

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

in second place with Matthew Armes in sixth. Chris Hunter was the only youth competing and finished eighth. There were also three men in the Junior/Senior race, Dale Burden, 31st, Ian McCluskey, 56th and Stephen Balls, 80th.

In February six athletes from Lowestoft A.C took part in the Bury St Edmunds 20-mile road race with over 1500 entries from all over the country. Martin Whitelock ran a decent race in perfect conditions to finish in 42nd place (2hrs-04mins). Next home for the club came Phil Hazell, 52nd (2hrs-06mins); Roger Mawer, 68th (2hrs-07) and Steve Meen, 93rd (2hrs-11mins). Positions for Terry Calver and John Calver were unknown but their times were 2hrs-26mins and 2hrs-46mins respectively. The event was won in record time by R. Foley clocking 1hr-43mins from Tasmania, Australia.

There was another 20-mile race held at Wymondham for the pre-~~SEASON~~

**LONDON** warm-up. The weather was just about perfect, with a cool north east wind, making running very comfortable for the distance.

Martin Whitelock ran a brilliant race to finish 5th (1hr-57mins) and Steve Meen was 9th. Also running a fantastic time was super-vet Phil Hazell in 11th place (2hrs-02mins) and took the first veteran prize in the 45-49 age group. Next home for Lowestoft was another supervet, Roger Mawer, finishing 27th (2hrs-06mins), while Ian McCluskey had a good run in 2hrs-19mins. Running for Lowestoft in the race was Roswitha Vrolilik, our member from Holland, who finished 324th in a time of 2hrs-49mins (24th woman).

Only John Calver entered the 10th anniversary Bungay Black Dog marathon and finished 54th (3hrs-38mins). However, ten Lowestoft A.C members opted for the half-marathon, details as follows:

Martin Whitelock, 9th, 1hr-16mins-23secs; Steve Meen, 10th, 1-16-27; Roger Mawer, 16th, 1-17-52; Phil Hazell, 19th, 1-18-27 (first over 45 vet); Ken Baker, 41st, 1-24-07; John Daniels, 100th, 1-30-00; Mike Sage, 158th, 1-33-49; Roswitha Vrolijk (our only woman entry) 309th, 1-45-09; Desmond Stephens, 419th, 1-55-0; Steve Balls, 439th, 1-59-0, and not forgetting David Pryce who was 103rd in 1-30-06.

The opening of the track and field season took place at Colchester Garrison in early April, competing in the East Anglian League. Conditions were not ideal because of the very cold wind. The six clubs were hosts, Colchester & Tendring, Braintree, Diss, Chelmsford, Brentwood and ourselves. Laura Oxborough did well in the under 13 Girls winning the 200m (31.9), second in the long jump (3m-59cm) and third in the 100m (14.9). Jo Evans had a good attempt in the 75m hurdles finishing fourth (17.3), while Sarah Meen suffering from a chest infection had to content herself with the throws finishing third in both the discus (14m-14cm) and javelin (14m-46cm). In the

inter-ladies Heather Warr was fourth in the shot putt(5m-44cm) and Kelly Burwood, in her first 800m competition, was second in a time of 2-41.0. Senior ladies Donna Burton and Tracy Dell put in a valiant effort, Donna third in the discus(21m-46cm) and Tracy third in the javelin(13m-60cm).

Alistair MacPherson won the Colts 1500m(5-34.0), while recent newcomer Clive Cartner finished a creditable fourth in the 200m(33.9), a personal best. Martin Wilson did himself proud in finishing second in all of ~~HIS FIVE~~ events, 100m(14.6), 200m(30.3) and shot putt(7m-02cm), all **PERSONAL** bests. There were good performances in the Boys u/15's. Alex Sydenham ran a personal best in both the 100m(13.4) and 200m(27.9). Matthew Armes competing on the track winning the 400m(66.3) and was third in the 800m A(2-35.0). His team mate Stuart Pryce was second in the B(2-38.0). Competing first time for the club, Carl Evans, started well, coming third in the long jump(4m-06cm). Kojo Kyreme opted for the shorter events, finishing second in the 100m hurdles(17.0), **FOURTH IN THE 200M** (24.7) and second in the 400m(53.1). It was a good day too for Gavin Baldry gaining third place in the 1500m(4-47.0), third in javelin(26m-24cm) and second discus(13m-96cm).

There were some good times in the London Marathon in April. Steve Meen ran a fine race to finish 505th(2hrs-38mins) and clubmate Martin Whitelock, 650th(2-41). Veteran pair Phil Hazell and Roger Mawer—he has run in all eleven London Marathons—both finished together(2-50). Nigel Saunders recovered from 'hitting the wall' at 20 miles to finish in 3hrs-06mins and David Drew, who carried a bunch of flowers on his marathon outing, recorded 2hrs-55mins.

Other Lowestoft A.C performances were: Chris Smith(3-07); Norman Rushmere(3-17) and Roswitha Vroljkk, our only lady competitor, ran home 3hrs-57mins. Well done to all.

Early May Lowestoft Athletic Club's senior mens team undertook to journey to Hendon, north west London for a Southern Mens League meeting. On a cold, wet and windy afternoon, this was the first of the season and it turned out to be a good start for the club. Competing against three other clubs we were match winners with 130 points ahead of Serpentine, 126pts, Blackheath, 124pts and Swindon, 108pts. New members Andy Hicks and Simon Palmer made their first appearance for the club, while Simon Cook made his senior debut as a first year youth, having progressed through the colts and boys age groups. He certainly created a good impression, winning the high jump A(1m-70cm), a personal best, second in the triple jump A(11m-09cm) and third in the 800m B(2-19.0). Simon Palmer had second place both in the 100m A and

long jump A(5m-58cm). Andy Hicks took third place both in the 1500m B(4-46.1) and 5000m B(17-03.3). Other notable performances were Kojo Kyreme, 1st, 400m A(53.3); Chris Dell, 1st, 100m B(13.2) and Nigel Saunders, 1st, 400m hurdles A(66.8).

The George Herring Memorial Trophy meeting was held early season in May, not the usual July or August. In the Colts event, three Lowestoft members were competing for the first time, Chris Cook, Christopher McAllen and Andrew Deakin, Chris had a good run in the 100m B(16.6) to finish second, while Christopher was second in the 800m B(3-16.4) and Andrew first in long jump B(4m-06cm) and third in the 800m A(3-06.4). Martin Wilson had a good afternoon winning the shot putt A(6m-28cm). There was a win for Alistair MacPherson in the 1500m A(5-21.0) and success for Clive Cartner in long jump B(3m-63cm).

Minor Girl Laura Oxborough was third in all of her three events, while Sarah Meen was victorious in the Girls U/15 1500m A(5-58.6) Claire Barber third in 100m B(16.5) and Jo Evans second 100m A(14.6). Heather Warr and Kelly Burwood had a double victory in the Inter-Ladies 800m, Heather in the B(3-06.4) and Kelly in the A(2-44.5). Melanie Anderson had a fine win in the high jump A(1m-20cm).

The Boys 100 metres A was won by Gymfi Kyreme, recording a time of 13.8 seconds. Matthew Armes had a brilliant run in the 2000m A, winning in 7-39.2. Stuart Pryce finished second in the long jump B(4m-03cm) and James Carver second in the 200m B(35.1).

In the Youths competing for the first time was Adrian Martin who finished third in the 100m B(14.3) and second in the 200m B(34.7). Simon Palmer won both the 100m A(13.2) and 200m A(26.2), while Simon Cook was second in the high jump A(1m-55cm), second in the shot putt A(8m-78cm) and third in javelin A(25m-90).

Lowestoft A.C Colts celebrated success on the track by being listed in the 'Athletics Weekly' as the fifth fastest in the UK for the 4x200 metres relay, achieving a time of 2-01.8 at Colchester. The team consisted of Gymfi Kyreme, Michael Balls, Stuart Pryce and Matthew Armes, an excellent performance by all.

Other good performances that stood out were Martin Wilson (Colt) winning both the 100m(15.0) and 200m(30.4), also Alex Sydenham (Boys) completed the double in the same events, recording 14.0 and 28.3 respectively. Simon Palmer (Youth) won the 100m(12.6), while the Youths 4x100m relay team of Kojo Kyreme, Gavin Baldry, Simon Cook and Simon Palmer ran a brilliant time of 49.0 seconds, a club record, and not to be out done, the Boys relay team of Stuart Pryce, Michael Balls, Alex Sydenham and Gymfi Kyreme

also recorded a club record of 56.4 seconds.

The first race in the 1991 10k road series was held mid-May at the North Denes. Considering the cold northerly wind and occasional shower, plus the fact there was the final of the European Cup Winners Cup on television, the turnout of 90 runners was quite acceptable. Ron Sale of Norwich Road Runners, after a tough battle with Martin Braithwaite of Duke Street Road Runners, won the race in a time of 32-00. First home for Lowestoft A.C was Brian Tate in eighth place (34-25); Roger Mawer, 17th, (36-21); Terry Calver, 35th (39-05); Paul Silom, 36th (39-09); John Calver, 39th (39-27) and Steve Balls, 65th (44-48).

Roswitha Vrolijk was the only female competitor for Lowestoft A.C ~~FINISHING~~ 78<sup>th</sup> (46-30). There was a double for the club in the Colts and Boys races, Alistair MacPherson winning the two-mile Colts race (14-31) and Michael Balls the Boys three-mile race (21-12). The 1991 Suffolk Track & Field Championships took place at Northgate Sports Centre, Ipswich, at the latter part of May. Lowestoft A.C had eleven members competing, two coming away with county titles. They were won by Darren Saunders, Junior Mens shot putt (8m-76cm) and hammer (18m-56cm). Senior Lady Donna Burton was successful in the 100m hurdles (19.9) and Kelly Burwood was second in the Inter-Ladies 800m (2-31.0).

Lowestoft Athletic Club's Southern Mens team travelled to St Albans in the second fixture of the season to find the temperature soaring into the high seventies. Considering there were only eight athletes, the team did well finishing third out of the four competing clubs. Lowestoft were hoping to repeat the success of the previous meeting, although injury and illness they were four short of the men who had pushed them to victory. However, it did not stop some good performances from our athletes. Gary Knights won the 400m Hurdles B (70.1), while Steve Meen had double success winning the 1500m A (4-38.9) and 5000m A (16-43.3), Steve Balls was first in the Hammer B (19m-36cm), Nigel Saunders also had a double winning the 5000m B (17.56.6) and 3000m steeplechase A (10-51.6). The other four club athletes, although not winners, did well. Chris Dell came second in the 200m B (27.0), Darren Saunders 2nd Shot Putt B (8m-23cm), Alan Saunders 3rd Hammer A (19m-82cm) and Steve Ford 3rd Javelin B (25m-58cm).

Match result: Stevenage 139pts, Weymouth 131pts, Lowestoft 126pts, Hertford 52pts.

The second East Anglian League took place at Gt Yarmouth in June. There was strong opposition from Wisbech, Norfolk Olympiads,

Holbeach, Norwich & Norfolk and hosts Yarmouth. In the u/13 Boys Alistair MacPherson achieved two personal bests, the first in the 1500m A(5-01.5) and in the high jump(1m-38cm). Neil Bye came a good second in the 800m(2-40.8), while Paul Hancock was first in the 1500m B(5-15.0). In the shot putt Brandon Quentin-Hicks had a good win in the Shot Putt(5m-80m). Gymfi Kyreme was once again in good form in the Boys u/15's finishing second in both the 100m A(12.6) and 200m A(26.2), both personal bests. Team mate Matthew Kerry did well in all of his three events, 2nd 100m B (13.5), 1st 200m B(28.1) and second Discus B(13m-42cm). Matthew Armes took second place in the 800m B(2-21.0) and the same in the long jump A(4m-51cm) and Michael Balls third in the 1500m A(5-09.3). In the high jump A Glen Thurgood was second(1m-43cm), first in the 80m hurdles A(16.4) and second in the triple jump A(8m-87cm). It was a winning treble for Jamie Gray in the shot putt A(7m-89cm), discus A(24m-56cm) and hammer A(18m-92cm). Simon Cook in the Youths high jump came second with a personal best of 1m-75cm. Fellow team member Simon Palmer was fourth in both the discus A(22-50cm) and shot putt A(8m-70cm), while Jean Luc Quinten-Hicks in the shot putt B(7m-81cm), was third, second in the javelin B(17m-90cm). Only two senior men competed, Steve Balls covering six events and Darren Saunders four, Minor girl Laura Oxborough had a good run in the 75m hurdles finishing fourth in a personal best of 14.1, and was also fourth in both the 200m(32.6) and the long jump(3m-28cm). Under 15 girl Jo Evans had a good performance coming second in the 100m(13.7) and second in the 200m(28.3). Sarah Meen had a victory in the 800m(2-33.0), a personal best. Naomi Batley, competing for the first time, made a great start by winning the 200m(27.7) and new-comer Sabrina Capps came fourth in the non-scoring 100m(15.1). Inter-ladies Kelly Burwood finished second in the 800m(2-32.7) and Heather Warr was third in the 400m(76.1), The senior ladies saw Donna Burton second in the discus(20m-96cm), while Tracy Dell was third in the 800m(2-49.5).

The third meeting of the Southern Mens League took place at Horsham, Surry. Teams competing against Lowestoft were, Oxford, Trowbridge, London Irish and Haywards Heath. Youngest team member, Simon Cook, did well to take on five events, especially as he had only just come back from injury. He was second in the High Jump A(1m-65cm) and the same position in the Triple Jump B(10m-41cm) and 110m Hurdles B(22.6). Jonathan Moxon had a good run in the 400m(60.0), while Darren Saunders did his best distance in the Shot Putt B(8m-29cm). Steve Balls competed in four events, his best performance of the day finishing second in the Pole Vault

B (1m-60cm). The ever present Alan Saunders took part in three field events: Pole Vault A (2m-10cm), Hammer A (18m-80cm), Discus B (22m-72cm). Captain Chris Dell managed six events, his most notable performance finishing second in the 110m Hurdles A (22.9), Steve Ford had an excellent performance in Javelin B (31m-38cm), a personal best, while Gary Knights was the only member of the team to gain a first position. That came in the High Jump B (1m-50cm). He also equalled Chris's six events on the day, Andy Micks ran well in his two events, second in the 5000m A (16-32.3), a personal best, and then tackled the 3000m Steeplechase A (11-26.3). Steve Meen did well in all three of his events: 2nd 400m Hurdles B (69.6), 2nd 5000m B (16-43.5) and third in 1500m A (4-36.9). In all a good team effort against fierce competition.

The Boys team travelled to St Albans in appalling conditions for the latest Woolworths Young Athletes League. St Albans has a marvellous all-weather track but has no shelter at all. Despite the conditions the boys did very well, many securing personal bests. Alistair MacPherson took first spot in the 800m A (2-30.0) and Chris McAllen was first place in the long jump A (5m-48cm), a personal best. Boys U/15 Gymfi Kyreme won the 100m A (13.2) and Matthew Kerry the B string (13.6) and was second in the 200m A (27.7), a personal best. Michael Balls was triumphant in the 3000m A (10-56.0), a personal best, and also won the Hammer B (12m-34cm). It was a win for Glen Thurgood in the Pole Vault A (1m-80cm) and Christopher Musgrove-Brown in the Shot Putt A (7m-38cm). Jamie Gray won the Shot Putt B (7m-29cm) and Discus A (19m-38cm). Kojo Kyreme, competing in the Youths 1500m A Steeplechase for the first time, won in 4mins-47.0, while Gavin Baldry had victory in the 400m B in 58.8 seconds. The high jump saw Simon Cook continue his good form winning the A string in a height of 1m-65cm. Both the Boys and Youths 4x100 relay team won their events, the Colts finishing third.

Match result: St Albans 187pts, Lowestoft 135pts, Wycombe Phoenix 116pts.

The beginning of July seven Lowestoft A.C runners took part in the Woodbridge 10k road race. 300 runners lined up at the start, the eventual winner being Roger Barrie of Newham & Essex Beagles (32-35), Billy Bullock was first Lowestoft runner home in 5th place (34-36), Steve Meen, 11th (34-50) and Roger Mawer, 13th (35-53). These three got Lowestoft A.C the first team prize, which turned out to be an oil can each! Roger also got second veteran prize. Phil Hazell, Chris Durrant and Paul Silom all came home within half a minute of each other, with Trevor Hann bringing up the rear of the Lowe-

-soft team.

The second Ryston midsummer five-mile road race was held under very hot conditions, with the 120 runners having to contend with the dreaded black-fly. First home for Lowestoft A.C was Steve Meen in 15th place (27-42). It was Steve's second race in less than twenty-four hours having run in the Bungay 10k the previous evening. Phil Hazell was next home in 24th (28-55) and won the veteran 45-49 45-49 prize. Trevor Hann made up the team, coming in 34th place (29-20). The Lowestoft A.C Southern Mens League team travelled to Basildon for their fourth fixture. Competition was once again fierce, but the club had eleven athletes, being one of the best turnouts so far.

Nigel Saunders, just back from holiday, won the 3000m Steeplechase (10-49.4) and also the Pole Vault A (2m-60cm), a personal best. Alan Saunders gained valuable points in three throwing events, while namesake, Darren, did likewise. In the Javelin A Darren Southgate threw his best of the season (37m-58cm), while Steve Balls contributed in the Hammer B (18m-28cm) and 1500m B (5-38.6). In the Long Jump B Steve Ford achieved (4m-23cm) and ran the 200m A (31.5). Steve Meen gained consistent points in five events, his best in the 5000m B (16-51.6), while Andy Hicks did very well winning the 3000m Steeplechase B (11-34.7) and second in the 5000m A (16-28.6), his personal best. Youngster Simon Cook had another good day winning the High Jump A (1m-70cm), SECOND IN THE Triple Jump B (10m-90cm), third in the 400m B (60.2) and fourth in the 800m B (2-20,7), Gary

Knights competed in five events, his best in the High Jump B (1m-56cm). Team Captain Chris Dell also competed in five events, winning the Javelin B (32-92cm). Lowestoft's Simon Cook was 'Athlete of the Match' for the division.

Match result: Southend 154½pts, Hercules-Wimbledon 116½pts, Lowestoft 110½pts, Swale 72½pts, Braintree 59pts.

A good turnout of athletes took part in the third of the East Anglian League held at Gt Yarmouth. Sarah Meen proved unbeatable in the U/15 Girls 800m A, winning in 2-36.2, while Naomi Batley was second in the 100m A (13.8), Long Jump B (3m-99cm) and 200m A (27.8). Inter-Ladies Donna Burton threw her best of the season in the Discus A (21m-77cm). There were many fine performances by our male athletes, most notable Colt Martin Wilson who won all of his three events, while MacPherson, Paul Hancock, Brandon Quentin-Hicks, Gymfi Kyreme, Mattew Kerry, Stuart Pryce, Glen Thurgood, Christopher Musgrave-Brown, Jamie Gray and Darren Francis, all having one or more success. Senior man Steve Balls was the only success in his age group, winning the High Jump A in 1m-20cm. The girl and



boy of the match were Naomi Batley and Alistair MacPherson. The last fixture in the Woolworth's Young Athletes League started off disastrously when the coach they were travelling on broke down half-way to St Albans. Fortunately, a coach firm from Kelvedon came to our rescue and managed to get the boys to St Albans, albeit late. Lowestoft were competing against the league leaders Aldershot, Fleet and Boreham Wood. Despite arriving late, the boys buckled down and finished a creditable second behind Aldershot. There was great success for three of our boys, Colt Alistair MacPherson winning the 1500m A(4-54.0), a Grade 2 AAA standard, while Paul Hancock in the B race, also won(5-08.0), a Grade 3 AAA standard. On the field U/15 Glen Thurgood achieved a Grade 3 AAA standard in the High Jump, winning in a height of (1m-55cm), a personal best. Neil Bye was a winner in the 800m B(2-46.0) and Christopher Musgrave-Brown won the Shot Putt B (7m-42cm). Youth Simon Cook ran a superb 800m A(2-02.0) to finish third. The 4x100m relay squad of Michael Balls, Matthew Kerry, Stuart Pryce → and Gymfi Kyreme were second in a time of 55.4seconds.

The third and final race of the 10k series organised by Lowestoft A.C took place in July. Conditions on the evening were near perfect for the undulating course, which would take the runners on an 'out and back' course to Corton, with the exception of a plague of greenfly which made things uncomfortable for all competitors. Brian Tate was first L.A.C runner in 5th place(33-57), Andy Hicks, 9th(34-16), Steve Meen, 10th(34-24) and Paul Silom, 35th(38-43). Our only success in the prizes was Brian Tate, winning the Veteran Mens award.

Lowestoft Athletic Club's penultimate Southern Mens League meeting took place at Walthamstow on the first Saturday of August. Lowestoft were short of some regular seniors but they were replaced by Paul Harrington and Dale Burden. Paul, a first year youth, showed his ability to compete at senior level, he finished 4th in the 800m B(2-18.8) and 5th in the 400m(62.1), both personal bests. Nigel Saunders ran his best time in the 110m Hurdles(20.2), his namesake, Alan, was second in the Pole Vault A(2m-10cm), while Simon Cook won the High Jump A(1m-70cm). Gary Knights, competing with an injury, did well to be placed second in the Triple Jump B(10m-20cm). Competing in five events, Chris Dell was most impressive in the 100m A(12.1) and was the winner of the Javelin B(33m-72cm). Darren Southgate gave an excellent performance in the Javelin A with a personal best throw of 39-44cm). In the Shott Putt B Darren Saunders came close to

his personal best by winning the event in 8m-42cm.

Match result: Muswell Hill 141½pts, Maidenhead 133½pts, Trent Park 105pts, Lowestoft 92pts, Old Gaytonians 52pts.

The Carnival road race proved a winner with an entry of 337 runners. First across the line was Michael Braithewaite of Duke Street Runners in a time of 31-41. For Lowestoft A.C, Phil Hazell won the 45-49 Veteran category and Roger Mawer the over-50 vets prizes.

On the 18th of August the last fixture of the East Anglian League took place at Norwich. Two or three age groups had a good chance to reach the finals at Ipswich on the 15th September. Colt Martin Wilson excelled himself by winning the Shot Putt A (9m-31cm) and Paul Hancock won the 1500m B race (5-21.0). New members Quinn and Rory French were an asset, Quinn taking first place in the 800m A (2-40.0) and came second in the High Jump A (1m-30cm). Brother Rory finished a creditable third in the 80m Hurdles A (16.1).

The Boys saw Matthew Armes achieve two personal bests, third in the 400m A (60.5) and second in the Shot Putt B (6m-43cm). He also came third in the 800m A (2-25.0). Darren Newman, another recent new member, was third in the 400m B (62.9) and second in the 800m B (2-37.0), as did Steven Willett, who was winner of the Discus B (13m-30cm). James Davidson making his debut in the Youths age group was 4th in the 1500m A (4-47.0) and fourth spot in the Shot Putt A (8m-32cm). Five senior men had a busy afternoon competing in numerous events. They were Steve Balls, Chris Dell, Darren Saunders, Darren Southgate and new member, David Boyce. He competed in the 100m B (12.6) and the 200m A (25.4).

The Girls u/15 saw Naomi Batley take third place in the 100m A (13.5) and second in the 200m A (28.2). Jo Evans was first in the 200m B (29.8) and was third in the Long Jump A (4m-15cm). In the 800m A Sarah Meen did a good account of herself, taking second place (2-35.0). Kelly Burwood in the Inter-Ladies was third both in the 400m A (64.1) and 800m A (2-32.0), while Heather Warr was fourth in the 400m B (77.0). Tracy Dell finished fourth in the 1500m A (5-54.0).

Match result: Norfolk Olympiads 722½pts, Braintree 521pts, Chelmsford 509½pts, Lowestoft 341pts, Diss 206pts.

With the end of the track season in sight, members travelled to Colchester on August Bank Holiday Monday to compete in the annual trophy meeting. There was success for Colt Martin Wilson winning the Shot Putt (8m-75cm). He turned out to be the only winner on the day for Lowestoft. However, there were some fine performances in the 4x200m relays. The Colts team of QUINN and

Rory French, Alistair MacPherson and Martin Wilson finished a creditable third in a time of 2mins-02seconds, while the B team of Chris McAllen, Darran Foard, Clive Cartner and Paul Hancock were in fifth place in 2mins-07seconds. Although finishing only fourth, the Boys squad of Michael Balls, Matthew Armes, Stuart Pryce and Gymfi Kyreme, against very strong opposition from London clubs, broke the two minute barrier in a time of 1minute-57seconds. Congratulations to Kelly Burwood for being selected for Suffolk for the Inter-Ladies 800m in the Hibbard Trophy meeting to be held at St Ives, Cambridgeshire in early September.

Lowestoft Athletic Club's Southern Mens team rounded off their season with one of their finest performances in recent years. Competing against Sevenoaks, Kent A.C, Harlow and strongest of all, Team Solent, home of international Roger Black. With the temperature soaring in to the eighties, the afternoon started well when Darran Saunders produced his personal best in the shot putt with a putt of 8m-72cm, achieving first place in the Bstring. Running simultaneously with the shot putt competition, the pole vault produced a great surprise when Simon Cook set a new club record of 2m-70cm, beating the senoir mens record by 5cm. As Simon is only a first year youth and this was his first attempt at the pole vault, greater things could be expected next season.

Steve Meen also had a good afternoon winning both the 1500m A (4-32.9) and 5000m B(16-48.4), while Andy Hicks won the 5000m A string in 16-29.0. Paul Harrington ran a personal best in the 400m recording 61.1 seconds. David Boyce was on form, equalling his personal best for the 100m(12.6) coming second, and finishing fourth in the 200m(25.5), a personal best. Another busy man on the day was Steve Balls. He achieved his personal best throw in the discus with a distance of 21m-06cm and took part in five other events picking up valuable points. Jonathan Moxon did a personal best long jump, recording 4m-62cm and had a fine run in the 1500m B(4-42.8). Team captain, Chris Dell, competed in seven events including the 4x100m relay and did a personal best in the 200m(25.2). Match result: Team Solent 150pts, Lowestoft 110½pts, Sevenoaks 101pts, Kent A.C 90½ pts, Harlow 66pts.

Lowestoft Athletic Club had a good entry in the East Coast half-marathon, which was to pay off satisfactory by the scoring team of Andy Hicks, Roger Mawer and Steve Meen winning the team prize from Norwich Road Runners and Norfolk Gazelles. Unfortunately, times and positions were not mentioned in the report but John Wright, just back from injury, won the over-55 trophy.

This is when we have no more newspaper cuttings,so for the final four years of Lowestoft A.C until the amalgamation with Beccles A.C in March 1996,I will try my best from memory and the committee / A.G.M minutes kindly supplied by Barbara High.

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