

After the Christmas/New Year break the club's attention turned to county cross-country events. At the Southern Counties Womens' Championships held at Bexley, Kent, in cold, snowy conditions greeted Lowestoft's five girls. Minor girls Caren Elvin, Caroline McArthur and Michelle Easter battled bravely through the 3000 metres course, finishing 93rd, 102nd and 109th respectively. Their corresponding positions for Suffolk were second, third and fourth. There was a similiar entry, approximately 200 runners, for the junior ladies 3500 metres race. Lorraine Baldry was placed 57th (second for Suffolk) with Tracy Smith 91st (fourth for Suffolk).

Bury St Edmunds was the venue for the junior and senior mens' county championships held on a hard, frosty course on Hardwick Heath. Lowestoft's sole entrant in the junior 6-mile race was Dale Burden who was placed fourth from five finishers. From a field of 50 starters in the senior race the club's four entrants were Colin Charlton, 12th, with new member John **BARRY**, 23rd, Gary Knights, 25th and Colin Hood, 34th.

Young runners from the club travelled to Ipswich to take part in the County Schools Cross-Country Trials at Landseer Park. Frozen ground, icy puddles and a biting wind made conditions differcult. From a total of 16 club athletes, eight qualified to represent the county at the Anglian Schools Cross-Country Championships at Lincoln in February. The eight who qualified were, Jonathon Pickess, Darran McMorran, Caren Elvin, Caroline McArthur, Tracy Smith, Sarah Goldspink, Louise Snook and Trudie Miller.

In Febuary we hosted our first Norfolk/Suffolk League on the North Denes. Over a dozen clubs were represented. The course included woodland, beach and a energy sapping hill, which the junior and senior men tackled three times during their six mile event. Fifty-two runners took part, Colin Charlton was placed 8th, John Barry, 10th, Dale Burden, 21st and Colin Hood, 39th. Together the four gained third team place, while the boys/youths two and a half miles produced second team place led home by Peter Salmon in 6th position, Julian Easter, 7th, David Elvin, 15th and Matthew Brown, 16th. The minor girls/junior ladies two-mile race brought a strong run from Tracy Smith, who finished 7th from a field of 36 runners, showed the reward for her hard training. Caren Elvin was 12th, Michelle Easter, 26th and Gale Pickess, 36th. Lowestoft colts entrants Alistair Lincoln, 20th and Mark Waller, 24th, both new members, gave a good account of themselves as did Gavin Baldry, another

new member, in the under 11's boys and girls combined $\frac{1}{4}$ mile event finishing 22nd about halfway through the field.

Bad weather followed five members of the club who travelled down to Weymouth to compete in the Girls All-England Cross-Country championships. The girls had to battle against freezing winds, snow and open countryside. St John Ambulance were kept busy as competitors dropped out, collapsing from the cold in all three races, but all the girls from Suffolk battled on and finished in their races. Best performance came from Tracy Smith in the junior ladies, being first home for the county. In the same event Caren Elvin was seventh home for Suffolk, and Caroline McArthur, eighth. Louise Snook was on form as well and ran a very good race coming home six in the county team. Sarah Goldspink qualified for her fourth consecutive All-England, and once again ran to her normal high standard coming second for the county in the senior ladies.

It was with some sadness we had to say goodbye to Phil Cullen and his 12 year-old son, David, as they were about to emigrate to New Zealand. As chairman, on behalf of the club I thanked them both for their past loyalties and wished the family all the best for the future.

On Sunday 6th April Bungay Black Dog held their Marathon and Half-Marathon. However, the seven Lowestoft competitors decided to opt for the half and it was Nigel Saunders who was first home for the club in 10th place (1-16-48), Steve Meen, 12th (1-17-00), Chris Durrant, 23rd (1-19-42), Paul Silom, 34th (1-21-34), Ted Mynott, 36th (1-21-56) and Colin Hood, 43rd (1-22-25). Our only lady competitor was Jane Hook, who was first junior lady home in a time of 1 (1-39-29). The track and field season started with a Norfolk/Suffolk League at Colchester. Despite hailstorms during the first half of the afternoon, Lowestoft athletes earned a creditable fourth place out of eight. In the colts Justin Gooch won the long jump in a personal best leap of 3m-98cm, while David Elvin took second place in the 1500m boys, also a best of 5-24.7. Peter Salmon had an outstanding run in the youths 1500m, recording a personal best of 4-58.4. Robyn Sustins ran a superb 100m in the junior/senior mens in a fast time of 11.0 seconds, which remains the club record to this day.

Minor girls competitor Dawn Badminton had a hat-trick of wins, the 100m (13.9), 75m hurdles (12.6) and long jump (4m-12cm).

Melanie Page scored a victory in the long jump with a leap of 3m-70cm. The junior ladies saw Caren Elvin first in the 1500m

with a time of 5-52.0. Louise Snook was placed second in the inter-ladies 1500m(5-31.8).

April '86 was the year Lowestoft put on their first road race series sponsored by the 'Anglia Advertiser' held over three Wednesday evenings. There were races for boys and girls under 13,15 and 17,with a 10k race for seniors. The races started on the sea wall and finished near the Denes Oval.

Early May athletes from the club took part in the Eastern Counties Track and Field Championships held at Ipswich. Two athletes won bronze medals,Dale Burden third in the 800m and Lorainne Durrant third in the senior ladies hurdles,while Darren McMorran finished a creditable fourth in the youths 800m recording a personal best of 2-05.3.

Lowestoft Athletic Club runners had a good day at Felixstowe on Bank Holiday Monday,when they competed in road races organised by Ipswich Harriers and Felixstowe Rotary Club.In the senior mens' 10k race of 125,Dale Burden gained 22nd place, Ted Mynott,39th and the ever reliable Colin Hood in 50th. The only youth competing,Julian Easter had a very good run over 3½ miles,finishing in third place medal position. The girls u/15 relay team of Tracy Smith,Caren Elvin,Michelle Easter and Caroline McAthur did the club proud winning the 4x1mile event in a time of 26-21. Tracy also won the fastest lap award. In the boys u/15 relay,they had to settle for second place,but albeit a good performance by David Elvin,Jonathon Pickess,Daniel Rushmere and Karl Norman,their time 25-04.

Despite a fighting performance from Lowestoft's depleted senior mens' team,it was not enough to prevent them finishing last of the five teams in the first fixture of the Southern Mens League at Bromley in Kent.Nigel Saunders,a mere two weeks after a superb personal best in the London Marathon,took part in six events,one of them the 3000m steeplechase,producing a splendid victory in a time of 10-49.0. Our only other win on the day was club captain Robyn Sustins in the 100m(12.0).

Lowestoft Athletic Club's first home meeting of the track and field season proved to be eventful as strong winds caused damage and an athlete from Watford received a bad injury on the high jump. Lorraine Durrant proved unbeatable when she won the hurdles,high jump,long jump and javelin with a personal best throw. Lisa Saunders was also impressive with sprint victories in the 100m and 200m.Another very speedy young lady is Dawn Badminton with wins in the same events as Lisa,competing as a minor girl. The boys' played their part too. Kojo Kyreme and

Julian Gooch each won the long jump in their age groups, while Gary Elvin won the high jump and Jonathon Pickess the 400m. Match Result; Barnet 278½pts, Stevenage 246½pts, Lowestoft 223pts, Watford 180pts.

May saw the first evening 10k senior road race series take place at the Denes Oval. The first off were the colts, minor girls and junior ladies covering a distance of two miles. First home for the club was Daniel Rushmere (12-57), 4th, Gavin Baldry, (13-49), 5th, Jonathan Pickess, (14-17), 6th, Mark Waller, (14-47). Lowestoft had three entrants in the minor girls race. Caroline McArthur was placed 4th (14-18), Caren Elvin, 5th (15-00), and Michelle Easter, 6th (15-24). The boys, youths and intermediate ladies had a distance of three miles to run and the winner of the youths' race was Lowestoft's Darren McMorran (16-50). In the boys' race Julian Easter was 4th (19-18), Karl Norman, 5th (19-58), David Elvin, 8th (22-03) and Matthew Brown, 9th (22-26). Gary High took Lowestoft A.C.'s honour with a fine seventh place from a field of 49 of combined senior men, veterans and senior ladies over the 10k event.

Individual positions and times: Gary High, 7th (34-27), Gary Knights 8th (34-45), Nigel Saunders, 11th (35-37), Chris Durrant, 14th (37-05), Terry Calver, 22nd (39-28) and Alan Summersby, 31st (41-40). Winner of the veterans was our road race secretary Ted Mynott in the time of (37-39).

At the Suffolk County Track and Field Championships, Dale Burden had a outstanding race in the junior mens' 800m, winning in a time of 2-06.5 and was runner-up in the 400m in a personal best of 53.8 seconds. Richard Sergeant ran well in the boys' 200m, recording a personal best of 29.6secs for second place. Lisa Saunders performed well in the junior ladies hurdles finishing in second place, 13.4.

The second fixture of the Southern Mens' League was a 'home' meeting at Wellesly Road stadium, Gt Yarmouth on the 24th May. The good fortune for Lowestoft A.C was the absence of Boreham Wood. Skipper Robyn Sustins and his 10-men team filled every event on the programme but finally settled for second team place behind West Norfolk. The good news was the return to competition of some injured members and the general team spirit that prevails. Six victories were recorded by Lowestoft athletes. Robyn Sustins was a clear winner in the 100m timed at 11.6secs, as was Nigel Saunders and Gary Knights in the first event of the day, first places in the 400m hurdles A and B races, clocking 65.4

and 70.8 respectively. Dale Burden won the 800m A in 2-00.0, a whisker away from a sub-two minute run. Chris Dell competing in seven events, took first place in just one, the 110m hurdles B in 22.6secs. Alan Saunders, despite carrying a leg injury, he won the discus A with a throw of 24-46cm.

Match Result; West Norfolk 165pts, Lowestoft 136pts, Sevenoaks 97pts.

On the first day of June the junior athletes travelled to Bedford for a Eastern Young Athletes League meeting. The sprint relay team consisting of Natasha Elmstrom, Lisa Saunders, Donna Burton and Rachel Revelle finished first in the junior ladies, clocking 58.1secs. Natasha also won the 200m(28.2), Caren Elvin, high jump(1m-30cm) and the 1500m(5-57.3), Tracy Smith, high jump B(1m-25cm), Donna Burton, hurdles A(13.5). Four minor girls competed and between them achieved seven victories. Dawn Badminton won all three events, matched by Catherine Grant. Melanie Page came first in the long jump and Georgina Pickess was second in the hurdles. All four girls ran in the relay, coming home first in a time of 62.2secs.

In the colts Gavin Crisp had two first places, hurdles B(17.4) and shot putt A(6m-76cm), while Kojo Kyreme won the 200m A(31.0) and Justin Gooch, the hurdles(16.5).

A high turn-out of members fared favourably against seven other clubs in a Norfolk/Suffolk League held at Ipswich. Top performers for the was Dawn Badminton who won all her three events. For the boys, Justin Gooch recorded victories in the long jump and hurdles. More than a dozen athletes achieved personal best times and distances. Coach Sue Elvin and membership secretary Lesley Easter, both who have competing children, took to the track, running in the senior ladies 400m and 800m respectively.

Five members of Lowestoft A.C travelled to Ipswich to compete in the Suffolk Schools Championships. They produced three personal bests and two winners. Lorraine Durrant was victorious in the long jump with a personal best of 5m-13cm, while Natasha Elmstrom battled to claim first place in the 200m. In the boys 800m Darren McMorran was second, posting a good time of 2-06.0. Karl Norman and Tracy Smith raced in the 1500m, Karl 4th with a personal best of 4-55.8, and Tracy third recording 5-25.8, also a PB.

The annual Townsend Thoreson Trophy meeting was held at Ipswich on June 15th. Against stiff opposition we had three success's, Dawn Badminton doing a double in the minor girls' 100m and 200m, recording 14.1 and 28.8 respectively. Justin Gooch our other success, winning the colts' hurdles in the time of 15.8, a personal

best. An invitation 800m race included Steve Cram(who won), Steve Crabb, David Sharpe and Gary Cook. I was privileged as one of the timekeepers to take Cram's time on the day(1-46.2), fastest in the world this year.

The endless energy of Lowestoft A.C members has been put to the test recently with a abundance of meetings. At Stevenage the senior squad competed in the Southern Mens' League and finished third with 93points behind Stevenage, 95pts, and Folkestone, 124pts.

Junior members met a well-known international athlete when they competed at Thurrock in a Eastern Young Athletes meeting. Fatima Whitbread, famed for her javelin skills, was training at her home club, and was happy to chat and sign autographs with the youngsters. Inter-lady Lorraine Durrant won all her five events; hurdles 13.5; long jump, 4m-61cm; high jump, 1m-45cm; javelin, 28m-76cm and 200m, 29.6. Donna Burton also had a good day in the junior ladies, gaining first place in the hurdles(13.5), 100m(14.1) and second place in the shot(5m-54cm). Another success in the junior ladies was Michele Easter, winning the 1500m in a personal best of(5-43.5). New member Sarah Crowe ran a PB in the 800m(2-56.4) and finished third in the high jump and discus. Julian Easter was first in the youths 1500m B with a PB (4-49.6), while Peter Salmon came second in the 800m(2-19.4), second in the 1500m A(4-47.4) and second in the discus(17m-02cm). For the colts Gavin Baldry achieved a PB IN THE 800m(2-44.3). Gary Elvin had a PB in the 1500m(6-21.6), Kojo Kyreme came third in the 100m(14.8), while Gavin Crisp won the shot putt A(6m-93cm) and Kristen Cable, the B(6m-03cm). Overall Result--Thurrock 321pts, Tendring 215pts, Lowestoft 187pts, Tring 165pts.

Lowestoft Athletic Club's annual Jubilee Trophy meeting was held in glorious sunshine and almost windless conditions which helped to ensure a memorable meeting. Against opposition from club entrants throughout the Eastern Counties, we were aware it would be a high standard of competition. Sponsored once again by Birds Eye Wall's the meeting had a splendid range of awards and trophies for winners and runners-up. There was a win for Darren McMorran in the youths' 3000m(9-21.4), John Barry in the senior mens' 1500m (4-21.1) and Gary Knights completed a fine treble, winning the 5000m(16-21.1). In the girls events, Dawn Badminton gave another show of her sprinting ability, winning the 100m(14.3) and the long jump with a leap of(4m-41cm). Another long victor was Lorraine Durrant in her age group(4m-75cm). Dale Burden took his best 400m time down to(53.3), as did Tracy Smith in her 1500m race(5-13.5).

The penultimate fixture of the Southern Mens League was held at Northgate Stadium on Saturday 5th July. Despite a placing of third from four teams a number of Lowestoft's team were justifiably satisfied with new found heights. Eighteen-year-old Dale Burden joined a select few in Lowestoft when he broke the two minute barrier in the 800m. His winning time 1-58.7, two seconds quicker than he ran before and just three seconds from the club record. Other victories were achieved by club captain Robyn Sustins in the 100m(11.7), and youth Peter Salmon winning the 1500m B race(4-47.8).

Match Result; Biggleswade 107pts, Ipswich B 93½pts, Lowestoft 74½pts Sittingbourne 72pts.

Junior Lowestoft A.C members came second in the Eastern Young Athletes League held at King's Lynn. They finished with 253 points. Other clubs taking part were; Brentwood 328pts, West Norfolk 234pts and West Suffolk 110pts. Notable performances came from Georgina Pickess, 1st 100m minor girls(14.9), Donna Burton, 1st junior ladies 100m(13.7), a personal best. Carin Elvin, Tracy Smith both won their 1500m events, Tracy the A in (5-32.2) and Caren B (5-40.9), while Lorainne Durrant had double success winning the long jump (4m-66cm) and the hurdles in(12.0). The Birch twins Warren and Russell, Warren second in the youths 800m(2-11.0) and Russell second in the youths 400m(59.6), a personal best. Karl Norman was a winner in the boys long jump A(4m-51cm), Andrew Berry, the shot putt(5m-25cm), Matthew Brown in the javelin(16m-46cm), Kwasi Kyreme in the long jump B(3m-81cm) and Jonathan Lincoln in the discus (12m-75cm). Colts' success came from Gary Elvin in the shot putt B(5m-62cm) and high jump B(1m-10cm), Gavin Crisp the shot A(6m-53cm) and high jump A(1m-22cm).

Lowestoft Athletic Club's successful series of monthly road races came to its climax at the end of July. There was double joy for Daniel Rushmere in the colts' two-mile race, winning on the night and winning the overall trophy for the series. It was the same for Darran McMorran, winning the race and overall trophy in the youths' age group. Another club success in the veterans' category was Ted Mynott, although it was John Wright who was victorious on the night.

Lowestoft Athletic Club gained a creditable second placing from four teams when their senior team contested the final fixture of the Southern Mens League Division Six, at Havering, Essex. We had four winners on the day, Darran McMorran won the 1500m(4-17.4), Peter Salmon, 200m(28.7), Nigel Saunders, pole vault(1m-35cm) and Alan Saunders in the shot putt(7m-83cm). Mark Jerline had a

commendable second place in the 3000m steeplechase(11-23.5).The mens 4x400m relay took second spot in a good time of 3-53.5. Match Result: G.E.C(Kent) 145pts,Lowestoft 131½pts,Basildon 119½pts, Nene Valley Harriers 85pts.

The annual trophy meeting at Yarmouth's Wellesley Road Stadium unfortunately fell foul of the weather leading to its cancellation. Lowestoft Athletic Club's new distance of 10 Kilometres(6¼miles) for the Carnival Road Race brought a terrific response from athletes and joggers recording an entry of over 200. The race started at Belle Vue Park and the runners made their way down the High Street, pedestrian precinct, promenade, Kensington Gardens, London Road South -back up the prom for another lap-Katwijk Way to the hospital. 202 competitors crossed the finishing line, the winner being A Brahmia, a Iranian student representing Norfolk Olympiads. His finishing time was 31-33. Nigel Allison of Ipswich Harriers was second in 31-47 and Chris Sandford of West Suffolk A.C third in 32-46. First home for Lowestoft was Martin Whitelock in 15th place(34-14), Steve Meen, 21st(34-34), veteran John Wright, 25th(34-44), Gary Knights, 39th (35-40), Barry Norman, 46th(36-09), Paul Silom, 47th(36-14), Colin Hood, 48th(36-26), veteran Ted Mynott, 56th(37-16), Steven BRADFORD, 72nd(38-22), veteran Terry Calver, 90th(39-24), veteran Norman Rushmere, 112th(41-15) and Helen Morgan, 197th(58-27).

Ted Mynott, Lowestoft A.C race director and secretary, once again sponsored the race and also found time to tackle the course as well, and all on his birthday!

Many athletes were missing due to holidays and clash of dates with the Carnival Road Race. It meant we were depleted in many age groups. However, the club managed good results in the circumstances. Competing in the Norfolk/Suffolk League match at Norwich against Norfolk Olympiads, Colchester, Braintree, Chelmsford, Norwich & Norfolk, Diss and Thetford, Lorraine Durrant, Darran McMorran and Julian Gooch were our only winners, but there were some very good performances from new members, Diane Wilson, Charlotte Smith, Sue Saunders, Paul Underdown, Simon Coote and Simon Cook.

The final league fixture in the Eastern Young Athletes League at Walmer Road headquarters for the season was between Enfield, Cambridge & Coleridge and ourselves. In the girls there were wins for Dawn Badminton, Caren Elvin, Natasha Elmstrom, Lisa Saunders, Sarah Baldry, new member Sarah Goodwin and Lorraine Durrant. The boys winners were Julian Gooch, Karl Norman, Kwasi Kyreme, new member Jonothan Bowles, Simon Coote and Kevin Whit-

-taker.

THE George Herring Memorial Trophy meeting took place at the end of August, the only week-end free after a hectic season, contested by five clubs. There were five winners from our girls team and six for the boys. The club finished second behind Ipswich Harriers in the team competition, with Yarmouth third, Diss fourth and Norfolk Olympiads fifth.

The last day of the athletics season brought competitors from Norfolk and Suffolk to Lowestoft for an Inter-Club Trophy meeting. Over 150 athletes 11-17 year-olds took part in an event which is unique for the area, with trophies awarded to club teams instead of individual competitors. The first event of the afternoon was a special 10k track race for the new Kirkley Community Sports and Social Club trophy. John Barry from Lowestoft A.C was the winner.

After the successful series of 10k road races organised by Lowestoft Athletic Club at the Denes Oval, the venue was used again for a special 10k with a strong contingent from the R.A.F. They took first place, R. Payne (31-52) and second by T. McKeith (32-08). Running very strong in third, as yet not attached to a club, was Paul Evans timed at (32-39).

On Monday 8th September the club staged its annual sponsored run in aid of charity. This year the Lowestoft New Lifeboat Appeal will benefit. The same evening a cheque for £2000 was presented to Miss Lowestoft on behalf of Sports Aid from the club, after a organised run on the promenade held during the summer.

Sixteen-year-old Lorraine Durrant, one of Lowestoft's emerging talents, finished the season with a superb victory in the Eastern Counties Heptathlon Championships. Over the two days she amassed a total of 3387 points to become Eastern Counties champion. Ralph Miles and David Crisp, her coaches, feel Lorraine has the potential to achieve good standards at this event and are looking forward to next season's competition.

The track season closed at Colchester when the Norfolk/Suffolk League Final was contested. Our Colts, Boys, Minor Girls and Junior Ladies had reached the final, but it was only Kojo Kyreme in the colts who won his event, the 800m (2-28.4), a personal best, since leaving sprints to join the middle-distance group. The colts team of Justin Gooch, Kojo Kyreme, Mark Waller, Simon Cook, Gavin Baldry and Gavin Crisp finished fourth, the best club placing, with 71pts. Paul Evans, who now we knew was destined for a bright future, joined Lowestoft A.C in October of 1986. He asked me if I could

give him a schedule for middle/long distance running. You can see the original on page 95. Paul's debut for the club took place on October 26th in a 10-mile road race commencing from Denes Oval, out to Hopton and back. Paul, who contested the lead in the early stages with experienced Brian Tate, also Lowestoft A.C, OPENED a convincing gap on the return and was still looking strong when crossing the line in a splendid time of 53mins-34seconds, with Brian second in 54mins-56seconds. Nigel Saunders was next home for Lowestoft in sixth place(57-50).

Other club finishers; Russell Simpson, 7th(58-20), John Daniels, 12th(60-27), Ted Mynott, 14th(60-41), just two seconds ahead of clubmate Steve Meen in 15th.

The cross-country season was now under way and the first Norfolk/Suffolk League meeting was held at Bury's Hardwicke Heath. Darran McMorran once again flew the flag for Lowestoft, winning the boys/youths 2½-mile race. Recent new members, Simon Cook and Chris Hunter finished 11th and 13th in the colts 1¾ mile event. Tracy Smith was our best placed girl in the minor girls/junior ladies gaining 13th position. In all fifteen boys, eight girls and four senior men took part.

In October '86 the A.G.M took place at Walmer Road. Before I HANDED the office of chairman to Andy Birch, I affirmed that the club was back on an even keel after its failed merger with Gt Yarmouth A.C and had, in fact, attained a higher status than before since the emergence of a road running section. I also reported that the all-weather high jump and javelin areas at Walmer Road had been approved by Waveney District Council and would be laid in time for the start of next summer's track and field season.

Committee elected for 1986/87; President. Ken McMorran; Chairman, Andy Birch; Secretary, Barbara High; Treasurer/Trophy Secretary, Nigel Saunders; Membership Secretary, Ann Birch; Track Secretary, Brian Boardley; Road/Cross-Country Secretary, Ted Mynott; Social Secretary, Diane Crisp; Coaching Rep, Ralph Miles; AAA's Rep, Mary James; Team Managers, Peter Knights, Sue Elvin; Team Captains, Caren Elvin, Richard Sargeant, Tracy Smith, Lesly Easter, Colin Hood and Robyn Sustins.

Lowestoft Athletic Club cross-country runners travelled to Ipswich for their Norfolk/Suffolk League meeting held on a wet and muddy Chantry Park. Kojo Kyreme, running his first cross-country race, finished second in the colts race, also Darren McMorran was second in the youths. Tracy Smith came

PAUL EVANS

TRAINING SCHEDULE

WEEK ONE

	DISTANCE	SURFACE	APPROX. TIMES	ANY REMARKS
1	12 MILES	ROAD	68-70MINS	
2	5 MILES FOLLOWED BY CIRCUIT IN GYM	ROAD	28-29MINS	MONDAY EVENINGS ROMAN HILL SCHOOL
3	5 MILES	ROAD <u>OR</u> GRASS	26-27MINS	
4	*6 MILES	ROAD	→	USE 2 MILE CIRCUIT IF POSSIBLE * 2 MILES APPROX 5.15 PER MILE 2 " " 5.40 " " 2 " " 5.15 " "
5	8 MILES	*GRASS <u>OR</u> BEACH	47-48MINS	* YOU CAN COMBINE GRASS AND BEACH TOGETHER.

WEEK TWO

1	10 MILES	ROAD	55-56MINS	
2	5 MILES FOLLOWED BY CIRCUIT IN GYM	ROAD	28-29MINS	MONDAY EVENINGS ROMAN HILL SCHOOL
3	5 MILES	ROAD <u>OR</u> GRASS	26-27MINS	
4	*15 UPHILL SPRINTS APPROX 80 METRES	ROAD	→	I SUGGEST YOU USE LINKS HILL, GUNTON CLIFF OFF NORTH PARADE
5	7 MILES	*GRASS <u>OR</u> BEACH	39-40MINS	* YOU CAN COMBINE GRASS AND BEACH TOGETHER.

JANUARY TO MARCH

PLEASE LET ME KNOW ABOUT ANY RACES YOU INTEND
TO RACE OR ENTER FOR.

12th in the junior ladies, Caren Elvin 20th and Caroline McArthur 28th. John Barry was 15th in the senior men, Richard Simpson 32nd and Ted Mynott 37th.

Lowestoft A.C road runners took a team to the Hadleigh 10-mile road race. The course was very hilly for the first half but quite flat and downhill for the rest. Paul Evans was third in a personal best of 52-22, about $1\frac{1}{4}$ minutes behind the winner. Paul improves with every race. Steve Meen was 4th (57-01) and Brian Tate 9th after being mis-directed and running a extra mile. This result gave Lowestoft joint first prize with Ipswich, the old enemy.

Presentation night took place at the Labour Club, Marine Parade, as Walmer Road was not available because of ongoing alterations. Making the presentations was former leading athlete Verona Elder. Top awards went to Peter Salmon, junior sportsman, Lorraine Durrant, junior sportswoman of the year and Nigel Saunders, athlete of the year.

.....