

*The*

*No 57, Sept. 2009*

# SOUTHERNER

**THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB**



*Dave Willcock*



*Chris McQuillan-Wright*

*Photos in this edition by Tom Phillips*

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Inter area trophy team



*Sue Yeomans*

**Southerners Inter Area trophy winning team.**

## Southern Counties Veterans Athletic Club Committee 2008-2009

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**Treasurer** Tom Richards 59 Dinsmore Road, London SW12 9PT. Tel: 0208 673 0073. email: tfrichards@btinternet.com

**Assistant Treasurer** Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey. CR2 8EA. Croydon Harriers. 02086574269. ken.crooke@talktalk.net

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**Membership Secretary** Robert Murkin 10 Dents Grove, Tadworth, Surrey. KT20 7DX. Tel:01737 225788. email :murkinrg@hotmail.com

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### **COMMITTEE**

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**Road Running Secretary** Walter Hill Tain Cottage, Ifield Road, Charlwood, Surrey. RH6 00Q. Crawley AC 01293 862327 walterhelen@tiscali.co.uk

**Walking Secretary** Dave Sharpe 56 Bonham Road, Dagenham, Essex RM8 3BD. 0208599 5153.

**Cross Country Secretary** Ann Bath, 61 St Mary's Road, Long Ditton, Surbiton, Surrey. KT6 5HB. 26.2 Road Runners. 02083982775. madshus@tiscali.co.uk

**T & F League Secretary** Arthur Kimber (as above)

**Newsletter Editor** Rosemary Champion 6 Woodlands Park, Bexley, Kent. DA5 2EL Dartford Harriers A. C. 01322 522934 southern.veterans@ntlworld.com

**Officials Secretary** Arthur Kimber

**Entries Secretary** Steve Connolly 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS. Swindon Harriers 01793 538245 steve.connolly@ukgateway.net

**Club kit & medals-** VACANCY.

### **WEBSITE INFORMATION:**

**Webmaster:** Jeanette Holder, tel. 01420474078 jeanette.holder@virgin.net Southern Counties Veterans website is: [www.scvac.org.uk](http://www.scvac.org.uk)

***Contributions for the December 2009 edition of The Southerner should be sent to Rosemary Champion by November 27<sup>th</sup> 2009.***

Club Records. Records may be set anywhere and claims should be sent to:Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HAO 4UT.

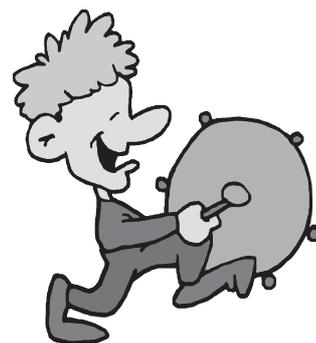
**The Southerner "200 Club"- if you would like to buy shares, please contact Ken Crooke, Assistant Treasurer, tel. 020 8657 4269; 8 Rylandes Road, Selsdon, South Croydon, CR2 8EA.**

# NOTICES

**Robert Murkin leaves his office as Treasurer** at the end of the financial year, after five years in the post. Not only has he been an excellent treasurer, he has been a great help to SCVAC in so many ways, including the annual Cross Country. We send him our best wishes for his future projects, as well as our grateful thanks.



**We welcome into the post Tom Richards** who takes up office officially on October 1<sup>st</sup>. His details are: - 59 Dinsmore Road, London SW12 9PT. Tel: 0208 673 0073. email: tfrichards@btinternet.com



**Indoor Pentathlon:** Unfortunately there will be no Indoor Pentathlon this year. In recent years, SCVAC has lost hundreds of pounds a year on this event. Therefore, the committee has decided that we cannot continue to subsidise it, but would like to apologise to all pentathletes.

**SCVAC Indoor Championships 2010:** now some good news! The Club Indoor Championships will be held on Feb. 14<sup>th</sup> at Lee Valley.

## **SCVAC Cross Country Championships: Sunday December 20th**

Once again these will be held within the Holly Run at Reigate Priory Park, details on [www.hollyrun.com](http://www.hollyrun.com) although going to print details are not yet available re costs.

The organiser has confirmed the date, but as last year they changed it to a week earlier at the last minute, too late even for the December Southerner, it would be prudent to check the web site nearer the date (although he has told me that the school is available this year as HQ on the 20<sup>th</sup>.)

We will be having our usual seasonal refreshments so hope to see lots of you and maybe some new faces!

## **British Masters Cross Country Championships**

### **BMAF International Cross Country, Saturday November 14<sup>th</sup> 2009.**

England v Scotland v Wales v Ireland v Northern Ireland.

This very popular match will be held at Perry Barr, Birmingham. There is also an open race held over the same course and distance which can be run by reserves or anyone over 35 (male or female) and is always a great race for spectators as well.

Don't forget there is now a M35 category. For England entries these **must** be on the official form which is on [www.bvaf.org.uk](http://www.bvaf.org.uk), select competitions. The web site also has the selection criteria. The closing date for sending forms back is 30<sup>th</sup> September 2009. If you are listed on the UK Athletics results database ([www.thepowerof10.info](http://www.thepowerof10.info)) then it can be useful to attach a print-out of your results for this year.

**SCVAC AGM: Friday Dec. 4<sup>th</sup> 2009:** to be held in The Civil Service Club, Chadwick Street, London SW1P 2EP. Details are on next page.

**Needed: coordinator for Track & Field League** Western division needed. If interested, please contact league organiser Arthur Kimber.

**Apologies for the lack of SCVAC T&F Championships results: I do not have a copy.**  
However they can be found on [www.thepowerof10](http://www.thepowerof10).

**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB – ANNUAL GENERAL MEETING**  
**Friday 4<sup>th</sup> December 2009 at the Civil Service Club, Chadwick Street, London SW1P 2EP**  
**AGENDA**

1. Apologies for absence
2. To receive and confirm the minutes of the AGM held on Friday 5<sup>th</sup> December 2008
3. Matters arising from the 2008 AGM minutes
4. To receive the report of the Chairman
5. To receive the report of the Secretary
6. To receive the report of the Membership Secretary
7. To receive the report of the Treasurer and annual accounts for the year
8. Presentation of annual awards
9. Amendments to the constitution, (if any)-to the Secretary by 20<sup>th</sup> November
10. **Election of officers**

	Current Officers
a. Chairman	Arthur Kimber
b. Vice-chairman	Eric Shirley
c. Secretary	David Lipscomb
d. Treasurer	Robert Murkin
e. Assistant Treasurer	Ken Crooke
f. Membership Secretary	Robert Murkin
g. Assistant Membership Secretary	Vilma Thompson
h. Minutes Secretary	Ron Franklin
- i. 9 committee members each of whom coordinates a specific activity  
Current responsibilities 1. Medals and Kit-vacant 2. Officials-Chairman 3. Road-Walter Hill  
4. Cross Country-Ann Bath 5. T.+F League-Chairman 6. T.+F. Champs-Chairman  
7. Race Walking-Dave Sharpe 8. Entries Secretary- Steve Connolly  
9. Editor, The Southerner-Rosemary Champion  
Vacancies have been covered by club officers
11. AOB- Items to the Secretary by 27<sup>th</sup> November
12. Date of 2010 AGM

**A meeting of Track and Field League Divisional Coordinators will follow after the AGM**

**\*\*\*\*\***

**EXTRACT FROM PRESS REPORT FROM THE EUROPEAN CHAMPIONSHIPS IN ANCONA:**

**Jack Fitzgerald was interviewed on finishing a 3kms race in Ancona, Italy.**

“Eighty seven year old Londoner, bright-eyed, with a prominent beer belly on a fit physique, which belies a long-time passion for beer, something that one can never leave behind Jack Fitzgerald arrived in last place in the very crowded 3k race that grouped all categories from 65 years old and up. Jack walked the 3k in 30 minutes, 45 seconds, about 10 minutes per kilometre, while the winner of the series, the new men’s European champion M65 took 16:08, (the British walker, Turner,) and the first place in M85, the German Herbst, a contemporary of Fitzgerald, finished in 22.15.

Jack continued undaunted as he walked lap after lap. And, every time another athlete overtook him, there was always the fear that an involuntary push from another competitor would cause him to stumble and fall to the ground. But he, even when all other athletes had arrived at the finish, continued to plod ahead at his own rhythm, the same from beginning to end. At the finish line Fitzgerald received a well-earned ovation and then an embrace from his team mates. ‘I’ve come from London,’ he told us ‘and I’ve been running since I was a child. I’ve also run in several marathons.’ And did he have good results? ‘Certainly, I was the English champion at the 20 mile

race, I think it was in 1956, but I started running in 1932. And how long will you be in Ancona?'; Just a little more than a week, I'm here with my fellow countrymen and I like this place, but it's not the first time I've come to Italy, I've been in Tarquinia and also in Sardegna.' "

**Arthur Kimber adds:** Jack avoided causing any embarrassment by not informing the interviewer that he had visited Ancona in 1944 when he was in the RAF, on a bombing mission!

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## **FIXTURES**

### **NATIONAL**

Nov 14 2009 British & Irish Cross Country International - Perry Barr, Birmingham  
England entry criteria.

Mar 1/6 2010 World Masters Indoor Championships - Kamloops, Canada

Jul 15/24 2010 European Track & Field Championships - Nyiregyhaza, Hungary

Mar 16/20 2011 European Indoor Championships - Ghent, Belgium

May 20/22 2011 European Road Races/Walks - Thionville, France

Jul 7/17 2011 World Masters Track & Field Championships - Sacramento, USA

### **NATIONAL**

Oct 3 2009 12:30 BMAF Cross Country Relays - Mansfield

Oct 11 2009 BMAF 10 Mile Championships - Portland

Nov 1 2009 BMAF Half Marathon Championships - Stevenage

Mar 27/28 2010 BMAF Indoor Track & Field Championships - Lee Valley

### **SOUTH**

Feb 14 2010 SCVAC Indoor Championships, Lee Valley Athletics Centre.

## **SCVAC RESULTS – TED PEPPER 10K - MAY 4<sup>th</sup> 2009**

<b>Age Group</b>	<b>SCVAC position</b>	<b>Name</b>	<b>Time</b>	<b>Age Graded %</b>
M40	1	Eric Campbell	55:39	50.07
M45	1	Bernard Eggleton	45:51	63:03
M50	1	Rob Sargeant	42:38	72:81
M65	1	John Batchelor	39:42	89:68
M65	2	James Fitzmaurice	50:35	69:59
M65	3	Tony Merritt	55:28	64:93
M70	1	Arthur Kimber	47:20	78:97
M70	2	Trevor Crowhurst	68:02	54:94
W75	1	Pam Jones	51:06	91:48



## ROAD RACING : with Walter Hill.

Unfortunately I was unable to attend our 10K Champs held on the 4-05-2009. Luckily our Chairman assisted and quickly forwarded me on the results. Pam Jones exceeded 90% on the age graded results which is outstanding. She was closely followed by John Batchelor who achieved 89% which was also a remarkable run. Arthur Kimber then led a further 6 SCVAC members home based on age graded results in what is always a top class promotion provided by the host club Blackheath and Bromley AC. I have referred to age graded results on this occasion as they have identified the winner of the Jim Day memorial trophy which will be presented at the AGM in December. Less than 2% for the winner is the gap getting closer between two outstanding athletes!

### Hot off the Press

Hopefully I am not too late for the print of the Burnham Beeches Half Marathon results which incorporated our half Marathon Champs on the 23-08-2009:

Name	Age	Time
Sarah Gee	F45	1-19-29
Walter Hill	M56	1-29-48
Geoff Newton	M64	1-30-00
Lesley Whiley	F49	1-30-50
Joy Noad	F50	1-36-32
Dave Beattie	M62	1-38-23
Alan Roberts	M45	1-39-00
Marion Rayner	F59	1-41-20
Russell Devitt	M60	1-43-20
Michael Hooker	M67	1-46-05
Ann Bath	F61	1-53-32
James Fitzmaurice	M67	2-00-42 late start
Karen Samuel	F48	2-04-43
Matthew May	M42	2-09-45

14 members finished the 29<sup>th</sup> Burnham Beeches Half and we were led home by Sarah Gee .Sarah's time of 1 -19 -29 was outstanding and the full results show that there were only 14 men in front of her and only one of these was older than Sarah .I was chased as usual by Geoff Newton and on this occasion I out sprinted him .Geoff is eight years older than me and he always wins in my opinion. Well done Geoff you have had an excellent season on the roads in Surrey. Again all the ladies showed outstanding ability with Lesley, Joy, Marion and Ann producing performances of a very high standard.

The Burnham Half is a very well organised race and I can not fault the promotion .I was also delighted that so many members were present at the prize giving and I was honoured to be able to present you with your medals assisted by my good friend Dave Beattie.

In less than two weeks is the SCVAC Marathon Champs incorporated within the Thanet Marathon.

Entries are now closed. Therefore, enter the Epsom 10 on the 22-11-2009 (note change of date) and enjoy a day out on the Epsom Downs.



**Photos from the SCVAC  
Championships, Kingstons, June 14<sup>th</sup>  
2009, taken by Tom Phillips.**

*clockwise from top left: -Cecilia Morrison, W65,  
Scott Smith- Bannister M45 & Chris Daniels M40,  
Wendy Dunsford W45,  
Gordon Hickey M75 & Neil Griffin M60, Iris  
Holder W65 & Mary Axtell W65 & Pat Oakes W60.  
NB - full results available on Power of 10 website*



## **“It’s an age thing“..... Tom Phillips lets off some steam.**



I am angry. Plain livid.  
Incandescent.  
According to what I  
read in the last  
edition of “Masters  
Athletics”, some  
numpties in the IAAF  
want to resurrect the  
debate about whether

Masters should begin at 35 or 40, at least so far as road races and cross country are concerned. Good grief, didn’t we sort that out ages ago?

A few days earlier, the BBC had Seb Coe and others denigrating the value of sport for older participants (for which read “let’s not let anything get in the way of our obsession with 2012”). I’m glad to think that few people were listening at 8.45am. Twaddle! Similar nonsense appears from time to time in Masters reportage in AW, where a certain correspondent, a so-called authority on our sport, still gleefully refers to the “controversial” M35 age group. Get real. BMAF Secretary Bridget Cushen set out in “Masters Athletics” all the traditional arguments for Masters kicking in at 35. I’m glad she also made the point that no one forces you to take part before age 40, if you don’t want to. Just don’t get in the way of those of who can and do.

I have to declare an interest. I’m not in that “in between” age group myself - I’m a new M55 this year. But I carry a chip on my shoulder that the incentive to compete as an M35 was never available when I was twenty years younger. I was a half decent sprinter in my

twenties and early thirties. OK, by 32 I was getting beaten more often than not, by younger athletes, and struggling to maintain a place in my Club’s League squad. Then I got injured, big time. Nothing to do with the track.

Rehabilitation is a dire process, if you’ve ever done it. What you need is a set of goals, and a long term target. Oh, how valuable it would have been, had I been able to set my long term vision on returning to compete as an M35. In the end, I didn’t even make it back as an M40, and was 46 before racing in spikes again. It was so good that it made me even more jealous of what might have been, had the competitive incentive not faded away between the age of 35 and 40.

Most of my healthy former sparring partners and age contemporaries on the track would have agreed. Each year, more of them simply fell by the wayside. Deprived of the ability to enter age-graded competition, regularly thrashed in training and competition by youngsters, they mostly just gave up in their mid 30’s. The gift of coaching isn’t given to all, and saying “you must wait until you are 40 before you can join us” was no incentive at all.

By failing to bridge the participation gap for so long, we have been complicit in huge long term damage to potential levels of participation in Masters athletics. We also turned our backs on those who would have entered our sport from other sports in their mid thirties. It will be years before we get over that. So tell me why it is the ultimate governing body for our sport that wants to turn the clock back, and go through the bad times again? Furious? You should be too.

## **MRS DERRIEN'S DIARY- Carole**



### **Derrien, Jersey Spartan A.C.**

As usual, things conspired to stop a full time return to training, but I am old enough (and daft enough) to think that I could wing it on past experiences, so with this in mind I jumped on the plane to England to compete in the

British Weights Pentathlon at Milton Keynes. It was great to catch up with everybody and hear how they had fared in the 18 months I had been out of circulation, we had obviously all grown a little older but certainly no wiser in my case. The competition itself was well run, with the help of several of the athletes, but I hadn't thought through the fact that I would be doing 5 events in quick succession and after the first two, the injured elbow, although allegedly mended, thought this was past a joke and let me know in no uncertain terms that it didn't want to play. Suffice to say, I survived, me and Gloria Gaynor had lots in common that day – except I can't sing either!

Of course I would have time to fit in 2 weeks 'intensive' training before Birmingham and the Brits., so why would I be worried, the events took place over 2 days with gaps in between – or should have. The hammer went better than usual and I went on to Shot feeling a little more relaxed – must have relaxed a little too much and managed to tear something away from the bone in the good elbow. I always said I was 'armless' - why did I need to prove it? Fiona and her team surveyed the damage, strapped me up and asked me to come back the next day so that they could give me a fighting chance of competing in the discus. I won't say it was my best competition but I didn't do any more damage.

Three weeks to Lahti, should I go or just admit defeat, with 2 bad elbows even a refreshing

G&T was taxing my strength! Well, I was all paid up, just as well go along and see what I could do, I had been to Finland before so knew that it would be a land of trees and water, water and trees, so no change there. The hotel was 25km out of town, the scenery and ambience excellent, but 5 Euros a trip on the transport and only a pizzeria in easy reach really spoilt it all. The weather smiled on us, so we had grab at the positives and take 2 trips to Helsinki for a couple of really excellent meals – as one does. Hammer was the first competition and this took place in the Kisapuisto 'stadium' which looked for all the world like a gravel car park and was situated behind the bus station. The inevitable happened, I came 4th, which was a bonus, but managed to injure the elbow I had broken. The Medics got me to jump higher than the pole vaulters by putting a tuning fork on the pain site and I was dispatched to Lahti Hospital. It was a very interesting experience, the staff were very helpful, sending me on my way with a bound up arm, no break but a lot of damage, a DVD and a bill for over £100 for the x-ray. I was forbidden to do any other events, but they did relent and bound me up like an Egyptian mummy so that I could attempt the discus and support my new

friend Peggy from Canada, who was doing her first Masters. Some throwers never learn!!

The Lahti experience, despite not being able to compete, was never-the-less good, I became chief supporter and cheered everybody on, was



miffed that I couldn't have a go at ski jumping, enjoyed Helsinki very much and was just generally happy to be back on the scene, I missed you all. I haven't even mentioned the matter of being entered in the wrong age group and the amount of time, emails and then general desk banging that it took to convince them I was a really a very old woman and admitted to it. So it was back to Jersey clutching my DVD to take to my GP and I have had a bone density scan to see just what is going on – I doubt it will stop me, but hopefully the news won't be too bad and I shall see you all again in Kamloops.

## **SCVAC TRACK AND FIELD LEAGUE FINAL, SEPT 6<sup>th</sup>- report by Arthur Kimber.**

The match held at Ashford on Sunday 6<sup>th</sup> September saw the winning teams in each division of the league competing for the title of top SCVAC club. The weather was warm, some sun, some cloud, with a fairly strong home straight wind, the Ashford ground staff did their usual superb job at preparing the facility, the officials worked hard all day, and all enjoyed the friendly atmosphere.

### **MEN'S MATCH**

Herne Hill dominated the sprints winning all four age group races in the 100, M35A Paul Mckay 12.1, M35B Masakatsu Kondo 12.4, M50 Kwei Sankofa 12.5 and M60 Bob Fraser 13.4.

Kwei gained his second win in the 200 with 25.6, while M35A team mate Paul won in 25.2.

Enfield and Haringey's M35B Nick Lauder and M50 Sam Elikwu were able to break the Herne Hill monopoly with wins in 25.6 and 26.3. Kwei and Bob won again for Herne Hill in the 400, 56.0 and 63.7, but the M35 wins went to Derek Paisley of Blackheath and Bromley with a fast 51.9 and Enfield's Winston McFarlane in 56.3. Herne Hill were less dominant in the distance races, but took two 800 races, M35B Kofi Agyei, 2:12.2 and M60 Mike Mann, 2:30.5, but the M35A went to Hastings' Steve Baldock in 2:01.7 and the M50 to Blackheath's international medallist Bob Minting in a fast 2:13.9. Herne Hill won two 1500 races, M35A Dave Peters running an impressive 4:05.5 and M50 Rob Payne 4:39.4, while Jon Thorpe, Blackheath, won the M35B in 4:21.8. Blackheath were the top club in the 3000, Jon winning the M35A in 9:20.5 and Tim Souter the M50 race in 10:00.7, while Dartford's Dave Hall won

the M35B in 9:48.8. Blackheath and Herne Hill won the 2000 walks, M50 Peter Hannell in 11:18.8 and M35 Andy Millbank in 11:05.2. As expected, Herne Hill won the 4x100 relay in 47.6, but were beaten by Blackheath with a 3:43.5 run in the 4x400.

Success in the field was more widely distributed. Basingstoke and Mid-Hants won the high jump, M35 Andy Waddington 1.65 and M50 Alan Cheers 1.30. Alan Williams from Blackheath just beat Tim Andrews on countback to win the M35 pole vault with 3.70, but Dave Blunt kept Epsom and Ewell in the picture by winning the M50 with 3.50. The long jump wins were split between M35 Masakatsu Kondo, 5.99, M50 Sam Elikwu, 5.59, and M60 Alan Cheers, 4.12. Herne Hill took the M35 triple jump, Akin Ogediran 12.76 and Sam Elikwu doubled in 11.12. Shot winners were Basingstoke's M35 Rafer Johnson, 12.50, Dartford's M50 John Fenton, 10.87 and Epsom's M60 Norman Rice, 9.93. Discus winners were Rafer with 44.62, Dartford's M50 Keith Robinson, 24.40 and Epsom's Brian Harlick, 34.11. Scott Harvey, Dartford, won the M35 hammer with 37.50 and Herne Hill's John Maitland the M50, 37.42.

### **WOMEN'S MATCH**

Radley's W35A Kay Reynolds won the 100, 13.9, with team mate W35B Natasha Mighty adding a 15.2 victory. Dartford's Anne Goad ran 15.5 to win the W50 and Winchester's Moira West won the W60 in 16.6. Kay took her second win in the 200, 28.6, Winchester's W35B Alison Fenwick won in 31.4 and Anne Nelson ran 33.1 to record a W50 win for Epsom. The W35 400s were won by Angela Bates, Epsom, 65.8 and Joanne Murphy, 72.9. Radley's Gwyneth Hueter took the W50 race in 77.0 and Moira West ran an impressive 79.5 for the W60. 800 wins went to W35A and B Lucy Elliott and

Karen Hazlitt, 2:23.9 and 2:34.1, Elizabeth Hueter took the W50,2:52.2 and Epsom's Jane Davies the W60 in an excellent 2:51.1. Lucy and Karen won the W35 1500s, 4:52.1 and 5:12.7 with Fiona Kennedy from Ealing, Southall and Middlesex winning the W50, 5:37.2. Superstar W35A Claire Elms, Cambridge Harriers ran an impressive 3000 to win in 10:55.4, Joanna Jefferies, Winchester, won the W35B in 11:13.4 and Epsom's Jane Davies the W50 in 12:46.4. W35 Jane Barlow, Eastbourne, and W50 Dorothy Johnstone, Ealing, won the walks, 11:50.9 and 12:46.4. Radley won the 4x100 in 56.8 and Winchester the 4x400 in 4:45.7.

Kay Reynolds triumphed again in the W35 high jump, 1.45, and Moira West again in the W60 group, 1.10, while Christine Clements, Dartford, took the W50 with 1.25. Dartford also won the W35 pole vault, Teresa Eades vaulting 1.90. Christine Clements returned to winning ways in the long jump with 3.96, while Winchester's Alison Fenwick and Moira West took the W35, 4.67 and the W60, 3.42. Christine Clements' third victory came in the triple jump, 8.06 and Dawn Jones, Herts Phoenix won the W35, 9.88. Epsom won two of the shot competitions, W50 Sue Dassie 8.66 and W60 Liz Sissons 10.08, while Natasha Mighty threw 10.91 to win the W35 for Radley. Cambridge Harrier Helen Daniel won the W35 discus with 31.88, Anne Goad and Liz Sissons took their second wins in the W50, 23.06, and W60, 7.70.

Adi Kam, W35, Radley, and Angela Morgan, W50, Eastbourne, won the hammer events with 32.38 and 28.91, while the javelin gave W35 Kay Reynolds her fourth win with 25.80 and W60 Liz Sissons her third with 25.86.

#### TEAM RESULTS

##### MEN

HERNE HILL	289
BLACKHEATH AND BROMLEY	275

ENFIELD AND HARINGEY	244.5
DARTFORD	239.5
BASINGSTOKE AND MID HANTS	220
EPSOM AND EWELL	117
HASTINGS	57

##### WOMEN

EPSOM AND EWELL	248.5
RADLEY	232.5
WINCHESTER	226.5
DARTFORD	221.5
CAMBRIDGE HARRIERS	200
EALING, SOUTHALL AND MIDDLESEX	162
HERTS PHOENIX	135.5
EASTBOURNE/HAILSHAM	130.5



*Throws specialist Colin Brand, pictured at a previous event, was part of the Blackheath & Bromley team.*

# club

# cameo.

**ROBERT  
murkin  
meets tom  
phillips of  
Blackbeath  
and Bromley  
harriers and  
athletics club (BBhac)**



**Tom, B&B hold a prominent place in the masters athletics in that the team is well established and successful and has a depth of talent throughout.**

Q1. We're rightly proud of our Masters squad. There have been athletes competing in Vets/Masters events in the Club for years and years. The late Jim Day, or timeless stalwarts like Colin Brand and Gordon Hickey, to name a few. However, it's been a tough job properly to establish the reputation of Masters athletics in the Club. I'm currently managing the men's team, but simply couldn't do the job without the foundation of success laid down by John Turner and Mike Martineau for the men's team. Anne Cillia has been equally tireless in fighting the cause of our women's teams, and often manages to turn out two teams in the Kent League.

**What have been the highlights for the team over the past few years?**

Q2. I think it's no idle boast to say that our men's team has won the SCVAC League many more times than any other Club. We rate that as a real achievement, because we consider the local Leagues, and the SCVAC League Final particularly, to be amongst the top

Masters events in the country. I'd go as far as saying that I personally rate the League Final as THE top Masters inter-Club event in Britain. It was terrific for us in 2007 when both our men and women made it to the Final, and both won.

**You've mentioned a few names above of those who have been prominent in flying the flag or the B&B masters team but are there any names in particular you'd like mention ?**

Q3. Jim Day was, of course, a shining example within the Club that age was no barrier to quality performances, and I've mentioned the work that John Turner did for a good few years, to get us feeling that we didn't just have good Masters *athletes*, but that we had a good Masters *team*. It's always hard to single out individuals, of course, in a Club that has been around for as long as ours.

**Do you have masters only training sessions?**

Q4. Our Masters athletes are scattered all over the south east, and further afield too, so the opportunities for "masters only" training sessions don't really arise. Some of the sprinters have talked about it, and it'll happen some time.

**Are you or any of your masters team involved in coaching ?**

Q5. We have Masters who coach, sure. Look at the work Allan Williams does with younger pole vaulters as just one example. Several of our Masters can still hold their own in training squads with the youngsters. Helen Godsell for instance.

**Do you have any socials events just for the masters/veterans section ?**

Q6. We held a really good Masters Supper a couple of years ago, to celebrate our double victory in the League Final, and

say thank you to those who had helped us achieve it. Les Roberts was Club President at the time, and was master of ceremonies. He's a former World Masters Champion, of course. We ought to do things like that more often, I guess.

**How many members do you have over 35 a B&B?**

Q7. I've never counted how many active athletes the Club has who are aged over 35. Lots, though many would consider themselves cross-country and road running specialists rather than track and field athletes. Although right now, in the League, I think the M50 athletes form the backbone of our League squad, we've welcomed a good number of new, younger Masters in the last couple of years in particular. Many are still good enough to hold a regular place in a Southern League team if they want it. Some find that gives them more than enough competition, but eventually they'll find their way into the Masters side. I tell the rest of the Club at every opportunity, that all the other sides are ultimately just feeder squads for the Masters Team!

**Where do you all train & compete ?**

Q8. We have a great track at Norman Park, managed by regular Masters team member Ken Daniel. We run at least one Kent Masters League fixture there each summer, which gives us a good chance to showcase the Masters teams to people in the Club who might read about what we're doing, but seldom otherwise see it for themselves.

**Finally how are your team shaping up try to capture the SCVAC league title once again ?**

Q9. The standard of competition in the Kent Masters League is rising. Dartford are currently giving us a good battle, and Cambridge Harriers are never far away,

so we never take wins in the League for granted. We lost one 2009 match to Dartford by just half a point. The Kent Masters scene is big. We have two Divisions, and six matches each summer. Hats off to Arthur Kimber, the regular officials and the reps from each Club who make that possible.



*Gordon Hickey is a long - time member of Blackheath & Bromley*

**A FALSE START IN LAHTI:  
Arthur Kimber makes it to  
the Fin(n)ish!**

My arrival in Lahti was not ideal. I took the 4.10p.m. flight from Heathrow to Helsinki, which took off late at about 5.30, landing at Helsinki, with the two hour time



change, at 9.45. I had intended to get the 9 o'clock bus to Lahti, but after waiting to retrieve

my luggage just missed the 10 o'clock, and so ended up on the 11 o'clock. I was booked at the Best Western Hotel Salpaus close to the railway station and understood that the bus station was nearby, but on arrival at the bus station at 12.30 discovered that the railway station was about a mile away.



The bus driver was very helpful in giving directions to athletes' hotels, but one athlete from Spain seemed not to know where he was staying. None of us spoke Spanish and he seemed not to speak any other language but his own.. When we set off to walk to our respective hotels he followed me. I tried to find out where he was staying by pointing to myself and repeating 'Hotel Salpaus', but his response was to throw up his hands as if he didn't understand and he continued to walk with me.

When we arrived at the hotel the duty receptionist, very fortunately, spoke English and Spanish. She was able to ascertain that the Spanish athlete did not have a reservation at Salpaus and unfortunately for him the hotel was fully booked. He said that he had made a reservation, but didn't know the name of the hotel and he had no relevant paperwork. The receptionist was extremely helpful. She took his name and began phoning round hotels in Lahti to try to find out where he had made a reservation, and all this at 1 o'clock in the morning! Phone calls were continuing as I went to my room. I hope she found

something for him; he wasn't at the counter when I came down to breakfast. I didn't see him at all during the championships.

I had booked a non-smoking room and found that my room was a smoking room, with a stale tobacco reek, but with a fully booked hotel was not able to move to a non-smoker until the next morning. So after my first few hours in Lahti I began to wish that I hadn't come.

But on Friday it all changed and I thoroughly enjoyed the rest of my stay in the town. I was impressed with the wide, tree lined streets and modern buildings, especially the architectural wonder the Sibelius Hall in its lakeside setting, the hotel, the restaurants, the championships organisation, the generally reliable shuttle buses, the main stadium with its friendly competition atmosphere, and I was pleased to meet many friends from the UK and other countries, and to run my best times of the season. I left Lahti very glad that I had come. My journey home was uneventful!



***Lahti Stadium  
& Sibelius  
Hall'***

# **Southerners Inter Area trophy winning team.**

## **SOUTHERNERS WIN INTER-AREA MATCH:**

### **a report from Arthur Kimber.**

The SCVAC teams repeated their success of 2008 by winning the England Athletics Masters Association Inter-Area Track and Field match at Solihull on August 16<sup>th</sup>. All ten regional clubs competed in almost ideal conditions, warm and sunny, but with some wind. The men won their match with a substantial lead of 56 points over Midland Masters, the women were second in their match only three points behind Eastern Veterans, giving SCVAC the combined match by a hefty margin of 103 points, to retain the Bill Taylor trophy. W35 **Imeta Barauskiene** was the SCVAC athlete of the match, a triple winner scoring 39 points. She was outstanding in the jumps, taking the long with 4.97, triple with 10.89 and high with 1.50, as well as a second place in the 80 hurdles in 13.7 and then a 200 in the second placed medley relay team. Teresa Eades won a pole vault/triple jump double with 2.10 (W35) and 8.24 (W50) and **Sue Yeomans** vaulted 2.70 to win the W50 competition. In the throws W35 Sue Lawrence won the javelin with 27.96 and Liz Sissons the W60 shot with 9.84.

Excellent doubles in the sprints were a key feature, as W50 Helen Godsell won the 100 in 14.1 and 200 in 29.4 and W60 Moira West took both in 15.8 and 33.4, while Lynn Talbert was first home in the W50 400 in 68.8. In the longer distances Cara Oliver won the W35 800 in 2:31.4 and Verity Snook, W35, and Ann Lewis, W50, dominated the 2000walk winning in 10:01.1 and 12:56.5. The W50 team of Anne Goad, Teresa Eades, Helen Godsell and Pat Halstead took the medley relay with Pat holding off Eastern Vets on her 800 leg to win by 0.3 of a second.

In the men's match in the sprints Rohan Samuel won the M35 100 in 11.6, just beating Chris Millard from Wales and Alistair Duncan took the M50 400 in 55.3 There were double 800/1500 victories for M35 **Chris McQuillan-Wright**, 2:05.1 and 4:16.0 and M50 **Dave Wilcock**, 2:12.8 and 4:37.2 and 2000walk wins for Nick Silvester, 9:29.2 in the M50 race and Peter Hannell, 10:18.9 in the M60. Rohan Samuel, Mark Collins, Steve Norris and Chris McQuillan-Wright won the medley relay in 3:52.7.

In the field the throwers were very successful, with three double victories. M35 Mark Wiseman triumphed in the discus, 51.27, and shot, 14.75, as did M60 Neil Griffin, 47.04 and 13.63, while M50 Guy Perryman won hammer, 43.31, and shot, 12.77. Colin Brand took the M70 shot with 10.72. In the jumps M50 Trevor Wade won the long and triple with 5.38 and 10.17, Neil Lincoln took the M35 long with 6.02 and Duncan Talbot won the M50 high jump with 1.55

#### **INTER AREA - SCVAC RESULTS.**

#### **MEN**

##### **100**

M35	1. Rohan Samuel	11.6	3. Tom Phillips	12.5
M60	3. Les Wood	14.2		
M70	2. Colin Field	15.3		
M35	2. Mark Collins	23.2		
M50	3. Tom Phillips	25.9		
M60	4. Les Wood	29.0		

##### **400**

M35	8. Des Michael	74.9		
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M50	1.Alistair Duncan	55.3
M60	2.Terry Bissett	62.9
<b>800</b>		
M35	1.Chris McQuillan-Wright	2:05.1
M50	1.Dave Wilcock	2:12.8
M60	2. Mike Dixon	2:30.1
M70	2.Arthur Kimber	2:54.1
<b>1500</b>		
M35	1.Chris McQuillan-Wright	4:16.0
M50	1.Dave Wilcock	4:37.2
M60	2. John Denyer	5:11.3
<b>3000</b>		
M35	5.Steve Norris	9:38.1
M50	4.Des Michael	10:30.6
M60	2. John Denyer	11:21.2
<b>2000walk</b>		
M35	2. Gary McDonald	11:59.5
M50	1. Nick Silvester	9:29.2
M60	1.Peter Hannell	10:18.9
<b>100hurdles</b>		
M50	2.Duncan Talbot	1.55
<b>Discus</b>		
M35	1.Mark Wiseman	51.27
M60	1. Neil Griffin	47.04
<b>Shot</b>		
M35	1. Mark Wiseman	14.75
M50	1.Guy Perryman	12.77
M60	1.Neil Griffin	13.63
M70	1.Colin Brand	10.72
<b>Hammer</b>		
M50	1.Guy Perryman	43.41
<b>Javelin</b>		
M35	4. John Fenton	44.39
<b>Long Jump</b>		
M35	1.Neil Lincoln	6.02
M50	1.Trevor Wade	5.38
M60	4.Les Wood	4.11
M70	2.Roger Bruck	3.60
<b>Triple Jump</b>		
M35	3.Ian Bridgeman	11.06
M50	1.Trevor Wade	10.17
<b>High Jump</b>		
M35	4.Ian Bridgeman	1.70
M50	1.Duncan Talbot	1.55
<b>Medley</b>		
M35	1.Rohan Samuel, Mark Collins, Steve Norris, Chris McQuillan-Wright	3:52.7
M50	4.Duncan Talbot, John Denyer, Alistair Duncan, Dave Wilcock	4:19.1
M60	2.Colin Field, Les wood, Arthur Kimber, Mike Dixo	4:57.5

**WOMEN****100**

W35 4.Lynn Talbert 15.0

W50 1.Helen Godsell 14.1

W60 1.Moira West 15.8

**200**

W35 4.Michele Wakefield 29.7

W50 1.Helen Godsell 29.4

**200**

W60 1.Moira West 33.4

**400**

W35 3.Michele Wakefield 68.1

W50 1.Lynn Talbert 68.6

**800**

W35 1.Cara Oliver 2;31.4

W50 3.Pat Halstead 3:00.9

**1500**

W35 2.Cara Oliver 5:05.5

W50 3.Pat Halstead 5:55.1

**3000**

W35 4.Cara Oliver 12:02.2

W50 3.Lesley Hall 12:02.2

**2000walk**

W35 1.Verity Snook 10:01.1

W50 1.Ann Lewis 12:56.5

**80hurdles**

W35 2.Imeta Barauskiene 13.7

**Discus**

W35 2. Sue Lawrence 33.79

W50 2.Anne Goad 21.61

**Shot**

W35 3.Sue Lawrence 10.32

W50 2.Anne Goad 9.28

W60 1.Liz Sissons 9.84

**Hammer****W50**

4.Jenny Piercy 26.24

**Javelin**

W35 1.Sue Lawrence 27.96

**Long Jump**

W35 1.Imeta Barauskiene 4.97

W50 3.Anne Goad 3.95

W60 2.Pat Oakes 3.21

**Triple Jump**

W35 1.Imeta Barauskiene 10.89

W50 1.Teresa Eades 8.24

**High Jump**

W35 1.Imeta Barauskiene 1.50

W50 2.Teresa Eades 1.30

**Pole Vault**

W35 1.Teresa Eades 2.10

W50 1.Sue Yeomans 2.70

### Medley

W35 2.Imeta Barauskiene, Lynn Talbert, Michele Wakefield, Cara Oliver 4:37.9

W50 1.Anne Goad, Teresa Eades, Helen Godsell, Pat Halstead 5:12.4

### TEAM RESULT

#### MEN

SCVAC 382  
MMAC 326  
NVAC 305  
WMAA 229  
EVAC 186  
SVHC 142  
VAC 105  
SWVAC 96  
VAA-NE 89  
NIMAA 28

#### WOMEN

EVAC 320  
SCVAC 317  
MMAC 270  
NVAC 114  
WMAA 92  
SVHC 69  
NIMAA 50  
VAA-NE 23  
SWVAC 16  
VAC 9

#### OVERALL

SCVAC 699  
MMAC 596  
EVAC 506  
NVAC 419  
WMAA 82  
SVHC 2113  
VAC 114  
SWVAC 112  
VAA-NE 112  
NIMAA 78

**KEY TO ABBREVIATIONS-SCVAC-SOUTHERN COUNTIES: MMAC-MIDLANDS :  
EVAC-EASTERN : NVAC-NORTHERN :  
WMAA-WALES : SVHC-SCOTLAND: VAC-VETS AC : SWVAC-SOUTH WEST : VAA-  
NE -NORTH EAST: NIMAA-NORTHERN IRELAND.**





**LAHTI COLLA GE**