

1982 started off with a cross-country on home ground at Walmer Road. Lowestoft came out on top in both the youths' and colts competitions in the new Scholl Footwear Trophy meeting. Mark Saunders finished second in the youths' race with Stephen Bradford ninth and David Riley, thirteenth, to give Lowestoft a six point win over Yarmouth. Stuart Salmon was fifth home for the colts and Neil Godfrey's seventh place along with Jonathan Miles, tenth, set up the narrowest one point victory over their east coast neighbours.

Although not winning the team events, the junior and senior ladies put some creditable performances. Barbara Knowles was first home for the juniors in seventh place, closely followed by Sarah Horth, nineteenth. Geraldine Godbold in the senior race came in fifteenth spot with Tracey Cleveland finishing next in nineteenth. Altogether there were nearly forty athletes taking part for Lowestoft on this cold, sunny day.

The end of January saw the club travelling to Bury St Edmunds to compete in a Norfolk/Suffolk League cross-country meeting. It was a muddy woodland course, not for the fainted hearted. Mark Knowles and Stuart Calver clocked the same times when they finished fourth and fifth respectively in the boys under 11 race. The senior mens' race saw Robert Cheverton come home in 6th place, Gary Knights 12th, Bill Kingaby 28th, David Wraith 32nd and Colin Hood 47th. In the junior ladies' race Barbara Knowles took 4th place, Sarah Horth 6th and Sarah Goldspink in 17th. Sally Jeffries regained her form after illness to finish third in the senior ladies' event with Tracey Cleveland behind in fourth. In the last event of the meeting, David Riley ran into third position in the boys'/youths' race in a sprint finish with clubmate Steven Bradford. Other highlights of the meeting was Richard Algar finishing 10th behind David and Steven, and Neil Godfrey taking 6th place in the colts.

February saw Lowestoft clocking five runners in the top ten to win the under 11's ~~TEAM~~ in a Norfolk/Suffolk League cross-country race. Stuart Calver 3rd, Jamie Miles 5th, Matthew Locke 7th, Glen Wilson 8th and Tracey Fiske 10th. The senior mens' team were placed second behind Ipswich.

With the end of the winter season now in sight, the club held its annual road championships. Colts Neil Godfrey and Stuart Salmon fought out a sprint finish in the opening race of the day on the one-and-a-quarter mile circular course, through Barnards Meadow,

Normanston Park and back along Lakeland Drive and the park. Salmon finished in a time of 7-47, just two seconds ahead of Godfrey with Stuart Calver third.

Sally Jeffries opened up a large gap on the second of two laps in the senior ladies' race before running out the winner in 15-20. Barbara Knowles finished impressively to win the junior race in 16-29.

The boys' two-lap race had just three competitors, Jonathan Laughland holding the lead throughout to win in 13-42. David Riley proved the stronger in his tussle with Stephen Bradford in the three-lap youths' event. Riley finished 13 seconds ahead of his rival in 19-27 to take the title.

In the junior/senior event, Robert Cheverton pulled 30 metres away from the field by halfway and won easily from Gary Knights, while Chris Durrant edged Bill Kingaby for the third medal spot.

The start of the track season saw six Lowestoft athletes grab a share of the glory when they took county titles in the Suffolk Track and Field championships held at Ipswich in early May.

Ray Clements, aged 13, took the discus title with a 26m-60cm throw to beat ten opponents. He also came second in the shot with a 10m-20cm throw.

David Riley recorded a personal best of 2-03.5 in the youths' 800m event against six other runners. Craig Atkinson, aged 14, took the title in the boys' high jump with a height of 1-45cm. Mark Saunders led the eight-strong field in the youths' 1500m to finish in 4-13.7.

Clare Short put in a great show in the senior ladies' long jump to win with 4m-68cm.

Karen Tallett-back on form after injury-took the girls' 1500m title in 5-37.5, her fastest time this year.

'82 was the year we lost the Mini-Olympics to Portsmouth, who had recently had a stadium built with all-weather track and field facilities, something we could not match.

The middle part of May turned out to be a busy one indeed. On the Saturday our mens' team travelled to Stevenage for a Southern Mens' League match, taking third place. Colin Cooper clinched four firsts, while Gary Knights completed a hat-trick of wins. Mark Saunders was also a winner, clocking 2-06.9 for the 800m, while Keith Garrod made a welcome return from injury with two second places and a third in the long jump, discus and javelin respectively.

The next day our youngsters took part in a Eastern Young ATHLETES & League at Walmer Road. Robert Stanton, Steve HOLLAND & and LEE Blowers were the stars of the club youngsters, Stanton won the boys' 100m 'B' string event, the high jump and the long jump, while Holland took the 100m 'A' string race, the 200m and triple jump, and Blower's hat-trick was in the corresponding events at 'B' level. Robyn Sustins clocked two more good times to take the boys under 15's 100m and 200m in 11.8secs and 24.6secs respectively, while Chris Wells won the 'B' 100m in 13.0secs as well as the shot putt 'B' event.

The girls were also in action, Nicola Sutton clinching the 100m and 200m as well as the high jump. Lorraine Durrant was also successful in her 100m clash and the long jump, and Claire Watson won the 200m. A throw of 8m-23cm won the shot for Donna Bessey and Greer Atkinson added her name to a long list of winners in the 'B' string high jump. Relay teams in the under 13, 15 and 17 boys all won their races. Lowestoft finished second in the team event out of the five clubs present.

At the end of May the club was brought down to earth at Havering in the Southern Men's League finishing last of the clubs competing. Robert Cheverton was the only Lowestoft man to record a first, winning the 800m 'B' string. In the 'A' string Gary Knights was placed second in a decent time of 2-01.3secs. Alan Saunders threw three personal bests in the field. A distance of 7m-91cm was good enough to get him second place in the shot, and he also threw 15m-68cm for second in the hammer, as well as taking third spot in the javelin with 32m-05cm. He earned fourth place in the discus and son Mark took third place in the 1500m.

The final event of the day saw the team of Humphries, Knights, Mark Saunders and Cheverton take second place in the 4x400m relay.

The following Saturday Lowestoft's Southern Men's League athletes bounced back from last week's disappointment by beating Queen's Park Harriers, Winchester and Oxford. Mark Saunders led the way with five firsts and a second. Chris Wells was victorious in the long jump, clocking a personal best winning the 100m in 12.4secs. He finished third in the 200m and was second in the high jump. Gary Knights was another force to be reckoned with. He won four of the six events he took part in, finishing second in the other two. Colin Hood had a fine race to finish second in the 5000m and then came third in the 400m, while Stephen Bradford came second in the 3000m steeplechase 'A' string race and won the

400m hurdles 'B' event. In the 4x400m relay Lowestoft's team of Gary Knights, Mark Saunders, Colin Hood and Alan Saunders took first place.

The annual Jubilee Trophy meeting was held at Walmer Road towards the end of June. Though entries were down on last year, the afternoon produced some cracking results from the entrants, who had come from all over Britain to compete. Lowestoft's Lorraine Durrant and Gaele Atkinson in the minor girls' long jump, had distances of 4m-37cm and 4m-13cm respectively. Luke Stanton won the colts' group with a leap of 4m-34cm, and in the boys', Simon Burnie won with a jump of 4m-48cm. In the javelin, first, second and third places went to Lowestoft lads—Simon Keable with 29-34cm, Stuart Salmon, 28m-64cm and Martin Edmeades, 23m-50cm. Lesley Leuty (knee Farmer) threw 26m-90cm for second place in the womens' discus, while Colin Cooper took second in the senior mens' triple jump with a leap of 13m-60cm.

The track events got under way with the 100m sprints, and Lowestoft provided some cracking runners. Lorraine Durrant won the minor girls' race in 14.6secs, Aaron McCurdy the colt's in 14.3secs, Clare Watson the junior ladies in 13.2secs, and Nicola Sutton the womens' group in 13.0secs. Jonathan Laughland won the boys' 1500m with a fine tactical race, leading the field all the way and making a great sprint for the finish, in 4-50.5. Mark Saunders was outstanding in the youths' 3000m event when he finished almost half a minute clear of his nearest rival to win in 9.33.9.

The meeting was sponsored by the Lowestoft Lions Club, and the prizes were presented by Lion's president George Day.

The busy season continued with a Southern Mens League held in East London at the end of June. Three firsts were achieved; Gary Knights, with a fine win in the 800m, clocking 2-01.0; Keith Garrod, with a throw of 42m-10cm in the javelin; and Gary High, who won the high jump in 1m-75cm. The 4x400m relay saw us finish second in a time of 3-46.3.

First places were in short supply for Lowestoft athletes when we entertained Peterborough, Stevenage, Southend and Tendring in an Eastern Young Athletes League meeting at Walmer Road. But there were plenty of good performances to brighten up an overcast Sunday. Clare Watson won both the 100m and 200m for the girls' and also went on to win the 'B' string shot putt. Dawn Bessey took the 'A' string event and was second in the javelin.

Paul Hurrell's 80m hurdles success and Steven Aldren's convincing javelin triumph were the only winners that day amongst the boys. In the boys' 100m Robyn Sustins clocked 12.1secs for third place. The annual Carnival Road Race over four miles took place in August with a field of 62 runners. Best of the Lowestoft entrants were Brian Tate and Gary Knights in fourth and fifth places respectively. David Wraith finished eighth to help Lowestoft to second team place behind Chelmsford. Ray Charleston from Chelmsford won the race in a time of 19-50. The course was slightly different to last year, starting at Sparrow's Nest and going via Katwicwjk Way to finish at the hospital in Milton Road.

Towards the end of August Lowestoft staged its annual George Herring Trophy meeting sponsored by Bird's Eye Walls. The girls did well for Lowestoft in the 100m and 200m sprint groups. Nicola Sutton won the inter-ladies' 'A' string in a time of 13.2secs, while Claire Watson won the junior ladies' 'A' in 13.3secs and Claire Short won the 200m 'B' in 30.0secs. Gary Knights had a good win in the junior/senior mens' 3000m when he clocked 9-17.1, and Brian Tate was second in 9-20.5. Winners in the field events were Donna Bessey in the junior ladies' shot putt with a throw of 7m-92cm and the discus at 18m-36cm; Nicola Sutton in the inter-ladies' long jump; Ray Clements in the boys' discus; Robert Stanton in the colts' long jump; Lorraine Durrant in the minor girls' long jump and Gillian Farmer in the womens' long jump. The team result was a win for Ipswich (385pts), second Huntingdon (320pts), third Lowestoft (289pts), fourth Yarmouth (256pts) and fifth West Suffolk (131pts).

The cross-country season got underway at the beginning of October in wet and windy conditions at Chantry Park, Ipswich, where members of Lowestoft Athletic Club travelled for the first Norfolk and Suffolk League fixture.

Tracey Smith ran well to take 5th place overall in the under-11 girls and boys race. Her time of 5-16 over the $\frac{3}{4}$ mile course was no mean achievement, especially as she was second girl home from a field of 33. The 2-mile colts' race proved a hard slog for the 31 runners taking part. First of the four lads home was Stuart Calver, who was 8th in a time of 13-11. The boys' and youths' were combined, giving a large field of 50 runners. David Riley ran well to secure 6th place in a time of 17-47 for the three mile course. John Wright was the first senior mens' athlete home for the club over the five mile course, finishing 17th in a time of 30-56. Brian Tate took the honours for the club at Haverhill in mid-October.

He finished fifth out of a field of 75 runners over a gruelling 5.6 mile road race circuit. His time of 29-50 was his best for a long time, especially considering the hilly nature of the course and the strong winds. There were notable performances by other Lowestoft competitors, Stuart Calver came sixth out of 35 in the colts', Matthew Rushmere ninth in the boys' out of 26, Richard Algar seventh in the youths' out of 17, and 10 year old Tracey Smith took twenty-second place in the minor girls' race.

Colin Quadling returned from a three-year absence to finish the club's top man at the Biggleswade cross-country meeting. He was among the front runners for most of the seven-mile course, falling off slightly due to lack of fitness, but still finishing a creditable 13th out of a field of 130 runners.

Bitter cold and continual rain seemed to bring out the best from Lowestoft athletes during their second Norfolk and Suffolk League cross-country event at Thetford Common. Robert Cheverton was the star for us, coming home second from almost 100 starters in the five-and-a-half mile junior/senior men's event. Stuart Calver continued his improvement with fifth place in a field of 34 colts', while Jamie Miles finished a creditable fourteenth. Again David Riley, best known for his speed on the track, must have found the Thetford hostile conditions very alien. But he showed he had stamina as well with sixth place in the boys'/youths' 3½ mile race, while Richard Algar and Jonathan Laughland finished 15th and 17th respectively. Sally Jefferies took 4th place among the senior ladies'. Helen Wall was tenth with Tracey Cleveland in fifteenth position. Another runner improving every race is Karen Tallett. Her 12th position from 40 runners in the girls' under 15 event was noteworthy.

Former Olympic runner Martin Winbolt-Lewis was guest of honour at Lowestoft Athletic Club's prize presentations at Walmer Road in early November of '82. The Commonwealth Games bronze medalist and Mexico Olympic finalist, now rector of Carlton Colville, presented the year's trophies and certificates. He answered many questions on his athletic career and gave an insight into some of the lighter moments. The award for the athletic dedication went to Bill Kingaby, with Roy Clements and Nicola Sutton being voted junior sportsman and sportswoman of the season. Chairman John High said the coming year could be difficult but he was optimistic for for the newly elected committee.

Lowestoft's trio of Robert Cheverton ,John Wright and John Daniels won the club's third team prize in the Orwell half-marathon at Ipswich. Cheverton finished 16th,Wright 20th and Daniels 21st to give Lowestoft the prize behind Ipswich Harriers and Cambridge Harriers. Wright also took the prize for third veteran home.The half-marathon was held to celebrate the opening of the new bridge over the River Orwell.

In mid-December the Suffolk County cross-country championships were held at Bury St Edmunds,runners from Lowestoft proving their strength with good individual runs and two team awards. All age groups contested except junoir and senior men. The senior ladies made light work of the muddy conditions with Sally Jeffries 4th, Tracey Cleveland 6th and Helen Wall 7th to win first team.

Another first team award came in the boys' age group over a distance of three miles. Matthew Rushmere was top Lowestoft boy, finishing in 6th place,Nigel Outterside 7th,William Edgar 8th and Jason Carter 17th making up the winning team.

Two young Lowestoft athletes have joined the elite band of teenagers whose sporting prowess has been good enough to win them coveted five-star awards under the Esso scheme, which is administered by the Amateur Athletic Association. Robyn Sustins,although primarily a sprinter, also tackled distance running and the three jumping events,which all added to the award.

The five-star award also went to under 15 girl Clare Watson who turned in great performances, which would have given her the award in the under 17 category as well!

The end of '82 saw Lowestoft A.C in a strong position for the coming year.

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1983 was to turn out to be eventful in many ways. I was now coaching over a dozen or more middle-distance male athletes, while Derek Riley coached just as many females. Mary James too had her hands full coaching the sprinters and Fred Farmer and wife Hilary dealt with the throwers.

The first cross-country meeting of '83 was the Suffolk County championships for junior and senior men hosted by ourselves at Walmer Road. Our course had gained the reputation of the most gruelling in the eastern region in terms of ankle-deep mud. Stephen Bradford was our sole entry in the six-mile junior mens' race, finishing a creditable third. There was a field of 41 entrants in the senior event and it was Robert Cheverton who was first Lowestoft runner home in 6th place, Colin Quadling 7th, Gary Knights 10th, John Wright 20th, which gave them third team medals behind Ipswich.

At the end of January the club held its annual open cross-country meeting sponsored by Salvesen's at Walmer Road. Lowestoft figured in team prizes in most of the races, although Colin Quadling in the senior mens' 4½ mile race was the only Lowestoft winner. Colin having his second race in two days, held on grimly to the lead to finish in a time of 22-49. Both John Wright (25-07) and John Daniels (25-18) finished 9th and 10th respectively to clinch first team award. There were first team success also for Lowestoft in the junior ladies' event with good performances by Sarah Goldspink 5th (12-23), Barbara Knowles 7th (13-14) and Michelle Palmer 8th (13-26). In the colts' race Stuart Calver was first local lad to finish in a time of 8-13 for sixth place. David

Duff, 8th (8-45), Mark Knowles, 9th (8-51), ensured second team prize for Lowestoft. Another second team award came in the boys' race with William Edgar finishing 5th (13-56), Dale Burden 6th (14-01) and Matthew Rushmere 7th (14-10). The senior ladies' 2½-mile race won another second team place. Helen Wall managed to stay ahead of clubmate Sally Jeffries to finish fourth in 16-15 with Sally fifth in 16-30. Tracy Cleveland completed the scoring team in seventh, recording 17-35.

The day before the Walmer Road meeting three of Lowestoft's top junior and senior men were given the honour of representing Suffolk at the inter-counties championships in Birkenhead. From a field of over 350 Colin Quadling finished 196th and Robert Cheverton 259th in the senior race, while Stephen Bradford was 191st out of about 250 in the junior event.

In February members of the club travelled to Thetford in the men's Eastern Counties championships. Lowestoft runners were involved in three of the four races around a three-mile lap course of Thetford Common and Recreation Ground. Jonathan Laughland was first home for the club in the boys' event in 35th place. He was well backed up by Dale Burden 42nd, Jason Carter 57th and Neil Godfrey 60th. The youths' had a lap of the course, plus an extra mile of the common for their four-mile event. David Riley and Richard Algar covered the course in good times of 23-48 and 24-57 for 20th and 35th positions respectively from the 55 that finished. By the time it came to the senior mens' nine-mile race, the course was well and truly a sea of mud. It was so arduous that around forty failed to finish. However, the four entries from Lowestoft survived. Gary Knights had a fine run in 69th place (55-43), veteran John Wright 79th (56-17), veteran John Daniels 103rd (58-56) and Bill Kingaby 106th (59-25).

The weather was the bitterest it had been all the winter and although conducive to the atmosphere of cross-country running, the athletes were pleased to complete their races and recover under a hot shower.

During February the club put on its first cross-country relay event at its present headquarters at Walmer Road. Teams taking part came from Norwich, Yarmouth, Ipswich and a newly formed club from Sudbury. First race of the day was the girls' under 15 3x1½ mile event, with Lowestoft 'A' finishing second behind Ipswich. The senior ladies' 3x2 mile relay saw us once again succumbing to Ipswich. It was the same pattern in the colts', boys' and youths' relays, but the senior mens' 4x2 mile event saw the only Lowestoft victory beating Yarmouth for first place by 23 seconds.

Stopsley Sports Centre, Luton, was the venue for around 4000 athletes from all over the country competing in the English Cross Country championships. Lowestoft A.C provided four competitors for the senior event and one for the youths. Richard Algar found himself up against about 800 in the youths race and battled to finish a satisfying 422nd position. In the senior mens' Robert Cheverton had a fine run to finish 463rd, Gary Knights 648th and Bill Kingaby 1260th out of about 2000 competitors. Phil Cullen, fairly new to cross-country, finished in 1563rd place, a good effort.

The last cross-country fixture of the season was at Bury St Edmunds in the Norfolk and Suffolk League. On the day Lowestoft definitely made an impact, notably the senior mens' event with six club members in a field of forty and three of those finishing in the top five. Recent injury problems did not hamper Colin Quadling filling third spot with Brian Tate fourth, Robert Cheverton fifth, John Wright sixteenth, Colin Hood twenty-eighth and Phil Cullen thirty-fourth. In the colts' race Mark Knowles kept up well with the leaders and was credited with fifth place and Jamie Moore thirteenth.

There were three Lowestoft girls in the junior event out of the nineteen strong field. Karen Tallett was tenth, Sarah Horth twelfth and Christina Heap sixteenth. Five runners represented Lowestoft in the boys' and youths' race. Jonathan Laughland was ninth, Matthew Rushmere tenth, Nigel Outterside twelfth, Neil Godfrey fourteenth and Simon Wall sixteenth. Tracy Cleveland was the only Lowestoft entry in the senior ladies, finishing in fifth place. On the 10th of April the Bungay Black Dog marathon and half-marathon took place. Brian Tate was our only entry in the full marathon but unfortunately was forced to drop out around 20 miles because of injury while in contention with the eventual winner, David Law (R.A.F.).

There was better success in the half-marathon for the club's athletes. Robert Cheverton was last year's winner, but had to be content with third place (1-13-14), John Wright fourth (1-14-41), Chris Durrant tenth (1-15-33), which gave Lowestoft first team prize. John Wright was also the prizewinner for first veteran over 40.

Other club times were: Brian Harbottle, 14th (1-19-25), Bill Kingaby, 20th (1-20-25), Stephen Bradford, 24th (1-22-43), Colin Hood, 33rd (1-24-25), Nigel Saunders, 41st (1-25-34), Ron Heap, 73rd (1-30-46), Derek Riley, 115th (1-35-45) and Ralph Miles, 205th (1-45-00) out of 377 finishers.

Before I carry on with the track season, I found in my archives the summer fixture list for '83 written in my own fair hand. You can see for yourself the busy season we had that time (see page The Eastern Counties track & field championships at Luton herald the start of the summer season. Gary Knights and David Riley stood out as the best performers. Gary, senior men's club captain, was fourth in the 1500 metres final, with a time of 4-14.7, David, in the youths 800 metres finished fifth in a time of 2-05.4.

On the 30th April the Southern Mens' League team travelled to Woodford Green, Essex, for their first match of the season. The club faced formidable opposition from Aldershot, Chelmsford, Col-