HJ 1m83 and a 55.03 400m time to place me 9th at the end of day 1, 18 points up on my Izmir score and on track to meet goals 1-3! Overnight I lay in 3rd position within my pool.

In total there were 3 pools, laid out very strangely with a mixture of abilities within each, Pool 1 hurdling at 8.30 on day 2 (my pool) and Pool 3 hurdling at 12.00! This seemed a little unfair and not something I was used to, it would mean the 1500m would take place for my pool at 5 and for Pool 3 at 9pm, somewhat confusing as it meant you would not know your overall position until all 3 pools were complete.

All athletes were informed at the end of day 1 that Lyon had a weather warning for the next day, with expected temperatures of 40C. I was having flashbacks of Izmir all over again.

Ctd on next page>>>>

Gavin's Lyon, Day 2 : Hurdles didn't go so well, a disappointing 16.82 The discus was a little more solid 33m54, but the vault was where I came into my own, winning it outright with



4m20. By this time I must have drunk my body weight in water in an attempt to stay hydrated.

The javelin was also a little down at 42m67, but still, going into the 1500m, I was 88points up on Izmir and still on track for all goals set.

Having run very poorly in Izmir due to heat-stroke and fatigue, I knew I could improve on the 5:39 I ran there. I set off at a steady pace, ending up with 5:15.67, by the 5 o'clock start time the sun was at its fiercest touching 40! It was a relief when the organisers recognised this by having 2 water hose stations during the race. This time meant I achieved a total of 6118 points and finished 7th overall, top Brit ahead of a strong British contingent including Clint Nicholls (Basildon) who set a lifetime best of 5262 in 18th place. This was an improvement of over 400 points on his Izmir score.

Overall the championships was a great one to be a part of. The standard was much higher than any other M35 decathlon ever staged. The camaraderie between competitors, both from the 4 British guys (myself 7th, Mark Beer 9th, Ashley Pritchard 14th, and Clint 18th) and the rest of the world was superb. It really was enjoyable and keeps you hungry for more. Masters championships give you a goal and a chance to relive your earlier years in athletics. It is great to see others compete and to compete alongside the best, making all those long hard training sessions worthwhile. If anyone out there is ever considering going to a championship I say, whatever your standard, level, experience, it really does give you something to work towards and if you can get anywhere near the amount of satisfaction I get when I cross the finish line, "give it a go."



***You can also see highlights of the decathlon and other events in YouTube, it's well worth a look 'les heroes du decathlon'***

**\*\*Gavin competes for Bedford & County AC, the rest of whose Lyon results can be found on their club website. [www.bedfordandcountyac.org.uk](http://www.bedfordandcountyac.org.uk)**

**Neil Carrington:** "I compete for Biggleswade AC and EVAC and took part in the recent WMA Championships in Lyon. I came 15th in the M45 Triple Jump with an outdoor PB of 11.33m and 20th in the M45 Long Jump with 5.01m."

Neil writes of "organised games with good venues and great camaraderie between competitors, an excellent transport system within Lyon, and lots of posters about the games all over the city." He also says, "I'd recommend competing in any international competition, whatever your level, to any master athlete for a great experience."

**Carole Filer,** who has stayed loyal to EVAC despite moving to Nottingham, had a cautious championships due to a leg injury, but still medalled in the W55 Long Jump.

### Lyon ctd-

Jason Lenden of Havering AC placed 12th in the M40 3000m Steeplechase. Alex Swiecicki (Bedford) & Peter Duhig, EVAC Chair also competed in Steeplechase, but over 2000m as they are in M65. Peter also took part in the M60 800m and 1500m, glad just to be competing again after a long time out with hamstring problems.

Also from Ryston, Cath Duhig had a good walk in the W60 5000m on the Parilly track but fell foul of injury in the 10K road walk and DNS in the 20K, her best event. Gaye Clarke, at the end of her age group acquitted herself well in 80m Hurdles, LJ, HJ and Shot. Malcolm Tuff, in his first international champs, just missed out on progressing to the next round in the M50 800m and 1500m. In this age group David Heath, who represented GB in the Masters 1500m in Beijing, pit in a series of dominant performances to take both titles and confirm his status as best in the world. This is mentioned here as, although David is not an Eastern Vet—yet—he does hail from this region, being brought up near King's Lynn in Norfolk. He joined SCVAC to qualify himself to enter Lyon, and has promised that he will choose EVAC next time!



Malcolm Tuff (4819) contemplates his fate in the Call Room, having been drawn in the same qualifying heat as David Heath (4535)

### Inspired ?

**The next World T&F Championships are in Perth, Australia, in the latter part of next year.**

**Get training, get saving!**

<http://www.perth2016.com/>

Thanks to all who sent me news of their experiences in Lyon.

On the next page is the response I received from Ricky Huskisson to my request for such information. This run down of the achievements of NVH members is most impressive. Perhaps other clubs would like to put together something similar for the next newsletter issue?



## NENE VALLEY HARRIERS MASTERS CHAMPIONS



### ***Julian Smith***

M45 BMAF Indoor finalist over 60m  
100m Lyon world championship finalist  
200m Lyon world championship finalist

### ***Ricky Huskisson***

M55 BMAF 60m indoor champion & gold medallist  
BMAF 200M indoor silver medallist  
EAMA indoor inter area challenge 60m 2<sup>nd</sup>  
EAMA indoor inter area challenge 200m 1<sup>st</sup>  
EVAC & South of England championship 60m gold medallist  
EVAC & South of England championship 200m gold medallist  
World Masters outdoor championship 100m finalist  
World Masters outdoor championship 200m silver medallist

### ***Dave Brown***

M35 4X400 World record holder & gold medallist  
World Masters indoor 400m finalist  
World Masters outdoor championship bronze medallist  
EAMA outdoor inter area challenge 1<sup>st</sup>

### ***Tim Needham***

M60 EVAC Outdoor championship DT gold medallist  
BMAF championship Lee Valley DT bronze medallist  
World Masters outdoor championship qualifier

### ***Andrea Jenkins***

W35 EVAC Outdoor championship SP gold medallist  
EVAC Outdoor championship DT gold medallist  
BMAF Outdoor championship HT gold medallist  
BMAF Outdoor championship WT gold medallist  
BMAF Outdoor championship DT silver medallist  
EVAC Outdoor championship HT gold medallist  
World Masters world championship throws pentathlon finalist

# EVERY

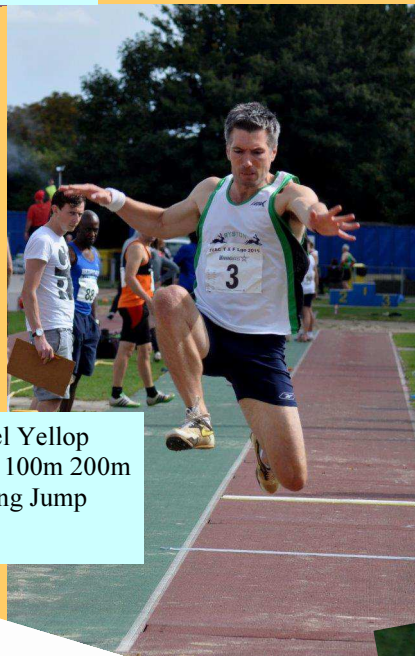


Simon Coombes  
M35 800m, 1500  
& 3000m



Stacy McGivern  
W35 100m 200m  
400m & Long Jump

# 1'S



Daniel Yellop  
M35 100m 200m  
& Long Jump

# A



Graeme Packman  
M60 Shot

# WINNER

Photos from League Final  
by Brian Graves



Corinne Nurse  
W35 400m  
& 800m

## Coming up

Date	Event	Venue	Entries close
Oct 3	BMAF 1 mile road races	Cardiff	27 Sept
OCT 18	Fenland Ten <a href="http://www.fenlandrunningclub.co.uk/wp-content/uploads/2015/06/Fen-10-2015.pdf">http://www.fenlandrunningclub.co.uk/wp-content/uploads/2015/06/Fen-10-2015.pdf</a>	West Walton	tbc
OCT 24	BMAF XC Relays	Long Eaton	9 Oct
NOV 1	BMAF Marathon Championships	Newcastle	18 Oct
NOV 14	British & Irish XC International	Dublin	Selection only
NOV 28	Wolverton 5	nr Milton Keynes	tbc

## 2016

FEB 14	BMAF 10 mile	Lytchett Minster	
MAR 13	BMAF XC Champs	Bath University	
MAR 29– APR 3	EMA Indoor Champs	Ancona, Italy	14 Feb
APR 2	BMAF 10K Champs	QE Olympic Park	
MAY 20-22	EMA Non Stadia Champs	Vila Real de San Antonio, Portugal	
OCT 26– NOV 6	WAMA Track & Field Champs	Perth, Australia	

Details of all these events and how to enter are on the EVAC Website [www.evac.org.uk](http://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 or on the BMAF website [www.bmaf.org.uk](http://www.bmaf.org.uk)

A couple more images from the League Final Bedford, Sept 13th



Left: Dave Whitehead Peterborough AC  
 Winner of M60 100m,200m & Long Jump

Above: start of the women's 2000m walk.