

Back on track the club was having a busy season. In the 'Lowestoft Journal' of the 11th July '75, it said, and I quote: 'The Lowestoft club is now more than ever gaining in confidence in fielding strong teams in all field and track events, as more talent from young athletes pours into the club. Lowestoft is now a force to be reckoned with and can hold its own against the top clubs. There is also a great team spirit amongst the athletes, which holds them in good stead when up against the best'.

In early July we took part in a triangular inter-club meeting at Lakenham, Norwich. Allison Davey and Gillian Farmer dominated the 100 metres and 200 metres sprints. Gillian took first in the 100 recording 14.4 seconds, with Allison second in 14.5 seconds. However, in the 200 metres the result was the reverse, Allison taking first place with Gillian clocking the same time for second position. The most outstanding single performance of the evening was that of young Mark Gee who was unbeatable in the 100, 800 (2.27.4) and the 200 metres (30.8). Gary Knights had a creditable run in the 400 metres winning in a time of 60.8 seconds.

The meeting the following Sunday at Thetford was a much bigger affair and was Thetford's first attempt at organising and running a track fixture. Nine clubs from around the region were competing including Ipswich Harriers and Norfolk Olympiads. Notable achievements on the day was nine-year-old Maria High taking first place in the 80 metres sprint in a time of 12.3 secs. Sally Jeffries in her age group ran very well, improving yet again on her time and doing a personal best at 2.40.5 in the 800 metres. Leslie Farmer won the discus, throwing 25.2 metres with Jayne Whall third with a throw of 15.0 metres. Nick Chumley had two impressive runs in the 100 and 200 metres events, doing personal best times in both, recording 12.2 secs. and 25.2 secs respectively. In the youths 800 metres there were eleven in the race. David Gee and Gary High both dominated proceedings, David winning in 2.08.4 hotly pursued by Gary in second place, clocking 2.09.9. Later Gary took second place in the 1500 with an excellent time of 4.27.6. Overall in the team event the club finished in third place behind Ipswich Harriers and Norfolk Olympiads.

In the August of '75 Great Yarmouth A.C staged its first big open trophy meeting on cinder at the Wellesley Road track. There were events for all age groups, and clubs from all over England took part. The outstanding performance of the afternoon was by twelve-year-old Gillian Farmer who won the long jump with a personal

best of 4metres-75cm, the 100 in a time of 13.9secs and the 200 in 29.2secs. As well as winning her 80metres, ten-year-old Suzanne Rowntree jumped 3metres-85cm in the long jump finishing in second place. An impressive race was run by thirteen-year-old Gary Knights in the 800 for boys when he improved upon his previous best time by some three seconds, clocking 2 mins 13.7secs for third position. Also taking a third placing in the minor girls 800 was eleven-year-old Tracey Cleveland who clocked a best time of 2mins-40.5secs. Nineteen-year-old Kim Dyer jumped a gigantic 6metres-40cms in the senior mens long jump to take second place. In all, over thirty club members took the short trip to Great Yarmouth.

The track season now at a close, it was back to the cross-country once again. In November we took our colts and boys to Luton for their annual cross-country and relay races.

These events attracted many London clubs, so the opposition was pretty strong. Mark Gee, Billy Bullock, Kevin Gook and Glen High took part in the under 13's boys two-mile race. Once again Gee struck top form, winning in a time of 11-48. Next home was Billy with a terrific run finishing in fifth place, clocking 12-03. Kevin was next home in thirty-fifth place in 12-43, closely followed by Glen two places behind, in a time of 12-51. The first three positions were sufficient to give the Lowestoft lads third place team medals.

For the under 15 boys there was a 4x2mile relay. Gary Knights, Colin Quadling, Paul Daniels and Andre Burwood were our representatives. Colin was the fastest of the team, clocking 11-46 for his lap, with Gary recording 12-02, Andre 12-50 and Paul with a time of 1251, bringing the team home in 12th place overall from the thirty-two clubs competing.

The annual meeting of Lowestoft Athletic Club took place the same month at Roman Hill Middle School. On the night I was elected chairman, the first of many in the years to come. Fred Farmer was elected treasurer; John High, cross-country secretary; Terry Gee, Track secretary; Pat Jeffries, subscription secretary; Thelma Cheverton, catering secretary; Peter Knights, cross-country & track team manager; Robert Cheverton, mens cross-country captain; Marion High, Ladies cross-country captain; John Neeve, mens track captain; Angela Belton, Ladies track captain; Barbara High, Publicity secretary; Brian Baxter, A.A.A's representative.

So '75 ended on a successful year for the club. We hoped '76 would be as good.

1976 now upon us, we soon got down to competing in as many cross-country races that were available. I was now a full club coach having qualified in the May of '75. My own running was now at a low ebb. For the past year I had been picking up many injuries, especially in the knees. The final straw came at the National Cross-country at Leeds in March of '76, when I struggled to finish. I decided I must get medical advice, so I booked up a appointment with a local orthopaedic specialist, Mr Dunridge, who after examination advised me my competitive days were over unless I wanted to be in a wheelchair in later life. So it was with some reluctance I made the decision to retire from competitive athletics and concentrate on my coaching career. Things were starting to happen in '76 as far as the club was concerned. There had been many discussions at committee for us to put on a road race in the town. It was suggested that we should approach the Friends of Lowestoft Hospital, a fund raising organisation, to suggest to them the possibility of putting on a road race in conjunction with the Lowestoft Carnival, with part of the profits from the race going to the hospital. THEY jumped at the idea, so it was left to the club to find a suitable course along the Carnival route.

The rest of the 75/76 winter continued to be a good one for our members. There had been many fine performances on the country, a number of our young athletes representing Suffolk at the All-England Schools.

The start of the track season of '76 took the club to Bury St Edmunds for the Suffolk A.A.A's track and field championships. There was a large entry for all events, mainly due to many additional competitors from schools and colleges. Lowestoft's four champions that day were Brian Tate, Chris Dinsdale, Sally Jeffries and Gary High. The following is from the Lowestoft Journal report sometime in May '76.

BRIAN TATE-Joined the club in 1975 and has a string of awards and championships to his credit. He is the present holder of the Eastern Counties 10 miles and 5000m races, the club champion over cross-country and road, the Suffolk 10 miles and now the 5000m Suffolk champion. This race he won in fine style after a rather slow start. He tailed several runners for two laps then suddenly decided to liven up the proceedings and went into the lead. He finished in a personal best time of 15.18.4, which was 16 seconds faster than he had ever run this

distance before.

CHRIS DINSDALE-A comparatively new member of the club, but he had quickly produced some fine achievements. This 15-year-old holds the youths Eastern Counties titles for the shot and discus and at Bury clinched both the Suffolk titles in the same two events, setting up new county records with a shot of 41m-64cm and a throw of 14-40cm.

SALLY JEFFRIES-Lowestoft's only girl champion this year, retaining her 800m title. The heat for Sally in the 800m proved just a warm-up run which she won easily in 2.43.6. In the final she decided to go straight from the start and won comfortably in a personal best of 2.28.0. She was two seconds faster than her previous best and only narrowly missed equalling the county record at 2.27.7. Sally is 14-years-old and joined the club in '75 and is the previous holder of the Suffolk cross-country and 800m titles.

GARY HIGH-Long serving member of the club, having joined in '71. He is 17-years-old and the previous holder of the Suffolk youths cross-country championship, the Suffolk 1500m title and the 2000m steeplechase title to his achievements. He led the field from the start and built up a good lead which no one could challenge, his 1500m winning time of 4.16.4.

Other notable performance on the day was Gary Knights in the youths 1500m finishing second in a time of 4.20.1-a personal best by some eight seconds. 17 year-old David Gee ran both in the 800m and 1500m junior mens' races recording times of 2.06.5 and 4.27.8 respectively. John Neeve in the senior mens' 800m had a terrific second lap, but just failed to catch the leader, his time 2.07.0. In the 400m he ran a personal best for third place at 53.4. Doreve Groves was second in two events; the 1500m at 5.12.1 and the long jump at 4m-50cm. Marion High in the 200m senior ladies won her heat in 29.5 and finished second in the final recording 28.9.

For the third successive year, athletes from Harlow, Ipswich, Norfolk Olympiads, Great Yarmouth and Lowestoft competed at Barnards Meadow for the George Herring Memorial Trophy. It was an afternoon of fine, competitive track and field events and although strongly challenged by Ipswich and Harlow, Lowestoft hung on to the lead and when the final result was announced, had retained the trophy with a decisive win over their two main rivals. The meeting was sponsored by Lowestoft Town Football Club and besides the handsome trophy for the overall winning team, there were medals for the A and B strings, first,

second and third positions, in most events on field and track. Athletics in Lowestoft has certainly taken a turn for the better, as several hundred spectators turned up to support the local club and cheer them on to victory. Here are some of the highlights of the meeting.

With 22 runners in contention for the 3000m, Brian Tate went in to an early lead. Cheverton, Gee and High were well up with the front runners, with positions changing as the laps progressed. By the fifth lap it looked all set for a Tate victory as he built up a commanding lead, but danger man, Chris Dungan, Norfolk Olympiads, was beginning to draw closer and on the last lap at the 200m mark, he suddenly accelerated past Tate to win in a time of 9-03.4. Tate was second in 9.07.8, Cheverton fourth 9.21.8, Paul Gee seventh 9.30.8, High ninth 9.40.2 and twelfth David Gee in 9.46.6.

Lowestoft shot putt lads really excelled when they took first positions in both A and B strings. Jeremy Crisp threw 10m-97cm (A) and K Green 10m-14cm (B). Gillian Farmer and Cathy Welsh were long jump winners in their individual groups. Gillian jumped 4m-60cm and Cathy 4m-64cm. Andrew Gennery gained first place recording 3m-73cm in the under 13 boys. Lesly Farmer can usually be relied upon in the discus event and this SUNDAY was no exception. She was first in the A string with a throw of 28m-59cm, while Paula Andrews won the B string in 17m-52cm. A course of four miles had now been found for the Carnival road race. The first year proved a great success with just over 70 runners lining up at the start. This was a good entry in '76, as road running had not taken off like it *IS* Today. The race started from Walmer Road and finished outside the Lowestoft Hospital. Unfortunately, I have no records at hand to say who won the race, but it went down well with the hospital and the many spectators along the route.

Near the end of the track season Lowestoft athletes undertook the long journey to Leicester to compete in their last-but-one track fixture of the season. Many top athletes from clubs throughout the country were present and competition was of a very high standard. With some 900 competitors taking part in the track and field events, the huge sports complex was the envy of all with its nine-lane red I.C.I Olymprene track. It is very frustrating that Lowestoft, indeed the whole of Suffolk, has nothing to offer its athletes to come anywhere near the standard of Leicester's sports stadium. *OUR* athletes left Lowestoft at 5-30am, arriving in Leicester by

10-30am, the first event starting at 11-30am!

The first event on the programme was the youths' 3000m, and it was Colin Quadling who was Lowestoft's representative. He had a terrific race, knocking some 14 seconds off his time to clock a personal best of 9-41 for third place. In the senior mens' 3000m, against a strong field, Paul Gee was first home for the club in 12th place (9-07), Gary High 16th (9-10), Nick Goffin 17th (9-12) and Robert Cheverton 22nd (9-21). In the girls 200m, Marion High ran a fine race, equalling her personal **BEST AT 28.1**.

Tony Hunter, Lowestoft's new member, racing for the club for the first time in club colours, ran in the boys 1500m, finishing 12th in a time of 5-13.8. In the long jump, Don Souter was the winner with a jump of 5m-41cm. Although jumping well below his best in the high jump, Souter nevertheless took third place with a jump of 1m-63cm. **ANOTHER** good performance was from Chris Dinsdale. In both the discus and the shot, he broke his personal best, achieving 37m-32cm for the discus and 11m-79cm for the shot. Other notable performances that day were: Nick Chumbley 100m 11.8, 200m 24.3, Tony Barnard 100m 12.4, 200m 24.9, Yvonne Ramsden 100m 13.7 and Cathy Welsh 100m hurdles 16.3.

Back in the winter of '76, we continued as a club to stamp our authority on the country. In early December the club put on a big cross-country meeting at Gunton. Sixteen clubs attended, including Liverpool, U.E.A, Basildon and many others from the region, representing some 450 athletes and there were trophies for the first three in each race, with medals for fourth, fifth and sixth place, plus team prizes for first and second teams.

In the pouring rain 55 under 13 girls lined up at the start. Maria High was to be the first runner home in 8th position in a time of 16-18 over a tough, muddy 2½ mile course. Next home was Tracey Cleveland in tenth (16-33). Lynne Chipperfield and Michelle Matthews had their first taste on country and did well to finish 27th (17-50) and 31st (18-05) respectively. The boys team of Gary Knights, Mark Gee and Paul Daniels won second place team medals in the boys under 15 event, being just pipped by Norfolk Olympiads. Gary was third (13-07), Mark fourth (13-37) and Paul eighth (14-07). 41 runners competed. The youths race was over two laps (4½ miles) and it was Colin Quadling who was first home for the club in sixth place (26-07) followed William Hill 10th (27-03), Simon McMorran 16th (27-50) and Colind Hood 22nd (31-17). The senior mens race had a field of 60 runners including Eamon Martin from Basildon, a former youth inter-

-national, who led from start to finish with a winning time of 35-25 over the  $6\frac{1}{4}$  mile course. Lowestoft had five runners home in the first dozen. Brian Tate, having his first race for several months after injury, had a marvellous comeback finishing fifth (37-03). He was strongly challenged by Robert Cheverton just two seconds behind (37-05). Paul Gee was in good form for eighth place (37-50), with Gary High 11th (38-17) and John Harbottle 12th (38-53). The seniors A team were second in the team, Ipswich Harriers taking first spot.

At the end of '76, the club now had three Club Coaches and fifteen Assistant Coaches. We now looked forward to '77, a year I would remember for the rest of my life.

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Apart from travelling to cross-country meetings, we also held our own club championships around Normanston Park. Unfortunately, I could not find any press cuttings for these events. However, there was plenty going on in the club. I was now busy organizing a trip to Edinburgh for some of the boys. It would be a athletic holiday, but plenty of spare time to see the sights of this wonderful city. I had managed to contact two clubs, Bellouston and Edinburgh Southern, who had both been very keen to have competition with us. They both asked for a list of names, ages and events the boys were best at, so they could match them with their own athletes. So on a Saturday in early May, myself and ten boys left by train to Edinburgh. I can remember six names of the boys in the party: Colin Hood, Gary Knights, Kevin Gook, Andrew Gennery and Mark and David Gee. We were already booked in a B&B CLOSE to the centre of the city. Wasting no time, we were soon viewing the sights of Edinburgh, just a light training session the evening before the first match against Bellouston. The meeting itself turned out to be a cordial one, our boys holding well in performance against our Scottish opponents. However, on the Thursday we came up against strong opposition in the form of Edinburgh Southern, the top athletic club in Scotland at the time. As expected they put out their best athletes, but this did not deter our lads, who gave their all, far from disgracing themselves. The outstanding performance of the evening as far as we were concerned was Gary Knights just failing to beat the Scottish youth 800m champion by one tenth of a second. The hospitality shown by our hosts after the meeting could not have been more friendly. We sat down to a fine spread of sandwiches and cakes, and as many cups of tea we wanted, which was most appreciated by us all. In all, the week had turned out to be a memorable occasion that would always be remembered for years to come.

Lowestoft Athletic Club was now competing in the leagues, our juniors and seniors in the Norfolk & Suffolk League on the country, juniors competing in the Young Athletes League on the track, and our men and women in the Southern League for track and field. It meant travelling some distances, leaving at 7.am some Saturday's for places like Worthing, Horsham and many others, arriving home sometimes not until 11pm. The seniors were not perturbed by such a long day, always happy to stop at the Watch House pub at Bungay for a well earned pint!



The first Southern Mens League of '77 was held at Gt. Yarmouth in early May. On track there were some excellent performances, the best of which was Paul Gee's 1500m run, finishing second in a club record of 4-22.0. The 800m saw John Neeve win the A stream in the good time of 1.58.8. Gary High also achieved a personal best in the B, winning in 1.59.0. He also produced his best ever high jump, jumping 1m-60cm for third place. In the 5000m Lowestoft gained another two firsts. Brian Tate led the field from start to finish to win in a personal best of 15-16.2, and in the B stream Simon McMorran ran well to win in 16-49.0. The 100m produced good runs from Tony Barnard and David Brady, who both recorded personal bests of 11.8 to finish third(A) and second(B) respectively. Tony also ran in the 200m(B) which he won in 25.0. In the A stream Nick Chumbley recorded 24.1 for second. Keith Garrod was second in the 400m(A) in 54.3, and David Gee second in the B recording 54.5. The best performance of the day in the field was by David Brady with a jump of 12m-02cm in the triple jump. In the 4x400m relay the club showed their strength in depth over the distance. John Neeve gave them the lead on the first leg, and Keith Garrod, Stephen Cleveland and Paul Gee capitalised on this and won by a considerable margin in 3.38.0.

Fifteen-year-old Christopher Dinsdale had now put himself firmly among the top discus throwers in the country for his age group with a throw of 50m-62cm. He was now getting specialised training at Crystal Palace, where he recorded the personal best throw in practice. Chris was getting a reputation throughout the region, and the future was looking bright for the young star.

In early June saw many of our younger members travelling to Norwich for a inter-club meeting. Five clubs including ourselves had been invited by hosts Norfolk Olympiads. Lowestoft had thirteen girls and twenty-four boys competing. Cathy Welsh notched up some good performances. She was first in the long jump with a personal best of 5m-33cm, and first again in the 100m and 200m in times of 13.5 and 27.6 respectively. Marion High also achieved two firsts in these sprints in times of 13.8 and 28.0. Liz Westgate ran a good 100m timed at 13.3 for first place and jumped 4m-37cm to take another first in the long jump. Sally Jeffries had two firsts to her credit in the 200m at 28.9, a personal best, and the long jump at 4m-13cm. Diane Coble ran well in her 100m(B) winning in 13.8. Gillian Farmer gained a good first in the shot with a throw of 8m-26cm, and was second in the discus at 22m-50cm. A well in form Tracey Cleveland won her 800m, recording 2.31.1, and in her

in her younger age group, Julie Grooms took first place in 2.36.3. The girls in the under-17 group relay won for Lowestoft with their team of Farmer, Welsh, Jeffries and High clocking a fast time of 53.3.

There were some notable performances by the boys, too. In the 100m Gary Fewkes(A) and Nick Chumbley(B) both won their event, recording the same time of 12.1. These two athletes also took firsts again in the 200m, Nick 24.2 and Gary 24.6. Nick went on to do a personal best in the 400m, timed at 55.9. 15-year-old Gary Knights also ran a fast 400m to take first place in 56.9. Young STUART McMorran continued to shine over 800m, finishing second in 2.32.0. Tim Bingham in the youths 800m, ran in a time of 2.19.6 for first place in the B, AND Mark Hunter finished third in the 1500m, clocking 5-15.6 Colin Quadling ran true to form to take a well-deserved first placing over the same distance in a time of 4-20.1, as too did Kevin Gook winning the B string in 4.42.0.

In the field events Lowestoft's Chris Dinsdale again proved far superior to his rivals when he claimed two firsts in the discus and shot, throwing 38m-70cm and 15m-01cm respectively. Andrew, Chris's younger brother, kept the flag flying for Lowestoft in the javelin event to take first place at 29m-24cm. Both Tim Bingham and Callen Souter broke personal bests in the youths triple jump, Tim recording 11m-35cm and Callen 10-77cm. Overall Lowestoft finished in third place behind Norfolk Olympiads and Harlow.

Later in June the club travelled to Diss to compete in an inter-club meeting against some ten clubs. A good strong team of boys, youths and seniors did well to finish second in the mens competition. Lowestoft runners took the first three places in the senior mens 1500m, Paul Gee winning in an excellent time of 4-05.8, just pipping John Neeve on the line, who recorded 4-05.9 with Robert Cheverton third in 4-18.9. Richard Strong had a good afternoon comfortably winning both the 400m(A) 52.6 and 800m(A) in 2.07.5. The youths section had an excellent afternoon with ten firsts shared amongst four athletes. Chris Dinsdale won the discus in 42-14cm, and also took the shot in 13-24cm and the hammer with a throw of 26m-02cm. Gary Fewkes was another triple winner, gaining personal bests in the 100m 12.4(B), 200m(B) 26.1 and the high jump at 1m-65cm. In the high jump Craig Dyer won the B with an equal jump of 1m-65cm, and was second in the triple jump at 11m-59cm. The three runners in the boys 1500m all finished close to each other—Shaun Brooks

coming third in 4-54, Mark Harvey fourth, 4-57 and Tonyy Hunter in fifth with a personal best of 4-58. Hunter had a good afternoon, earning a personal best in the high jump, finishing third at 1m-30. In the girls' section a small team of eight did very well to come third in the competition. Cathy Welsh had some good results, the best of which was her first in the long jump, at 5m-30cm. This was not only a personal best, but also an All-England schools qualifying jump. She also was first in the 100m (14.0) and second in the hurdles, recording 13.7. Gillian Farmer jumped well for her first in the junior ladies long jump (A) at 4m-80cm, WHILE Sally Jeffries won the B, AT 4m-06cm. There was success for Julie Grooms competing in the girls' section winning the 200m (A) 30.3 and was fourth in a very large 800m field, her time 2.46.5.

Early July saw the younger members of the club travelling down the A12 to Colchester to compete in the Young Athletes League. This is Lowestoft's first season in this league for the younger athletes and they are meeting new and top-class opposition, which is proving good experience all round, and is bringing out the best in the youngsters. Although Lowestoft only finished in ~~FOURTH~~ position overall, they nevertheless had a good share of the points. First place went to Harringay and Southgate with 402pts, Colchester 366pts, second, Dacorum 314pts, third, Lowestoft 250pts, fourth and Boreham Wood 72pts, fifth. Julie Grooms put in a outstanding performance in the three events she entered. In the 800m Julie was a comfortable winner, outclassing the opposition in the time of 2-42.8, a personal best in the 200m (29.6), then went on to win the long jump with a leap of 3m-80cm. Lynne Chipperfield won her 100m (A) in 14.8, was first in the B stream of the 200m at 30.2, and in the A string of the long jump was second with a leap of 3m-94cm. The 100m B stream was won by Karen Souter, clocking 14.8, which was a personal best. In the 1500m Tracey Cleveland ran a splendid race. She was first in a time of 5.01.0 and this was only one second outside the qualifying time for the All-England standard. There were some good results in the boys' field events when Don Souter and Ian Parker both won the A and B strings in the high jump, recording 1m-65cm and 1m-40cm respectively. Craig Dyer was the victor in the B stream of the long jump at 5m-09cm and also the triple jump at 11m-80cm. Another good performance in the triple was by Andrew Borrett when he jumped 11-33cm for first position. In the track events, once again Nick Chumbley put in a unbeatable run in the 100m, when he clocked 11.9 for first place, and in the 200m he was second at 24.2 and third in the 400m at 57.3.

My own middle-distance group of athletes were now running *AT THEIR* best, mainly due to their hard work and dedication, mostly training five days a week. However, at the end of July I was to receive a personal blow by the sudden death of my father at the age of 70. His health over the last few years had not been good, but he had kept working until he was sixty-eight. I must mention how the club were so supportive to both myself and my mother, which was a great help in the coming months.

Towards the end of August '77 the club held its field events club championships at Barnard's Meadow. Two new events introduced were throwing the rounders ball for girls and and throwing the cricket ball for boys. Here listed are some of the winning performances.

Don Souter:	triple jump,	youths	12m-07cm
David Brady:	" "	, seniors	11m-80cm
Stuart McMorran	long "	, u/13 boys	4m-05cm
Callan Souter	" "	u/15 "	4m-95cm
Nick Chumbley	" "	youths	5m-54cm
Keith Garrod	" "	seniors	6m-05cm
Gillian Farmer	" "	u/17 ladies	5m-07cm
Lynne Chipperfield	" "	u/13 girls	4m-42cm
Keith Garrod	javelin	seniors	36m-71cm
Don Souter	"	youths	37m-12cm
Gillian Farmer	"	u/17 ladies	22m-43cm
Paula Andrews	"	senior "	16m-30cm
Chris Dinsdale	discus	youths	39m-66cm
Gillian Farmer	"	u/17 ladies	21m-50cm
Lesley Farmer	"	sen. "	30m-71cm
David Brady	shot putt	Seniors	9m-03cm
Carol Grimmer	" "	jun. ladies	6m-97cm
Paula Andrews	" "	sen. "	9m-15cm

Our first cross-country programme for '77/'78 began with competition at Ipswich in a big Jubilee Trophy Meeting, with athletes from Norfolk Olympiads, West Suffolk, Ipswich, Thetford, Colchester and Melbourne. There were straight two-mile races for the girls and junior ladies, but for the boys, youths and senior men the racing was in the form of two-mile relays with three or four in a team. The course was through the Chantry Park woods within and the late summer sunshine during the afternoon made conditions rather warm for the athletes as they pounded their way around the park.

The first race of 29 starters was the u/13 girls, which included the All-England u/13 girls champion Laura Silver from the Mel-

-bourn club. It was no surprise she had a comfortable win from our own Maria High, Silver with a time of 12-53 and Mria 13-36. Julie Grooms, our other only competitor in the race, finished a creditable 12th in a time of 15-41. In the u/15 girls Sally Jeffries was the first home for the club in sixth place (13-29), Tracey Cleveland 8th (13-37), Sharon Hunter running her first cross-country race, clocked (16-00) for 25th place and Lyn Knights (17-16) for 26th position. The senior ladies saw Doreve Groves come in fourth place (14-08) and Marion High finishing 10th, timed at (15-07).

The Lowestoft senior mens A team gained third place trophies. Brian Tate was first man away in the relay, and finished well ahead of the rest of the field in a time of 10-31. Gary High was next away and came in third place at 11-24, handing over to third leg runner, John Neeve. John had a good run and pulled back one position, recording 11-16. Paul Gee lost one place on the anchor leg, bringing the A team home in third, Paul recording 10-54.

Stephen Cleveland ran the first leg for the B team, coming in 14th with a time of 12-29. Colin Hood maintained 14th place, his time 13-09. Simon McMorran pulled back a place on the third leg in a very good time of 11-40. Before the race started an injury to our fourth leg runner meant we could not close in a team. To avoid any disappointment to the others I came out of 'retirement' for the day. Despite my lack of training, I surprised myself in recording a 13-56 lap and moving up two positions for the B team to finish in 11th place.

The youths A team won third place trophies when Colin Quadling on the first leg came home in second place recording 11-03. Paul Daniels maintained second position (11-44) and Gary Knights, despite losing second spot, recorded the same time as Colin.

On a very cold December afternoon, it did not deter the enthusiastic members of Lowestoft Athletic Club who turned out to compete in the club's cross-country championships held on the Gunton course. Despite the low temperature, it was a pleasant sunny afternoon and the spectators were soon warmed up by the hot soup and tea provided by our hard working canteen ladies. The first race was the girls u/13's, which was won by Maria High (17-07) from Julie Grooms who took second in a time of (17-14). Nine girls took part. The entry for junior and senior girls was rather disappointing and both races were combined, Christine winning the seniors in 16-46, Marion High won the intermediate ladies in 17-36, while Sally Jeffries, the junior, both her and Marion recording the same time in a close finish.

In the under 13 boys it was Stuart McMorran who was the victor, timed at 15-47, while Kevin Gook in the under 15's ran a terrific race in a time of 14-14 to claim the title. The senior men had about five miles to run, consisting of one small lap and two large on a fairly dry course, just a few sticky patches in places. Brian Tate bided his time before going into the lead at the end of the first big lap, then, in spite of being molested by a couple of dogs en route, he retained his lead to finish first in a time of 27-55. In second place Robert Cheverton ran his usual consistent race timed at 28-20, Colin Quadling came in third(28-42), John Daniels, fourth(28-55), Gary High, fifth(30-10), Paul Gee, sixth(31-10) Dave Barron, seventh(31-32), David Gee, eighth(31-44) and Bill King-aby, ninth(31-58).

The club now had a new club chairman in the form of Ken McMorran, taking over from Fred Farmer who wanted more time to coach his up and coming throwers, which soon was to pay dividends for the future.

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