

'84 began with the senior men competing at Bury St Edmunds in the Suffolk cross-country championships. It was in form Brian Tate who was first home over the 7½-mile course, finishing 7th in a time of 43-15 with John Wright 17th, 46-13, Chris Owens 20th, 46-50, John Daniels, 21st, 47-30, Bill Kingaby, 47-58, 22nd, and Colin Hood, 37th, 52-30. 47 finished.

In the middle of January the club held its annual cross-country meeting at Walmer Road, sponsored by Christian Salversen. Best performance from the host club, in the bitterly cold and windy conditions, came from Darren McMorran, who lives in Halesworth, won the boys' 2½-mile race and tiny LAURRAINE BALDRY won the minor girls' 1½-mile race. Other notable performances were: Glen Platford 3rd in the boys' and Neil Godfrey, 4th. Stuart Calver was 3rd in the colts', Sarah Goldspink 3rd in the senior ladies' and Dale Burden, 6th in the youths'. The senior mens' race over 4½-miles with 44 runners saw Brian Tate and Gary Knights 5th and 6th respectively. Lowestoft A.C won second team awards in six of the seven races.

Lowestoft A.C were hosts on Sunday 5th of February for the Norfolk/Suffolk League. The races were over the familiar and popular Walmer Road course, which was made very heavy by the rain. Overall there were about 300 athletes competing. In very good form this season in the younger age groups are Stewart Calver and Lorraine Baldry, and they were again well placed despite having their second race in two days. Darren McMorran, who won the area schools the previous day, put in a gutsy performance in the boys/youths event and David Cullen, in the u/11 age group, had his best run to date. Seniors Sally Jeffries and Brian Tate both finished seventh, Brian from an entry of over 70, the day's largest over the longest distance of 4½-miles.

A handful of Lowestoft athletes travelled to Cambridge to compete in the Eastern Counties Cross-Country championships. The course adjoined Cambridge United football stadium. Fences and ditches formed part of the course, so the runners found it difficult to find a settled rhythm. There were no winners for Lowestoft on the day, but even so there were good good individual efforts. Darren McMorran, one of the regions top athletes, finished 33rd in the boys' 3-mile event and Stuart Salmon was 72nd.

In the youths' four miles, Dale Burden took 54th place, Derek Adema, still in his first season, was 91st, and club sprint champion Robyn Sustins 97th. Stephen Bradford was the only junior

men's competitor for Lowestoft, finishing 24th of 50 over the six mile course. In the 7½ mile senior men's event, it was Gary Knight's first home in 65th position. Bill Kingaby was 140th and Trevor Hann 183rd.

Medals commemorating 50 years of the championships were given to all race finishers.

At the end of February the women's national cross-country championships were held at Knebworth, near Stevenage with four club ladies competing for Lowestoft. Sarah Goldspink and Helen Morgan were placed 113th and 199th from a field of 350 runners in the inter-mediate ladies' event. Lauraine Baldry was 88th from over 700 starters in the minor girls race with Sally Jeffries 224th from an entry of 700 in the senior ladies' event.

Brian Tate regained his Suffolk 10-mile road race title at Ipswich, despite a bout of stitch. John Wright finished 22nd (N.T.A) and John Daniels, a past winner of the county title, won the second prize for second veteran.

Four Lowestoft girls represented Suffolk at the All-England Schools cross-country championships at Croydon with one extending a unique record in the process. Kirkley High School's Nicola Sutton is the only athlete in Suffolk to run at national level in both cross-country and track and field events in the same season. And this was the fourth year she had done so!

Nicola was champion in her section at the North Suffolk championships, as were Sarah Goldspink, Lauraine Baldry and Jane Hook. Near the end of April Brian Tate knocked two minutes off the course record to win the tough, hilly Bungay Black Dog Marathon. On the day tailored for fast times, he ran a well-judged race, and despite going through a bad patch at 11 miles, reaching halfway in about 73 minutes, he was already clear of the chasing group, which included previous winner Vic Holman. Although the Lowestoft runner began to tire after 22 miles, he came home a clear winner in a time of 2hrs-29-51, 50 seconds ahead of a strongly finishing Nick Rust (Ipswich Harriers) with Roy Young (Havering) third. 180 started the marathon.

In the half-marathon John Wright finished a creditable 10th place. Clubmates Chris Durrant and Nigel Saunders had a duel towards the finish with Durrant edging away from Saunders to secure 15th place. Other club placings: Martin Whitelock, 18th, Brian Harbottle, 22nd, Bill Kingaby, 38th, Phil Cullen, 118th, Andy Warne, 123rd, Derek Riley, 175th, Carl W ALKER, 263rd, Ralph Miles, 319th. 554 started.

Lowestoft athletes fired an early season warning to opposing clubs in the region at Colchester for the first fixture of the Eastern Young Athletes League. Among those with personal bests were Neil Godfrey, 200m(29.2), Dale Burden, 800m(2-09.9), Jamie Miles, 100m(13.1), Paula Sarbutt, 100m(14.4), Joanne Howes, 200m (28.4) and Rachel Tucker, 75m hurdles(15.3).

Those gaining victories were Paul Reeve, long jump(5m-29cm), Roy Clements, discus(34-32cm), Jamie Miles, triple jump(9m-25cm), Tommy Blackett, high jump(1m-35cm), Clare Short, 100m(13.1), Rachel Tucker, long jump(3m-77cm) and Tracy Smith, 1500m(5-53.3).

The optimistic start to the season continued the following week-end at Lakenham, when against most of the clubs in the region, the club took second place in the team event behind Norfolk Olympiads in the opening fixture of the Norfolk/Suffolk League. On a glorious Sunday afternoon the club's top performers were Diane Moore, who won all her three events, the 100m(13.8), the 80m hurdles(13.8), and long jump(4m-35cm), Clare ~~SHORT~~ who won the ladies long jump(4m-80cm) and had a personal best in the 100m(12.8), and Roy Clements who had victories in the discus, (36m-17cm) and shot putt(10m-53cm).

Other winners were: Stuart Calver, 1500m(5-08.3), Dale Burden, 200m (26.0PB), Lauraine Baldry, 800m(2-44.2), Rachel Tucker, long jump (3m-78cm), Sharyn Sarbutt, 800m(2-47.2), Barbara Cook, javelin (33m-32cm), Jayne Wigg, javelin B(17m-38cm), Gary Knights, 1500m (4-08.2) and Steven Crisp, javelin, (31-20cm). A super start for the beginning of a season.

The first fixture in division five of the Southern Mens' League took place at Redhill, Surrey and Lowestoft finished a creditable third in the team event. Birthday boy Nigel Saunders was the busiest athlete of the day, competing in five events. One of them, the pole vault, produced a personal best performance. Alan Saunders, no relation to Nigel, continued to improve in the pole vault, achieved a new personal best height of 2m-55cm to win the 'A' string event.

Team result: Havant 154pts, Redhill 129pts, Lowestoft 108pts, Tonbridge 65pts, Didcot 43pts.

The Suffolk County Track & field championships took place at Ipswich on the 20th May. Five of our athletes winning county titles. Roy Clements, aged 16, became champion at the shot putt, 10m-67cm and discus, 34-68cm. Barbara Cook, aged 15, was expected to dominate the inter/ladies' javelin and her winning throw of 34-84cm was just short of the All-England qualifying distance. Clare Short, aged 14, has been a member of the club for ~~four~~.

years and this was her third success in these championships. Her previous titles were in the long jump, but while settling for third at this event this year, she sprinted to victory in the 100m with a time of 13.1secs.

Dale Burden, aged 16, and a club member for two years, has progressed very quickly. His youths' 800m event had a spectacular finish, with Dale's kick in the home straight giving him victory in 2-07.7, a personal best.

Darren McMorran, aged 14, is in his second season at the club. He was the winner of the boys' 1500m in 4.41.3, going one better than last year.

Early June saw the annual Jubilee Trophy meeting held at Walmer Road. Athletes from Notts A.C AND Sheffield A.C joined others from East Anglia for a mouth watering afternoon of athletics. Early winners for Lowestoft were county champions Roy Clements and Barbara Cook, who both won their two events. Another county winner, Darren McMorran was a convincing in winning the boys' 1500m, gradually opening a lead and crossing the line in 4-41.7. Diane Moore and Loraine Durrant took first and second in the junior ladies' long jump, with distances of 4m-87cm and 4m-77cm. Sisters Dawn and Tracy Smith shrugged off the stiffling heat to record personal best times at a open meeting at Ipswich. With spectators able to bask in sunshine at the inland track, the sisters had to slog all the way to record bests in their sections of the 1500m. Taking the honours for personal bests however, was Paula Sarbutt, who bagged a hat-trick. She was second in the 100m(14.1), third in the 200m(31.7) and fourth in the long jump(4m-48cm).

Two long-serving members, Robert Cheverton and Sally Jeffries, were married on the 16th June. Both are senior club captains and the club wished them all the best for the future.

In a mid-week meeting at Ipswich, Nigel Saunders ran his best time ever in the 3000m steeplechase recording a time of 10-33.6. Jane Hook also recorded a personal best in the inter-ladies' 3000m of 11-14.9, and STUART Calver in the colts' 1500m posted a personal best of 4-52.9.

The latest fixture in Lowestoft's Athletic club's premier senior competition—the Southern Men's League—took place at Gt Yarmouth at the end of June. With Lowestoft under pressure from the Southern AAA's to stage a home fixture, the Wellesley track at Gt Yarmouth was hired by the club for the first time as facilities in Lowestoft for top league competition are **FAR** from adequate.

Only three of the four opposing teams managed to make the journey to Yarmouth, the ESSEX Police team were on picket duty!

The match itself was close, Tendring the winners with 149 points, Lowestoft second, 140pts, Aldershot third, 113pts and Thurrock in fourth place with 78pts. Gary High finished second in the 3000m steeplechase, recording 10-16.0, while David Riley won the high jump with a height of 1m-60cm and was second in the 1500m in a time of 4-37.1. THE discus duo of Keith Garrod and Roy Clements had a winning double in the 'A' and 'B' strings throwing 34m-65cm and 31-34cm respectively. Teenager newcomer David Morgan dipped first to win the 100m 'B' timed at 12.3 seconds.

Spectators packed into Lowestoft Athletics Club's Walmer Road in the Eastern Young Athletes League. The host club opposed teams from Norfolk Olympiads, Bedford, Chelmsford and Cambridge & Coleridge and had many fine achievements.

Lorraine Durrant gained most reward with personal best efforts in all three of her events. She won the long jump, 5m-02cm, and 75m hurdles, 12.1 secs, and was second in the discus, 18m-28cm.

Paula Sarbutt had victories in the 100m, 14.2secs, and the long jump, 4m-47cm.

Best performances for the lads came from Tommy Blackett, who won the triple jump with a personal best of 10m-61cm, and Dale Burden, who led from start to finish to win the 800m in 2-08.1.

The competition result was: Norfolk Olympiads 469½pts, Bedford 431½pts, Chelmsford 361pts, Lowestoft 240pts, Cambridge & Coleridge 150pts.

Lowestoft finished third in the permultimate Southern Mens League meeting at Parliament Hill Fields, north London. A FAIRLY strong squad met team hosts Highgate Harriers, Watford, Braintree and Verlea, and despite exhausting heat, maintained their mid-table position. By far the best event for Lowestoft was the high jump, with Gary High 'A' string and David Riley 'B' string both winning with heights of 1m-70cm and 1m-60m respectively. Richard Algar had a good run in the 1500m with a time of 4-44.0 to finish fourth.

Lowestoft athletes, with just a month of track and field remaining, were busily striving to use the time to improve their performance. At an open meeting at Ipswich, eight athletes from the club took part. Clare Short, Paula and Sharyn Sarbutt, Nigel Outterside and Neil Godfrey, all achieved personal bests. Clare leaped 4m-99cm to win the long jump. Dale Burden's time of 54.8secs in the 400m, followed by 2-04.4 in the 800m were within a whisker of his best.

King's Lynn on a Sunday in early August was the venue for a Norfolk/Suffolk League match. Jane Hook, in particular, was in excellent form with first place in the 800m, timed at 2-34.2 and 400m in 69.4secs. Clare Short and Joanne Howes were in typical winning mood, Clare in the 100m(12.7) and Joanne in the 200m(27.8). Long jump specialist Lorraine Durrant leaped 4m-62cm to claim victory. There were personal bests from Matthew Ellis in the 100m(15.7), Jamie Miles(26.9) 200m, Tommy Blackett(14.0) 80m hurdles, Stephen Bradford(4-30.5) 1500m, Clare Short(26.6) 200m, Sharyn Sarbutt(2-14.1) 800m, Barbara Cook(35-28cm), javelin, Lorraine Durrant(21m-18cm) javelin, Verity Franklin(1-10cm), high jump, Clare Grimble(3.16.5) 800m, Vicky Jones(5.59.7) 1500m.

The final fixture of the Southern Men's League took place at Croydon. Despite the lack of middle-distance athletes, the team put up a stern fight to finish fourth. Dean Morgan was the pick of the team, although finishing fourth in the 200m, recorded an excellent time of 25.7. Other notable performances to mention was Trevor Hann, who gamely ran the 1500m, much too shorter distance to what he was used to. Chris Wells also did well, recording 21.2 secs for the 110m hurdles, 400m hurdles, 70.6secs and jumping 10-54cm in the triple jump. After the final event of the day, captain, Gary Knights received an end of the season ducking in the steeplechase water jump, as did birthday boy Trevor Hann.

On Sunday 5th August the annual trophy meeting staged by Yarmouth A.C produced its high standard of competition. Gold, silver and bronze awards were up for grabs. Gold award winners for the club were Paula Sarbutt and Roy Clements, both in field events, Paula winning the long jump and Ray the discus. Two new members, Dawn Badminton, Julie Wigg did very well. Dawn took second place in the u/11's 80m event and Julie matched her performance in the u/11's long jump. Rachel Tucker won a bronze in the high jump and Paul Reeve took a bronze in the triple jump(11m-80cm) and put in a tremendous improvement in the pole vault with a height of 2m-20cm. Another personal best came from Jamie Miles in the long jump, leaping 5m-01cm. The following week-end was the Lowestoft A.C CARNIVAL four-mile road race which attracted a record field of 100 runners, an increase of 35 on the previous year. Chelmsford have always provided a strong team for this event, but this year they were stronger than ever, taking first three places and consequently the team awards. Lowestoft's top trio of Gary High, 11th, Robert Cheverton, 13th and Gary Knights, 15th gained third team prize. Sally CHEVERTON(knee Jeffries) claimed third prize in the ladies group.

The final fixture of the Norfolk/Suffolk League took place at Ipswich at the end of August. Among this year's newcomers are David Morgan, Vicky Jones and Susannah Dakin and they all produced personal bests at the meeting. Morgan, whose sprinting ability is a good aid to his long jump, achieving 5m-05cm. Vicky Jones recorded 5-53.6 for the 1500m and Susannah Dakin 15.4 in the 100m.

Victories came from more experienced members—Paula Sarbutt, Diane Moore, Joanne Howes and Clare Short. Such was the turnout of the club's athletes that six relay teams were assembled. The junior ladies' relay team did a personal best 54.8secs for the 4x100m relay.

The following Sunday Lowestoft hosted a Eastern Young Athletes fixture at Walmer Road. Marvellous support by the home athletes led to an overall second place for Lowestoft behind winners Kettering. There were a trio of wins for Diane Moore, Loraine Durrant and Paula Sarbutt. Other winners amongst the girls were Susannah Dakin, Dawn Badminton, Joanne Howes, Sharyn Sarbutt, Hazel Stephens, Tracy Smith, Rachel Calver, Loraine Baldry and Clare Short. In the boys' events Alistair Moore recorded a personal best of 16.3secs in the 80m hurdles. THERE were wins for Matthew Jiggins, Dale Burden, Jamie Miles, Jason Moore, Tommy Blackett, Daniel Rushmer and Kwasi Kyreme.

The last home fixture of the season was the George Herring Trophy meeting representing clubs from Ipswich, Gt Yarmouth, Colchester, West Suffolk and Lowestoft entailing some 150 athletes in ATTEN-
-dance. Best performance on the day came from Sarah Goldspink winning and gaining a personal best of 28.6secs in the 200m and also won the 400m in 66.3secs. Clare Short had a good day CLAIM-
-ing three firsts in the 100m, 200m and long jump. Pamela Moore clocked 13.3secs for first place in the 100m, a personal best in the 200m of 28.6secs, and another best in the high jump of 1m-30cm. James Blyth ran a personal best in the boys' 200m, winning in 30.3secs and Mark Harvey was first in the 100m timed at 14.9secs. Senior Gary knights ran a good 1500m to win in 4-18.9 and Robin Sustins was second in the 100m clocking a fast time of 11.5secs.

The last track & field meeting of the season took place at Colchester Garrison for Colchester's annual trophy meeting. Lowestoft, although not strongly represented, bagged 14 medals, a considerable achievement as 34 clubs were competing from all over the country. Eight of our medals won were attained by the two relay squads assembled. Both minor girls' and junior ladies'

claimed bronze medals for third place. Personal bests were achieved by Sharyn Sarbutt(2), Matthew Ellis(2), and Steven Crisp and Troy Freeman one each.

Lowestoft's cross-country season for the autumn and winter got under way with a small group of club members travelling to Ipswich for a Norfolk/Suffolk League meeting. Tracy Smith got off to a fine start, coming home in 13th place in the minor girls' /junior ladies' out of a field of 63 runners. In the boys' /youths race, it was Darren McMorran who continued his good form to finish 16th, while David Riley came 45th from a field of nearly a hundred in the junior/senior mens' race.

At the AGM of '84 the matter of fun runs was brought up by myself as chairman and coach. Although popular, some fun runs were getting as long as ten miles in distance. Too long for our young athletes. I agreed they were a tremendous boost to charities, but for medical reasons, youngsters under the age of 11 would not under AAA's rules be permitted to run some of the distances involved.

There was one other gloomy point as members reflected on the club year—the loss of their cross-country course on the old golf course site for building development. However, cross-country secretary Phil Cullen was hopeful that a new course could be found.

Treasurer Ian Quested stood down after six years in office, to be replaced by long serving member Sally Cheverton. Catering secretary Olive Read also announced she would not be standing for another term.

Officers elected for 1984/5: President, Ken McMorran, chairman, Brian Boardley, secretary, Barbara High, membership sec., Pat Jeffries, track sec., Brian Boardley, cross-country sec., Phil Cullen, trophy sec., Pat Sarbutt, publicity sec., Bill Kingaby, AAA rep., Mary James, team managers, Pat Sarbutt & Peter KNIGHTS, CATERING sec., vacant, club captains, Gary Knights, Tracy Cleveland, Colin Hood, Sarah Goldspink and Jane Hook.

A number of Lowestoft members made the trip to Ampthill in November. Robert Cheverton took on a field of over 300, taking 30th place (30-26) for the 5½ mile course. Halesworth lad, Lowestoft's under-15 star, Darran McMorran, took 17th place in the two miles boys' race out of 200. Stuart Calver gave a typical gutsy performance to finish 91st and newcomer Warren Birch did well in finishing 149th.

Other results: Sally Cheverton, 54th, senior ladies', Dale Burden, 47th, youths, Lorraine Baldry, 29th, Sharyn Sarbutt, 109th, both in the junior ladies', Tracy Smith, 45th, Vicky Jones, 111th, Rachel Calver, 155th. Matthew Brown, 182nd and David Elvin, 204th, were

Lowestoft's representatives in the colts' 1½ mile event, which 250 had entered. Gary and Caren Elvin, both tackling cross-country in the under-11 age group, were placed 171st and 108th in their respective races over a distance of one mile.

Bury St Edmunds was the venue for the Norfolk/Suffolk League in the middle part of November. Facing a field of 47 starters in the junior ladies', Lauraine Baldry battled bravely to finish in third position over the two mile course. In the combined boys'/youths' three mile event, Darren McMorran showed a determined spirit by staying close behind the leaders, many of whom were more experienced, he finished 11th out of the 50 starters. New member Daniel Rushmere showed promise in being the club's first athlete home for the colts in 8th place.

A report in the Lowestoft Journal of the 23rd of November highlighted the club's lack of facilities. The club feared a chronic lack of facilities could force more of the town's top youngsters to look further afield for training and competition-or could even threaten home league matches at Walmer Road. Myself as chairman and Bill Bullock had been urging the council for sometime for improvements to Walmer Road. Brian Solomam, amenities officer for Waveney, had all his sympathy with the club, but he said a all-weather tartan track would cost ½million pounds, money the council could not afford. However, he did confirm that a £9000 improvements grant were in the 1985-86 draft budget, but we would have to wait until April 1st next year for approval. The grant would be spent on new cinder run-ups for javelin and high jump aimed at reducing the risk of injuries.

Norwich City footballer Paul Haylock and his wife, Diane, were guests of honour when the town's athletes picked up their annual awards at Roman Hill Middle School. The Canary defender and former Kirkley High School lad presented prizes to Lowestoft A.C members and then answered a wide range of questions from the audience. Keith Garrod won the club's personality dedication award, while Darren McMorran and Tracy Smith were named junior sportsman and sportswoman of the year. In all there were 86 presentations. Just to mention that Paul Haylock was a member of Lowestoft A.C FOR a short time before turning to football for a career.

It was with some regret that through a difference of opinion, Fred Farmer, the club's head throwing coach, he and his family decided to go ahead and form a club of their own, which would be known as Waveney A.C.

The final meeting of the year was the Suffolk cross-country held at Chantry Park, Ipswich, for under 17 age groups. On a dull

and drizzly day, Darren McMorran was the club's top performer, winning his first county title on the country, timed at 17-40 for the 3 mile course. Another up and coming athlete, Daniel Rushmere, had a fine run in the colts' to finish third, clocking 12-45 for the $1\frac{3}{4}$ mile course. Lauraine Baldry also came third in the junior ladies' over the same distance, her time, 12-46. Finally, Tracy Smith took on 30 rivals in the girls' $1\frac{1}{2}$ miles race to finish in fourth spot.

Other results: Boys, Stuart Calver, 7th, Paul Salmon, 19th, COLTS, Matthew Jiggins, 25th, David Cullen, 40th, Matthew Brown, 43RD, David Elvin, 55th, junior ladies, Sharyn Sarbutt, 10th, girls, Vicky Jones, 9th, Rachel Calver, 19th, Caren Elvin, 25th, youths, Dale Burden, 7th.

So another year had gone by, a very successful one i must say, all due to the athletes and coaches hard work.

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