

EVAC 2012

GET IN ON ALL THE EVAC
ACTION HERE:

<http://www.evac.org.uk>



A FVS Production

www.fvspartans.org.uk

Twitter: @FVspartans

Facebook:

<http://www.facebook.com/FVspartans>

Cover image © Copyright [Robin Hall](#) and licensed for reuse under this [Creative Commons Licence](#)

MATCH 1: STEVENAGE SHOWSTOPPER



EVENT PROGRAM



RIDLINS STADIUM, STEVENAGE

WEDNESDAY 25TH APRIL 2012

Your Guide to our EVAC Superstars in competition!

Put the Olympics to the back of your mind until the summer ... and support our inspirational sporting ladies and gents in the EVAC (Eastern Veterans Athletic Club) Central League!

Held over 4 matches between April and July 2012, 7 teams will compete over traditional track and field disciplines to earn points for their clubs. The highest scoring teams will then go on to compete in the Final Match in Milton Keynes on 23rd September 2012.

The teams competing in the EVAC Central League for 2012 are:

- Beds and County
- Biggleswade
- Corby AC
- Fairlands Valley Spartans
- Kettering
- MMK AC
- Wellingborough

ADVERTISEMENT

When we're not running on the track, FVS are hosting amazing road races elsewhere!

SPORT:ON  **2**

FAIRLANDS VALLEY SPARTANS **1**

2 **Olympic Year Race Calendar**

Sunday 15th July **Fairlands Valley Challenge** 12, 18, 26.2 miles or Ultra (50K)
Race HQ: Marriotts School
www.facebook.com/FVSChallenge
Twitter: @FVChallenge

Thursday 19th July **FVS 3K Relays** Fairlands Valley Park
Race HQ: Marriotts School
(Incorporating Herts County Senior and Vets Championships)

Sunday 9th September **FVS 5K Race** Race HQ: Mossbury School
(Incorporating Herts County Senior and Vets Championships)
www.facebook.com/FV5KSeries

Sunday 23rd September **Paul Maguire 5 Mile Race** ***Returning back in 2012***
Race HQ: Mossbury School
(Incorporating Herts County Senior and Vets Championships)

Sunday 4th November **Stevenage Half Marathon** Two scenic laps of Stevenage!
Race HQ: Ridlins Athletics Track
(Incorporating Herts County Senior Championships)

www.fvspartans.org.uk

SPORT ON  www.facebook.com/FVspartans

SPARTANS  [@FVspartans](https://twitter.com/FVspartans)

STEVENAGE  **FAIRLANDS VALLEY SPARTANS**
UK's Best Running Club

Download your copy of the **FVS Olympic Year Race Calendar Poster** at the link below and spread the word!

<http://www.fvspartans.org.uk/races/promotional-race-poster/>

HOME TEAM

FVS Ladies*

Tessa Stephenson (Ladies' Captain)

Monica Brown
Rosie Canham
Sharon Crowley
Karen Dodsworth
Chris Feely
Jan Fry
Iris Hornsey
Steph Mayfield
Carolyn Shortland
Julie Simmonds

FVS Men*

Dave Stephenson (Men's Captain)

David Bowker
Jim Brown
Dave Frampton
John Harris
Barry King
Steve Mayfield
Andy Neatham
Barry Osborne
Paul Pickard
Mick Shortland
John Tyrrell

*correct at time of publication, may be subject to change on the night

EVENT SCHEDULE

**Match 1: Stevenage
(Wed 25/04/2012)**

19:00 pm

- **Hammer** (Men)
- **Shot** (Ladies, W55 included)
- **2K Walk** (All, W55 + M60 incl.)

19:20 pm

- **Sprint Hurdles** (All)
- **High Jump** (Ladies)
- **Long Jump** (Men, M60 incl.)

19:40 pm

- **100m** (All, W55 + M60 incl.)
- **Shot** (Men, M60 incl.)
- **Hammer** (Ladies, W55 incl.)

EVENT SCHEDULE

**Match 1: Stevenage
(Wed 25/04/2012)**

20:00 pm

- **High Jump** (Men)
- **Long Jump** (Ladies, W55 incl.)
- **1500m** (All, W55 + M60 incl.)

20:20 pm

- **400m** (All, M60 incl.)

20:45 pm

- **Relay** (All)
- **2 x 200m**
- **1 x 400m**
- **1 x 800m**

UPCOMING FIXTURES

**Match 2: Bedford
(Wed 09/05/2012)**

**Match 3: Kettering
(Wed 13/06/2012)**

**Match 4: Milton Keynes
(Wed 11/07/2012)**

**Final: Milton Keynes
(Wed 23/09/2012)**

Match 1: hosted by **Fairlands Valley Spartans** – from track and field to marathon running ... 300+ members and counting!

