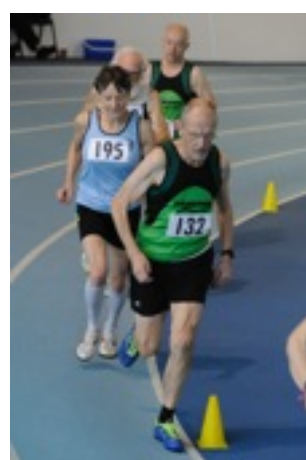
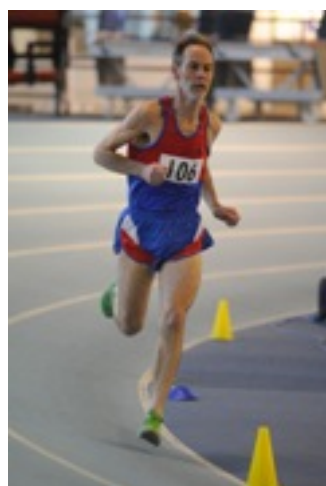
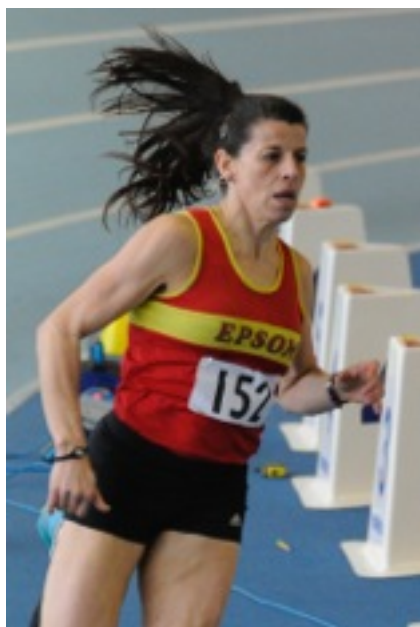


The SOUTHERNER

THE MAGAZINE OF
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

ISSUE NO. 72

Spring/Summer 2016



Southern Counties Veterans AC Indoor Championships: Lee Valley 21st February 2016

From top left to right: Di Norman; Sam Bobb; Francisco Reis.

From bottom left to right: David Wilcock; Clem Leon; Chris Symonds;
Tony Rea/Ros Tabor

Photos from Tom Phillips: <http://www.tomphillipsphotos.co.uk>

Club Officers for 2015

Chairman:

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Officials Secretary: Arthur Kimber - as above

Entries Secretary: VACANT*

Medals & Kit: VACANT*

Club Records:

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Club Webmaster:

Mike Peel Blackheath & Bromley Harriers AC 07970101871:mike@mikepeel.co.uk

Club Records can be set anywhere - please send claims to Jeanne Coker - details above.

Southerner 200 Club: to buy shares please contact Tom Richards - details above.

Southerner contributions welcome preferably emailed in Word format, or typed copy sent to:-
Tony Rea – details as above.

Combined SCVAC / VAC Track and Field Championships August 28th

Kingsmeadow Stadium, Kingston Road, Kingston upon Thames KT1 3PB

Following the cancellation of the SCVAC Championships scheduled for May 28th, here are some notes to clarify how the SCVAC and VAC Championships will be run in a combined meeting.

SCVAC championships are for SCVAC athletes (including those who are also members of VAC) with SCVAC medals to those who reach the SCVAC standards.

VAC championships are for VAC members and other BMAF area clubs and guests, with VAC medals to first three VAC members and to non SCVAC/VAC members/guests if they come in the first three overall.

Athletes with dual membership of SCVAC and VAC will be competing in both club championships.

Members of other BMAF area clubs will be competing as guests in the VAC Championship.

Those 19 athletes who had already entered the SCVAC championships scheduled to take place on 28th May, have had their entries transferred to the 28th August.

Entry fees have been brought into line, which means that those who entered the original SCVAC championship, and who paid for additional events, are entitled to a small refund.

To ensure the meeting runs to time:

- Heats will be avoided by staging A/B finals, splitting SCVAC/VAC competitors if necessary.
- Throws and horizontal jumps will be restricted to 4 trials each.

Travel expenses and lunch will be provided for all officials

Refreshments will be available from the café.

To ensure a successful combined championships, we need some volunteers from SCVAC to help with meeting management, registration etc.

Please contact Arthur Kimber if you can help in any way, even for part of the meeting while you are not competing.

The Southerner: The Future

As a consequence of cost considerations and the perceived demise of hard copy media at the expense of on-line material, the future of the Southerner is to be reviewed. This will take place at the AGM in December, however in the meantime to gauge member's thoughts the following options would seem to be favoured.

a/ Continue as present:

b/ Attached to website, free for all to see:

c/ Attached to website but with a hard copy sent out to members who will subscribe for a copy:

d/ Sent out to members by email as a PDF attachment:

e/ Any other suggestions.

Your feedback will be invaluable. Please could you email me with your thoughts and favoured options.

Tony Rea. Editor. tonyrea@tinyonline.co.uk

SCVAC Indoor Championships Lee Valley Highlights

Di Norman - Won W40 400m, 800, Long Jump and Shot. Some of her performances could almost have won medals in the M40 events!

Clem Leon - Won M60 400m and Triple Jump - the latter was a CBP. Clem later went on to win the British Masters M60 400m.

Sam Bobb - Won the M40 Triple Jump and a few weeks later added the European Masters title too.

Francisco Reis - CBP in the M55 3,000m walk. Another who won a European title too in Ancona at the beginning of April.

Chris Symonds - CBP in the M40 1500m

David Wilcock - A fantastic indoor season. Won SCVAC M60 800m and 1500m, then did the same in the BMAF Championships, and a week after that, won the Masters 800m exhibition race at the IAAF World Indoor Championships in the USA.

Tom Phillips.

Editor's Note. Tom was less forthcoming about his own outstanding performances; M60 gold in both 60m and 200m.



Tom Phillips "in the zone" M60 60m Lee Valley

EAMA INDOOR INTER AREA CHALLENGE – LEE VALLEY – 28.02.16

Words Artur Kimber: Photos Tom Phillips

Again eight area clubs were represented in this well contested fixture with many high standard performances. Two British records were set, W75 Iris Holder, long jump, 3.00 and W45 Carole Parker, shot, 11.74.

The men's match was dominated by SCVAC, who scored 301 points to second placed VAC's 254.5. Josh Wood, M35 in 7.17, Tom Phillips, M60 in 8.25 and Vic Novell, M70 in 8.85 won three 60m. races, with only Pat Logan, NIMAA, winning the M50 event in 7.69 and preventing an SCVAC clean sweep. And Pat claimed a fine double by taking the 200m. in 25.11. SCVAC took all 400m. races, M35 Adam Bellis, 52.06, M50 Jonathan Tilt, 55.33, M60 Clem Leon 61.93 and M70 Terry Bissett, 71.27. Mensah Elliott easily won the 60m. hurdles by more than a second for SCVAC in a fast 8.16.

In the 800. SCVAC scored well in three age groups, Steve Baldock, aged 46, winning the M35 race in a very fast 1:59.71, Jonathan Tilt, M50 gaining his second victory, 2:12.62, and Dave Wilcock outclassing the opposition in the M60 with 2:18.57 and then in the 1500m. achieving a fine double, clocking 4:42.49. SCVAC won both the 2k. walks, Steve Allan, 10:26.83 to take the M35 and Chris Hobbs, 9:45.85 the M50.

Honours in the jumps were more widely spread than on the track. Andy Lewis won the long jump for SCVAC with 6.07, Duncan Talbot won the M60 high jump with 1.40 and M35 Mark Wiseman, took the shot, 14.06.

SCVAC won two 4x200m. relays, M60, 1:55.52 and M70, 2:12.75.

The women's match was more evenly balanced than the men's, EVAC just edging out SCVAC by 246.5 points to 241.5. W60 Carole Filer won four events for EVAC, 60m. in 9.07, 400m. in 73.81, long jump with 4.36 and high jump, 1.20. On the track for SCVAC Joan Trimble won the 60m in 31.69, former senior international Lesley Osowu ran a fast 58.43 to easily win the W35 400m, and W35 Diana Norman won the 60m. hurdles with 9.55. and she added to that victory by winning

the 800m. in 2:20. 18. SCVAC newcomer Penny Cummings won the W35 2k. walk with 10:51.99. In the field SCVAC's successes came from European record holder Sue Yeomans, now 62, winning the W50 pole vault, while SCVAC athletes took three of the shot competitions, Julie Wilson, W50. 9.96, Vilma Thompson, W60, 9.36 and Liz Sissons, W70, 8.55.

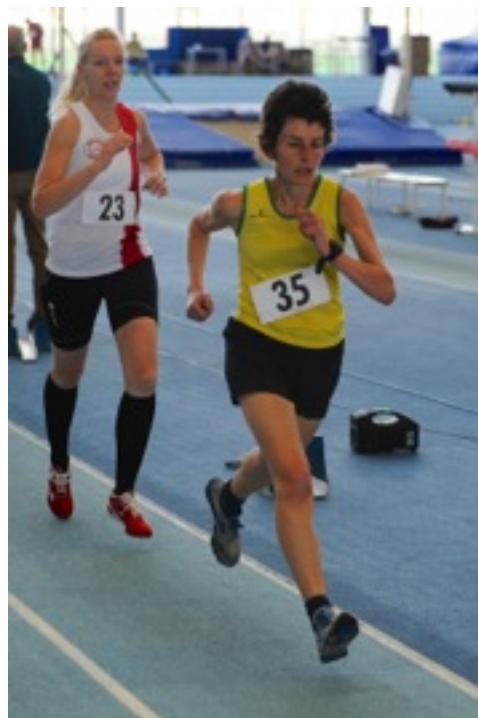
SCVAC took two 4x200m. relays, W50, 2:01.73 and W60, 2:12.45.



Arthur Kimber receiving the Inter Area Challenge Trophy.

TEAM SCORES

MEN		WOMEN		TOTAL	
SCVAC	301	EVAC	246.5	SCVAC	542.5
VAC	254.5	SCVAC	241.5	EVAC	462
MMAC	233	MMAC	217	MMAC	450
WMAA	224	WMAA	187.5	WMAA	411.5
EVAC	215.5	VAC	128	VAC	382.5
NMAC	87	NMAC	49.5	NMAC	136.5
NIMAA	82	SWVAC	30	NIMAA	109
SWVAC	60	NIMAA	27	SWVAC	90



Lee Valley indoor Athletics: A personal view

After enjoying the pleasures and benefits that running gives you for more years than I care to remember, I am 68, I didn't think there was much new to experience until a conversation with some other veterans at "The Last Friday 5K" in Hyde Park encouraged me to try the veterans indoor track championships at The Lee Valley Athletics Centre. Watching indoor athletics on television it always seemed faster somehow than the outdoor version and as I am far from speedy these days I wondered what I was letting myself in for. A running friend for several years, was also keen to have a go so on Sunday 21st February we set off, with wives in support, for the hour or so's drive from Maidstone to Lee Valley, although the centre is also well served by local buses and trains to Ponders End station.

The Centre looks impressive from the outside and has a large car park catering for competitors and spectators alike. The event in question was The Southern Counties Veterans AC Indoor Track and Field Championships and was reasonably well supported by both competitors and spectators, the centre is very welcoming with good facilities for viewing, changing, warming-up and with simple refreshments also available. The track is a well surfaced 200m circuit, with a 60m sprint section through the centre, long jump, high jump and pole vault facilities at the side and a separate area for the shot put. The event was extremely well organised and with both ladies and men's veterans/masters events now starting at 35 the races and field events are well contested with some quality times and distances to admire but there was still a lot of support for those not contesting the leading positions.

My events were the 1500m and 3000m and although finishing last in both races I felt part of a real race and only missed the medal standard by 4 secs in the 3000m and by a very frustrating 1sec in the 1500m but at least I have something to target next year.

I returned as a spectator for the EAMA Indoor Inter Area Challenge, also held at Lee Valley, the following week. That event featuring teams from all the English areas plus those from Wales and Northern Ireland, was another well organised day, again with good support. To see some very spirited and sporting competition and having now attended both days I would have no hesitation in recommending anyone looking for something a little different, slightly warmer and dryer than road running or cross country, to give the indoor events a go.

Mick Jefferies. M65
Dragons Running Club.

SCVAC Half Marathon Championship, Sandilands, Croydon Sunday May 10th

Striders of Croydon hosted our 2016 championship, and race organisers Nice Work ensured things ran smoothly. After an overnight frost, the conditions were perfect for running by the start time of 9.15am. The runners were led out of the sports field and down the road to the start, and a blast on the horn sent them on their way.

The early leader, Peter Mills of Croydon Striders, was joined by 3 others, and this group stuck together for the first few miles. The challenging two lap course included some long hills, which were decisive in breaking up the pack. By the halfway point, Michael Eccles of Norfolk Gazelles had the lead, which he held to the finish. His time of 1:14:15 reflected the tough course, and he was over a minute clear of Peter Mills.

First SCVAC runner was M35 Alan Sylvester of Arena 80, 5th in the open race in an excellent 1:20:50. Special mention goes to M60 Neville Webb of Dulwich, who achieved our best age rated performance. With the two main Spring marathons imminent, race numbers were low: only 261 finishers, and there were no SCVAC women. Colin Oxlade used the race as a final long run before London, including a thorough warm up and warm down. He held off Steve Smith to take gold in the M55 age group. Full SCVAC results below.



Dave presents
M55 Gold Medal
to Colin Oxlade
(left)

Neville Webb,
M60 gold and
best age graded,
in full stride!
(right)



Pos	Gun	Chip	Name	Club	Cat.	Age	Rated %
5	01:20:50	01:20:50	Alan Sylvester	ARENA 80	M35	35	73.81
35	01:33:01	01:32:58	Neville Webb	Dulwich Runners AC	M60	60	78.74
46	01:36:43	01:36:40	Colin Oxlade	Croydon Harriers	M55	57	73.66
58	01:38:39	01:38:36	Steve Smith	Striders of Croydon	M55	57	72.22
63	01:39:58	01:39:46	John Tolhurst	Paddock Wood AC	M60	62	74.76
157	01:59:23	01:59:07	Peter Godbee	Swanley and District	M65	65	64.46
164	02:01:40	02:01:34	James Fitzmaurice	Sevenoaks AC	M70	74	69.90
166	02:01:45	02:01:27	John Taylor	Hailsham Harriers	M75	76	72.30
252	02:47:27	02:47:10	Graham Williams	Ilford AC	M75	76	52.53



John Taylor Hailsham Harriers M75 Gold

Sandilands Croydon

Sunday 10th May 2016

Why not wear your SCVAC club kit?

Polo Shirt	£18
Vest (Yellow/green trim)	£18
Shorts (green)	£18
Postage & Packing	£2

Available from Arthur Kimber.

Ted Pepper Memorial 10k, Monday May 2nd

The SCVAC multi-terrain 10k championship was staged within this race, where athletic club members always outnumber unattached runners - a rare occurrence these days. A new sight was a large group of "Zero to Hero" runners in matching kit, who held their own presentation after the race.

Blackheath and Bromley provided their usual high standard of organisation, with plenty of course markings and marshals at key points. After a good few years of service, Andy Tucker is stepping aside as race director and handing the reins to Dave Beadle for next year. We are confident the race will continue to provide its unique atmosphere and charm.

The course was dry and fast, with a few small puddles to negotiate in the wooded section, but the mix of track, tarmac, grass, dirt track, wood chips and the occasional tree root to negotiate kept the runners focussed, and the kilometre markers appeared with welcome regularity.

Rhys Goddard of Nene Valley Harriers set a cracking pace from the gun. His time of 35:24 was over a minute clear of David Sparshott of Kent AC, with M50 Tony Tuohy of Dulwich a fine third in 37:13.

First SCVAC runner - and also our best age graded performer - was M50 Dean Angell of Horsham Joggers. His time of 38:23 would have been much faster on a flat road course, making his age grade of 82.64% even more impressive. Next home was M50 Mark Pitcairn-Knowles of Tonbridge, and our third finisher was W40 Vikki Clark of Arena 80 AC.

W55 Vicky Talbot-Rosner of Invicta East Kent AC was our second best age graded performer with an excellent 81.86%. Out of a total of 308 finishers, SCVAC provided just 12. The lower numbers were largely due to the London Marathon one week previously, with regulars like Colin Oxlade and Walter Hill recovering from their efforts over 26.2 miles.

In most categories, there were "easy" medals to be won. Only the M65 group saw 3 finishers - so all 12 runners went home with a medal, presented by our chairman Arthur Kimber. Other club members please note for 2017 - we would welcome more competition for medals! Full SCVAC results below.

Pos	Name	Gun	Age	Cat	Chip time	Club	Age Grade
1	Dean Angell	0:38:25	54	M50	0:38:23	Horsham Joggers	82.64
2	Mark Pitcairn-Knowles	0:40:13	50	M50	0:40:11	Tonbridge AC	76.39
3	Vikki Clark	0:41:40	44	W40	0:41:38	Arena 80 AC	77.49
4	David Beattie	0:44:04	68	M65	0:44:02	Crawley AC	81.53
5	Steve Smith	0:44:53	57	M55	0:44:51	Striders Of Croydon	72.53
6	John Tolhurst	0:45:03	62	M60	0:45:00	Paddock Wood AC	75.51
7	Vicky Talbot-Rosner	0:45:24	56	W55	0:45:20	Invicta East Kent AC	81.86
8	Trevor Edgley	0:45:29	68	M65	0:45:27	Istead & Ifield	78.99
9	Peter Godbee	0:50:19	65	M65	0:50:09	Swanley & Dist. AC	69.61
10	James Fitzmaurice	0:56:22	74	M70	0:56:18	Sevenoaks AC	68.89
11	Karen Samuel	0:59:25	55	W55	0:59:17	SCVAC	61.77
12	Graham Williams	1:03:21	76	M75	1:03:15	Ilford AC	63.48

Dave Beattie



*Arthur presenting Vicky Talbot-Rosner
with W55 Gold Medal*



Steve Smith M55 Gold



David Beattie M65 Gold



James Fitzmaurice M70 Gold

FIXTURES SUMMARY 2016/2017

SOUTHERN

2016

July 17th	Outdoor Inter Area Match	Solihull
August 28th	SCVAC/VAC Track & Field Championships	Kingston
September 4th	SCVAC Track & Field League Final	Ashford
September 4th	SCVAC Marathon Championships	Thanet
October 9th	SCVAC 10k Road Championships	Ashford
November 20th	SCVAC 10 mile Road Championships	Epsom

2017

19th February	SCVAC Indoor Track & Field Championships	Lee Valley
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NATIONAL

2016

June 19th	BMAF 5k Road Championships	Horwich
June 19th	BMAF Pentathlon Championships	Horspath
June 26th	BMAF Trail Running Championships	Gravesend
July 17th	EAMA Inter Area Challenge	Solihull
August 14th	BMAF Marathon Championships	Isle of Man
Sept 17th-18th	BMAF Track & Field Championships	Birmingham
October 9th	BMAF Half Marathon Championships	Glasgow
November 19th	BMAF Cross Country Relay Championships	Long Eaton

2017

February 12th	South of England/EVAC/VAC Masters Indoor Championships	Lee Valley
February 26th	EAMA Indoor Track & Field Inter Area challenge	Lee Valley

INTERNATIONAL

2016

Oct 26th-Nov 6th	World Masters Track & Field Championships	Perth, Australia
12th November	British & Irish Masters Cross Country International	Glasgow

2017

19th-20th March	World Masters Indoor Track & Field Championships	South Korea
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