



E VAC NEWS

Welcome to the latest 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.

I had hoped to have this issue with members over Xmas/New Year but a few breakdowns, both of my laptop and myself, have meant its appearance is a little behind hand. Nevertheless, I hope it provides members with something of interest as we head into 2016.

A Happy and Successful New Year to one and all.
Please try to make this a year in which you give as much to the sport as you hope to get out of it.

Cath [Ed]

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Chairman's Chuntering

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Read this newsletter, regularly check the website, be a friend on the Facebook Page, and you will know what's going on.

www.evac.org

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At the most recent Committee meeting in December (at which the Hon Ed was astonished almost to the point of distraction by the Hon Membership Secretary's capacity for consuming mince pies, provided courtesy of Tesco, Huntingdon, whose Community Room was the meeting venue) there was lengthy discussion about the 2016 Track & Field League, its composition and administration.

TRACK & FIELD - It was agreed that the revival of EVAC had largely been down to the revival of the League but the problem of balancing out the divisions remains. All members are urged to try to get their clubs involved, with smaller clubs which are unable to produce a minimum of eight athletes and two officials per match being urged to consider making composite teams with others. The North East division in particular is struggling for competing teams.

EVAC Champs this year may be run in conjunction with the EAA event at Cambridge. The Indoor Inter-Area match will be held on 28 Feb—potential competitors should contact Team Managers Gaye Clarke and Paul Harrison to register an interest in taking part.

ROAD -The need for a new Road Secretary was emphasised. An outline programme of EVAC Road Championships for 2016 was considered, with **likely** events being the Half Marathon at Milton Keynes (6 March), 10K at Luton (17 July), 10 miles at the Fenland event (16 Oct) and the 5 miles at Wolverton (27 Nov). To vary venues particularly for the latter two distances clubs are asked to consider whether they have a suitable event within which EVAC Champs could be hosted. The Marathon Championships will continue to be a Postal competition.

AGM – The club must hold an AGM before the end of March and ideally earlier, and a date around 20 Feb has been suggested. Members will be notified as soon as a date/venue have been settled upon. One matter under consideration will be a proposal to change the club's name to Eastern Masters AC to bring it into line with accepted practice across the Masters Athletics movement. Obviously, if such a change were to be made, new kit would have to be put in place, and possible designs considered. The current kit may well have to be updated and replaced no matter what the outcome of a vote on name change.

“ A Regular Army Of Hippopotami.....” **

Cross Country Mudlarks.

** Not a reference to anyone's size of course, merely to the mud.



The photo above is the sight that greeted Maureen McCarthy at the start of the Open race at the Home Counties International XC in Dublin on November 14th. Maureen was one of half a dozen EVAC members selected to represent England in the match., all of whom acquitted themselves honourably. England won the W50, W60, W70, and M50 races, placed 2nd in the M35, and 3rd in the M55.

Gail Duckworth, whose account of the event appears after this report, was 2nd overall in the W60 race, and Andrew Leach 3rd M50 (1st England scorer). Michael Bridgeland was 1st England scorer in the M55 race, in which he paced 4th overall. Mary Holmes was 12th W70 and Matt Pyatt 24th M35. In the women's Open event, Maureen placed 26th overall / 1st W50, with her West Suffolk AC clubmate Christine Anthony 39th/6th W50.

EVAC's own XC Champs were held in conjunction with EAA's at the appropriately named Hillyfield, Colchester on Nov 21. Results are on the EVAC website.
Champions in their respective categories were :

M40	Steven Hall	W35	Claire Cornwell
M45	Spencer Goodall	W40	Wendy King
M50	Paul Spowage	W45	Denise Morley
M55	Michael Bridgeland	W50	Margaret Deasey
M60	Jonathan Haynes	W55	Joan Lasenby
		W75	Eva Osborne

At the Southern Masters XC at Shuttleworth in December, Sally Judd of Chelmsford AC won the W40 race. Jim McMahan and Mick Bridgeland did a 1-2 in the M55 category. Maureen McCarthy and Simon Coombes were 3rd in their respective categories (W50/M40), and Bedford's M50 team placed second in their age group.

GAIL DUCKWORTH'S ACCOUNT OF MUDDY DUBLIN

On Saturday (Nov 14) I was representing England in the annual Home international for the 10th time! I can't quite believe that my first English vest was in 2002 in the W45-49 in Cardiff. The event moves from country to country and this year was The Republic of Ireland's turn to host it. So, 13 years later and in W60-64, competed in Dublin. The format is the same each year with all women running together W35+ with the Men 65+ over 6K. In our race each country can select 4 runners, with 3 to score. England usually has more depth and reserves are named, some of whom travel and then run in the Open race. The men have two other highly competitive races, M50-64 and M35-49, both over 8K and the Open follows these.

As you can imagine the standard is incredibly high and selection is based on events during the year especially Masters National Championship races and also current form. This year I had won the National 5k Road Championship in June on the tough Horwich course (20m 36s) and the track 5000m at Alexander Stadium Birmingham (20m 12s). I had also run the Admiral Bay Swansea 10k in September in 41m 11s which currently tops the W60 rankings by nearly a minute. Unfortunately Cross Country has never been my best discipline although I enjoy running it and, although obviously I have had good successes, I really do struggle in the mud.

Arriving on Friday evening into Dublin airport in torrential rain I knew the course would not suit me, and it didn't. Despite being fairly flat the 3 lap course churned up more and more and the torrential rain continued and although I put in every effort I was again no match for Carmel Parnel from the Irish Republic who won the W60 category and took her tally of individual gold medals to 10. Finishing some way behind her I did finish 2nd overall. A silver medal is still an achievement and it also meant I led the W60 team home for an England gold team medal. To complete the event there is always an Awards Ceremony in the evening where mud is replaced with glad rags and, of course, in Dublin a drop of Guinness replaces sports drinks. Collecting your medal is always a proud moment and this year, to my complete surprise and delight, the team manager asked me also to collect the women's overall trophy which England had won. I have never won an individual Gold medal and there were some outstanding English runners there she could have asked but she said I had been a consistent member of the England team for many years..... I think that makes me old. [*Never!* - Ed]



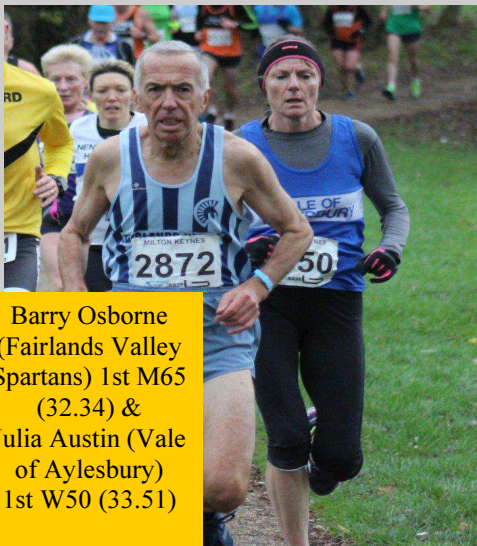
Another road runner who prefers to avoid mud... Matt Pyatt (1) made his England debut and then binned his socks.....

ROAD WORKS

Results from the EVAC Champs incorporated in the **Fenland 10** were published, as ever, on the EVAC webpage. Category champions were :

W50 Karen Wood (Ryston) W55 Dinae Baldwin (Milton Keynes) W60 Yuko Gordon (N Herts)
M35 Matt Pyatt (Ryston) M40 Steve Hall (Peterborough) M45 Stephen Thompson (Nene Valley)
M50 Andrew Shields (Cam& Col) M 55 David Frampton (N Herts) M60 Pete Johnson (Ryston)
M70 Terry Fone (Eye)

The **Wolverton 5** featured the club championships on Nov 28th.
Brian Graves sent in the following photos from the event:



Barry Osborne
(Fairlands Valley
Spartans) 1st M65
(32.34) &
Julia Austin (Vale
of Aylesbury)
1st W50 (33.51)

Gail Duckworth - Leighton Buzzard AC
1st W60(33.58)



Steve Herring
(Marshall
Milton Keynes AC)
1st M45 (28.54)



Simon Coombes (Leighton Buuzzard AC
1st M40(26.23)



Andrew Palombella
(Bedford Harriers)
1st M35 (30.44)



Maurice Hemingway
(Riverside Runners)
2nd M60 (34.09)

Member Phil Martin has sent in this almost unsolicited report
on the BMAF Marathon Championships

Newcastle Town Moor Marathon 3rd Place Overall
M35 British Masters Champion 2:44:12

This race was a bit different from all the others I had done over the past few months as I only signed up for it 4 weeks before it took place, so was unsure how I would perform with no specific marathon training in the locker after a summer focused on predominantly half marathons.

However, with it being The British Masters Championships ,I felt I wanted at least to have a go at the marathon distance. After my victory in The British Masters Half Marathon Championships for my age group the idea of being a double British Champion was too tempting to resist. Despite the lack of marathon training I had still put in a lot of miles and was hoping this would be enough to get me through and result in a decent performance. 10 days before the race I did a 20 mile training run which was the longest run I had done in some time and it went exactly to plan, providing a much needed boost to my confidence and removing some of the doubts I had.

On race day I felt good and quietly confident that I could run a PB as a minimum, with my 2nd aim being at least to get a BMAF medal. It was a 5 lap course, something I hadn't experienced before, and I decided to go out pretty hard so I was at the front of my age group knowing then that I would always be able to tell if anyone came past me and race accordingly.

After the 1st lap I had executed my plan exactly as intended, sitting in 5th place having gone through the first 5 miles in under 30 minutes and feeling pretty good. 8 miles in I moved up in to 4th place and was still feeling pretty strong but very conscious I hadn't done much over ½ marathon distance in the previous few months. The 2nd and 3rd laps came and went and I was still feeling good and knew I was well on course to smash my PB for the distance. More importantly I was in 1st place in my age group.

The 4th lap I really began to feel the miles in my legs but at 19 miles ,where part of the course goes back on itself, I was able to tell that I had opened up nearly a half mile lead on the person behind me and it was safe to ease off slightly for the last lap to save my legs. I did this and, with 2 miles to go, despite easing off, I had still managed to make up the time on the person in 3rd place who gradually came closer and closer to me and I could tell that I was feeling stronger than he was. We approached the hill 3 miles into the loop and I sat on his shoulder as we went up it. As soon as I reached the turn to go back down the hill I made my move and accelerated past him. I still had some strength left in my legs and accelerated to put some distance between us. By the time I got to the 26 mile marker I knew I had secured 3rd place overall and the M35 British Masters Championship.

Looking back, the race really couldn't have gone any better for me and I ended up hitting all of my goals, running an 8 minute PB, securing a podium finish, and becoming British Champion in my Age Group for the 2nd time this year. After a couple of races the previous month in which I hadn't done as well as I had wanted this felt like I was back to my strongest and I'm sure with a focused marathon training schedule over the Winter that I'll be able to run another PB at London in April.

*[Congratulations to Phil and all the best for London.
For more London Marathon news, see next page—Ed]*



s And the lucky number is.....

The draw for the EVAC London Marathon place took place at the Committee Meeting on Dec 15th. The photo shows EVAC Secretary Maurice Hemingway holding the bag while George Tarrant draws out the winning token, which resulted in Sophie Wilkinson of Nene Valley Harriers securing the place. A delighted Sophie has promised to keep eNews posted with regard to her training progress and, ultimately, on her London running experience.



Not quite so fortunate but still hopeful, Mike Russell writes :

I have just downloaded the Magazine and have found the contents very informative and of great interest. With the 'feedbacks' and items from members I would like to submit my 'problems' and disappointments that I have experienced over the past 5 years which may be of interest to members, and possibly give me contacts when attempting to reach events. Being a non-driver and not owning a car I have needed to rely on the kindness of fellow athletes for transportation.

My problems began back in 2011 when I became a victim of the swine flu epidemic, which curtailed my Marathon training, resulting in my failing, by 10 minutes, to achieve the Good for Age automatic entry for the following year. Having obtained the qualifying times for the previous 10 years—well under 4 hours 30— I needed to resort to the Ballot in which I have been unsuccessful for over 4 years.

I have achieved times of just over 5 hours 10 but this time had to be achieved AFTER Jan. 2013. Following efforts to achieve a time of under 5 hours 30 mins, I am now approaching 81 years.. April 2016 and am hoping there will be a new Good for Age qualifying time for this category. I am told that a revision is made every 2 years and with more and more Marathoners now running well into their 80 years plus, another Good for Age cat. should be appearing, hopefully.

Please don't see this as a 'hard luck story' but I am hoping to run forever, having been told by a doctor I was too old to be running around when I was 50.

I had hoped to obtain the Good for Age qualifying time in the Milton Keynes Marathon last year but incurred an injury that required surgery for which I had to wait four months due to a diagnostic failure, after which I needed a four month 'rest' period' I am now commencing training for the Marathon in April, which would be my 20th, hoping I 'get lucky' 'with the ballot.

[By the time this is published, Mike will already know whether or not he has been "lucky" in the ballot. I'm sure we all wish him well.—Ed]

Membership for the 2016-17 Season:

With the new EVAC season starting on 1st April a number of changes have been introduced regarding the way you either register or renew your membership:

On line Registration and Renewal; Revised Membership Categories and Revised Membership Fees.

On line Registration and Renewal: All future registration and renewal of your membership will be via the BMAF website tool, OpenTrack. This tool will be available to use from 1st January 2016.

If you choose to renew your membership prior to 1st April please ensure you use the revised fees (see **Revised Membership Fees for 2016-17** later). When renewing your membership please review the existing data for accuracy, paying particular attention to **Section B Athletics Data / Interests**.

It will be your responsibility to ensure all your data is correct. Further, this data will also be used when registering to enter any BMAF competition, either at home or abroad. Please note that when paying your EVAC membership fee via OpenTrack (Stripe) an administration fee will have been included within the fee payable. This Admin fee equates to 50p + 5% of the tendered amount.

For a detailed explanation of how to access and use your data within OpenTrack, including making a payment refer to **Accessing the BMAF OpenTrack website** later. Members can also refer to the OpenTrack User Guide by going to the BMAF website page *Newcomers* > *How to Join*.

Your first port of call for EVAC OpenTrack issues should be the EVAC Membership Secretary.

Revised Membership Categories: Your EVAC committee have decided to withdraw the Life Member category from 1st April 2016. The main reason for this was to align our membership with that of BMAF, in particular OpenTrack. Accordingly, all past Life members will need to renew their membership as an Ordinary member – paying the appropriate fee. Importantly, future EVAC/BMAF membership registration or renewal will require electronic access, together with a current e-mail address. All future communication with members will be via electronic (eg. MailChimp) means. This includes the EVAC newsletter and the On line BMAF (*Masters Athletics*) magazine. If you wish to receive a hard copy of the BMAF magazine – costing £10 – you will be able to subscribe within OpenTrack. However, you must be registered with BMAF in order to receive the hard copy.

Revised Membership fees for 2016-17: With effect from 1st April (subject to approval at the forthcoming AGM) the membership fee of both 1st claim and 2nd claim Ordinary members will be as follows:

Category	Membership Fee	EAMA Ledger	EA Ledger	BMAF Ledger	EVAC Ledger	Open-Track Admin Ledger
Ordinary 1st Claim	£28.00	£0.60	£13.00	£6.00	£6.50	£1.90
Ordinary 2nd Claim	£15.00	£0.60	£0.00	£6.00	£7.15	£1.25

Please note that England Athletics (EA) has increased its registration fee to £13 and that BMAF has increased its to £6. The remaining £9 goes towards OpenTrack Admin, England Athletics Masters Association (EAMA) levy and the general running of EVAC. All members of EVAC will automatically become members of BMAF therefore qualifying for all that BMAF offers via their website. For those members who are 1st Claim EVAC, their EA registration fee will be paid by the EVAC Membership Secretary on their behalf.

Although I am requesting you pay the revised membership fee prior to approval at the AGM any reimbursement will be honoured if not approved.

Accessing the BMAF OpenTrack website

BMAF OpenTrack is the first implementation of the OpenTrack concept for providing athletics management software for general usage. This replaces AREG the first BMAF system for integration of membership management and competition entry. Online payments will be provided by the Stripe service under the control of OpenTrack.

This will be used by the members of all BMAF area clubs for management of their member data. Queries from area club members should go to their BMAF area club membership secretaries – the list is provided on the "Contacts / Area Clubs" page of the BMAF website.

Assistance to open competitors and fallback technical support will be provided by the BMAF support team Peter Kennedy/Alex Rowe via the email address mem-sec@bmaf.org.uk

The objectives of the OpenTrack concept are to:

- > Give the athletes the responsibility for managing their own data, with quick and easy access to the required functionality
- > Ensure that OpenTrack functions can be equally operated online by athletes themselves and by club officials and race organisers on behalf of non-IT skilled athletes
- > Ensure same functionality available on many devices (popular desktop browsers, tablet or smartphone)
- > Ensure that entry into competitions is controlled according to the athletes validated status
- > Embed use of modern devices to automate competition management
- > Publish results quickly and accurately to all media forms

Usage of OpenTrack breaks down into the following areas: -

- > Access to OpenTrack
- > Enter Member Details
- > Pay annual membership fee, including UKA affiliation fee if you wish to join the BMAF area club as a first claim member
- > Obtain the area club kit, if you wish to represent the club in inter-area competition
- > Read Masters Athletics Magazine
- > Enter Competitions

Access to OpenTrack

To reach OpenTrack:

- >> Click on the Member Login function of the BMAF website
- >> On seeing the BMAF OpenTrack home page, Click Login/ Signup

Existing members who have previously provided their email address:

Enter your email address and password.

If you have forgotten or don't know your password, click "Forgot Password?" option and enter your email address. When you receive the email which is sent the email address that you have specified (usually within seconds), Click on the link provided which will allow you to define a new password [Most of us have had to reset passwords to gain access anyway—Ed]

Existing members/open competitors who have not previously provided their email address (or it isn't recognised) or wish to use a new email address ():*

Enter your name, date of birth, area club/club number or OPEN to identify yourself, followed by your email address and password (twice) and then click Register

Wait for your membership secretary to reply with a link which will authorise your access

Login as described above

(* It is easier to login with your old email address and change it, as long as you have the password, rather than starting a new Signup)

New members/open competitors:

Enter your full personal details requested, the area club you wish to join or OPEN to register as an open competitor, followed by your email address and password (twice) and then click Register

Send your membership secretary a copy of your passport details. A birth certificate or driving licence is an acceptable alternative for club membership but not if you are an Open Competitor, or you wish to represent the United Kingdom in international competition or if you may in future set a British record.

Wait for your membership secretary to reply with a link which will confirm that your membership application has been accepted and your date of birth and nationality have been validated in accordance with the documentation

Login as described above

Enter Member Details

Member details are divided into 6 sections:

- General data
- Athletics data
- Identity data
- BMAF area club data
- UKA registration data
- System data

All the data sections are assigned traffic lights such that any RED ones will prevent you entering a competition and in some instances so will the amber ones. For further details of the data fields and the traffic lights refer to Appendix 1.

In addition to the member data traffic lights, you may also see various notifications:

- > Identity Check pending
- > Club membership payment is required
- > Club membership renewal within the next month
- > Masters Athletics magazine mailing subscription expiry within the next month

It is also possible for a member/open competitor to manage the member data on behalf of several members/open competitors and enter them in competitions on their behalf, using a single email address. Please contact your membership secretary if you wish to do this.

Most of the member data is displayed for the member to see, but some data items will be updated by the membership secretary only, based on information provided by the member.

Your BMAF area club data will be displayed as one line for each club and then you can take one of the following actions for each club you are member of, as well as joining a new club:

Review member club data

Pay membership

If you wish to change your primary area club (this is the club which you have elected to represent in inter-area or inter-UK events) or tender your resignation, please contact your membership secretary separately. This also applies if you wish to inform the membership secretary of the death of another member.

The data of those members who have resigned or died will be held for two years, or indefinitely if the member is a current holder of a British track or field record or a road best performance, or still showing on the rankings held by the BMAF.

Pay annual membership fee, including UKA affiliation fee if you wish to join the BMAF area club as a first claim member

Read Masters Athletics magazine

If the membership status of your primary BMAF area club is "Confirmed", you will be able to see the latest edition of Masters Athletics magazine, as well as previous editions from 2013 onwards.

You can also pay for a 12 months' subscription for a printed copy of the magazine to be mailed to you.

Coming soon ...

>>>Obtain the area club kit, if you wish to represent the club in inter-area competition

All BMAF area clubs have specific club vests and possibly other kits for you to purchase – see the club website for details. The correct club vest must be worn in the Inter-Area Challenge events and you can also wear it in BMAF championships even if it is not your UKA first claim club.

Some clubs may also offer you the chance to buy the club vest at a reduced rate when you join the club – look for the KIT option alongside the member payment categories.

>>>Competition Entry

Appendix 1 –BMAF OpenTrack Data Fields

Input by Member

Input by Membership Secretary role

Input by Magazine Editor role

Section A General Data	Section B Athletics Data	Section C Identity Data	Section D BMAF Club Data	Section E UKA Reg Data	System Data
Short Name	Contact Member ID	Given Names	Primary Area Club	First Claim Club	Member ID
Family Name	Contact Relation	Full Name	PAC ID	Non-competing	Status A
		Former Name	PAC status	EA Reg ID	Status B
Date of Birth	Athletics Interests Track: TS, TH, MD, TR, FJ, FT, CE	Nationality	For Each Club Membership:	EA Reg Status	Status C
Gender	Athletics Inter- ests: Walks	Place of Birth	Club Number	EA Reg Name	Status D
Title	Athletics Inter- ests: Road, UM	Identity Document Type	Status	EA Reg First Claim Club	Status E
Address1	Athletics Interests: Cross Country	Identity Document Number	Join Date	EA Reg First Claim Other Club	Username
Address2	Athletics Interests: Fell	Validation Level	Member Cate- gory	SA Reg ID	Last Up- dated By
Postal Town	Athletics Interests: Trail	Validated By	Renewal Date	SA Reg Status	Last Up- dated Date
Postal Area	Athletics Interests: Coaching	Validation Date	Free Affiliation Flag	SA Reg Expiry Date	
Postal Code	Athletics Inter- ests: Coaching		Member Notes	SA Reg Name	
Country	No Comms		Memsec Notes	SA Reg First Claim Club	
Telephone	Masters Athlet- ics Subscription Expiry Date		Resignation Date	ANI Reg ID	
Mobile	Mailing Address Name		Resignation Reason	ANI Reg Status	
Email			Club Magazine Subscription Control Flag	ANI Reg Expiry Date	
				ANI Reg Name	
				ANI Reg First Claim Club	

Member Data Traffic Lights

Colour	Section A	Section B	Section C	Section D	Section E
Red	Missing values for: Short Name Family Name Date of Birth Gender Address 1 Postal Town Country Postal Code (depending on Country)	Missing Contact Member ID for any members assigned the same an email address as another member (this enables "Entry on Behalf of")	Validation Level = 0	Status "Lapsed", "Resigned", "Archived" for Member's Primary Area Club	Missing values for: First Claim Club (or Unattached)
Amber	Missing Email Address	No Athletics Interests		Status "Pending", "Inactive", "inactive-PP" for Member's Primary Area Club or Open Competitor	EA Reg Status SA Reg Status ANI Reg Status all not set to "Yes" for UKA club members or GB resident non-UKA club members
Green	Otherwise	Otherwise	Validation Level = 1 (without identity document) - validations prior to OpenTrack only Or Validation Level = 2 (with identity document)	Status "Confirmed" for Member's Primary Area Club "Active" for Open Competitor	One of EA Reg Status SA Reg Status ANI Reg Status set to "Yes" or Overseas-resident non-UKA club member
Purple			Validation Level = 3 (International)		

Competitions may vary which colours of traffic lights will be accepted before entry to the competition is allowed:

e.g. BMAF Track & Field Championships requirements would be:

Section A: Green

Section B: Green

Section C: Green/Purple

Section D: Green

Section E: Amber/Green (but Green would be required by the date of the competition)

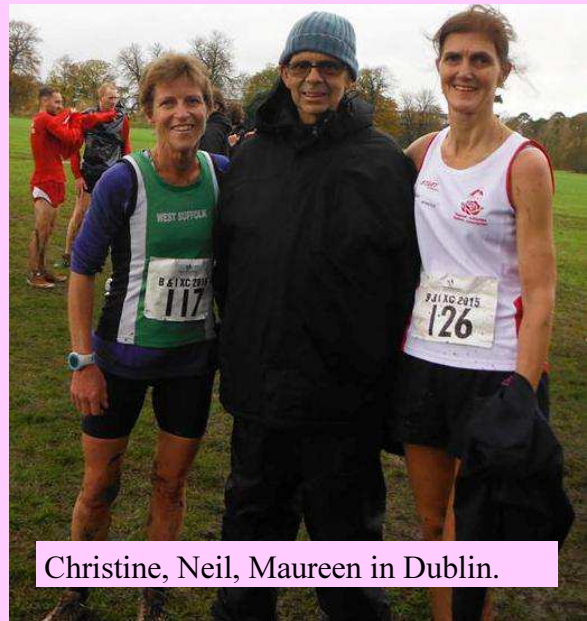
On a sadder note

In the latter part of the year we learned that Life Vice president and former Editor of the EVAC Newsletter Tony Challis has suffered a stroke and was in hospital. Indeed, that is where the worthy gentleman spent Christmas and New Year, no doubt visited and supported by his wife Barbara, and frustrated by his inability to get out and about. Tony has already received a number of good wishes for recovery from various members and friends and has asked that this message be passed on : ***“Tony Challis wishes to thank all those who've sent much appreciated "Get Well" cards and messages during his stay in a Cambridge hospital.”*** If anyone else would like contact details or information about how, where, and when to visit Tony, please contact The Editor.

Also in December we were saddened to learn of the untimely death of the husband of one of our active and successful members, Christine Anthony. Neil Anthony had expressed an interest in becoming more involved in the administrative side of EVAC before the illness which ended his days took such a hard hold on him. But he packed the last couple of years, and indeed, months, weeks and days, with so much that it was hard for any of us who knew how ill he was to believe his batteries would ever run out. Just a few weeks prior to his death Neil travelled to Dublin with Christine to support her and her clubmate Maureen McCarthy (two of West Suffolk AC's "Flying Fossils") in the Home International Cross Country.

Pete and I were privileged to attend a memorial service for Neil just before Christmas at which we learned even more than we already knew about a life well lived and were able to express our personal support to the family as well as that of the athletics community we hope we were representing.

Cath / Ed



Christine, Neil, Maureen in Dublin.

CHAIRMAN'S CHUNTER

Happy New Year to everyone of course. Success and health to all.
Here are a few thoughts to ponder for 2016.

EVAC or EMAC That is the question ? Our sport is changing and developing, there are glimmers of hope that we might get 'Masters' Athletics fully recognised by, not only the UKA, but also the world. Therefore, I think it is imperative that we follow the example of the major Associations worldwide and change our name to Eastern Masters AC. I think it sounds nicer to be a 'Master' of your sport, rather than a Veteran. The Committee will be proposing this name change at the AGM.

If you wish to help EVAC (or EMAC) please watch the website and Facebook for announcements about the date of the AGM and attend. We desperately need people to come on the committee, see what is done, and, in due course, take up positions. The trouble with Masters Athletic administration is that it is done by people who have been doing it for years, and are not going to be around for ever. Please volunteer. **We especially need a Road Secretary.**

Coming up

Date	Event	Venue	Entries close
2016			
FEB 14	BMAF 10 mile	Lytchett Minster	
FEB 14	EVAC Indoor Champs	Lee Valley	
FEB 28	EAMA Inter Area Indoor Match (selection)	Lee Valley	
MAR 12/13	BMAF Indoor T&F Champs	Lee Valley	
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 14	BMAF Road Relays	Sutton Park	
MAY 20-22	EMA Non Stadia Champs	Vila Real de San Antonio, Portugal	
JUNE 19	BMAF 5K Road Champs	Horwich	
JULY 17	EAMA T&F Inter Area Match (selection)	Solihull	
AUG 4	BMAF Marathon Champs	Isle of Man	
SEPT 11	EVAC T&F League Final TBC	Bedford TBC	
SEPT17/18	BMAF T&F Champs	Alexander Stadium, Birmingham	
OCT 9	BMAF Half Marathon Champs	Glasgow	
OCT 26– NOV 6	WAMA Track & Field Champs	Perth, Australia	
NOV 12	British & Irish XC International	Glasgow	

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
or on the BMAF website www.bmaf.org.uk

EVAC T&F LEAGUE

The preferred dates are 4th May, 1st June, 6th July & 3rd August
with the Final on Sept 11th (as above)

Organisation of the league is ongoing. With the help of the four Divisional Secretaries the match
events are being honed, as is the schedule for the final.

If there is an expert on the timetabling of Masters athletic events, I would like to hear from you.

Events are more or less sorted, but we could do with advice on the timetabling.

All of last year's major players have committed to competing again in 2016 so there will be at least
twenty teams taking part, with room for a few more.

Peter [Chairman]