

A very personal view of the EMAA InterArea Challenge 2024

The announcement of the date for the indoor edition of the InterArea challenge prompts me to write this , which I hope will serve three purposes:

1. Flatter my ego – I enjoy reading my own writing
2. act as a report on the September edition of the Inter Area challenge
3. As a prompt for others to put their names down for the spring indoors event on Sunday February 16th at Lee Valley Stadium.

MATCH REPORT

First, the match report. There are lots of statistics published elsewhere so I won't repeat them here. Suffice to say the joint SCVAC team came 6th overall out of the 9 teams entered <https://bmaf.opentrack.run/en-gb/x/2024/GBR/emma-inter-area-outdoors/scores/> though both the men's and women's teams individually came 5th.

Those taking part for SCVAC are listed in the pictures below, so a very good turn out, as you see. The match took place in Corby on 7th September <https://thepowerof10.info/results/results.aspx?meetingid=638349&event=400&venue=Corby&date=7-Sep-24> and the individual results can be seen on Pof10.

If you'd like to follow the results of a team mate (or yourself) then a good way to do it is to Filter by SCVAC on this screen <https://bmaf.opentrack.run/en-gb/x/2024/GBR/emma-inter-area-outdoors/competitor/> and then click on the individual's name , which takes you through to a page showing current and all time rankings, as well as results on the day, a link to profiles both on Pof10 and on OpenTrack.

HOW TO WIN A TEAM EVENT

Success for a team in a match like this depends on two things. It is wonderful to have superstars who win events, obviously , the winner scores more points than those further down the field. But the team also needs those points from further down the field, and simply being a participant can bring rewards.

Let me give you a couple of examples from the top age group, the over 70s.

In our women's team we had Sarah Roberts, who took part in all the W70 events available, being 100, 400, 800 and 1500 metres, the Shot Put and the Long Jump. She won three of them, and gained useful points further down the field in the other three.

And Sarah's efforts elsewhere are well documented <https://www.dacorumac.org.uk/dact/>

600	Oscar Morrell	M	V35	M35	JT		SCVAC	✓	
601	Byron Robinson	M	V35	M35	100 200 4X100		SCVAC	✓	
602	Dan Acheson	M	V40	M40	1500 800		SCVAC	✓	
603	Shaun Wall	M	V40	M40	DT HT SP 4X100		SCVAC	✓	
604	Adam Bellis	M	V45	M45	400 4X100		SCVAC	✓	
605	Grant Stirling	M	V45	M45	PV TJ		SCVAC	✓	
606	Paul Derrien	M	V50	M50	DT HT SP		SCVAC	✓	
607	Sean Sutherland	M	V50	M50	100 200 400 HJ 4X100		SCVAC	✓	
608	Craig Beecham	M	V50	M50	LJ		SCVAC	✓	
609	Rory Maguire	M	V50	M50	JT		SCVAC	✓	
611	Alun Rodgers	M	V55	M55	1500 3000		SCVAC	✓	
612	Martin Slevin	M	V60	M60	2000W		SCVAC	✓	
613	Mark Ashby	M	V60	M60	2000W		SCVAC	✓	
614	Barrie Marsden	M	V60	M60	300H 200 4X100 100		SCVAC	✓	
615	Allan Leiper	M	V60	M60	SP HJ LJ 4X100		SCVAC	✓	
616	Steve Uttley	M	V65	M65	2000W		SCVAC	✓	
617	Adrian Essex	M	V70	M70	400 800 SP 4X100 LJ 1500		SCVAC	✓	
618	Victor Novell	M	V75	M75	100 4X100		SCVAC	✓	
619	Laurensa Britane	F	V35	W35	SP DT HT JT		SCVAC	✓	
620	Krystle Balogun	F	V35	W35	400 100 200 4X100		SCVAC	✓	
621	Jodie Albrow	F	V40	W40	LJ HJ		SCVAC	✓	
622	Selina Hawker	F	V45	W45	2000W		SCVAC	✓	
623	Sharon Dooley	F	V50	W50	400 LJ HJ SP DT TJ JT 4X100		SCVAC	✓	
624	Michele Wakefield	F	V55	W55	100 200 4X100		SCVAC	✓	
625	Jeanette Ashton	F	V65	W65	100 HJ 4X100 LJ		SCVAC	✓	
626	Jenny Brown	F	V65	W65	300H 400 SP 200 4X100		SCVAC	✓	
627	Jane Fabes	F	V65	W65	800 1500 4X100		SCVAC	✓	
628	Sue Yeomans	F	V70	W70	PV 4X100		SCVAC	✓	
629	Sarah Roberts	F	V70	W70	400 800 SP LJ 4X100 100 1500		SCVAC	✓	
630	Richard Emptage	M	V60	M60	TJ		SCVAC	✓	

Sarah Roberts

INDIVIDUAL EVENTS

When	Event	Cat	Place	Perf	Status
Sat 7th 11:55	1500m W70+ <i>Heat 1</i>	F	1	5:56.08 (9.0 pts)	✓
Sat 7th 12:49	400m W70+ <i>Heat 1</i>	F	1	1:21.52 (9.0 pts)	✓
Sat 7th 13:48	100m W70+ <i>Heat 1</i>	F	4	18.26 (6.0 pts)	✓
Sat 7th 14:15	Shot Put W70+ <i>Heat 1</i>	F	5	4.66 (5.0 pts)	✓
Sat 7th 14:45	800m W70+ <i>Heat 1</i>	F	1	3:00.97 (9.0 pts)	✓
Sat 7th 16:30	Long Jump W70+ <i>Heat 1</i>	F	5	2.27 (5.0 pts)	✓

THE PERSONAL BIT

This is where this gets a bit more personal.

It has been a difficult year for me, so I'm still trying to bolster my determination to keep going in the face of adversity, as I've seen done by so many of my contemporaries.

I very greatly welcome events such as the Inter Area challenge, the SAL and relay races. Perhaps it is a perverse reaction, but the team involvement improves my motivation. At school (in the mid-20th century) my sport was mainly in teams. For a year I was captain of the Rugby team. My recollection is that it was a very successful year, but maybe that's just my recollection..

Last December it seemed likely that I had prostate cancer, and various tests and scans were carried out, in the course of which the medics pointed out "incidentally we've also found a thymoma". So, two cancers for the price of one, both of which were treated by quite substantial surgeries on May 1st and August 2nd.

Taking part in this team event was not so much for me to compete, but to participate, mainly to prove I still can, and I'm grateful to Arthur Kimber and SCVAC for giving me the chance. I managed 5 of the 6 possible M70 events.

I perhaps wouldn't normally have mentioned my own problems, but with Sir Chris Hoy's story so prominent in the press at present, perhaps I can take the chance to urge older men (white men over 50 and black men over 45, especially) to take the PSA test. I wish I'd done so sooner.

Adrian Essex

INDIVIDUAL EVENTS

When	Event	Cat	Place	Perf	Status
Sat 7th 12:15	1500m M70+ Heat 1	M	7	8:24.62 (3.0 pts)	✓
Sat 7th 13:00	Shot Put M70+ Heat 1	M	3	7.50 (7.0 pts)	✓
Sat 7th 13:20	400m M70+ Heat 1	M	7	1:21.66 (3.0 pts)	✓
Sat 7th 15:05	800m M70+ Heat 1	M	6	3:57.78 (4.0 pts)	✓
Sat 7th 16:30	Long Jump M70+ Heat 1	M	2	3.45 (8.0 pts)	✓