

The SOUTHERNER

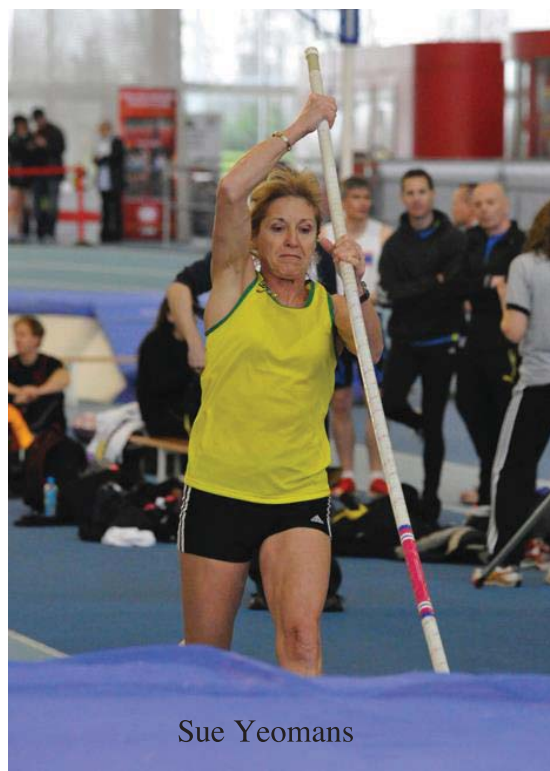
THE MAGAZINE OF
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

Issue no. 68

Spring 2014



EAMA Indoor
Inter Area
Challenge
23rd February
2014



Sue Yeomans



Adrian Haines

Photos by Tom
Phillips



Ian Thorpe

Club Officers for 2014

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Officials Secretary: Arthur Kimber - as above

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Medals & Kit: VACANT*

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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:-
Jeremy Carmichael – details as above. Closing date for Summer 2014 Southerner: 14th July 2014.

***SITUATIONS VACANT:** If you are interested in helping out with any of the vacant positions shown above please contact Arthur Kimber for more details.

Southern Counties Veterans Athletic Club

From the Editor:

Apologies to one and all for the delay in this issue. There have been plenty of events and I have included tried to include something for everyone.

This time I have included recollections from some members. Thank you to those runners who contributed to the article on The Canterbury 10 mile race. If any more of you would like to submit some tales of wonder or woe during SCVAC races, please send them to me at my email address on the previous page.

By the time you read this three committee members will have completed the London Marathon. If any other SCVAC members have run this enjoyable race please let me know (name, time and age range) and I will compile a table of your achievements. Perhaps it will be a guide to performances in September.

Membership Reminder

Important Notice about Subscriptions

To all members who are paying their annual subscriptions by means of standing orders, will you please contact your bank and cancel the payment.

The reason for this is that from next year, 2014/2015, all club subscriptions will have to be paid by credit card using the PayPal system. You can find this procedure by going onto the club website, and under the heading of membership/joining, follow the links.

Some of you are also members of the 200 Club Sweep. If so, do not include this payment with your subscriptions, but send it to me by means of a cheque. Further information on the new system will be published nearer the date of payment together with a name of a help contact.

Thank you,

Tom Richards, Club Treasurer.

200 CLUB

February Draw Winners
£30 no.47 Jim Rayner
£20 no.54 Robert Hatwood
£10 no.129 John Seymour

April Draw Winners
£30 no.233 Richard Parles
£20 no. William O'Connor
£10 no.34 Vilma Thompson

Southern Counties Veterans Athletic Club

Short and Brief

Weights and Measures

With effect from 1st January 2014, the following changes have been made to certain equipment specifications:

Women's 60-74 Javelin changes from 400g to 500g.

Women's 0.75kg Discus shall have a maximum diameter of 182mm.

Men's Shot shall have a maximum diameter of 130mm.

Women's Shot shall have a maximum diameter of 110mm.

2013 National Veteran's Track & field Ranking book

is now available.

This year there are over 8000 performances set by women aged from 35 to 90 years of age.

The book costs £4 (cheques payable to Mrs S Gandee please) together with an A5 self-addressed envelope and a large 2nd class stamp. It can be obtained from Mrs Sally Gandee at 4 Westfield Road, Hertford, Herts, SG14 3DJ.

BMAF Marathon Championship 2014

Details : The Kent Coastal Marathon has been organised by **Thanet Roadrunners AC** for a number of years, and has hosted the BMAF Championship in the past. The course has BARR Gold standard accreditation. The race will also host the SCVAC championship and the Kent county championship.

Race HQ: Palm Bay School, Cliftonville, Kent **CT9 3PP**

Date: Sunday September 7th **Start time: 9:30 am**

Entries: Entry to BMAF Championship will be via the BMAF on-line entry system. *Details will be posted when this has been set up.*

Entry Fee: Paid up members of affiliated Masters clubs £20

Race Results The race will be chip timed. **Please collect your chip from race HQ (Palm Bay School, Cliftonville, CT9 3PP) between 7.30 and 9.15 on race day.**

Results will be available on www.uksportstiming.co.uk.

Age Group numbers Collect your age group number from the BMAF representative at race HQ, when collecting your chip.

Course Map and Profile The race starts with a loop around Palm Bay before following a largely coastal route through Broadstairs towards Ramsgate, heading back to complete the half marathon at Cliftonville. The marathon then continues through Margate, again largely along the coast, before turning at Minnis Bay and heading back to finish at Palm Bay School.

Thanet Road Runners AC Race website:

<http://www.thanetroadrunners.org.uk/events/kent-coastal-marathon-and-half-marathon>

Remember – Enter via BMAF website to ensure inclusion in BMAF Championship.

If you have no access to the internet, please email Dave Beattie who will try to help you with your entry. **beattieruns@blueyonder.co.uk**

SCVAC INDOOR CHAMPIONSHIPS – LEE VALLEY -15.02.14

Guests from any other masters club were welcomed to this fixture and the 3000m walk incorporated the VAC and EVAC championship. 16 CBPs were set.

Men's Events

In the 60m. races, the best results came from the older sprinters, with John Browne setting a CBP with 7.90 in winning the M60 race, Pat Logan taking the M50 title in 7.78 and Glyn Sutton the M65 in 8.35. The same pattern followed in the 200m. races, where Alastair Ross set a CBP with 26.02 to take the M60 race and Bob Lewis won the M50 in 25.87. M60 Ray Watkins was the outstanding 400m. performer, winning in 60.44, another CBP.

In the 800m. it was the turn of M45 Adrian Haines to run a CBP with 2:05.95, while guest Simon Anderson ran a fast 2:08.42 as a 50 year old. Guest David Oxland ran a CBP, 10:14.16, to win M60 3000m.

Peter Davey, M35, clocked 9.00 to take the 60m. hurdles and guest and international star John Hall, M65, from VAC walked 15:49.89 to win the 3000m.

In the field Gary Capon set a CBP of 1.63 to win the high jump title and Roger Bruck equalled the CBP with 1.25. Neil Lincoln long jumped 5.88 to take the M40 title and was narrowly beaten in the triple jump by Steve Lake, 11.79 to Neil's 11.68. Guest Greg Conlon, M35, vaulted 4.45 and Allan Leiper 3.70 to win their age groups. In the shot M45 guest Steve Whyte threw a long 14.66 to beat Mark Wiseman, the SCVAC champion, with 13.53.

Women's Events

Kay Reynolds won the W45 60m. with 8.68 and Euphemia Scott the W50 in 8.99, while Helen Godsell, back to sprinting, ran a fast 8.97 to win the W60 race. Helen and Euphemia competed doubles in the 200m., Helen with a 30.23 CBP and Euphemia with 29.68. Guest Laura Mahady, W55 middle distance runner from Aberdeen, stepped down distance to run a 400m. CBP in 67.10 and set a further CBP in the 800m, 2:38.33. Kay took her second gold in the 60m. hurdles with 9.56.

W55 Teresa Eades set three CBPs in the high jump, 1.25, long jump, 3.65 and 8.70 in the triple jump, where Amanda Rowley-Jones won the W50 with 8.73. European record holder Sue Yeomans, W60, was the star of the pole vault competition with a 2.60 CBP. In the shot, Sue Lawrence won the W40, 10.31, Vilma Thompson the W60, 10.06 and Liz Sissons the W65, 8.83.

The complete results can be seen on the SCVAC website.

EAMA INDOOR INTER AREA CHALLENGE – LEE VALLEY – 23.02.14

Words – Arthur Kimber Pictures – Tom Phillips

Before reporting on SCVAC performances it is important to recognise two excellent performances at the meeting by athletes from other clubs. W50 Claire Elms from VAC set a 1500m. world record in 4:46.12 and M65 Peter Molloy from NVAC set a British 3000m. record with 10:26.54.

The match was extremely competitive right down to the last events. Eight regional clubs took part and Eastern Veterans and SCVAC pulled away quite early on from the other six, with SCVAC winning the men's match, SCVAC 295 points, EVAC 289, EVAC taking the women's match, EVAC 224, SCVAC 216, giving EVAC a two point lead to win the combined match by 513 to 511.

In the men's match in the sprints Joshua Wood took the M35 60m. for SCVAC and in the 400m. races Adam Bellis won the M35 in 52.09 and Ray Watkins the M60 in 59.85. SCVAC were very strong in the middle distance events, taking a clean sweep in all four 800m. races, M35 Steve Baldock 2:02.31, M50 Lawrence Mangelshot 2:11.92, M60 Dave Wilcock 2:17.96 and M70 John Batchelor 2:42.66. Lawrence added the 1500m. in 4:33.41, while Adrian Haines (M45) won the M35 race in 4:18.20. Ian Johnston took the M35 3000m. in 9:26.08 and John Batchelor completed his double taking the M70 in 11:58.24. SCVAC won both walks, international Francisco Reis (M50) winning the M35 race by a margin of over two minutes in 9:06.20 and Steve Allan the M50 in 10:24.52.

In the field SCVAC won both pole vault competitions, M35 Chris Mills with 4.40 and Allan Williams (M60) taking the M50 with 3.30. Roger Bruck won the M70 long jump with 3.35 and the high jump with 1.24, while Keith Newton easily won the M35 triple jump, 12.69.

In the women's match W50 Euphemia Scott ran a fine double in the sprints to win the 60m, 8.75 and the 200m, 29.37, Moira West added the W60 60m, 9.38 and Diana Norman won the W35 800m in 2:24.53. Diana's sister Julia Machin won the W35 60m hurdles in 9.56.

European record holder Sue Yeomans (W60) won the W50 pole vault competition with 2.70, and Moira won her second event, long jump, 3.45. Julia took two more events, easily winning the high jump with 1.70 and the triple jump with 10.52, while Mandy Rowley-Jones won the W50 with 9.29. Liz Sissons won the W60 shot, 8.97.

| Team results | Men | Women | Combined |
|--------------|-----|-------|----------|
| EVAC | 289 | 224 | 513 |
| SCVAC | 295 | 216 | 511 |
| VAC | 239 | 161 | 400 |
| MMAC | 172 | 145 | 317 |
| NVAC | 154 | 123 | 277 |
| WMAA | 74 | 163 | 237 |
| SWVAC | 69 | 0 | 69 |
| NIMAA | 39 | 23 | 62 |

ANNUAL PRESENTATION OF SCVAC TROPHIES – 06 12.13

Words and Pictures – Arthur Kimber

After the conclusion of the AGM eleven trophies were presented to SCVAC athletes for their 2013 performances. All awards are made on an age graded basis.

The oldest trophy, from 1984, the Norman Martin Memorial Trophy, for the best performance by an over 70 athlete at the club championships, went to Roger Bruck for his 1.20 high jump at age 74. There are two SCVAC Past Chairman Jim Day Memorial Trophies, one for the best pole vault performance by an SCVAC athlete at any time in the year, and this was won again by Sue Yeomans for her 2.81 vault at age 60. Caroline Wood took the other Jim Day trophy for the best performance at the SCVAC 10k road championship, 41:00 at age 50.

Eight trophies, four for women and four for men, are for best performances at the club championships. The sprint trophies were won by Viv Bonner for her 14.5 100m at age 64 and by 60 year old Ray Watkins, winning for the fourth successive year for a 12.4 100m. The middle distance trophies went to Vicky Talbot-Rosner, 53, for a 21:22.2 5000m and Andrew Coleman, 46, for a 2:17.6 800m. The throws trophies were won by shot putters, Liz Sissons, 8.72 at age 69 and Neil Griffin, 11.64 at age 65. Sue Yeomans picked up the jumps trophy, her second, for a 2.70 vault and 60 year old Paul Oakes the men's for a 5.06 long jump.



Liz Sissons, Roger Bruck, Caroline Wood, Sue Yeomans

Thoughts on running and racing after forty through observation and experience by Pete Bennett, Road Running Coach at Crawley AC

Running and racing beyond 40 is a process of accepting an inability to cope with former levels of training and deteriorating performances evidenced in race times.

The exceptions that might appear to buck this observation are those who come to the sport late, in all probability without running injuries and with tendons and muscles not degraded through overuse. You could also include those who have had a long break in a their running career (Chataway), those who apply themselves to hard training for the first time in their careers, or those who lose significant amounts of weight that they had previously been carrying.

That is not a council of despair for the experienced runner, because even for those exceptions and whatever our ability, there has to be the recognition that we are not at the same physical level as we were before the age of 40. However, we can still maximise performance through smarter racing and training. That is preferable indeed to destroying ourselves in a vain attempt to keep aging at bay or being a victim to despair because personal best times are a thing of the past.

Most easily achieved is smarter racing mainly through a properly executed 'taper' in training so that you arrive on the start line rested and ready to go. Any other approach that perhaps worked when in our pomp, is not likely to be effective with advancing age. It is also smarter to race at level pace and make the best of what we have. Starting too fast is not an option as we age.

Smarter training is harder to achieve and starts with the acceptance that training patterns that may have worked in the past have to be amended. More rest and recovery will need to be included in the training week. An extra rest day and eventually, days become vital as we progress from forty, to fifty, to sixty and beyond.

At any age maintaining speed requires speed work, but is even more vital as we age. It also brings the general fitness benefits of increasing the rate of blood flow through veins and arteries. But our ability to cope with speed work diminishes with age. Greater allowance for recovery has to be made. Quality sessions that can be coped with before the age of forty, can destroy rather than build if unplanned. With advancing age the number of sessions will have to be reduced, more allowance made for recovery in the training week, perhaps the sessions shortened, and perhaps a longer rest taken between efforts in a session. Quality rather than quantity becomes more important. Recoveries and repetitions have to be planned to that end.

The detail will depend on the individual runner but do not underestimate the necessity for rest.

Endurance also has to be maintained, but not the same level of commitment to it. Given that endurance work has been undertaken in the past the amount required in future is not so great. A once a week 'long' run concentrating on time on your feet is a great training session. The fast long run may have to be sacrificed and that effort saved for a race.

And recognise that running with younger runners may be stretching you more than you need. That long run may turn into your 'race' for the week, or month.

It is more important than ever not to train when you have a cold, or to try and 'run through' an injury. Even if you could do this when young, recovery rates have deteriorated. Again, eating habits should be examined. That mars bar or extra pints that were so necessary to keep you going when young and the calories they represent could be burned off the next day, may be the reason that you are putting on the pounds you might be carrying beyond forty. If they are still necessary to keep you going, that's OK but you will be slower because of them. If racehorses can be slowed by an extra pound in handicapping what do you reckon an extra stone – or more does to your times.

At any age our power/weight ratio will determine our level of performance. This all may sound an unattractive prospect, even anti heroic, but we can still do what we love to do, run and we are likely to be still running into old age, still striving for 'times' if we think about our training and recognise that we are not what we were at thirty-nine.

Pete Bennett (Crawley A.C.)

The Canterbury '10 Mile Road Championships' Tales:

Submitted by SCVAC members and competitors on the day: 29th January 2014

The Woodcutter's Tale

Having been talked into this race towards the end of last year by Bob Page I had been looking forward to it as I knew it would be good for my endurance and I hadn't done it before. Unfortunately I got the cough/coldey virus which is doing the rounds and was not well the first weekend in Jan which meant I missed the Sussex XC champs at Bexhill and some training.

I felt underprepared for Canterbury and as we drove over was on the horns of a dilemma about clothing - I get so warm normally I run in only a vest but I knew gale-force winds and rain were forecast AND I felt chilly even on the warm up so I went for the T Shirt and vest and didn't regret it.

I hadn't appreciated that Canterbury is 100 miles from Hove so that meant an 8am start but we made good time and were there by 09:40. You had to collect numbers/chips on arrival and that was well organised. It was good to have a school hall to make a base and leave your stuff and I was glad to see that there were portaloos outside so the queues (for the ladies) were kept manageable.

During the warm up there were spots of rain and within 3 mins of the gun the rain came on. The conditions suited me. I love running in bad weather, especially rain and would rather run in that than heat. I started near the front (to get a good start) and had a grim three miles in wind and rain with lots of (men) passing me. One lady came past - she looked younger than me and I sat behind her for a while but did not drop back from her.

I got my second wind about mile 4 and from then on felt stronger and started to pick up the pace. The course was undulating rather than hilly but I took advantage of any ups to

make up some time. Just before the ford there was a church with parked cars on one side and traffic trying to get through and I could only just squeeze through the gap (and there's not much of me!)

At mile 7 I got past the lady who had come past me and got shouted at by the marshals at a road crossing for crossing too early (sorry!); then about 8 miles in I caught Walter (didn't realise who he was at that point) and Walter tried to tuck in behind me as we ran into the wind, not that I am a very good windbreak. There was no sign for mile 9 but I recognised the last part of the course as being the way we had run out so I knew we couldn't be far from the end. There was a lady shouting for Sarah, so I knew this Sarah was chasing me down but I was determined not to let either her or Walter past me so put down the pedal for the last bit and charged down the hill. Luckily I spotted the timer clock on top of a car as it wasn't obvious where the finish was (on the pavement).

I felt good at the finish, waited for Mark then to the hall for a complete change of clothes.

I was in the coffee queue when the very prompt main prize giving was happening and had half an ear on it and was amazed to find I had won the V45 prize in the main race (and was 6th F overall) so charged over to receive my prize from Alex and Bobby Clay, two of Invicta's star runners.

After that it was good to meet up with Walter and the select few SCVAC runners who had taken part.

Bob, Mark and I then retired to the Red Lion in Bridge (which we had run through at mile 3) for a well earned meal then it was 100 miles back in the rain.

A grand day out! Best wishes **Caroline**

The Gentleman's Tale

Have run this course many times before but not for three years. Never in such desperate conditions, rain and wind nearly knocking one of your feet!! Very cold and miserable and took me about 30 minutes to get warm after the finish. I was kept going by Vicki as she and I had a grand battle from start to finish. On the up hills she out ran me and built up a lead and on the down and flat I overtook her and went ahead. Continued like this for the whole race but as the cold got me on the last hill Vicki went away and finished 18 seconds before me. Time 78.18 secs. Had hoped to go for 76.00 but thought about it after and quite satisfied as the last mile also ran with a slight groin strain. The course is challenging but enjoyable and excellently organised. The marshals deserve a medal each. A week later still feeling tired. **Mike**

The Rambler's Tale

A few ramblings: There was a ford halfway round the course. We were advised that normally you can step over it, but this year it was waist deep. We were instructed to cross over the bridge. They were going to disqualify anybody who ran through the ford, but they decided that it would not be worth it as they would have ended up in hospital.

During the race, the Arena contingent spotted a pub in the village of Bridge which we duly frequented for Sunday lunch afterwards. The staff at the Red Lion were intrigued that we picked out their pub during our run.

The rain started just as we assembled at the start but once we were running the main problem was the strong Southerly wind. Overall though it was an enjoyable run along quiet roads and tracks.

The race seemed to end abruptly as the nine mile marker was missing and the finish just seemed to peter out on the pavement in the middle of a suburban road with no finish signs. I would recommend this race though and I am pleased that I did it.

Regards **Mark Stephenson**



SCVAC medal winners, Canterbury 10 Miles 2014
Standing: Peter Watts, Pat Dobbs, Mark Stephenson, Caroline Wood, Bob Page, Walter Hill
Kneeling: Peter Godbee, Graham Williams, James Fitzmaurice

The Beattie's Tale

A nasty throat infection prevented me from attending the race, and I am grateful to Walter Hill for taking my place and presenting the medals. All who completed the race in tough cold and rainy conditions are to be applauded. In particular, Arena 80 A.C. sent 3 runners on a 200 mile round trip to compete – very successfully – in our championship. They thoroughly deserved their pub lunch at the hostelry they had spotted during the race! Walter Hill's report is below. Thanks again Walter – I know that it took 10 minutes in your car with the heater and blower on full blast, to thaw out enough to present the medals, and you stayed longer than anyone to fulfil your role at the presentation. Dave Beattie

The Teacher's Tale

Congratulations to all SCVAC finishers at the Canterbury 10 mile SCVAC Championships. Yes it was windy, wet and cold and your times reflect determination and tenacity on what is regarded as a challenging course in the best of weather.

1st man home from the club was Mark Champion M 45 in a very respectable 1:00:15. Mark was placed 8th overall in a field of 598 finishers. 1st woman home was Caroline Wood F 50 1:08:08 in another very solid SCVAC championship performance. Caroline was also first F 50 in the open race.

One of the highlights of the day were the M 70's who had 3 finishers and led to a close examination of the results before the medals were presented.

On a personal note it was a delight to witness the outstanding Patrick Dobbs finishing on such a tough day. Walter Hill

FIXTURES SUMMARY 2014

SOUTHERN

2014

| | | |
|---------------------------|--------------------------------------|----------------------------------|
| May 5 th | Ted Pepper Memorial 10k, Norman Park | Bromley, Kent |
| June 8 th | SCVAC Track & Field Championships | Lee Valley, |
| June 14 th | Jack Fitzgerald Memorial Races | Tilgate Park, Crawley, W. Sussex |
| August 17 th | SCVAC Half Marathon Championship | Burnham Beeches, Berkshire |
| September 7 th | SCVAC Track & Field League Final | Ashford, Kent |
| September 7 th | SCVAC Marathon Championship | Thanet, Kent |
| October | SCVAC 10k Road Championship | Ashford, Kent |
| December tbc | SCVAC Cross Country Championship | Holly Run, Reigate |

N.B. For any events which do not have full details, please check our website: scvac.org.uk

NATIONAL

2014

| | | |
|---------------------------|--|------------------|
| May 4 th | BMAF 10 Kilometres | Kings Lynn |
| May 17 th | BMAF Road Relays | Sutton Coldfield |
| June 14 th | BMAF 5 Kilometres | Horwich |
| July 6 th | BMAF Multi Terrain | Bewl Water |
| September 7 th | BMAF Marathon Championships amended | Thanet, Kent |
| October 19 th | BMAF Half Marathon Championship | Salisbury |

INTERNATIONAL

2014

| | | |
|---|---|---------------------------|
| August 22 nd /31 st | European Veterans Track & Field Championships | Izmir, Turkey |
| November 22 nd | International Cross Country | Wollaton Park, Nottingham |