

THE Denes Oval was the setting for Lowestoft's home Norfolk/Suffolk League at the end of January '87. Kojo Kyreme was the best placed in the Colts race, finishing third, while Simon Cook ran well to claim sixth spot. In the Minor Girls/Junior Ladies event, Tracy Smith led the home club runners in 15th place, Caroline McArthur next in 20th and Caren Elvin in 31st. Lowestoft's Senior Ladies were represented by Tracy Cleveland in 17th position. After a tussle with Philip Marsh (Norfolk Olympiads), Darran McMorran had to settle for 2nd place in the Boys/Youths race, with Karl Norman 22nd and Jonathan Lincoln in 26th. The Senior Mens race had 78 entries. Brian Tate was 7th and Nigel Saunders 28th.

In February Lowestoft A.C.'s members took part in the National Cross-Country Championships held at the Stopsley Park and Sports Centre, Luton, on a course ideally suited for fast running. From a field of more than a thousand, Darran McMorran produced another memorable run for 74th position. Lowestoft A.C did create its own piece of history by fielding and completing a full team in the Senior Mens 9-mile event for the first time. Lowestoft, who have never had a member pull out, had seven seniors, of which six scored for a team placing.

Club positions: John Barry, 995th; Steve Meen, 1125th; Paul Silom, 1660th; Trevor Hann, 1676th; Richard Simpson, 1822nd; Colin Hood, 1916th and Bill Kingaby, 1962nd.

Over two and a half thousand runners started.

March saw Lowestoft Athletic Club take a team to Ipswich for their annual 10-mile road race which incorporated the Suffolk and this year's Eastern Counties Championships. Paul Evans sat off in front and very soon a leading pack of four was formed comprising last year's first and second, another leading runner and Paul. Meanwhile veteran runner Brian Tate was working his way through the field. The battle for the lead continued for the whole race until on the last bend Bob Payne jumped the other three and gained 20 metres. However, Paul fought back like a tiger and won the race by three seconds.

Other club placings: Brian Tate, 8th and first veteran; Steve Meen, 23rd; Nigel Saunders, 30th and Paul Silom, 45th.

In-form Lowestoft Athletic Club scored another convincing win at the Diss Half-marathon. Brian Tate took advantage of the flat terrain and an early tailwind to win in 67-39. Steve Meen and Roger Mawer had their own battle, Steve finishing second (70-21) and

Roger closely behind in third(70-29) to complete a 1-2-3 from a field of over 100 competitors.

Members of the club were given an early taste of the track season when they travelled to Ipswich for an open meeting. Among those to shine was 11-year-old Simon Cook who raced to a splendid second place in the Colts 1500m and Kojo Kyreme, the Journal's Sports personality of the month, who won the Colts 800m. Lisa Saunders was a winner in the hurdles. There were second placings for Tracy Smith, Gavin Crisp, John Barry and Gavin Baldry.

Senior club road runners took part in the Breckland 10-mile road race held in Thetford. The field of over 300 entries included junior international Darren Mead, the home town boy, who won last year. Lowestoft's star road racer Paul Evans was running to a carefully laid plan to keep with pre-race favourite Mead. This had to change at six miles when Gregory Booth of Norfolk Gazelles took up the pace. Paul answered the challenge and ran shoulder to shoulder until 50 metres from the finish when he kicked and won by three seconds in a time of 50-11.

The first Eastern Young Athletes League took a trip along the A12 to Chelmsford. Contested between four clubs, Lowestoft, Stevenage, Decorum (Watford) and hosts Chelmsford, it was a particularly good day for our Colts who were victorious in every event they entered except one. In the Boys 1500m there was an exciting finish between Dale Henwood and Daniel Rushmere, both given a dead-heat with the same time of 4-54.1. Kojo Kyreme, Jon Pickess, Gavin Crisp and Simon Cook were all winners for the Colts. They also continued to produce another victory in the 4x100m relay. For the girls the only victors were Caroline McArthur and Lisa Saunders but there were an abundance of second placings.

Lowestoft road runners were not represented in the full Bungay Black Dog Marathon but had a good turnout in the half distance. Paul Evans, with only one of these races to his credit, went immediately into the lead. He got stuck in so fast, he killed off all the opposition after two miles, breaking the course record by 2 minutes-18secs in a fast time of 66-11. This puts Paul in to the top ten half-marathon runners in Britain.

Other positions: 7th, Roger Mawar (1st Vet) 75-32, 9th, Steve Meen, 76-23, 17th, Paul Silom, 78-37, 21st, Ken Baker, 79-00, 22nd John Wright, 79-31, 32nd, Barry Norman, 80-58, 41st, David Drew, 82-48, 53rd, Ted Mynott, 84-00, 157th, Stuart Hopkins, 92-09.

The only sad note was Richard Simpson collapsing after going so well. He was hospitalised overnight but has now made a full re-

-covery.

Colchester was the venue for the East Anglian League (formerly the Norfolk/Suffolk League) at the end of April. The club finished a creditable third position overall from the six clubs competing. The star of the day was new member Russell Mayers, who won both the Boys 200m (26.9) and 400m (58.0), very fast for his age group. Gavin Baldry ran a personal best in the Boys 1500m (5-29.8). Most successful girls were Diane Wilson winning the shot putt A IN 4m-61cm and Gina Pickess the B in 4m-25cm.

It was not just athletics where the club shone. I received a telephone call at work one morning in early June. The caller said he was ringing on behalf of Peter Greenaway, who he said was a well known film director and he needed help from the club. At first I thought it might be a wind-up but he assured me it was genuine and confirmed his name as Sacha Vierny, co-director, and they were about to make a film in the Southwold area.

'We need a few runners as extras. Any who come will be well looked after', he assured me.

Confident everything was in order, I told him I would talk to the senior members that evening to see who would be interested. Sacha said he would ring me the following morning to see how I got on. Putting this to the seniors that evening at Walmer Road, I found many really keen on taking part and I had a list of about a dozen volunteers. Sacha, as promised, rang me back the following morning where I gave him the names on the list. He then proceeded to give me a rundown about the film. The title was 'Drowning by Numbers', a Film Four production, starring Bernard Hill, Joan Plowright, wife of the late Laurence Olivier, Juliet Stevenson, Joely Richardson and Jason Edwards. Sacha then gave me time and place where the coach would pick-up volunteers and take them to the film location. I received good reports from the runners who went. They were well fed, the stars on the coach were very friendly and talked freely to everybody. All in all, it was a good experience, although it did mean an all night 'shoot' on one occasion, the runners having to run through a 'burning' field of wheat, and another instance when Peter Greenaway required a volunteer to pull out a 'dead body' from a cold north sea, with a bribe of twenty pounds whoever took the challenge. 'Hellwells Film Guide' stated: 'Cynical black comedy, beautifully played and more accessible than this director's earlier work, although with some obscure formalism'.

I think you could safely say not a family film but is still shown from time to time on television, even to this present day.

At the hastily rearranged venue of Ladywell Park, South East Lon-

-don, the club had to settle for third against strong opposition from Hillingdon and G.E.C(Kent) in their latest Southern Mens' League fixture. Only twelve points separated the three clubs, Hillingdon 132pts, G.E.C(Kent) 123pts and Lowestoft 120pts. Even so, there were many good performances. Robyn Sustins had a fine win double in the 100m A(11.8) and 200m A(25.0). Newcomer John Buck repeated Robyn's victories in the B strings, 100m(12.7) and 200m(26.6). Also Darran McMorran won the 400m(57.8) and 800m (2-06.7), while Alan Saunders took maximum points in the javelin with a throw of 28m-38cm. The quartet of Colin Hood, Dale Burden, John Buck and Robyn Sustins took first place in the 4x100m relay with a time of 49.8.

Lowestoft ATHLETIC Club had 14 representatives at the Suffolk County Championships and came back with six Suffolk champions. In the under-15 age group Russell Mayers won the 400m in a personal best of 56.2 and received a Grade 2 Suffolk standard. Dale Henwood ran a well judged race in the same age group winning the 1500m in a personal best of 4-41.7 and received a Grade 3 standard. In the youths Gary Elvin took first place in the high jump and Sarah Crowe won the discus, while Caren Elvin was champion in the javelin. To complete our successful day, Darran McMorran won the youths 1500m and gained a standard award.

Paul Evans continued his amazing form by winning the East London Half-marathon. He won in a field of about 4000 runners with a personal best of 65-43. However, there was another surprise for Paul. The prize for the winner was a all expenses paid trip to America to take part in the New York Marathon in November!

Lowestoft A.C's first meeting of the road runners season took place at the end of May. The main race had about 100 competitors and was won by Nigel Arnold of Norfolk Gazelles in cold and windy conditions. The team of Brian Tate, Steve Meen and Nigel Saunders scooped the team prize.

Just a squad of six senior athletes travelled to Thurrock for a Southern Mens' League fixture. They covered about forty track and field events. Club captain Robyn Sustins secured three victories, winning the 100m A, 200m A and shot putt A. Not to be outdone, Nigel Saunders competed in eight events, winning the 3000m steeplechase and many second and third places. Gary Knights won the 5000m and was well placed in five other events. John Buck won both 100m B and 200m B races. The team finished a creditable joint second place, Thurrock 110pts, Lowestoft and Folkestone 81pts

and Peterborough, 79pts.

Lowestoft Athletic Club's young members held their heads high after a hard earned victory at home to Brentwood and West Norfolk. The Walmer Road headquarters of Lowestoft A.C, WITH the all-weather javelin and high jump now in full competition use, was the setting on the 14th of June for an ~~EASTERN~~ Young Athletes fixture. A total of 40 first places were recorded by Lowestoft, some providing exciting viewing for spectators. Lisa Saunders featured in a close hurdle event, where, after trailing about a hurdle behind, gave a spirited finish to pip her opponent on the line. Donna Burton, Natasha Elmstrom, Tracy Smith and for the boys Lee Millard all won either A or B string hurdle events. 100m sprint victories were recorded by Suzanne Bessy and Paula Jones, Gavin Baldry won both the 200m and 1500m, while Kojo Kyreme and John Pickess won the A & B strings of the 400m. In the 1500m Tracy Smith, Sarah Crowe and Chris Hunter gained maximum points. There were wins for Sarah Crowe, Lisa Saunders, Paula Jones, Kathy Sampson, Gavin Crisp, Shaun Stan-  
-iforth in the shot putt.

Match result: Lowestoft 261pts, Brentwood 237pts, West Norfolk 214pts  
Lowestoft Athletic Club's recent excellent form continued when they finished third from eight clubs competing in the East Anglia League at Lakenham, Norwich. Only Norfolk Olympiads, the region's top club, and Ipswich Harriers scored more points.

In the high jump Tracy Smith leapt a personal best of 1m-40cm, winning her event. Lorraine Durrant had two fine wins in the long jump and hurdles, while Gavin Baldry's recent successes were re-produced when winning the 200m B and 800m B races. Another Lowestoft prodigy is Kojo Kyreme, who also did the double in the A string events. Senior men's captain Robyn Sustins had a brilliant win in the 100m A(11.3) and 200m A(23.3), both personal bests, and making a welcome return to competition, Chris Dell, recorded(12.0) in the 100m B, a personal best. Simon Cook(5-03.9), 1500m, Lee Hen-  
-wood(31.8), 200m and (5-19.7), 1500m, and Kwasi Kyreme(5-01.2), 1500m, were personal bests also.

Lowestoft Athletic Club's largest annual trophy event attracted over 100 competitors from all over the country to Walmer Road. Sponsored once again by Birds Eye Wall's, there were trophies for the winners and medals for second and third. The highlight of the afternoon was the junior/senior men 5000m, which produced a new club record of 14-46.0 for Lowestoft's road-race specialist Paul Evans. Kojo Kyreme and Simon Cook featured in a very thrilling finish in the Colts 800m final, Kojo just hanging on to a slender

lead from his clubmate, Kojo recording 2-30.3 and Simon 2-30.9. Other trophy winners were: John Barry, senior mens' 1500m, Suzanne Bessey, junior ladies 100m; Tracy Smith, inter-ladies 1500m; Natasha Elmstrom, inter-ladies 200m and Lorraine Durrant, senior womens' long jump.

Thirteen proved very unlucky for visiting clubs when a very strong squad of senior men from Lowestoft Athletic Club hosted a Southern Mens League fixture at Wellesley Road, Gt Yarmouth. Such was their domination, they won 27 of the 36 events. The other nine events produced seven second places and two thirds. No Lowestoft A.C. was placed last. Picking out just a few, John Barry won the 1500m A(4-14.3) and Brian Tate the B(4-19.5), while Colin Hood had a double in the 800m(2-14.5) and hammer B(16m-06cm). John Bucke had a convincing victory in the 200m B(25.4). Gary KNIGHTS enjoyed two victories in the 400m B(59.1), high jump B(1m-50cm). Robyn Sustins had five victories, the 100m(11.6), 200m(24.2), javelin(39m-96cm), high jump(1m-70cm) and shot putt(10m-27cm). Match result: Lowestoft 133pts, Bexley 86pts, Nene Valley 71pts, Croydon 54pts.

In hot, sunny conditions Lowestoft Athletic Club's youngsters put in a good performance at the Eastern Young Athletes League hosted by Braintree. Chris Hunter ran a personal best in the 400m(68.1) and 800m(2-38.5). Kojo Kyreme gave his best effort with another 1500m victory(5-01.6). Three girls came first in their events. Tracy Smith won the inter-ladies long jump(4m-09cm) while Sarah Crowe won the junior ladies discus(23m-20cm) and Sarah Baldry won the 1500m(6-30.4).

Paul Evans had now put himself in strong contention for an England call-up after a fine win in the Lincoln 10-mile road race. HE clipped two seconds off the course record in a time of 48-55 and beat two established internationals, Barry Smith and Nick Lees. Paul is now in line to enter the 10,000 metres in the A.A.A.'s championships at Crystal Palace in front of the country's top athletic administration.

It was the turn of the junior and senior ladies to travel to Braintree for a Southern Womens' League match. After winning the first fixture at Walmer Road, they hoped to repeat the performance again. But it was the home side who were to triumph on the day. However, Lowestoft took second place ahead of Richmond & Twickenham and Borehamwood. Senior Lorraine Durrant had three wins, while Tracy Smith, Natasha Elmstrom and Sarah Goldspink also had a win apiece. In the juniors Lisa Saunders, Caren Elvin and Sarah Crowe were winners, while Helen Pretty and Lara Evans all

gained valuable second placings.

Paul Evans and Kojo Kyreme broke club records over a busy week-end in late July. Competing at a Southern Mens' League at Havering, Essex, Paul won the 5000 metres in a time of 14-14.6.

Fine personal best times were achieved, apart from Paul. Darren McMorran won the 1500m(4-06.1), John Barry in the 800m(2-01.2) and Robyn Sustins equalled his best time of 23.3 winning the 200m.

Match result: Havering 128pts, Lowestoft 114pts, Kent A.C 42pts, Basildon 37pts.

At Walmer Road on the Sunday it was the turn of Kojo Kyreme to take the honours. Taking part in the George Herring Memorial Trophy meeting, he broke the Colts 1500m club record(4-52.6), just inside the old record set by Gary High more than ten years ago. Kojo's season has been full of triumph and I as his coach could not have been happier. Other winners on the day were Gavin Baldry in the colts 400m(70.1) and 800m(2-40.3), John Pickess, 400m(69.4), Emma Harper, minor girls 800m(3.36.0), and Lisa Saunders a double in the shot putt(8m-52cm) and hurdles(13.0).

There was a break through for Paul Evans when he was selected to represent England in the Livingstone Half-Marathon after less than a year since he took up running. But before the international in Scotland, he had to face strong opposition from the best in the country in the A.A.A's 10000 metres championships at Crystal Palace.

Nine members of the club entered the annual meeting at Gt Yarmouth. The star of the day was Kojo Kyreme who came home with two trophies, winning the 200m and 800m. Lorraine Durrant also came home with a trophy in the high jump.

Other medal winners were; Dale Henwood 1500m(4-46.6) and 800m(2-17.9). Tracy Smith 800m(2-49.0) and high jump(1m-30cm) and Simon Coote in the javelin(23m-76cm).

On the same weekend Lowestoft's senior road runners entered the Beccles A.C Carnival Road Race over 10km which was well supported by 250 runners. First home for the club was Steve Meen 5th place, Brian Tate 10th, Roger Mawar 11th, Darren McMorran(1st junior)12th, Gary Knights 16th, Paul Silom 31st, Colin Hood 44th, Bill Kingaby 48th, John Daniels 56th, Ted Mynott 69th.

Lowestoft earned the team prize and also 1st and 2nd veteran prizes. On the Saturday evening speedy Paul Evans ran a fine 10,000 metre in the AAA's championships at Crystal Palace finishing a creditable 8th place in a time of 29mins-25.0secs. Pleased with his run, he said he felt he could have gone faster as he did not feel that

tired after the race.

The return of Lowestoft Athletic Club's seniors to the Southern Womens' League this season continued successfully when the ladies pulled off their second victory from three meetings. A number of personal bests were achieved. This included Suzanne Bessey in the 200m(29.3), Linda Elliott also in the 200m(30.9) and Lorraine Dur-rant in the 100m(13.7) and the hurdles(17.3). Other winners were Sarah Goldspink, Donna Burton, Juliet Anderson, Carin Elvin and Caroline McArthur.

Match result: Lowestoft 199pts, Richmond & Twickenham 169pts, Ay-lesbury 163pts, Diss 150pts and Belgrave 30pts.

The Carnival Road Race was romped home by a jubilant Paul Evans in a time of 29-16, a warm-up before representing England on the 30th August. Lowestoft A.C were also successful in the team event, the scoring team of Paul, Steve Meen, 11th and Roger Mawar, 16th securing the prize.

Other Lowestoft positions: Gary Knights, 17th; Martin Whitelock, 27th ; Bill Kingaby, 68th; John Daniels, 78th; Terry Calver, 98th; Dale Burden, 106th; Norman Rushmere, 147th and Chris Wells, 156th.

Over 290 runners entered.

At Bury St Edmunds the younger members took part in an Eastern Young Athletes League match. Clubs taking part were West Suffolk, Verlea, Harlow and ourselves. Many of this season's new members found good form as their fitness peaked. These included Charlotte Smith (shot putt 4m-26cm); Donna Burton (hurdles 13.0); Suzanne Bessey (high jump 1m-20cm); Dale Henwood (800m 2-22.4 and 1500m 5-02.2) and Simon Cook (1500m 5-10.5).

The Townsend Thoreson Trophy meeting at Northgate Sports Centre, Ipswich, it was Kojo who received the plaudits when he broke another record for the Colts age group setting a time of 2-20.8 in the final of the 800m. He then made it a double by winning the 1500m with a respectable time of 5-04.3.

Trevor Hann, while on a month-long Canadian holiday, entered a 5km road race on Bell Island, Newfoundland. Soon after the start Trevor had gained a big lead only to spoil it all by going off course. He finally found his way back only to finish last!

Paul Evans boosted his dreams of further international running success with a blistering new personal best at Livingstone. He finished sixth in 64-33, about a minute faster than he had ever run before and was second English team man home and helped his squad win the team event.

Travelling to Battersea Park, London, to compete in the final



Southern Womens' League match of the season. Despite appalling weather conditions, personal bests were recorded by Caitlin King in the 400m hurdles(76.0) and Jane Hook in the shot(5m-50cm) Both relays were victorious, winning the 4x100m in 55.9secs. and the 4x400m in 4-41.8. After just a season's return to the league, the women won promotion to division three. A fine achievement. A week later at Lakenham, Norwich, Lorraine Durrant successfully defended her Senior Ladies Heptathlon title for the Eastern Counties area. Lisa Saunders gained a creditable fourth position in the Junior Ladies heptathlon.

The athletics season drew to a close with the East Anglian league final at Colchester. Lowestoft A.C qualifiers were the Colts and Junior Ladies age groups. Kojo Kyreme and Gavin Crisp ended their season on a high note by winning their events. Kojo clocked 4-57.1 for the 1500m and Gavin equally rounded off the season by throwing 8m-66cm in the shot. Good performances were made in the Junior Ladies by Donna Burton second in the hurdles(13.0) and Lisa Saunders second in the shot(7m-71cm). The Colts team finished 5th and the Junior Ladies 6th out of eight competing clubs.

In October Paul Evans headed for America to tackle the gruelling New York marathon. He would line-up alongside some of the world's best known distance men. Before leaving he raced in a 10km race at Lincoln coming second in 30-02.

Training floodlights jointly funded by Kirkley Community Sports and Social Club and ourselves were being installed on part of the sports field, which would be a great help for the coming winter.

The AGM TOOK PLACE AT THE END OF OCTOBER. The treasurer Nigel Saunders reported the club's finances were strong due mainly to club staged events through the past year.

Officers elected for 1987/88: President, John Paige; Chairman Bill Bullock; Secretary, Barbara High; Treasurer, Nigel Saunders; Membership, Joe Kyreme; Mens Track, Brian Boardley; Ladies Track, Derek Riley; Road race, Ted Mynott; Cross Country, Richard Simpson; Trophy, Nigel Saunders; Publicity, Bill Kingaby; Catering, Ann Cook; AAA's rep/coaching rep, Mary James; KCSSC rep, Bill Kingaby; Team manager, Peter Knights.

Kojo Kyreme produced the club's best ever performance by a school-boy runner by winning the Colt's event at the prestigious Ampt-hill cross-country races in Bedfordshire. Lining up with 137 entrants he crossed the line in first place, much to the delight of all concerned. In the same race Gavin Baldry was placed 74th.

Craig Hobson was best placed for the club in the Boys race finishing 31st from an entry of 150 and Kwasi Kyreme was 91st. Darren McMorran was 5th in the Junior Men from a field of 25. Over 250 lined up for the Senoir Mens' race. Only John Barry represented the club but in finishing 24th, secured the best placing for a Lowestoft runner in his age group.

In late November it was the Denes Oval with surrounding beach and woodland was the venue for the Norfolk/Suffolk League. Biggest line up was the Junior/Senior Mens' six mile race with 115 athletes batterling it over the three-lap course. Darren McMorran, in what was surely his best performance to date, kept close tabs on the two leaders throughout until entering the Denes on the last lap. He then produced a strong burst which gave him a well earned victory.

Other positions: Steve Meen, 13th; Roger Mawar, 16th; Paul Silom, 31st; Trevor Hann, 43rd; Ted Mynott, 63rd; Colin Hood, 68th; Bill KINGABY, 69th.

Another Lowestoft A.C member enjoying the limelight is Kojo Kyreme, who in the Colts race, gave the club another victory beating off 40 other entrants. In the same race Simon Cook was placed 7th; Chris Hunter, 8th; Gavin Baldry, 11th and Philip Wright, 25th. Best placed in the Boys race were: Craig Hobson, 11th; Kwasi Kyreme, 27th; Mark Waller, 48th. Tracy Smith finished a fine 12th out of 50 in the inter-ladies and Caroline McArthur and Sarah Crowe 26th and 38th in the Minor Girls/Junior Ladies event.

Five senior runners travelled to the U.E.A 10-mile road race at Norwich. On a cold December morning with a moderate breeze, a good field turned out for this local classic. Colin Quadling, making a comeback from injury, was second in 52-53. Veterans Chris Durrant and John Daniels were winners of the over-40 and over-50 awards respectively.

A week or so before Christmas the Suffolk's cross-country championships were staged at Lowestoft on a well-measured 1200 metre course. Paul Evans, recovered from a recent injury, ATTACKED his first senior cross-country race and won by a clear three-and-a-quarter minutes. John Barry came back to Lowestoft from the north, where he now works and secured 5th place, while Roger Mawar took 18th place and Steve Meen 21st giving Lowestoft first team prize. In the junior mens' Darran McMorran convincingly won the title by nearly one-and-a-half minutes from a small field. The colts race was a 1-2-3 for Lowestoft. Kojo Kyreme was the winner, Simon Cook second and Chris Hunter third winning the team prize. However, it was not a good day for our ladies, not any finishing

in the top three.

This past year had turned out one of the best ever, and everyone in the club were looking forward to 1988.

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PART TWENTYONE

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1988 began another year of success for Paul Evans. His sixth place for England in the half-marathon at Livingstone had impressed the selectors. Early January he endorsed their faith by being the only the second Suffolk man to win the Eastern Counties cross-country held in Thetford. It earned Paul a chance to run for Britain when he was selected amongst 55 other athletes to run at Gateshead in a televised event, the first nine men home packing their bags for the World finals in Auckland, New Zealand. However, it was not to be Paul's day, managing only 35th place, the ground underfoot so treacherous with heavy mud, a fairly new experience for him. Much to his credit he finished, while many dropped out.

Another Lowestoft athlete was in action the same weekend. John Barry running in the inter-counties for Suffolk at Leicester came 200th from a field of 350.

Cross-country runners representing clubs from around the region converged on the North Denes, Lowestoft, for a fixture in the Norfolk/Suffolk League. Hosts Lowestoft were out in force in the Colts through to Senior Men. Sadly no female competitors competed during the afternoon. Kojo Kyreme was in good form in the Colts, winning comfortably, while Gavin Baldry was 4th, Simon Cook 5th, Philip Wright 12th, new member Darren Laughland 21st, Niel Edwards 23rd and Kevin Fuller 24th. Little James Moor, one of the youngest competitors, ran well to finish 25th out of the field of 35. Craig Hobson, like Kojo, is a county champion and did not disappoint in winning the Boys/Youths race. Kwasi Kyreme was 19th and Mark Waller 33rd from the field of 44. Between 90 and 100 runners lined up for the start of the Junior/Senior Mens six-mile race. Darren McMorran was placed 7th, Trevor Mann 20th, Nigel Saunders 30th and Bill Kingaby 42nd.

The Suffolk Schools Cross-Country Championships for boys at the Royal Hospital School, Ipswich, Lowestoft club members surpassed themselves by winning every race. In the under 12 boys' race Simon Cook took an early lead followed by Gavin Baldry. Simon gradually pulled away and won by 100 metres. The under 14 boys' race was won by Kojo Kyreme with Chris Hunter in seventh, Jon-

-athon Garrod ninth and Jonathon Moxon eighteenth. Craig Hobson continued Lowestoft's success by winning the under 16 boys' with Dale Henwood in sixth. Under 20 winner was Darren McMorran proving his was one of the best athletes in his age group.

The same weekend of the County Schools Championships the club had a depleted squad for the final meeting at Felixstowe of the Norfolk/Suffolk League. Seven runners made the trip but four of them managed to make up a team for the Colts race. Philip Wright was first home for the club in 8th position, Darren Laughland 11th, Kevin Fuller, 12th and James Moore, 13th. In the Junior/Senior mens 5½-mile race, it was Dale Burden who came home 21st followed by Colin Hood, 28th and Bill Kingaby, 40th.

There was good news for Kojo Kyreme when he qualified for the English Schools Cross-Country Championships to be held at St Helens, Lancashire on the 12th March.

Paul Evans produced an outstanding cross-country performance when he finished 21st out of more than 2000 entries at the National Championships held at Newark, ~~NOTTS~~.

Other positions: Paul Silom, 1356th, Trevor Hann, 1625th, Ted Mynott, 1743rd, Bill Kingaby, 1932nd, Colin Hood, 2070th.

2136 competitors completed the course.

Darren McMorran, our only entrant in the six mile Junior event was placed 108th from 388 finishers.

At the All-England School Championships there were mixed fortunes for our club athletes. Over a course made heavy by rain, there was heartache for some, the unluckiest being Kojo Kyreme and Dale Henwood. Kojo failed to finish due to a spike injury and Dale suffered an leg injury shortly before his race was due to start. From an entry of over 400, Chris Hunter finished 320th with Simon Cook 321st and Gavin Baldry maintaining close support in 323rd position. Craig Hobson did well to finish 294th in the intermediate Boys; and in the Senior Darran McMorran finished a creditable 78th out of 400.

The Ipswich 10-mile road race incorporating the Suffolk County Championships was held in the middle of March. All but one of our athletes were veterans entering the 40 or over 50 class. First home in 19th place was Roger Mawar in 57-40, with Chris Durrant a second or so behind him. Two new members, Ken Baker and Phil Hazell, both ran personal bests of 58-29 and 58-41 respectively. Next home in 36th place was John Daniels, a founder of the club and still showing the younger guys what a real runner can do. Sadly Paul Silom only made 67th place as he was

plagued by an old leg injury. Last counter was Mike Sage from Southwold, a new member to the club.

It was now the start of the track and field season which began with a Eastern Young Athletes League meeting at Ipswich. Unbeatable was Lisa Saunders who won the 80m hurdles in 14.8, the long jump with 4m-25cm and shot putt 7m-87cm. Gavin Crisp and Andrew Burton swept all before them in the A and B strings for the shot putt, discus and javelin. Other victors were Craig Hobson in the youths' 800m(2-09.4); Kojo Kyreme 800m(2-24.0); Jonathon Garrod 1500m(4-49.3); Mark Botwright 200m(30.7); Gavin Baldry 800m(2-35.4); Simon Cook 1500m(5-14.0); Natasha Elmstrom 100m(13.6), 200m(28.3); Donna Burton 100m(14.0) 80m hurdles(14.1) and Suzanne Bessey 75m hurdles(13.7).

The inter-ladies quartet of Donna Burton, Tracy Smith, Natasha Elmstrom and Lisa Saunders recorded 56.3secs. to snatch victory in the relay.

Team result: Harlow 362½, Kettering 321½, Lowestoft 153, West Suffolk 97.

Shoe factory worker Paul Evans opened the season with two worthy victories. On his 27th birthday on April 13th he went to Tooting Bec, south London ~~AND WON~~ the Southern Counties AAA's 10000 metres track title in a personal best time of 29-13.0, and on a cold and windy night broke the track record. Then on 23rd April he went to Ipswich and convincingly won the Eastern Counties 5000 metres title and once again broke the track record in a personal best of 14-08.0. At the same meeting Darren McMorran was third in the junior mens' 1500m in a creditable time of 4-11.0.

Mid-May saw four members of the club were crowned Suffolk County champions. Paul Evans with two major titles under his belt already this season, took first place in the 5000 metres in the time of 14-23.8. Kojo Kyreme, another club member with consistently good performances, won the colts' 800m in 2-23.7. Craig Hobson, who only joined the club last summer, was the clear winner of the boys' 1500 metres, timed at 4-20.4 and Gavin Crisp secured first place in the boys' shot putt with a personal best throw of 9m-94cm. Lowestoft A.C's under 15 boys' A relay team triumphed at Felixstowe. In addition the B team fought their way through to finish second. The race was run over a steep, one mile course. Craig Hobson ran the fastest leg of the day in the time of 5-01, winning an additional trophy. Jonathon Garrod, 5-36; Chris Hunter, 5-49 and Kojo Kyreme, 5-31 completed the A team. Simon Cook was the fastest runner for the B team, 5-50, followed by Gavin Baldry, 5-51, Jonathon

Moxon, 6-00 and Philip Wright, 6-30.

Lowestoft A.C emerged victorious in its first home fixture of the Eastern Young Athletes League at Walmer Road. On a afternoon when rain made life difficult for athletes, officials and spectators, the club narrowly beat West Norfolk and Brentwood. There were notable good performances by some newcomers to the club. Melanie Anderson finished second in all her three events and her sister, Juliet, did one better by winning her two events. Karen Beane won both 1500m and shot putt, while Emily Collinson won the high jump and was second in the shot putt and javelin A strings.

In the boys', there were wins for Gavin Baldry in the 100m and 1500m. For newcomer Ian Gooderham it could not have been a better start winning all his three events.

The senior womens' Southern League team travelled to Erith in Kent mid-May. The team were hampered by lack of support from some age groups. After last season's triumphant promotion, this was a poor start. The only winner on the day was Natasha Elmstrom recording 14.5 in the 100m A. It was no surprise to finish last of the five competing clubs.

In contrast Lowestoft A.C senior mens' team battled to a much needed victory in their 'home' fixture at Yarmouth's Wellesely Road Stadium. Competing against teams from Kent and Oxford were keen to improve on previous erratic performances finishing third and fifth in their first two matches. There were many winners during the afternoon for the host club. Craig Hobson, Colin Hood, Gary Knights, Colin Quadling, Brian Tate, Alan Saunders, Nigel Saunders and Chris Wells all took maximum points in many events. Match result: Lowestoft 144½, Gravesend 116½, Sevenoaks 102½, GEC Avionics 84½, Oxford 33.

Lowestoft A.C took their ladies to Tooting in London for the second fixture of the Southern Womens' League. The six ladies who competed put in a splendid effort to ensure all but two events in the senior category were covered. But no under 15 girls attended, so a complete section of 21 events were missed. Notable performance were by Lisa Saunders who sprinted to a new best time of 13.5 in the 100m and leapt 4m-54cm for a personal best in the long jump. New member Carol Quentin-Hicks made a good debut in the 400 metres and 800 metres. Tracey Cleveland took her competition kit out of mothballs and competed in four events to prove she has retained her fitness since taking up coaching two years ago. In June members of the club travelled to Ipswich to compete in the P&O Ferries Trophy meeting. Top awards went to middle-distance

specialists Kojo Kyreme and Craig Hobson, who won both the Boys' and Youths' 1500m. Simon Cook put in a good effort for second place in the Colts' 1500m, while Martin Bunn did a worthy time of 4-56.4 in the Youths' 1500m. The best performance for the Junior Ladies was Suzanne Bessey finishing third in the 100m (14.6) and second in the 200m (30.1).

There was a busy weekend for the ladies when they hosted a Southern Womens League fixture at home on the Saturday and competed the next day at home in the club's Jubilee Trophy meeting. Once again the ladies failed to field a full team. However, there were doubles for Suzanne Bessey in the 100m and 200m, and a double for Jane Hook in the 1500m and 3000m, her time for the 3k of 11-12.8, a personal best. The team of Lorraine Durrant, Tracey Cleveland, Natasha Elmstrom and Lisa Saunders won the 4x400 relay, clocking 4-46.4.

The following day the club hosted their annual Jubilee Trophy meeting. Athletes from around the Eastern region entered. One entrant was from Rotherham having made the long journey to compete. Of the major trophies, ten were won by Lowestoft A.C members. The winners were as follows: Paul Evans, Senoir Mens, 1500m (3-54.5) establishing a new club and track record; Kojo Kyreme, Boys' 1500m (4-39.4); Craig Hobson, Youths 3000m (9-31.3); Jane Hook, Womens 800m (2-39.7); Natasha Elmstrom, Inter Ladies 200m (28.9); Gavin Baldry, Colts 200m (30.4); Mark Botwright, Colts 100m (14.8); Simon Cook, Colts 800m (2-29.4) and Lorraine Durrant, Womens discus (16m-54cm) and long jump (4m-93cm).

The long journey to Eastbourne on the Sussex coast gave the club an impossible task of providing a full Southern Mens League team. Nevertheless, a team did represent the club, by just four athletes! Stretching versatility and endurance beyond sensible limits were club treasurer Nigel Saunders (11 events), Chris Wells (11), Ted Mynott (8) and Darran McMorran (4). All four athletes made up both relays and achieved four victories before returning back to Lowestoft at 11-30pm! Athletes of all ages enjoyed good competition at an inter-club trophy meeting at Diss. The club overall finished third out of eight clubs. Among a high number of event winners for Lowestoft were Simon Cook (200m, 800m, long jump), Craig Hobson (1500m), newcomers Michael Balls (100m, 800m) and Ewan Hewett (100m, 200m), Lisa Saunders (100m, 200m, shot putt, long jump), Lorraine Durrant (shot putt, javelin, long jump), Darran Southgate (200m), Darran Saunders (shot putt, javelin), Kojo Kyreme

(1500m) and Kojo's younger brother Gyamfie(80m).

Once again it was a struggle for Lowestoft's Southern League when they could only turnout six athletes for their match at Yarmouth. It was no surprise they were last in the team event. However, it was not all doom and gloom. Lorraine Durrant maintained her previous standards with good results. She had two wins, two seconds and a third with a personal best in the long jump. The other five members who took the trouble to turnout were, Carol Quentin-Hicks, Sarah Goldspink, Tracey Cleveland, Natasha Elmstrom and in the junior section, Sandrine Quenton-Hicks.

The next day at Walmer Road five clubs competed for the George Herring Memorial Trophy. Although frequently winners, Lowestoft were unable to wrest the trophy away from Ipswich Harriers who, like last year, were triumphant. There were many newcomers competing for Lowestoft as follows: Cassie Hewett, Sandrine Quenton-Hicks, Mark Campbell, Jean-Luc Quenton-Hicks, Jason Smith, Austin Levett and Darran Southgate.

Match result: Ipswich 492, Lowestoft 254, Yarmouth 244, Colchester & Tendring 241, Diss 173.

July saw Paul Evans put in a remarkable performance in his first ever outing over 3000 metres. The England cross-country international ran under eight minutes(7-57.0) finishing second behind the more experienced Richard NEAURAKER. He is now peaking just in time for the AAA championships, which this year be an Olympic trial held at Birmingham.

Lowestoft runners Martin Whitelock and Jane Hook, both took top spots in the mens and womens section in the three-race series organised by Bungay Black Dog. In the final race of the series, they both finished in third place, Martin recording 33-07 and Jane 41-09.

During August members of Lowestoft A.C took part in the Open Trophy meeting at Gt Yarmouth. There was a double for Mark Botwright in the Colts 100m and 200m. Lorraine Durrant won the inter-senior womens high jump and was second in the javelin. Simon Cook was successful in the colts 800m and Kojo Kyreme had a fine win in the boys 1500m and younger brother Gyamfi won the under-11's boys 80m in 12.5 seconds.

Paul Evans was by far the fastest in the annual Lowestoft Carnival road race over 10 kilometres. He romped home in a time of 30-31, some three minutes ahead of his nearest rival. Around 200 runners took part. Steve Meen was 7th(43-14), Darran McMorran 12th(34-46), first junior man to finish, Roger Mawar



14th(34-50), first over-40 veteran, Martin Whitelock 28th(36-13), Chris Durrant 34th(37-03), David Drew 38th(37-17), Trevor Hann 44th(37-41), Colin Hood 50th(38-11), Dale Burden 60th(39-05). Carol Quenton-Hicks, the only woman entrant for Lowestoft A.C, completed the course in around 50 minutes.

The final fixture of the Eastern Young Athletes League for this season was held at Walmer Road near the end of August. There was fierce opposition from Stevenage and Milton Keynes who not surprisingly took first and second team places, Lowestoft just holding on to third place from Hertford & Ware.

Emma Harper was second in the under-13 girls hurdles(18.7) and there were wins in the 100m(15.4) and 200m(32.1) for Melanie Anderson. Juliet Anderson won the girls under-15 long jump(3m-85cm) and in the girls under-17 Donna Burton was victorious in the hurdles(14.0). The under-17 girls 4x100m relay team of Tracy Aldridge, Natasha Elmstrom, Donna Burton and Lisa Saunders were winners in a time of 54.6 seconds. New member Richard Reader made a great start for the club winning both the 100m(12.2) and 200m(24.9). Under-13 boy Michael Balls had success in finishing first in the 400m(73.2) and 800m(2-46.3). In the same age group Mark Botwright had a treble of victories in the 100m(14.2), 200m(31.1) and long jump(3m-96cm). The 4x100m relay team of Botwright, Baldry, Cook and Hewett took first place in a time of 57.6 seconds. On a cold, blustery day Lowestoft athletes travelled to Colchester for a trophy meeting. Gymfi Kyreme won the Colts 100m in a time of 15.3, while older brother Kojo came 4th in the 800m recording 2-14.8. Mark Botwright came first in the Boys 200m(29.8) and Lorraine Durrant won the 100m hurdles in a personal best 17.1. Gavin Baldry ran a personal best time of 5-11.1 in the Boys event while Dale Burden finished second in the 400m Senior Mens race in 56.1.

The senior ladies completed their summer programme with the final fixture of the Southern Womens League at Peterborough. Again the squad was depleted of athletes and consequently came last of four in the match. Lorraine Durrant and Jane Hook gave the club maximum points in their events. Lorraine won the long jump with a leap of 5m-18cm and Jane Hook looked very impressive in the 3000m which she won in 11-14.1.

The track and field season was now over and the A.G.M took place at Walmer Road clubhouse in October. Chairman Bill Bullock stood down after a year in office, so as there were no takers, I entered my third term at the helm.

Lowestoft Athletic Club's winter programme got under way at Ips-

-wich with a Norfolk/Suffolk cross-country league meeting. In the youngest age group Leanne Mead, in her first race for the club, finished sixth in the Girls under-11 one mile event in a time of 7-07. Heather Warr clocked 12-57 for 22nd place in the Minor Girls 1¼-mile race and Jane Hook and Tracy Cleveland finished 5th and 9th respectively in times of 18-18 and 22-01 for their 2½-mile course. Gavin Baldry, Simon Cook and Michael Balls continued their good form from the track, over two miles Gavin was placed third (11-15), Simon seventh (11-21) and Michael fifteenth (11-51) in the Colts age group.

Other results: Kojo Kyreme 4th Boys (19-09) over 3 miles, Craig Hobson 5th Youths (18-16) over the same course, Dale Burden 31st (31-30) Senior Men and Trevor Hann 33rd (31-44) over 5 miles.

Lowestoft Athletic Club's presentation night was held in early November. Former British womens' shot putt record holder Angela Littlewood was guest of honour to present the awards. Angela represented her country in the 1978 Commonwealth Games, the 1980 Moscow Olympics and the 1982 Commonwealth Games in Brisbane where she was placed fifth behind England's gold medallist Judy Oakes. Her role now was development officer for the Southern Counties AAA's and as such was responsible for advising athletic clubs in the South-East region on how to require all-weather facilities.

You can guess Angela had many questions on the subject. Special award were Mark Botwright-Robert Gee Memorial Trophy-Suzanne Bessey-Junior Sportswoman-Gavin Crisp-Junior Sportsman-Lorraine Durrant-Dedicated Senior Athlete.

Amphill Park's popular cross-country on the outskirts of Bedford, was the latest venue for Lowestoft Athletic Club's winter programme. The club had representatives in seven of the days races. Youngest was Leanne Mead in the girls under 11's who finished 32nd from 60 runners over a distance of a mile. Simon Cook and Gavin Baldry took 12th and 25th place respectively in the under-13 event. The under-15 boys saw Kojo Kyreme have a terrific run being placed seventh out of 110 entrants. Jonathan Moxon, 45th, and Philip Wright, 100th, completed the team. Craig Hobson, in the youths race, was sixth and Martin Bull was placed 68th. In the 5.4 miles senior mens' race, Dale Burden finished a very creditable 115th spot from a field of over 250.

The inter and senior ladies events featured Tracy Smith and Louise Snook for Lowestoft A.C. Tracy, from an entry of 55, covered her 2.6 mile race in 21-56 for 41st position, while Louise was 74th in the seniors.

The 'Porthole' on the South Pier, Lowestoft was the starting point for a 3-legged fancy dress race by members of Lowestoft A.C which raised £245-82 for club funds. A good effort by all.

At the end of November Paul Evans stormed home ninth in an invited 50 strong cross-country field which included athletes from Europe and three talented Africans, claiming the scalps of Kip Koech and Peter Rono who have represented their country at the highest level all over the world. Bally Shoe factory worker Paul headed the English team, helping it to the team prize over the 5½-mile course. There was a touch of sadness earlier in the year, when Robert Gee, brother to Paul and David, was tragically killed at his workplace. Now 1988 was at a close, it was time to reflect on the achievement of the club over the year, especially Paul Evans rise to stardom.

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