

PART TWENTY-TWO

The start of '89 saw seven Lowestoft road runners taking part in the Wymondham New Year 10k race with a field of 260. On this undulating course it was Steve Meen first home for the club in 13th place (33-54), Roger Mawer 18th (34-06), Martin Whitelock 21st (35-34) Trevor Hann 35th (35-34), Paul Silom 38th (35-39), Phil Hazell 47th (36-09) and Chris Durrant, just getting over a bout of sickness, 74th (37-45).

Later in the month, some of the same runners entered the Beccles 10-mile road race. Once again Steve Meen was first home for Lowestoft in 11th place (56-19), Martin Whitelock 16th (57-58), Roger Mawer 17th (58-01), Trevor Hann 19th (58-38), Phil Hazell 21st (59-09) and Paul Silom 23rd (59-35). The Lowestoft team gained second place. Paul Evans was on his travels when he continued his international career when he finished 13th in a top flight nine kilometres cross-country in France—just 17 seconds behind 'big name' athletes David Lewis and Roger Hackney. His next race will come later in February in the National cross-country trial at Gateshead.

County champion Craig Hobson showed that his winter training had paid off when he led the field home in the youths' cross-country race held at Felixstowe in the Norfolk/Suffolk League. Kojo Kyrem, another young lad with many club honours, won the boys' race and Philip Wright was placed 16th. In the colts' event, Gavin Baldry took 9th position, Simon Cook 13th and Gavin's younger brother, Andrew, 20th. Katherine Donaldson, in her debut for the club, finished 24th in the junior ladies', while Tracy Cleveland, now known as Prewer, was 9th in the senior ladies'. There were only two contenders for the club in the senior mens'. Dale Burden 43rd and sprinter Chris Dell 61st.

There was disappointment for Paul Evans at the National cross-country trial at Gateshead. He did not qualify for the British team but he was pleased with his performance. Paul needed to be in the top nine and finished 15th out of 80 runners. No mean fete!

It was no surprise that a lot of elite athletic clubs were showing a great deal of interest in Paul. We were only a small club compared to many others and we knew he would have to move on to increase his chances to become a top international athlete. One evening in March I received a 'phone call from the secretary of Belgrave Harriers, a top London club, asking me whether there would be any objections to them talking to Paul about a possible move. I told him we would not stand in his way, and a month later Paul

joined Belgrave remaining second claim to Lowestoft.

Three of our young athletes qualified for the English Schools cross-country championships to be held at Hertford. Chris Hunter, Craig Hobson and Kojo Kyreme were the club's representatives. Craig will tackle a five-mile course in the intermediate boys' race and Chris and Kojo will race over three miles in the junior section.

During March many of our club road runners took part in 20-mile road races as a build-up to the London Marathon. At Bury St Edmunds it was Roger Mawer who was the first Lowestoft A.C man home in an excellent time of 2hrs-02mins, Steve Meen, 2hrs-06mins, Trevor Hann, 2hrs-11mins and Paul Silom, 2hrs-16mins. Unfortunately, no positions were mentioned in the report.

At the Wymondham 20-mile road race Phil Hazell ran 2hrs-06mins-30secs for 11th place taking second veteran prize. 250 runners took part.

On a windy but mild day, Colin Quadling was the winner of the Good Friday 10k at Bungay in a time of 33 minutes.

The eighth Bungay half-marathon and full marathon was held on a cool, windy day. Two Lowestoft A.C runners took part. David Drew completed the course in 3hrs-01mins-34secs and Chris Durrant in 3hrs-02mins-31secs. The half-marathon saw Martin Whitelock record 1hr-14mins-58secs, Roger Mawer 1hr-16mins-45secs, Trevor Hann 1hr-16mins-54secs, Phil Hazell 1hr-19mins-57secs, John Durrant, son of Chris, 1hr-24mins-00secs and Mike Sage 1hr-28mins-54secs.

April saw the start of the track and field season. Lowestoft's young athletes travelled to St Albans for an Eastern Young Athletes League meeting. The boys fared well, while the girls section with only three members competing, were clearly making a more hesitant start. However, those three put in a good performance, Donna Burton winning the under-17 girls 100m (14.4), Heather Warr the 1500m (6-07.0) and Suzanne Bessey with four second places in her events. Established club star Kojo Kyreme won both his races, while Philip Wright and Gavin Crisp took two firsts each in their three events. Martin Bunn, Simon Cook and Darren Saunders claimed a victory apiece.

Six Lowestoft A.C runners took part in the ninth London Marathon which had a record entry of 24000. Star of the Lowestoft team was undoubtedly Martin Whitelock, who wore a luminous green strip, ran an incredible 2hrs-48mins to finish just outside the top 1000. Next home came Roger Mawer (2hrs-54mins), Paul Silom (2hrs-54mins), road race secretary Trevor Hann (2hrs-56mins),

Norman Rushmere(3hrs-12mins) and Michael Sage(3hrs-44mins). The first weekend in May saw our senior mens Southern League pull off a fine third place of five with only four athletes. Club captain Chris Dell took it on himself to tackle the sprints and throwing events, while Nigel Saunders concentrated on the pole vault, hurdles and middle-distance running. Dale Burden's best events are the 400/800 metres but he also appeared in the 1500m and 3000m steeplechase. Making up the four man squad was Steve Balls, father of Michael, making his debut for the club, taking part in as many events as he could.

The following day the club held its Jubilee Trophy meeting at Walmer Road. There were wins for Craig Hobson, Youths 3000m; Kojo Kyreme, Boys 1500m; Nigel Saunders, Senior Men 1500m and 5000m, after a hard day previous at Bedford; Paul Reeve, Junior/Senior Men triple jump.

Kojo Kyreme, one of Lowestoft Athletic Club's emerging young stars, broke the Boys county record at 800 metres at the Suffolk Championships held in Ipswich, his time 2-09.0. Gavin Crisp took two county titles in the Boys shot putt and javelin. He also threw a personal best in the discus, finishing runner-up 28m-72cm. In the Youths age groups Darren Saunders and Craig Hobson both won titles. For Darren it was his first county victory at the hammer and for Lowestoft A.C its first champion for many years at this event. He threw 18m-50cm. Craig's time in the 1500m was 4-23.3.

The first of the evening road races were held at the Denes Oval at the end of May. In the 10k race, a record number of 120 runners took part and the club had five finishers in the top 25. Martin Whitelock(32-14) was just beaten into second place by Graham Booty of Norfolk Olympiads. Steve Meen, coming back after injury, was 11th(34-08). In the three mile inter-ladies race, Tracy Smith was a creditable 4th(23-14), while Karen Beane was 5th in the two miles minor girls/junior ladies race(15-09). The colts two mile race was won by Micheal Balls (13-30) and clubmate Stuart Pryce second(14-25).

Two of the club's young athletes competed in the Southern Counties Athletics Championships at Haringay's North London Stadium. Kojo Kyreme after winning his 1500m heat, went on to claim third place in the final, achieving a personal best of 4-22.8 in the Boys age group. Craig Hobson, in the Youths 1500m, finished sixth in his heat but did not qualify for the final. His time 4-21.1.

Lowestoft Athletic Club's 'golden oldies' put up a gallant fight when they completed in the latest fixture of the HFC Southern Mens League at Worthing, in Sussex. Alan Saunders, Steve Balls, Steve Meen and Nigel Saunders were the only four athletes who had made the journey with myself as our official. The ages of our squad averaged 38 but they managed to cover all 36 events. However, when it came to the last event of the day, the 4x400m, Nigel Saunders was so exhausted, he could not run another metre. Noticing the teams predicament, I decided I would come out of my 'retirement' and take Nigel's place to secure valuable match points. Don't ask me my split time. That is my secret. The headlines in the following week's 'Lowestoft Journal' was: Veterans Helped by their Coach!

The same weekend at Walmer Road the club held its annual George Herring Memorial Trophy. This year the match winners were Great Yarmouth A.C, with Ipswich Harriers second and Lowestoft third. There were many firsts for Lowestoft athletes, too many to list. Eight Lowestoft A.C runners took part in the first Bungay Black Dog evening 10k road race. Colin Quadling, having a head to head with Yarmouth's Robert Cheverton, came home first in a superb time of 31-19,20 seconds ahead of Robert.

Other Lowestoft finishers: Martin Whitelock, 3rd(32-22); Steve Meen, 8th(33-40); Chris Durrant, 19th(36-20); Trevor Hann, 25th(37-17) Mike Sage, 45th(40-15); John Daniels, 47th(40-27); Terry Calver, 48th(40-29).

Two Lowestoft A.C runners took part in the Norwich half-marathon. Roger Mawer came home in 26th place(1-17-0) and Phil Hazell 35th '(1-18-0) out of 1000 runners.

Four new members boosted Lowestoft Athletic Club's chances in a Eastern Young Athletes League meeting at Walmer Road. However, the club had to settle for third place due to mainly the inability to fill all events, Victories were recorded by Donna Burton, Juliette Anderson and Sandrine Quentin-Hicks in the girls. Shaun Kay, a new member, won the boys 1500m and shot putt, Jean-Luc Quentin-Hicks the long and triple jump, while Stuart Pryce was victorious in the hurdles. There was a splendid win for the boys-under 13 4x100m relay in a time of 60.3 seconds. The team were Michael Balls, Gymfi Kyreme, Andrew Baldry and Stuart Pryce.

Match result: Brentwood 246, West Norfolk 241½, Lowestoft 204½. The second in the series of three 'Anglian Advertiser' evening road races, co-sponsored with 'Harrods of Lowestoft', was held in windy conditions at the Denes Oval. Over 120 runners lined up

for the 10k event and it was Martin Whitelock for Lowestoft A.C TO CROSS THE LINE first from close rival Garry Booty from Norfolk Olympiads A.C, Martin recording 32-18. Craig Hobson, Lowestoft A.C's promising youth, finished a very creditable fifth (33-28) and Steve Meen ninth(33-53). R. Vrolijk 100th(45-42) and Tracy Smith 104th(47-20) competed in the ladies race. In the juniors race it was colt Michael Balls with a fine victory(13-48) with Stuart Pryce second(14-46), while Kojo Kyreme won the boys (17-54) over three miles with Chris Hunter second(19-18). In the junior girls race Karen Beane was fifth(15-58) and Heather Warr sixth(16-26).

The Diss Open Athletics meeting towards the end of June saw three new members compete for the club. Sarah Cook, sister of Simon, jumped 2m-85cm in the long jump for third place and Jo Evans recorded 16.7 and 33.7 in the minor girls 100m and 200m. Brandon Quentin Hicks recorded a time of 3-17.6 in the under-11 boys 800m. THE womens 100m saw Sue Bessey just pipped for first place(13.3) but made amends by winning the long jump with a leap of 4m-40cm. There were victories for Simon Cook in the boys 800m(2-24.3), shot putt (10m-56cm) and javelin(40m-90cm), Chris Hunter, youths 800m(2-33.3) and Darren Saunders, shot putt(9m-66cm).

Conditions were very hot for Lowestoft Athletic Club's third Southern Mens League meeting at Ealing in London. It was the best turnout so far and there were good performances by all the team under intense heat. The opponents, who are at the top end of the league table, were Ealing, Sevenoaks and Basingstoke. Alan Saunders won the discus and his namesake Nigel did a double winning the 110m hurdles and steeplechase. Steve Meen achieved a treble with wins in the 400m hurdles, 1500m and 5000m, while Paul Reeve matched him with victories in the triple jump, 100m and 200m. Chris Dell was also a winner in the shot putt.

Match result: Ealing 136, Sevenoaks 124, Lowestoft 122, Basingstoke 118.

The second Bungay Black Dog evening 10k road race was held with a line-up of over 100 runners. Lowestoft A.C's Colin Quadling again had a battle with Yarmouth's Robert Cheverton. This time he came off second best, recording a time of 31-23. Darren McMorra just back from college in Leeds, was in third place(33-21), closely followed by Martin Whitelock(33-28) and Billy Bullock(33-32).

Lowestoft Athletic Club's younger members again had to settle for last place, despite a few individual victories in their match at Braintree in the Eastern Young Athletes League. Victoria Nicholls and Sarah Meen scored a double victory in the A and B strings un-

-der-13 girls 70m hurdles, both in personal best times. Similarly Kojo Kyreme and Gavin Baldry won the 1500m Boys A and B, while Simon Cook took first place in the high jump.

Entries for the Carnival 10k race were now on offer. The police had put a limit of 300 on the race. Each finisher will receive a specially commissioned mug from the race sponsors 'Co-op'. The route will start outside the Westgate Store in London Road North, extend along past Ness Point and Links Road, then head south across the river and The Esplanade, then up London Road South to finish in Milton Road, near the hospital.

The last race of the 10k evening road races took place at Denes Oval at the latter part of July. It would decide all of the awards over the series. The race was won by Gary Booty of Norfolk Olympiads with Kevin Lehane second and Billy Bullock third of Lowestoft A.C. It meant Booty won the overall series with Martin Whitelock of Lowestoft A.C SECOND and Lehane third. In the junior races, Kojo Kyreme, Michael Balls and Karen Beane of Lowestoft A.C were series winners.

Sweltering conditions brought a very good turnout for Lowestoft when the youngsters took on Verlea, West Suffolk and Chelmsford in a Eastern Young Athletes League at Walmer Road. Newcomers Jamie Craig and Christopher Thrower did three events each in the Colts age group, while Liona and Lorraine Nicholls competed in the under 15 Girls group. Inter-Ladies Sue Bessey and Donna Burton scored maximum points in two events each, as did under-15 girl Zinnia Chown. Kojo Kyreme and Simon Cook both won their 1500 metres A and B respectively. The Colts and Youths were both successful in winning their 4x100m relays.

This year's Carnival Road Race proved to be the most successful. Entries reached the 300 mark the authorities allowed to run, which meant many were turned away. Paul Evans, running for his new club Belgrave Harriers, was first over the line in a fast time of 30-31

for the 10k course from Steve Lamb of Basildon A.C (31-23). First Lowestoft A.C home was Billy Bullock in fourth place (33-15), Martin Whitelock sixth (33-30) and Darren McMorran twelfth (33-56), the three winning the first team prize. 265 runners completed the race including R. Forman who had travelled from Yeovil in Somerset! Lowestoft Athletic Club's final track and field league fixture of the season was the Eastern Young Athletes match at Gt Yarmouth. Again we lacked numbers but we still had many individual wins, notably new member Jamie Craig winning all his three events. Other winners were Donna Burton, Ian Tubby, Kojo Kyreme and Gymfi

Kyreme.

Lowestoft's Southern Mens League team finished 14th out of the 25 competing teams while the Eastern Young Athletes could only finish 15th out of sixteen.

Many of the club's young athletes travelled to Colchester for the final track and field meeting of the summer season. This open meeting gave athletes the chance to wind down after the stresses of league competition. For some members now competition ceases until next spring, while the hardy middle and long distance athletes prepare for the cross-country season. There was success for Kojo Kyreme in the 1500m(4-29.6) and Michael Balls in the 400m(72.5). Jamie Craig did a personal best both in the 100m(13.6) and 200m(28.3), while Simon Cook recorded 4-46.0 for the 1500m, a personal best.

Barbara High, one of Lowestoft Athletics Club's longest serving committee members, received warm applause when she was re-elected to serve her 18th consecutive term as general secretary at the A.G.M held at Walmer Road. I, for my sins, was re-elected for another term as chairman. My speech was taken up by the club trying to get charity status and the proposed all-weather track appeal. The committee formed for 1989-90 was as follows:

President, Dennis King; Chairman, Brian Boardley; Secretary, Barbara High; Treasurer, Nigel Saunders; Membership Secretary, Margaret Henwood; Track Secretary, Brian Boardley; Road Secretary, Trevor Hann; Entries Secretary, Steve Balls; Social Secretary, Paula Balls; KCSSC Rep., Bill Bullock; Catering, Ann Cook; Publicity Sec., Lynn Meen; Trophy Sec., Nigel Saunders; A.A.A's Rep., Bill Kingaby; Team Managers, Margaret Henwood and Peter Knights; Team Captains, Tracy Cleveland, Trevor Hann and Chris Dell.

October saw eight Lowestoft A.C runners take part in the annual Diss 15-mile road race. Over 300 runners were on the start line of which over 200 were veterans over 40. Steve Meen was first man home for Lowestoft in 17th place(1-28-02) closely followed by Roger Mawer, 18th(1-28-30), Paul Silom, 32nd(1-32-37), Phil Hazell, 33rd(1-32-41), Ken Baker, 44th(1-34-05), Jim Rowley, 50th(1-35-54). Mike Sage and Robert Lister both finished down the field but their positions and times were not available.

In the same month five of the club runners ran in the Mildenhall half-marathon on a perfect day for fast times on a flat course. Steve Meen was once again first home for Lowestoft(1-14-00), Martin Whitelock recorded(1-15-20) closely followed by Roger Mawer(1-15-22), while Phil Hazell had a fine run(1-17-00)

and supervet Ken Baker recorded(1-20-00). No positions were mentioned in the report.

Runners from Lowestoft and beyond are being invited to add a touch of Christmas cheer to the festive season this year. Organised by Lowestoft Athletic Club the 10-mile 'Turkey Trot' which is due to be staged on Sunday December 17th. The race is listed in a national publication's 'Hot 100 series of road races in England. There is a limit of 400 entries and race headquarters will be at Denes Oval, starting at 10-30a.m. Sponsored by Ron Hill Sports, it is hoped that local athletic's star Paul Evans will be taking part in the race. The course will be out and back to the 'Turnstone' pub, Hopton, to finish back on the sea wall. There will be prizes for the first six men; the first three women; first veteran man aged 40-44, 45-49 and over 50; first team men and women (three to score); first over 40 veteran team (three to score). Each finisher will receive a Christmas pudding and first runner to five miles will be presented with a litre of whiskey. The entry fee is £3-50 for club runners and £4 for unattached.

Lowestoft Athletic Club's first cross-country meeting of the season was at Amptill, Bedfordshire. Colt Michael Balls had a good run finishing 30th out of a field of 140. In the boys event Kojo Kyreme was 15th, Gavin Baldry, 42nd, Jonathan Moxom, 46th, Chris Hunter, 80th and Philip Wright, 115th. 130 finished. Craig Hobson in the Youths race was 26th out of 125 and Dale Burden, 96th, Steve Balls, 140th in the Jun/Senior Mens event.

One of Lowestoft A.C's new club member, Jim Rowley, ran in one of the toughest marathons in the U.K, THE National Trust Snowdonia Marathon. This tough run has a 700 foot climb between the 21st and 23rd mile. However, Jim came home in a fine time of 3 hours 19 minutes to finish 168th out of 1100 finishers.

At the beginning of December the club put on a Norfolk/Suffolk Cross-Country League fixture on the North Denes, Lowestoft. Jemma Pearce, a new member, made a good start to her athletic career, taking 17th place in the Minor Girls race. Jim Rowley, making his debut for the club, was joined on the start line of the Senior Mens by Steve Meen, Brian Tate and Dale Burden. From a field of 40 runners, Jim was placed 21st, with Steve 9th and Dale 30th. Brian's position was given as first Senior Veteran to finish. Kojo Kyreme produced an excellent performance in the Boys/Youths race in second overall spot and first in the Boys age group. Gavin Baldry was 12th, Jonathan Moxon 14th, Chris Hunter, 21st and Philip

Philip Wright 25th, rounded off a very good entry by the home club in this race.

Christmas puddings and turkeys were up for grabs in the first ten mile 'Turkey Trot'. About 180 runners flapped their way through the wind and rain making it hell for both runners, marshalls and officials. Paul Evans was the eventual winner in a fast time of 52-50.

Lowestoft finishers were: Brian Tate 3rd, Roger Mawer 9th, Phil Hazell won the Veteran Mens 45-49 age group, while R. Vrolijk was fifth in the Womens race.

One athlete, wheelchair-bound Martyn Robbins, had a tougher time than most and had to borrow a spanner at the half-way point to repair his wheelchair. But he finished the course and collected his Christmas pudding.

So we now looked forward to a new decade. The past ten years had been very successful for the club, but we now faced a uphill task, as Gt Yarmouth had obtained all-weather facilities.

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PART TWENTY-THREE

The start of the new decade there was victory for Steve Meen in the Bungay Black Dog 5.1 mile New Year's Eve road race, in a time of 27-43. Jim Rowley was 9th(30-53) and Trevor Hann, 11th(32-17). On New Year's day eight Lowestoft runners took part in the Wy-
mondham New Year's 10k, with 220 competitors lining up at the start. First home for Lowestoft was Steve Meen, despite his clicky knee, finished 9th(34-05); Roger Mawer, 20th(35-14); Phil Hazell, 35th(36-19); Martin Whitelock, 38th(36-41); Jim Rowley, 58th(38-13); Dale Burden, 66th(38-34); Trevor Hann, 81st(39-41) and Robert Lister (46-15), no position known.

Roswitha Vrolijk returned to her native Holland but she said she hoped to be back very soon.

The middle of January there was a Norfolk/Suffolk League cross country meeting at Ipswich. All runners did very well, having to deal with very slippery conditions underfoot after heavy rain before the start. Michael Balls, 10th(12-09) and Stuart Pryce, 21st(13-28) represented the club in the Colts age group. Kojo kyreme, Boys and Craig hobson, Youths, both claimed first position recording 18-12 and 17-16 respectively. In the Senior Men Dale Burden came home 34th out of 69 starters.

The annual Beccles 10 mile winter road race was held on a perfect springlike day and Lowestoft were represented by eleven runners. First home for Lowestoft was Brian Tate in fourth place

in a time of 54-51. Also he collected first veteran prize. Steve Meen was 7th(56-41); Roger Mawer, 13th(58-54); Chris Durrant, 15th (59-05); Phil Hazell, 17th(59-26); Jim Rowley, 31st(63-04); Dale Burden, 32nd(63-05); Trevor Hann, 53rd(65-56); Mike Sage, 58th(68-30). New club member Roger Croome came home in 102nd place in a time of 74-51. Nearly 200 runners took part.

After the hard work of running was over, the Lowestoft runners met in the bar and a surprise presentation was made to Chris Durrant by the Lowestoft team as he won the award for 1989 for the athlete making the most excuses for the year!

'Cash race on for L.A.C' was the headline of the 'Waveney Advertiser' on the 30th March promoting a 10km road race to raise funds for Warren Special School organised by Lowestoft Athletic Club. The race will take place on the 13th June. The race is co-sponsored by 'The Anglia Advertiser', 'S.L.P' and Harrod of Lowestoft, the winners will receive family tickets to Pleasewood Hills, Advertiser T-shirts and trophies, so there is everything to race for.

Lowestoft A.C road runners attended the Wymondham 20 mile road race. The race started with Steve Meen well in the forefront after five miles but found the pace too hot and Chris Sanford of St Edmunds Pacers was the eventual winner in 1-55-22. It was Chris Durrant who was first home for Lowestoft in position, 2-10-37; Steve Meen, 21st, 2-11-42; Ken Baker, 23rd, 2-12-56; Paul Silom, 87th, 2-24-20; Mike Sage, 112th, 2-28-39; Trevor Hann was just pipped on the line by Roswitha Vrolink, just back from Holland, our only lady representative, recording 2-53-56, Trevor just a second behind.

In April Lowestoft runner and grandad Brian Tate was pipped at the post in the ninth Bungay Black Dog Marathon. The event was held on a sunny but windy day with 140 entered in the full marathon and over 500 in the half-marathon. Brian held the lead up to 25 miles but was caught by David Chalfon of Shaftsbury Harriers. BRIAN's time was 2-37-40.

Steve Meen came home in ninth place in the half-marathon clocking 1-15-51. Chris Durrant was next in 20th place, 1-18-50; Ken Baker, 32nd, 1-20-55; Jim Rowley, 57th, 1-24-44; Mike Sage, 113th, 1-29-57; Trevor Hann, 117th, 1-30-44.

A dance for the Waveney All-Weather Track Appeal was put on at the Kirkley Community Sports and Social Club on Friday 27th April. Basket meals will be available and tickets for the dance cost just £2-50.

The first EYA meeting was held at Ipswich with Lowestoft A.C Tak-
 -ing second place behind the host club. Helen Warr won the U/15
 girls 800m(2-56.9) and second in the 200m(34.2). In the U/17 inter-
 ladies Suzanne Bessey was the winner of the long jump(4m-00cm)and
 Claire Watson won the 100m(15.3). Sandrine Quenton-Hicks was suc-
 -cessful in both winning the discus(19-04cm) and javelin(13-02cm)
 There were wins in the colts for Michael Balls, Stuart Pryce and
 a double for Gymfi Kyreme. Alec Sydenham, a new member, made a good
 start for the club winning the long jump(3m-93cm), discus(19m-54cm)
 and second in the 100m A(14.7). It was a fine start too for Dean
 Saunderscock with a win in the 100m B(15.2) and 800m(2-31.9) while
 the team of Andrew Baldry, Gavin Baldry, Alec Sydenham and Dean
 Saunderscock were victorious in the 4x100 relay(57.2). There were
 two second places in the youths for Ian Tubby in the 100m(12.8),
 200m(25.8), while Kojo Kyreme won the 200m(25.6), a PB, second in
 the 400m(55.3), a PB and first in the 800m(2-08.0). Jonathon Moxom
 and Chris Hunter both recorded victorys in the 800m B(2-24.7) and
 1500m(5-02.0) respectively. The four youths then ran the 4x100m,
 winning in fine style. No time available in report.

Eight members of Lowestoft Athletic Club took part in the 1990
 London Marathon. Many of the members had a nightmare start. The
 coach carrying the runners only arrived four minutes only to go
 before the start. Pride of place must go to Steven Meen who crossed
 the line in an excellent time of 2hrs-40mins, just missing out on
 automatic qualification for next year by fifteen seconds. Next
 home for Lowestoft came supervet Ken Baker, who achieved a quali-
 -fying time in his age group with a brilliant 2hrs-57mins.

Other Lowestoft finishers were: Chris Durrant, 3hrs-01mins; Roger
 Mawer, 3hrs-25mins; Phil Hazell, 3hrs-27mins; Mike Sage, 3hrs-29mins;

Trevor Hann, 3hrs-45mins and Steve Ford, 4hrs-07mins.

This year the club joined the all-boys Young Athletes League, the
 first being held at Welwyn Garden City. Competing against Southend
 St Albans and fleet, there were many winners amongst our young
 athletes including Gymfi Kyreme, 100m(14.7) in the Colts; Ewan
 Hewitt, long jump(4m-97cm); Alec Sydenham, long jump B(4m-12cm) for
 the Boys; Kojo Kyreme won the Youths 800m A(2-09.0); Jonathon
 Moxom, long jump B(3m-96cm); Chris Hunter, 800m B(2-23.0). Simon
 Cook and Kojo Kyreme both achieved AAA Standards in high jump
 and 400m respectively.

Although Paul Evans was now running for Belgrave Harriers, I and
 the rest of the club still kept a healthy interest in his pro-
 -gress. At Crystal Palace in May he won the Southern Counties
 AAA *) 10,000 metres in 28mins-35secs, the fastest in Britain

this year.

The first meeting was held in unusually hot weather of the Southern Mens League at Thurrock. All the team welcomed Kojo Kyreme and Ian Tubby to the senior ranks. The club was up against stern opposition from hosts Thurrock, G.E.C (Kent), Loughton and Hertford & Ware. Gary Knights and Kojo Kyreme both did well, Gary victorious in the 1500m B(4-29.7) and Kojo gaining second place in the A race (4-17.0). Nigel Saunders and Steve Balls competed in the 3000m steeplechase, Nigel second in the A(10-52.8) and Steve fourth in the B(13-47.6). Ian Tubby, in his first senior meeting, was fourth in the 100m(12.4) and the same in the 200m(24.7).

The second meeting of the Young Athletes League sponsored by Woolworths took place at Basildon. Due to injury and illness, Lowestoft were below strength. Competing against Lowestoft A.C were Dorking, Thames Valley and Colchester. However, there were many

good performances by Lowestoft A.C athletes. Gymfi Kyreme had a win double in the Colts 100m(14.2) and 200m(29.1), gaining a Grade 3 AAA's standard in both events. The Colts team of Gymfi Kyreme, Michael Balls, Paul Hayward and Stuart Pryce were triumphant in the 4x100 relay in a time of 63.1 seconds. Alec Sydenham was first in the Boys discus B event(18m-98cm) and Gavin Baldry won the 400m A (60.5). Dean Saunderscock then followed Gavin by winning the 400m B in a time of 65.9 seconds. The Youths too were not to be out done by their younger clubmates, Ian Tubby pulling off a double in the 100m(12.3) and 200m(25.1), while Kojo Kyreme was a winner in the 3000m(9-24.0), which gave him a Grade 3 AAA's standard.

After two matches, Lowestoft A.C were ninth out of 15 clubs in the Southern Two North Thames division.

The end part of May saw the first of the club's evening 10k and junior road races take place on the North Denes. It was the in form Michael Balls who crossed the line first in the Boys race in a time of 13-25 followed by clubmate Stuart Pryce second in 14-03. Helen Warr was second in the Girls race and Sarah Meen third. No times available.

The Senior 10k event saw D. McClean, on holiday in the area, running for the strong Massey Ferguson club in a fast time of 32-16.

First home for Lowestoft was Steve Meen in eighth(34-05); Martin Whitelock, ninth(34-30); Ken Baker, 27th(37-16); Terry Calver, 53rd (40-13); Mike Sage, 60th(41-41) and Robert Lister, 87th(45-30).

Paul Evans ambition to run for Great Britain was fulfilled when he was selected for a grand prix meeting in Helsinki. With the 50,000-strong Finns behind their champion Harry Harrison, tension was high but Paul had no trouble leaving the Flying Finn in his

wake as he kicked for home with three laps to go. Paul's time was a personal best of 28-18.0.

Lowestoft Athletic Club's first EYA league meeting was held in pleasant sunshine, competing against Dacorum and West Norfolk. The Boys under 13's saw Michael Balls have a hat-trick of victories, in the 80m hurdles(16.3), 1500m(5-13.5) and high jump(1m-15cm). Alistair MacPherson, a new member, won the 1500m B(5-42.4). There were many other good performances from our boys, too numerous to mention them all. Best girl performances were by Sarah Meen, Helen Warr, Clare Watson and Suzanne Bessey.

The third meeting of the Woolworth League(Boys only) was held at Colchester in heavy rain. Colt Gymfi Kyreme had a double in the 100m(14.3) and 200m(29.5). Michael Balls gained a Grade 3 standard in the Colts 1500m A(5-09.0) and Alistair MacPherson winning the B race(5-28.0), a personal best. To end their day, the colts won the 4x100 relay in 60.2 seconds. In the Boys age group, Simon Cook achieved a time of 10mins-25.6secs winning the 3000m and gained a Grade 3 AAA standard. Ewan Hewitt was placed second in both the 100m(13.0) and 200m(26.6) and long jump(4m-71cm).

The boys finished second in the 4x100 relay in 55.9 seconds. It was Kojo Kyreme who stole the limelight in the youths with a superb victory in the 3000m(9-14.0) achieving a Grade 2 standard and completed his day in winning the high jump B(1m-50cm). New member Alex Williams started well, winning the high jump A(1m-65), javelin(25cm-20cm) and second in the long jump(4m-71cm).

The second evening road race of the series was held by Lowestoft co-sponsored by Harrods of Lowestoft, on a cool and windless evening. The race was held in aid of Warren Special School and the record field of 137 raised £220. The race itself was won by D. Fiske of Coalite in 31-57. Steve Meen was first home for the club in sixth place(33-16); Martin Whitelock, 8th(33-55); Roger Mawer, 9th(34-05). These three runners won the team prize for Lowestoft A.C. Roswitha Vrolijk was 16th in the ladies race(47-11). The junior races were closely fought, with Michael Balls again getting the better of Stuart Pryce. Michael's time 13-03 and Stuart's 13-57. In the girls Sarah Meen was second in 14-28 and Helen Warren recorded 15-56.

The P&O Ferries Trophy meeting was held at Ipswich in June. Lowestoft A.C did themselves proud, the young athletes brought home four medals, one gold and three bronze, and a new meeting record. Kojo Kyreme set a new youths record in the 1500 metres in a personal best time of 4-11.9. Bronze winners were, Michael

Balls, Colts 80m hurdles(15.7); Stuart Pryce, Colts 400m, 73.4; Jean-Lu Quentin-Hicks, Boys triple jump with a personal best of 9m-62cm. Paul Evans was now looking forward to the British Championships at Gateshead at the end of June. After winning in Helsinki earlier in the month, a good performance would put him in line for a call-up for the 10,000 metres in the European Championships later in the year.

In the Norwich half-marathon, the 1,000 runners who lined up at the start met with very hot and humid conditions, with three runners ending up in hospital with heat problems. However, this did not stop Roger Mawer having a fantastic run, coming home in 24th place in a superb time of 1hr-18mins-44secs, winning the first veteran prize. Chris Durrant was next home in 36th place(1-20-31) and Phil Hazell, 66th(1-24-16). These three winning the first veteran team prize. Also running was Steve Ford, Mike Sage and Norman Rushmere. No details available for these three.

Three days later at the Wymondham 10-mile race, Martin Whitelock ran a brilliant time of 55-14, while Roger Mawer took first veteran prize in 57-50 in the 45-49 age group. Other club members who took part were Phil Hazell(60-55) and Mike Sage(67-01).

Lowestoft A.C's second meeting of the EYA League was held at Corby on Sunday, June 17th. We were competing against Kettering, Watford and Huntingdon. Sarah Meen had a good run in the under-13 girls 800m, recording a personal best of 2-40.8. The under-15 girls saw newcomer Kelly Burwood finish a creditable third in the 800m in 2-44.5, fourth in the 200m, 30.1 and fourth in the long jump, 3-55. Suzanne Bessey won both the 400m, 66.8, and the long jump, 4m-51cm. The Colts 1500m was a win and personal best for Stuart Pryce in 5-42.3 and Gymfi Kyreme had a double in the 100m, 14.0 and 200m 28.8. Alistair MacPherson took first place in the 800m, 2-37.3, while Martin Wilson, normally a sprint and field eventer, won the 1500m B race in 6-41.7. The Colts were also successful in the 4x100 relay, recording 59.3. There were also debuts for James Dolan and Clive Cartner. In the Boys under-15, Ewan Hewett won the long jump A(5m-17cm), Andrew Baldry the long jump B(4m-07cm); Simon Cook the 800m(2-14.9), a personal best, and the high jump (1m-50cm). There was only one winner in the Boys under-17 provided by Ian Tubby in the javelin(28m-66cm).

The following week-end the male junior athletes had a short trip to Norwich for a Woolworths Young Athletes League meeting where they had to face strong winds, keeping times down. Competing against Norfolk Olympiads, North London and Highgate Harriers, two boys from the club gained AAA Grade Standards. Simon Cook

leaped 1m-60cm in the Boys high jump for a Grade 2 standard and Michael Balls a Grade 3 in the Colts 1500m(time not available). Ian Tubby in the Youths had a good afternoon winning the 200m in 25.9 and second in the 100m,12.8. Lowestoft A.C, because of a lack of athletes,had to settle for fourth place in the team event. We had now drifted down to 13th place out of sixteen in the league.

The Southern Mens League team had two meetings on the quick at the end of June and the beginning of July. On each occasion the number of athletes was very low. Consequently,it meant those competing were doing far too many events. At Milton Keynes Darren Southgate,a recent member to the club, was third in both the 100m(12.6) and javelin(36m-92cm). Darren Saunders was the only winner at Deansgate,winning the shot putt(8m-50cm).

The EYA League held at Walmer Road proved very hard going as temperatures soared. Lowestoft A.C did well,competing against clubs a lot higher in the division,but could only manage 184 points.Claire Watson was the only female success winning the under-17 Girls 400m(76.2),while Sandrine Quentin-Hicks put up a good show,finishing second in the shot putt(5m-28cm),discus (18m-76cm) and third in the javelin(14-80cm).Martin Wilson was second in both the Colts 200m(34.8),long jump(3m-34cm) and was third in the 100m(15.4).The in form Alistair MacPherson was succesful in the 800m with a time of(2-44.0) and second in the 400m(71.3) and second in the shot putt(5m-14cm). Glen Thurgood continued his good form in the high jump,winning in a height of (1m-30cm). There were victorys for Ewan Hewett in the Boys under-15 100m(12.6);Simon Cook,1500m(4-41.6) and Jon-Luc Quentin-Hicks the triple jump(9m-60cm). Kojo Kyreme won the Boys under-17 100m(12.4) and 400m(54.8). Chris Hunter finished a creditable third in the 800m(2-25.3).

Early August the Southern Mens League team travelled to the Aldershot Barracks with a rather depleted squad due to injuries. At the time there was a high elert due to the activities of the I.R.A. It was a little bit worrying when we were told to park the mini-bus amongst army vehicles and before we left to make sure we checked underneath the bus before we left. The opposition was against Aldershot Services,South London Harriers and Sevenoaks. Although having no event winners,Alec Williams got third place in the high jump A(1m-60cm) and Gary Knights second in the high jump B(1m-55cm).

The time had come round once again for the annual Carnival 10k

Road Race. Entries had come from all over the country for this now popular event that thrilled the crowds along the route. In all there were around 300 entries, and it was Paul Evans once again who crossed the line first, 59 seconds ahead of Martin Braithewaite of Duke Street Road Runners. Martin Whitelock was first home for L.A.C in ninth position (33-51); Roger Mawer, 31st (36-13); Phil Hazell, 40th (36-50); Chris Durrant, 42nd (36-59); Jim Rowley, 85th (39-25). 265 runners finished.

Lowestoft Athletics Club's last meeting of the Woolworths League (Boys only) proved that they were on top form as they won twenty of the thirty-two events covered by the fourteen athletes. Against hosts Watford and Reading, two of the top clubs, their performances more remarkable. I list all the winners as follows: Colts, Gymfi Kyreme, 100m A (15.4), 200m A (29.8); Micheal Balls, 800m A (2-33.7), Grade 3 AAA standard; James Carver, 800m B (2-46.8); Stuart Pryce, 1500m B (5-20.8), PB; Alistair MacPherson, 1500m A (5-18.3), PB.

The Colts also won the 4x100m relay in 59.1 seconds.

Boys: Ewan Hewett, long jump A (5m-06cm); Alec Sydenham, 200m B (29.9), discus A (17m-62cm); Simon Cook, 400m A (63.3), 800m A (2-18.2), high jump A (1m-45cm); Gavin Baldry, 3000m A (10-32.7), PB.

The Boys under 15 team won the 4x100m relay in 53.8 seconds.

youths: Chris Hunter, 3000m B (10-52.1); Jonathan Moxon, 400m A (61.1) 800m A (2-22.6); Kojo Kyreme, 3000m A (9-23.3), Grade 3 AAA standard.

The Youths were third in the 4x100m relay (52.2) but made amends winning the 4x400m relay (4-06.0).

The last venue in the Southern Mens League was held at Welwyn Garden City. Once again due to injuries and call-offs we could only manage fifth team place. I won't mention any individual performances, only say thanks to Alan Saunders, Steve Balls, Gary Knights, Steve Ford and Chris Dell for their gallant efforts covering all the events.

St Albans was the venue for the last EYA League meeting of 1990. Despite being short on athletes, they did well finishing in third out of the four competing clubs. The girls did not have any winners, but u/13 girl Sarah Meen was second in the 800m (2-43.3) and second in the shot putt (5m-94cm). In the u/15 girls Heather Warr was fourth in the 800m (2-55.5) and third in the long jump (3m-08cm). The only inter-ladies representative was Sandrine Quentin-Hicks who was third in the shot putt (5m-44cm), second in the discus (19m-90cm), and second in the javelin (13-78cm).

There was success in the U/13 boys age group. Michael Balls winning the long jump B (3m-94cm); Gymfi Kyreme, 200m A (28.7); Glen Thurgood, 400m B (68.6), high jump A (1m-36cm), long jump A (4m-10cm);

Martin Wilson, high jump B(1m-13cm).

The 4x100m relay team of Glen Thurgood, Michael Balls, James Carver and Gymfi Kyreme were winners in a time of 60.0 seconds.

The Boys under 15's saw Simon Cook winning the 1500m A(4-55.6) and high jump A(1m-50cm), while Jean-luc Quentin-Hicks won the triple jump A(9m-67cm).

Match result: Norfolk Olympiads 423pts, Hertford & Ware 290½, Lowestoft 105½, Barnet 98pts.

The finale of the track and field season was the Colchester Harriers Trophy meeting. As always, the competition was quite a high standard. However, Martin Wilson took bronze in the Boys under 11's(15.4), as did Kojo Kyreme in the Youths 1500m(4-20.0) and Gavin Baldry second in the under 15's Boys(4-41.0). James Carver, Michael Balls, Gymfi Kyreme and Matthew Armes took silver in the 4x100m relay. Best performance by the girls was Donna Burton who was third in the Junior Ladies discus(23m-34cm).

Under 13 Girl Sarah Meen took fourth place in the 800m(2-42.0), as did under 15 Girl Kelly Burwood(2-36.5).

Local international athlete Paul Evans has been selected to run in the 'Sun Life Great Race', an international event, running against teams from Morocco, Brazil, Kenya and many other nations. He finished fourth on the 16th leg of the marathon three-week race, to follow up brilliant wins in the 14th and 15th stages. Overall, Paul finished fifth and earned himself £15,200, just as well, returning to Lowestoft he found his employer, Bally Shoe, had announced 170 job losses.

Ten of Lowestoft Athletic Club's men competed at Walmer Road for a trophy presented by Kirkley Community Sports and Social Club. The race was 10,000 metres on the grass track. Nigel Saunders battled hard to try to hold on to the trophy he won last year but had to be contented with second place behind Steve Meen after a hard fought fight.

Result: Steve Meen 35-17, Nigel Saunders, 36-26.0, Gary Knights, 3rd(36-51.4), Dale Burden, 4th(37-56.8), Terry Calver, 5th(39-36.0), Bill Kingaby, 6th(41-47.8), Mark Waller, 7th, (45-58.6), Stephen Balls, 8th(47-01.7), Keith Stephens, 9th(52-29.1), Chris Dell, 10th(62-27.6).

Lowestoft Athletic Club's winter programme got under way with a Norfolk/Suffolk cross-country league meeting at Bury St Edmunds. Fifteen members competed for Lowestoft in the nine races, including three new members, Laura Oxborough, and Ben and Ian McCluskey. Results as follows:

Colts u/13: Michael Balls, 8th; Glen Thurgood, 13th; Darren Thur-

-good, ~~13th~~^{15th}; Martin Wilson, 22nd.

Girls u/13: Sarah Meen, 4th.

Girls u/15: Joanne Evans, 15th (First race for the club)

Boys u/15: Gavin Baldry, 2nd.

Boys u/17: Chris Hunter, 9th.

Sen. Women: Tracy Dell (now Prewer), 24th.

Sen. Men : Dale Burden, 22nd; Ian McCluskey, 56th; Stephen Balls, 78th; Chris Dell, 82nd.

Members of Lowestoft A.C. made the long journey to Bedford for the Ampthill Trophy cross-country. Competing for the seniors was Dale Burden who was first home for the club in 101st place followed by Ian McCluskey, 131st; Stephen Balls, 173rd; Darren Saunders, 174th and Chris Dell, 177th.

At the end of the race Chris was puzzled how Darren managed to beat him as he felt sure he had been well in front of him most of the way round. It was later discovered that Darren had only been round three times instead of the required four!

Jonathan Moxon, running in the Youths, came in 51st out of 84, while Gavin Baldry was 15th in the Boys under 15 race and Simon Cook, 18th. The Colts team of Michael Balls, 26th; Matthew Armes, 33rd; Alistair MacPherson, 38th and Stuart Pryce, 51st, did well in their race, as a team finishing 8th out of 29 teams.

In the Boys u/11's 1.6k race Ben McClusky came 78th out of over 100 runners. The only female member of the club was Tracy Dell in the 5k Senior Ladies race, placed 62nd out of 83.

In November a large turnout of former and present members of Lowestoft Athletic Club gathered at Walmer Road for a celebration of the club's 20 years in existence. President Bill Bullock and his wife Doreen welcomed founder members John Daniels, Brian Boardley and Lloyd Woolner. Secretary Barbara High and husband John were unavoidably absent. Former chairmans present were Brian Baxter, Dennis Culham, Ken McMorran and Andy Birch.

I, as chairman, welcomed everybody to the special evening and was pleased to see so many interested in the club's wellbeing. I also expressed the club's regret to learn of the car accident of one of its life members, Olive Read, and wished her a speedy recovery from her injuries. Also back after a long illness, I welcomed Mary James returning to her coaching role in the club.

After my speech, it was left to John Daniels and myself to cut the celebration cake. Scrapbooks of the club's history and old photographs of members in their younger days caused many nostalgic reminiscences.

Paul Evans escaped serious injury in a 15-coach pile-up only an hour before running in the New York marathon, just a slight injury

to his neck. The crash was caused by a police motorcyclist falling off in the path of one of the coaches. However, it did not stop Paul from starting but despite a promising start, with Paul up with the leaders after ten miles, he finally dropped out after nineteen miles, his neck having stiffened up considerably. But despite his disappointment, Paul is primed for future success after clinching another new sponsorship deal with sports firm Asic.

Lowestoft Athletic Club put on a Norfolk/Suffolk League meeting during November. The course was a tough one and the cold and windy conditions did not help the athletes. 90 competitors took part in the Junior/Senior over 6 miles. Dale Burden was first Lowestoft man home in 42nd(39-08) followed in 51st(39-47) by stepfather Bill Kingaby. In the Junior/Senior Womens race, Jane Hook finishing a creditable 4th and Tracy Dell, 33rd, were our only competitors. Sarah Meen ran a superb race to win under 13's. The under 15's saw Kelly Burwood finish 4th followed by Joanne Evans, 9th. There were *Two Boys* in the under 13's and it was Michael Balls, 6th, who was first home for the club, followed by Stuart Pryce, 11th. Gavin Baldry finished 2nd in the Boys under 15's, with Simon Cook, 9th, and Danny Saunderscock, 12th. The Youths race was won easily by Kojo Kyreme with Jonathan Moxon, 10th and Chris Hunter, 15th. In the youngest age group, the u/11's, there was double success for the club when Laura Oxborough and Robert Meen both won their respective races.

A half-marathon promoted by St John Ambulance and Lowestoft A.C., all proceeds to St John's, took place in November, the start in London Road North. Over 100 runners took part and it was Lowestoft A.C. athletes who occupied the first three places. Steve Meen won in a time of 74-04, next was Martin Whitelock, 76-37, and Phil Hazell, third, 77-04. In all the club had fourteen runners in the top twenty. 98 finished.

Martin Whitelock ran a well-judged race to beat fellow teammate Steve Meen in the Hadleigh 10 mile event. Martin's time was 56-56 and Stephen's, 57-04. Four other L.A.C runners took part: Roger Mawer, 58-01, Nigel Saunders, 59-30, Phil Hazell, 60-21, Paul Silom, 63-08. No positions available.

The club was dealt a blow in December, when the Waveney Track Development Committee had been forced to put the all-weather track appeal on ice because of lack of support. Attempts to get financial support from the Sports Council, Waveney District Council and local firms had failed and the appeal is yet to get official charitable status. WTDC secretary, Bill Kingaby,

has resigned because of the lack of progress, leaving the committee without a leader. The plan was for a six-lane track with steep-lechase facilities, an area for field events and a spectator barrier and floodlighting. The committee decided to shelve the appeal until they receive confirmation of charitable status ~~status~~ next year.

At the end of November athletes from the club travelled to Chantry Park, Ipswich to compete in a Norfolk/Suffolk League meeting. The most exciting race of the day was the Youths, with Kojo Kyreme winning the race in a close finish. Chris Hunter had a good run but the report did not mention his position. In the Boys under-15 Simon Cook was pipped on the line for first place with Gavin Baldry third. Gymfi Kyreme, a sprinter but decided to have a go at cross-country, finished 20th in the Colts, while the more experienced Michael Balls, 8th and Stuart Pryce, 14th, both put in another good performance. Sarah Meen did well finishing third in the Girls u/13's and Heather Warr, 10th in the u/15's.

A couple of weeks before Christmas the club was privileged to put the Suffolk County Cross-Country Championships on the north Denes. It was a cold damp day and the course was very arduous, with steep hill climbs and sandy stretches along the bottom of the cliffs caused by the rough seas earlier in the week. For the fifth year running, Kojo Kyreme won a Suffolk County title, winning the Youths four-mile race (22-34). Jonathan Moxon was 8th (24-49) in the same age group. The Boys under 15 race saw Gavin Baldry have a brilliant run to finish second (14-44), only four seconds behind Nathaniel of Ipswich, while Danny Saunderscock was 14th (16-26). In the Colts u/13 race, Michael Balls ran his best cross-country race this season coming in third (12-20); Matthew Armes, 5th (12-43); Alistair MacPherson, 6th (12-46) and Stuart Pryce, (13-29), to take the county team title.

Sarah Meen had a superb run in the Minor Girls u/13 race, finishing third (8-15) and Tracy Dell in the Senior Ladies in 12th position (35-01). There were only two Senior Men due to injuries. Steve Balls came 65th and sprinter Chris Deell, 69th.

Congratulations to Kojo Kyreme, Jonathan Moxon, Gavin Baldry, Simon Cook, Michael Balls and Sarah Meen, all selected to run for Suffolk in the Inter-Counties Championships next year.

A week before Christmas, it was time for the annual ten mile Turkey Trot road race, which is listed as one of the top 100 races in the country attracting athletes from as far as Wales and Brighton. This year's winner was Mike Turner from Liverpool A.C in a fast time of 52-55. First male Lowestoft runner was Brian

Tate in a time of 57-18 and first female Roswita Vrolijic recording a time of 80-52. Lowestoft's veteran team of Brian Tate, Roger Mawer and Phil Hazell won the first team prize. 1990, a very active year for the club, was now at a close. However, we knew the coming year and beyond the club would find it hard to attract new members without all-weather facilities.

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PART TWENTY-FOUR

The New Year herald the Inter-Counties Cross Country Championship for Colts and Boys held at Shrewsbury. Representing Suffolk from the club were Michael Balls in the Colts, and Gavin Baldry in the Boys races. For Michael it was the largest field of runners he had ever faced. Over 400 runners lined up at the start. However, he was not put off and finished a creditable 121st, second home for Suffolk. Gavin, in the Boys 2½-miles race, also had to compete against a large field but getting off to a good start, he achieved 46th position, first home for Suffolk, a excellent performance. The Youths Inter-Counties National Cross Country Championships were held at Leicester. Unfortunately, the bus broke down on the way there, and by the time they arrived the Suffolk team had only half-an-hour to prepare themselves for their race. Kojo Kyreme, still recovering from injury, did not run to his usual standard, and this was reflected in his position of 221st, sixth home for Suffolk.

A bitterly cold Sunday at the end of January saw over 100 runners, including seven senior men from Lowestoft A.C, in the line-up for the Beccles 10-mile road race. Some of the Lowestoft men were using the race as a handy guide to their programme for the fast approaching London Marathon. First home for Lowestoft was Steve Meen, 4th (56-16); Nigel Saunders, 11th (58-29); New member Andy Hicks, 12th (58-52); Ken Baker, 32nd (62-34); Paul Silom, 40th (63-45); Terry Calver, 48th (64-44) and John Carver, 75th (68-44). Lowestoft's team of Steve, Nigel, Andy and Ken were just pipped by Norwich Road Runners for the team prize.

Lowestoft Athletic Club's last fixture in the Norfolk/Suffolk Cross-Country League took place at Felixstowe. The first race was for u/11 girls and boys. Laura Oxborough was second in the Girls section and Ben McCluskey third in the Boys. Sarah Meen finished a creditable third in the u/13 Girls, while Kelly Burwood and Heather Warr finished fifth and seventh in the u/15's. Michael Balls had a brilliant run in the Colts u/13's coming