

The beginning of '85 did not get off to a good start. Due mainly to bad weather conditions of snow and ice. Because of this, our senior men wisely decided not to travel to Long Melford for the Suffolk cross-country championships.

The next cross-country for senior men was at King's Lynn hosted by West Norfolk A.C. John Wright was first home for the club in 14th place followed by newcomer Graham Blowers who finished 15th. Richard Algar, 27th, Trevor Hann, 41st and Phil Cullen, 56th, completed the Lowestoft team.

Notable performances amongst the juniors were: David Cullen, 7th and Matthew Brown, 9th in the colts, Lorraine Baldry, 4th, in the junior ladies, Darren McMorran, 4th in the youths and Tracy Smith, 7th in the minor girls.

We then received good news from Waveney & District Council that the run-ups at Walmer Road would be put down this year, not as we thought in 1986. There was also further exciting news for the club when we were told that the council had found some more money in the 'pot' and the run-ups would be all-weather.

Added to that we now had a new cross-country course based on the Dene's. We hoped the last Norfolk/Suffolk League could be held there, but unfortunately due to heavy snow drifts, it was held at Ipswich.

The day before the Norfolk/Suffolk meeting five of our senior men and one youth travelled to Milton Keynes to compete in the English National Championships. In a field of 2000, Trevor Hann was first man home for Lowestoft in 1592nd place, Bill Kingaby, 1619th, Phil Cullen, 1728th, Graham Blowers, 1738th, and Colin Hood, 1786th. Dale Burden running in the youths race finished 496th out of a field of 700.

The winter of 84/85 had been severe, enough to cancel many meetings, so competition had been very limited. However, it did not interrupt the last Norfolk/Suffolk League at Chantry Park, Ipswich. A dozen enthusiastic put up gritty performances. Lorraine Baldry, as expected, put in another top showing finishing second in the girls/junior ladies race, while Robert Cheverton's fourth out of a field of 55 in the senior mens, the days largest field, was a good achievement.

On the 29th of March the headlines in the Lowestoft Journal read: 'ATHLETES GO OUT OF TOWN'. It was down to a meeting with Gt Yarmouth & District A.C to discuss a possible amalgamation. At first this idea seemed a good move. They had far better

facilities than ourselves. Good throwing areas and a cinder track far superior to our own facilities. However, delving into the good and bad points, we found the latter ~~OUTNUMBERED~~ the good ones, and when it came to the vote, it was turned down by a fair majority of the membership.

The start of the track season a pre-season meeting at Ipswich gave our athletes an early opportunity to assess their current fitness. Showing early promise with an emphatic victory was Lorraine Baldry in recording a time of 5-16.6 in the junior ladies 1500m. Clare Short's first win of the new season was in the inter-ladies long jump with a leap of 5m-10cm, while Jamie Miles gave a good account of himself winning the boys' long jump in 5m-25cm. Others obtaining personal bests were: Rachel Calver, girls 1500m(5-56.9), Dale Burden, senior mens' 400m(54.2) and Tracy Smith in the junior ladies high jump(1m-25cm).

Athletes shivered their way through the first Norfolk/Suffolk League meeting held at Colchester on the 21st of April, more reminiscent of the cross-country season. Teams competing against us were: Colchester, Tendring, Chelmsford, Braintree, Thetford and Sudbury. In the boys' 200m, Mark Harvey ran a personal best of 29.8. Darren McMorran was first in the boys' 1500m with a personal best of 4-28.5 and Warren Birch sixth also a personal best of 4-43.6. In the girls' Dawn Badminton took first place in the 100m, 14.6, Caren Elvin first in the long jump, 3m-92cm, a personal best and Trudie Millet also with a leap of 1m-20cm for the high jump. On the same Sunday, committee member and competitor Phil Cullen took part in the London Marathon, completing the course in a time of 3hrs-53mins.

In the middle of May eight seniors travelled to Colchester for the first fixture of the season in the Southern Mens League against hosts, Colchester, Braintree, Havering and Watford. Alan Saunders had a typically busy afternoon competing in six events, one of them producing the only victory of the day in the pole vault. Chris Dell leaped 4m-89cm in the long jump, Roy Clements with a personal best in the hammer, throwing 19-72cm, while Dale Burden was placed second in the 400m, clocking 54.9secs and third in the 800m, 2-06.4. David Riley ran the 200m and 800m in 26.9secs and 2-10.4 respectively. Keith Garrod threw the javelin 36m-72cm and finished fourth in the 100m.

Lowestoft Athletic Club maintained its fine record producing winning performances at the Suffolk Track & Field Championships at Ipswich. Claire Short claimed yet another county title by winning the 100m sprint in 13.0secs, while Jamie Miles won his

first county title in the boys' long jump, 5m-53cm. There were many runners-up, as follows: Darran McMorran, Youths 1500m, 4-28.8, Dale Burden, Junior Mens 800m, 2.18.4, John Alexander, Senior Men 800m, 2-08.0, Joanne Howes, Girls 100m, 14.0secs, 200m, 28.5secs and Tracy Smith, Girls 800m, 2-37.6.

On the 2nd of June it was our turn to host the Birds Eye Jubilee Trophy meeting, The weather could not have been better with glorious sunshine, Once again many Lowestoft athletes won trophies and medals in spite of opposition from clubs including Ipswich Harriers, Gt Yarmouth, Diss, Thetford and Norfolk Olympiads. Trophy winners were: Liz Saunders, 100m Minor Girls, 14.3secs, Paula Sarbutt 100m Junior Ladies, 13.9secs, Claire Short long jump, 4m-90cm and 200m, 28.3secs, Gary Elvin Colts long jump, 4m-50cm, Jamie Miles Boys long jump, 5m-13cm.

A group of athletes from the club took part in the Suffolk Schools Athletic Association sports day at Ipswich. Discus and shot putt specialist Roy Clements won his two events, the senior boys' discus 35-04cm and shot putt, 10m-42cm. Darran McMorran clocked another personal best in the inter-boys' 1500m with a winning time of 4-28.0. *SPRINT* stars Joanne Howes and Clare Short were victors also, Joanne in the Junior girls 200m (27.3) and Clare clocking 13.0secs for the 100m, both being selected to compete in the inter-counties championships. Other notable performances were from Matthew McKinley in the Inter-Boys 800m, recording 2-17.1, a personal best, while Diane Moore won the Junior Ladies long jump with a leap of 4m-60cm.

The end of June saw the club hosting a Eastern Young Athletes League meeting at Walmer Road. Teams competing were Milton Keynes, Colchester, Tendring, Braintree and ourselves. Lara Evans, showing great determination and confidence, running from the front from the start and crossed the line first winning the 1500m in a time of 5-24.0. Further success came to Louise Snook and Lorraine Durrant, Louise winning the 800m in 2-37.9 and Lorraine in the long jump in 4m-71cm. Lisa Saunders had a fine afternoon winning the 100m (14.1) and 200m (29.5).

In the Boys events, both Kyreme brothers gave good indication of their ability, Kwasi winning the 80m hurdles (16.3) and Kojo the 100m (15.7). Jamie Miles going from strength to strength, won the 200m in 25.6secs and the long jump with a leap of 5m-30cm. There were personal bests for Matthew Ellis in the long jump (4m-27cm) and Warren Birch the 400m (62.2).

The next Southern Mens League took place at Haringay Sports Centre, one of the numerous all-weather tracks springing up

throughout London. We were up against North London, Bournemouth, Thurrock and Salisbury. Three athletes gained maximum points in their event. Nigel Saunders won the B string pole vault with a personal best of 2m-20cm. Chris Wells outjumped and outsprinted his longer-legged adversaries in the 110m hurdles in a time of 20.8secs. New member, John Alexander, formerly of Diss A.C, was first in the 1500m B in 4-17.8. In the team event Lowestoft finished a creditable third behind North London and Bournemouth. The middle of July saw Lowestoft Athletic Club's track and field stars produce one of their best displays in recent seasons. They won as many as a third of the events in the Eastern Young Athletes League held at Great Yarmouth. Clare Short won all three events she entered, with Dawn Badminton, Paula Sarbutt and Jamie Miles winning two each. Six athletes managed one victory each, Warren Birch, Julian Easter, Peter Salmon, Julian Gooch, Darran McMorran and Lorraine Durrant.

A fortnight later the club went to King's Lynn for another Norfolk/Suffolk League match, but the dull, wet weather caused the many cancellations of many events on the rain soaked grass track and field areas. The eight clubs were hosts, West Norfolk, Ipswich, Norfolk Olympiads, Wisbech, March, Norwich & Norfolk, West Suffolk and ourselves. Matthew Harvey had an unforgettable afternoon with victories in the 100m(14.7), 200m(31.0) and long jump(4m-30cm). Senior man John Alexander won the 1500m in a time of 4-15.2, while Darrell Sutch took first place in the Boys A string long jump and Julian Gooch won the B to complete a club double. Among the girls regular competitors Dawn Badminton, Natasha Elmstrom and Caren Elvin gave a good account of themselves by taking first places in long jump and sprint events.

The perultimate fixture of the Southern Mens League took place at Chelmsford on August 3rd. Lowestoft faced East Kent, Fleet, Chelmsford and Tonbridge and trailed behind in fifth place for most of the meeting. However, Lowestoft doggedly gained points ~~the~~ through all the events and were level with Tonbridge until the final result, the discus, was declared. Good, powerful throws by Keith Garrod and Alan Saunders secured fourth position. Fourteen-year-old twins Warren and Russell Birch getting an early test of senior competition, both ran separate A and B races in the 800 metres and achieved identical times of 2-16.4, both finishing fifth!

On the 11th August many runners faced the dreadful weather for the annual Carnival road race. The winner over the four-mile course was John Rix of Norfolk Olympads but the first team

prize went to Lowestoft A.C led by Robert Cheverton, 5th, Gary High, 7th and John Wright, 8th. John also won the veteran prize. The Southern Mens League team took the long trip to Bromley, Kent on the 17th August to compete against Cambridge Harriers, Swindon, Haywards Heath and Surrey Beagles. A gallant team effort gave Lowestoft third place from the five competing clubs. There were quite a few personal bests by our athletes. Neil Godfrey in the 400m hurdles, 68.0, Chris Dell, 12.4 for the 100m and Robert Cheverton, more familiar on the track, with a hefty throw of 16-48cm in the hammer. Notable high placings were achieved by Gary Knights, second in the 5000m and the triple jump. John Alexander was second in the 800m, Nigel Saunders second in the 110m hurdles and Keith Garrod again second in the javelin. Also in the team were Colin Hood, Dale Burden, Sean Waters, Bill Kingaby and Alan Saunders.

On the Sunday the youngsters journeyed to Welwyn Garden City for the final Eastern Young Athletes League fixture. Best performances were by Daniel Rushmere who won the Colts 800m race in 2-30.0. Kwasi Kyreme was also a victor at 800m, 2-41.3 in the Boys event, a personal best. Julian Easter, a fine hurdler, won the boys event in 16.5secs, while Peter Salmon and Stuart Calver completed the double in the Boys 1500m, Stuart first in the A, 4.57.0 and Peter, 5-05.0 in the B. Lisa Saunders had a hurdles victory in 13.7secs, Lorraine Durrant, a winning leap of 4m-75cm in the long jump and Clare Short, one of the club's best sprinters, a time of 13.2secs for victory in the 100m.

Track and field meetings at Colchester and Walmer Road, Lowestoft brought to a close Lowestoft A.C's summer fixtures. The club's younger members were involved in all three meetings with the Invitation races at Colchester being a select meeting of Minor Girls and Colts ~~with~~ Lowestoft having qualified for the League final at these age groups. Eight clubs contested the final with Lowestoft girls fifth (58pts) and the colts fourth (65pts). Lisa Saunders was the highest placed girl with Gary Elvin producing a string of personal bests to encourage him at the start of next season.

The next day members again travelled to Colchester for their annual trophy meeting. Again Lisa Saunders showed her winning ability by beating the opposition in the shot putt with a throw of 6m-98cm. Senior man Colin Hood ran a fine 3000m, clocking 9-40.0. There were very many other performances that day, too numerous to mention them all.

The previous week-end we had held our annual George Herring

Trophy meeting at Walmer Road. For the third year running Ipswich produced the strongest squad to retain the trophy. There were, however, the expected quota of Lowestoft winners in various age groups. These were as follows; Caren Elvin, Dawn Badminton, Lisa Saunders, Lorraine Durrant, Clare Short, Kojo Kyreme, Matthew Harvey Martin Ling and Jamie Miles. Included in the meeting was a 1500m for Iranian students studying in Lowestoft.

The winter season began with a road race meeting at Haverhill organised by West Suffolk A.C. Over a 1½ mile course in the Minor Girls, Caroline McArthur finished 9th, ably backed by Caren Elvin, 10th, Melanie Easter, 12th and Clare Grimble, 13th. Tracy Smith made a respectable start to winter competition finishing 8th in the Junior Ladies race. The Inter-Ladies saw Louise Snook and Trudie Miller came 4th and 10th respectively. From a field of 30, Julian Easter was 16th, while David Elvin took 23rd place. Darran McMorran maintained his recent good form with fourth place and newcomer Russell Birch finished a creditable 13th position in the youths' event. The two Lowestoft members, Gary High and Colin Hood in the senior mens' race, finished 13th and 34th respectively out of a field of 60 runners.

Hardwick Heath, Bury St Edmunds was the venue for the first Norfolk/Suffolk League cross-country. On a glorious, sunny afternoon became the setting for a show of strength and stamina by club pacesetter Darran McMorran, who dominated the youths/boys' event throughout the 3 mile course, winning the race by 100 yards. Other results: U/11 boys, Gavin Crisp, 12th, Jason Adams, 26th, Colts, Daniel Rushmere, 8th, Gary Elvin, 44th, Minor girls/junior ladies, Tracy Smith, 12th, Caren Elvin, 28th, Caroline McArthur, 29th, Michele Easter, 41st, Clare Grimble, 42nd, Junior/senior men, Colin Charlton, 16th, Dale Burden, 39th, Colin Hood, 40th and Bill Kingaby, 52nd.

On Sunday 13th October Lowestoft completed a double at the annual Bungay Black Dog road races over 4 miles and 7½ miles. Gary High decided on the shorter course and dominated the race from start to finish 20 seconds ahead of fellow clubmate Steve Meen, while John Alexander made it a straight 1-2-3 for the Lowestoft club. Brian Tate took on the 7½ miles race and came home a comfortable winner. Running well in this race were John Wright and Christophe Durrant in third and fourth respectively with Paul Silom and Ted Mynott eighth and ninth. It was indeed a good days work for the lowestoft club.

At the '85 A.G.M I was once again re-elected as club chairman and my first task was to send out a plea to all members to look

ahead and settle down to the real work of athletics following the earlier decision by members not to amalgamate with Great Yarmouth. I hoped that the main objective for the future would be to acquire adequate facilities for track and field could be resumed.

The final league tables of track and field had been received with mixed fortunes. In the Norfolk/Suffolk LEAGUE we finished fifth out of fifteen clubs, while in the Eastern Young Athletes League we were 21st out of 25. It wasn't a particular good season for the Southern Mens League where we finished in the bottom five, consequently being relegated to division six, our lowest drop since joining the league.

Early November saw Bedford A.C staging their annual races over a hilly, demanding course. Jane Hook, absent from competition for many months, returned to good form in the inter/senior ladies 2½ mile race to place herself 15th, while Louise Snook finished a creditable 38th out of a field of over a hundred. The junior ladies saw Tracy Smith placed 56th out of a large entry of 190 runners. Four members competed in the minor girls 1½ miles race, Caroline McAthur, 39th, Caren Elvin, 67th, Michele Easter, 104th and Claire Grimble, 148th, all worthy efforts.

Daniel Rushmere competing in the colts race over 1½ miles, gave a typically strong performance in 30th place, Gavin Crisp, 152nd, Jamie Thomas, 181st and Gary Elvin, 184th, acquitted themselves admirably over the exacting course. Best placed for Lowestoft in the 2½ miles Boys race was Julian Easter, 100th, supported by Karl Norman, 132nd, David Elvin, 142nd and Matthew Brown, 144th, from a field of 200.

The day's largest field of 250 assembled for the junior/senior mens 5½ miles event. Colin Charlton, who joined in the summer after living in Australia, and Dale Burden were both very well placed, finishing 51st and 87th respectively.

The 17th November saw us put on the first cross-country races on the North Denes. All runners had to master a sharp climb off the denes leading up Gunton Cliff before returning down and heading across Links Road to the woods and dunes before turning back towards the finish by the Dene's Oval. Changing and refreshments were situated at the Dene's Oval. Athletes from Norfolk and Suffolk clubs were in good attendance. Lowestoft could not have wished for a more encouraging start as Caroline McAthur head 24 runners home in the minor girls race, the first event of the afternoon. She was the sole winner representing the host club. In the same event Caren Elvin was

placed 8th, Michele Easter, 15th, and Claire Grimble, 21st. Tracey Smith was placed 6th in the junior ladies, while Darren McMorran and Jenster Bahne, a German student studying in Lowestoft, were 3rd and 5th respectively. Another good performance was by Daniel Rushmere finishing 4th in the colts race, while David Cullen showed improved form in 13th, John Pickess, 16th, Gavin Crisp, 17th and Gary Elvin, 23rd. Trudie Miller and Louise Snook were placed 10th and 12th. In the final two races, the junior/senior mens and boys events, there was an extraordinary coincidence as two runners both named Nigel Allison won both races. They were, however, from different clubs, Norfolk Olympiads and Ipswich Harriers. First home for Lowestoft in the boys event was Peter Salmon, 4th, Julian Easter, 6th and David Elvin, 12th. The senior mens race saw Gary High, 6th, Gary Knights, 11th, Dale Burden, 14th, Nigel Saunders, 15th and Colin Hood, 21st. After the meeting there was much praise from other clubs about the new course.

At the end of November eleven club athletes travelled to South-end for the Kodak Road Races. Once again Darren McMorran put in a good performance in the colts/boys event, placed 6th out of 160 entries. In the same race Julian Easter was 52nd, with brothers David and Gary Elvin taking 102nd and 129th respectively. The minor girls/junior ladies brought a good run from Tracey Smith who finished 15th, Caroline McArthur, 21st, Caren Elvin, 30th, Michele Easter, 40th and Claire Grimble, 41st from a entry of 120. In the senior mens race there was a huge entry of two thousand competitors, our representatives Gary High and Colin Hood came home in 78th and 201st respectively.

Norwich City football stars, Tony Spearing and Steve Bruce presented over 100 trophies at the annual presentations of Lowestoft Athletic Club held at Walmer Road at the latter part of November. The two footballing celebrities also answered numerous questions, signed autographs and posed for photographs. Tracey Cleveland was presented with Senior Athlete of the Year, Joanna Howes, Junior Sportswoman and Gary Elvin, Junior Sportsman.

In their annual balloon run, members of Lowestoft A.C brightened shoppers' Saturday morning when they made their colourful way through the pedestrian precinct handing out 150 balloons to youngsters.

"No particular reason-we don't need new members or anything", laughed publicity officer Bill Kingaby, "Its just our seasonal gesture of goodwill!"

Back in September members of the club ran a sponsor run in aid of the Scanner Appeal. A cheque was handed over to Dr. Ann Brown for £208 just before Christmas.

The 14th December saw Lowestoft athletes go to Chantry Park, Ipswich, for the Suffolk County cross-country championships. Darran McMorran was once again star of the show with a convincing win in the youths event and was selected for the intercounties at Leicester next month. Best team performance came in the minor girls race, where, from a field of 25, Lowestoft's three entrants were highly placed. Caren Elvin, with easily her best run of the season, finished in third place, beating clubmate Caroline McArthur into fourth place, while Michelle Easter in ninth made sure Lowestoft took first place in the team event. All three girls were selected for the Suffolk team in the Womens' inter-counties taking place at Bexley, Kent in January. Also selected was Tracey Smith who finished fourth in the junior ladies.

From a good field of thirty runners in the colts race, Daniel Rushmere ran true to form to take fifth position along with Mark Waller, 20th, Gary Elvin, 25th and Jamie Thomas, 26th. Similarly, the club's boys took medals for third team with David Duffy, 9th, Julian Easter, 11th and Peter Salmon, 12th.

A week before Christmas the club held its annual Christmas handi-cap open to athletes, coaches and committee members, mostly in fancy dress. The race was over 1½ miles of mud, deep puddles ideal to give everybody a good soaking. It was all good fun and was followed by a party in the clubhouse.

Summing up '85, I thought it had been a good year for the club, but there were a small number of members not happy not joining forces with Gt Yarmouth.

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