

The ***No.60 Sept.2010*** ***SOUTHERNER***

The magazine of the

**SOUTHERN
COUNTIES
VETERANS
ATHLETICS
CLUB**



Sue Yeomans, winner of the W50 pole vault at the Solihull Inter Area match on August 8th 2010.

***Photo: Lesley Richardson,
www.rikko2photo.co.uk***

Colin Brand:
M70 shot
putt.



L.R.

L.R.



Emily McMahon:
W60 100m.

Dave Wilcock in
the M50 medley
relay



Lesley Richardson & Tom Phillips picture
the scene at the Solihull Inter Area match.

L.R.

L.R.



Joylin Saunders-
Mullins: W50
medley relay

Southern Counties Veterans Athletic Club Committee 2009/2010.

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Club kit & medals- VACANCY.

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Veterans website is: www.scvac.org.uk

Contributions for the December 2010 edition of The Southerner should be sent to Rosemary Champion by November 26th 2010.

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.

CONTRIBUTIONS TO THE Southerner Magazine are welcome, preferably emailed in Word format. Otherwise, typed copy will be fine, and can be sent via the post to the above address.



From the Editor:

Welcome to the Autumn edition of The Southerner. I hope you have all enjoyed your competitions, and have managed to find some pleasant weather! I suppose the summer of 2010 was, like the Curates Egg, good in parts.

I seem to have had quite an expensive year, especially since I managed to hasten the demise of my PC by spilling a cup of coffee on it. I was forced to upgrade to a new

Windows 7 system! Anyway- less of my problems!

I, in common with many others was very saddened by the death of Peter Field, a long time member of my club Dartford Harriers A.C. We enjoyed many a meal in local restaurants with Peter and his wife Elsie. Also he was a colleague on Club Committees.

Nevertheless, something positive came out of his very well attended funeral. A conversation with Mike Martineau resulted in the newly refurbished "Club Cameo" which I hope you will enjoy. So now we need another Club member to form the subject of the December Club Cameo. Don't be shy.....it could be YOU. Everyone has a story to tell.

TEAM RESULT FROM THE SCVAC LEAGUE FINAL, JULIE ROSE STADIUM, ASHFORD, SEPTEMBER 5TH.

MEN: Herne Hill 294.5- 2nd year.

Blackheath & Bromley 272

Ashford 250.5

Herts Phoenix 183

Crawley 172

Basingstoke 118

Epsom & Ewell 105

Oxford City 104

WOMEN: Epsom & Ewell 273-2nd year.

Winchester 239

Dartford 237

Radley 232

Cambridge 218.5

Herts Phoenix 165.5

Serpentine 151

Hastings - non appearance.

*** Full report in the December Southerner!***

APPEAL FROM CHAIRMAN ARTHUR KIMBER: More volunteers are needed to help with the work of the Club in three ways-

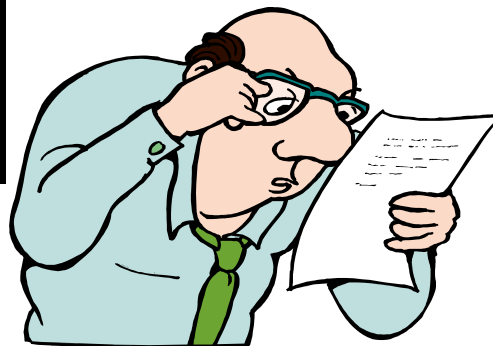
1. To serve on the committee. There are five meetings a year and an AGM. We realise that members may not be able to attend all meetings.

2. If you are not a committee enthusiast, to serve as a non- committee officer. Some posts are at present vacant.

3. To help with the administration of the Club and the events we organise.

Please volunteer. Some members of the committee are overworked and need help. Please contact me at any time. Many thanks.

NOTICES.



Welcome to the following New Members.

John Clarke, Neil Dodson, Elizabeth Annetts, Kevin Williams, Mark Woods,
Pablo Sisca, Andrew Harrop, Jane Harrop, Angie Alstrachan, Ian Hawtin,
John Howard, James Middleton, Mark West, Nicola Blandford, Wayne Howe,
Margaret Cooper, Brian Dash, John Atyeo, Clare Elms, Brian Bower, John Stevens, Bruce Cooke, Gillian Cashell, Bob Hardman, Rachel Sammes, Richard Christian,
Stephen Murtagh, Michael van den Dobbelssteen, Julian Richardson, Celia Findlay,
Mark Dawson, Nicola Froud, Paul Stack, Colin Mackenzie, Catherine Cooke,
Andrew Ashworth Jones, Roy Webb, Jane Bradshaw, John Garner, Janice Moorekite,
Scott Craddock, Michael Barron, Darren Dods, Angela Martin, Ian Berry,
John Goulding, Craig Holder, Scott Spencer.

**Club records: Please note that Club Records should be sent to Jeanne Coker at her new email address, which is jeanne.coker@hotmail.com
Her old Yahoo address is no longer active. You can find her home address on the Club Officers page at the beginning of the newsletter.**

FIXTURES 2010/ 2011.

INTERNATIONAL

Nov 13 2010 British & Irish Cross Country International - Dublin
Mar 16/20 2011 European Indoor Championships - Ghent, Belgium
May 13/15 2011 European Road Races/Walks - Thionville, France
BMAF details will be uploaded as soon as possible, in June or July
Jul 7/17 2011 World Masters Track & Field Championships - Sacramento, USA

NATIONAL

Sep 4 2010 BMAF 10k Road Walk Championships - Abbey Park, Leicester (Jim Sharlott race)
Sep 11/12 2010 BMAF Decathlon/Heptathlon Championships - Oxford
Sept 12 2010 BMAF 10k Road Championships - Wolverhampton (Goodrich)

All Road Running Championship Entries close at least seven days before the event.

SOUTH

Nov 20 2010 London Cross Country Championships, Parliament Hill.
Nov 21 Epsom 10 mile road race inc. SCVAC 10 mile Champs.
Dec 11 2010 SEAA Masters & Inter Counties Cross Country Champs, Shuttlesworth College, Biggleswade.
Dec (date TBA) Holly Run inc. SCVAC Cross Country Champs.
Jan 29 2011 SEAA main Cross Country Champs, Parliament Hill .

PETER FIELD 1931-2010: OBITUARY written by Arthur Kimber.



Peter died in June after a long battle with cancer. He was born in London and when he was a boy his family moved to Essex where he took up athletics and joined Southend A.C. After national service in the RAF Peter's work took him to Kent, where he joined Dartford Harriers in 1958. He was one of the stalwarts of the club for over 50 years, holding a wide range of key positions, secretary, treasurer, chairman, president, starter, archivist and historian, and he was made a life member to reward all his sterling work. He was a good chairman and committee man. With his extensive knowledge of athletics he could put forward his well informed views strongly, but at the same time he was an attentive listener to the views of others. Despite his ill health he finally stepped down as president only in November of last year and up to a few days before his death was still working on his contributions to the history of the club. During these 50 years he was very active as an athlete. He was a totally

committed and dedicated clubman, who would sprint, run middle distance, throw or jump to gain points. His main talent lay in hurdling, where he had a very successful record, particularly as a master athlete. Peter said that he was born just at the right time for masters athletics, as the movement was beginning to gain momentum when he turned 40 in 1971. (Coincidentally the first veterans club in the UK, Veterans A.C. was set up in 1931, the year of his birth.) He competed in the first masters international meeting in Cologne in 1972 and in the first WAVA championships in Toronto in 1975. As the regional masters athletics clubs began to be founded in the late 1960s and 1970s, Peter enthusiastically became one of the earliest members of SCVAC. Apart from a host of medals at regional and national levels, Peter won 11

individual medals at international championships, 6 gold, 2 silver and 3 bronze. His 4 best golds came in two European championships, in Malmo in 1996, where he won both hurdles races, and outstandingly in Poznan in 2006 as an M75, where he took the European record for 300m. hurdles in a time of 55.81 and the British record with 17.18 for 80m.hurdles.

Peter was well known, widely liked and respected by hundreds of master athletes, as shown by the large attendance at his funeral, and from the many apologies received from athletes who could not attend, having already gone to Nyiregyhaza for the European championships. He leaves a wife, Elsie, brother, Colin and sister, Joy, and many other family members and good friends, both in the athletics world and elsewhere. He will be missed very much by them all.

Peter Field- a tribute from Mike Martineau of Blackheath & Bromley A.C.

His many friends at Blackheath were greatly saddened by Peter's death. He was a smashing man and a real delight to speak to. Peter was a great friend and a great rival of our own Jim Day and how ironic that two such fit athletes have both been prematurely taken from us. One remembers some of their duels and in particular a very recent National Championship 60 metres hurdles final at either Cardiff or Lea Valley. They were nip and tuck the whole way, rising at the same time at each of the hurdles. Jim seemed possibly to have the edge at one stage but Peter eventually won by just one hundredth of a second. A race that will never be forgotten by those who were privileged to witness it.

Up there we can well imagine that Jim has been complaining about the lack of decent competition in his new Vets category. He had probably been trying very hard to get the message through to Peter that the Pearly Gates were actually a set of ten 2 foot 9 inches hurdles. I'm sure that by now Peter will have cleared these and probably quicker than Jim did a couple of years ago.

Neither of them will 'rest in peace', they are both far too active for that. As of now, the Athletes among the Angels and other residents are probably being well organised by this lively pair.





Dave Wilcock & Roger Bruck with the men's Inter Area trophy

INTER AREA TRACK AND FIELD CHALLENGE

Third win in a row for SCVAC men

Words – Arthur Kimber Pictures – Tom Phillips & Lesley Richardson.

In a closely fought contest our men just pipped Midland Masters, by 410 points to 406.5, to win the match at Solihull on August 8th.

Most of our wins came in the field events. M35 Mark Wiseman was again unbeatable, with a fine 52.06 in the discus and a 15.46 shot, Tony Richards took the other double, winning the M60 discus, 42.23, and shot with 11.97. There were wins in the M50 long jump, 5.32 for Trevor Wade, the M50 high jump, 1.65 for newcomer Thomas Endrody, and M35 javelin, 52.84 by Trevor Ratcliffe. M50 Allan Leiper celebrated his move into the new age group by winning the shot with 13.12. On the track another newcomer, Peter Davey, M35, got us off to a good start by winning the opening event, the 110m. hurdles, in 16.3. There were two middle distance victors, M50 Dave Wilcock, who ran an impressive 2:14.8 for 800m. and new member Adrian Haines with a similarly impressive 4:16.0 1500m. Geoff Kitchener, after his move into the M60 group, ran a fine 27.3 to take the 200m. and Nick Silvester completely outclassed the opposition to win the 2000m. walk in 9:25.4.

The leading points scorers were Peter Davey 32, Allan Leiper 28, Roger Bruck 24, Mike Dixon 23, Mark Wiseman 20 and Tony Richards 20.

The women took third place behind Midland Masters and Eastern Veterans. The two outstanding athletes, Sue Yeomans and Kay Reynolds, were triple winners. In the W50 events Sue pole vaulted to her usual accomplished standard with 2.70, jumped 8.45 in the triple and 4.02 in the long. Kay won three W35 events, 80m. hurdles in 12.1, 100m. in 13.1 and a 1.80 pole vault. Imeta Barauskiene kept up the long and triple challenge by winning both in the W35 group, 4.93 long and 10.60 triple and individual wins came from Lynn Talbert, 67.2 for a W50 400m, W50 Vilma Thompson, 10.43 shot, and W60s Liz Sissons, a 26.00 javelin throw, and Emily McMahon, a 1.23 high jump.

Leading point scorers were Sue Yeomans 38, best score from our two teams, Kay Reynolds 30, Imeta Barauskiene 28 and Sue Lawrence 27.

The two sets of results together gave the Southerners second place overall.



Imeta Barauskiene- W35 long jump

L.R.

SCVAC RESULTS

MEN



100

	M35	4. Peter Davey	12.2
	M50	7. Tom Phillips	14.1
	M60	2. Geoff Kitchener	13.6
	M70	4. Roger Bruck	16.0
200	M50	3. Alistair Duncan	25.2
	M60	1. Geoff Kitchener	27.3
400	M35	4. Peter Davey	55.60
	M50	3. Alistair Duncan	56.50
	M60	6. Mike Dixon	67.8
	M70	5. John Seymour	79.0
800	M35	5. Adrian Haines	2:31.1
	M50	1. Dave Wilcock	2:14.8
	M60	3. Mike Dixon	2:36.1
	M70	4. Arthur Kimber	3:00.2
1500	M35	1. Adrian Haines	4:16.0
	M50	3. Dave Wilcock	4:42.3
	M60	2. John Denyer	5:23.4
3000	M35	2. Ian Johnston	9:15.4
	M50	4. Steve Connolly	11:02.5
	M60	4. John Denyer	11:43.6
	M70	4. Richard Pitcairn-Knowles	15:20.3
2000W	M35	3. Gary Macdonald	11:44.7
	M50	1. Nick Silvester	9:25.4
110H	M35	1. Peter Davey	16.3
100H	M50	3. Duncan Talbot	19.8
DT	M35	1. Mark Wiseman	52.06
	M60	1. Tony Richards	42.23
SP	M35	1. Mark Wiseman	15.46
	M50	1. Allan Leiper	13.12

	M60	1. Tony Richards	11.97
	M70	2. Colin Brand	10.32
HT	M50	2. Allan Leiper	37.54
JT	M35	1. Trevor Radcliffe	52.84
	M50	2. Steve Langdon	47.49
LJ	M35	2. Neil Lincoln	6.08
	M50	1. Trevor Wade	5.32
	M60	4. Les Wood	4.14
	M70	2. Roger Bruck	3.79
HJ	M35	3. Peter Davey	1.70
	M50	1. Thomas Endrody	1.65
	M70	3. Roger Bruck	1.25
TJ	M35	2. Neil Lincoln	11.99
	M50	2. Trevor Wade	10.87
PV	M35	3. John Andrews	3.50
	M50	2. Allan Leiper	2.60
	M60	2. Mike Dixon	2.30

Medley Relay

M50	5. Alistair Duncan, Steve Connolly, Duncan Talbot, Dave Wilcock	4:45.6
M60	3. John Denyer, Geoff Kitchener, Les Wood, Mike Dixon	4:54.4
M70	2. Arthur Kimber, Roger Bruck, John Seymour, Richard Pitcairn-Knowles	6:13.7



SCVAC RESULTS

WOMEN

100	W35	1. Kay Reynolds	13.1
	W50	4. Sue Dassie	15.1
	W60	1. Emily McMahon	15.7

200	W35	4. Michele Wakefield	29.6
	W50	4. Lynn Talbert	31.6
400	W35	4. Michele Wakefield	69.3
	W50	1. Lynn Talbert	67.2
800	W35	6. Penny Barber	3:07.9
	W50	2. Joylyn Saunders-Mullins	2:42.8
1500	W50	4. Pat Halstead	5:44.3
3000	W50	4. Pat Halstead	12:42.1
80H	W35	1. Kay Reynolds	12.1



DT	W35	2. Sue Lawrence	32.25
	W50	3. Vilma Thompson	23.65
SP	W35	2. Sue Lawrence	10.12
	W50	1. Vilma Thompson	10.43
HT	W50	3. Wendy Dunsford	33.85
JT	W35	2. Sue Lawrence	28.29
	W60	1. Liz Sissons	26.00
LJ	W35	1. Imeta Barauskiene	4.93
	W50	1. Sue Yeomans	4.02
	W60	2. Pat Oakes	2.94
HJ	W35	2. Imeta Barauskiene	1.45
	W50	3. Sue Yeomans	1.20
	W60	1. Emily McMahon	1.23
PV	W35	1. Kay Reynolds	1.80
	W50	1. Sue Yeomans	2.70

Medley Relay

W35	4. Michele Wakefield, Kay Reynolds, Imeta Barauskiene, Penny Barber	5:20.9
W50	2. Joylyn Saunders-Mullins, Lynn Talbert,	

Sue Dassie, Pat Halstead 5:06.2

TEAM RESULT

	MEN	WOMEN	OVERALL
MMAC	406.	315	721.
SCVAC	410	279	689
EVAC	295	304	599
WMAA	324	243	567
NVAC	270	212	482
VAC	162	95	257
VAA-NE	155.5	62	217.5
SVHC	109	25	134
SWVAC	106	15	121
NIMAA	15	0	15

KEY TO ABBREVIATIONS

MMAC-MIDLANDS, SCVAC-SOUTHERN COUNTIES, EVAC-EASTERN, WMAA-WALES, NVAC-NORTHERN VAC-VETERANS A.C. VAA-NE-NORTH EAST, SVHC-SCOTLAND, SWVAC-SOUTH WEST, NIMAA-NORTHERN IRELAND





Club Cameo

*Following a
conversation with
Mike Martineau, at*

*Peter Field's funeral, in which we agreed
that it is amazing what you find about a
person at their funeral, I decided to
revive this very popular item. We
thought it would interesting to know
more about SCVAC members and not just
their athletics career. By the time you
reach the masters category, quite a lot
can have happened in your life!!*

((Editor))

Mike Martineau- man of many parts!

Born on the 30th of November 1950, Mike Martineau shares his birthday with Winston Churchill and Gary Lineker. There was even a suggestion that he might be christened Winston! He inherited many of his talents from his parents. Mike's father was 5th in the 1948 London Olympics 50k walk. Both parents loved classical music, with his Dad taking solo singing parts in Handel's Messiah and Mendelssohn's Elijah at the Royal Albert Hall. This ensured that, before he was sixteen, Mike had been taken to over twenty five operas, as well as many other concerts and recitals.

His mother was a dressmaker and embroiderer, which obviously had an influence on Mike's sister who is a fashion designer in Australia. She trained at St Martin's School of Art.

The name "Martineau" was inherited from his great grandfather who was a black West Indian from Montserrat and ran away to sea. He eventually arrived in England where he married

a white lady. A distant cousin is the Dutch decathlete Eugene Martineau who has competed at the Worlds and the Olympics.

Martineau has a lifelong involvement in athletics, although temporarily halted by glandular fever for eight years in the 1970's, and meningitis in 1994. His first club was Hercules



Vets A.C. meeting at Battersea, April 2010- Mike on the right.

Wimbledon, followed by Belgrave then Blackheath & Bromley, of which he was President from 1996-7.

He is modest about his athletics abilities, quoting his personal bests as 12.4, 25.1, 55.1, 2:10.2: long jump 5.68, 400hurdles 63.5, 110 hurdles 21.7, best placing was 5th in the Surrey finals: 63 mins for 10 miles, 1hr 50 for 15 miles he has run eight marathons between 1980 and 2003, seven of which were Londons with best times of 3hr 25 at age 34 and 47. He has twice timed 1hr26 for half marathons. He is proud of his seven Kent County vets gold medals and a national silver hurdles medal, behind Barry Ferguson.

Our subject spent twenty seven years working with computers including sixteen at IBM. Since 1992 he spent some time in Financial Services, with four years as a stockbroker. Nevertheless, he has managed to fit in a varied and unusual leisure life, with many years as a church bell ringer and a Morris dancer.

His fundraising activities are impressive, with some time as Chairman then president of Biggin Hill Round Table, Chairman of the local fundraising committee for the Kent Association for the Blind, also for the Bromley Autistic

Trust. He also chaired the Friends of the Phoenix Centre in Bromley organising the set-up patron Chris Tarrant's appearance in "This is your life" in 1997.

Mike is kept busy nowadays as well. Married to Meg, his second marriage, they have six children and six grandchildren between them. In the last two and a half years, he has fulfilled yet another ambition, which he wishes he had tried earlier! He is very much involved in opera and musical theatre, having started as a chorister in his church choir and joining another choir in order to sing the Messiah.



Soon he was auditioning for Kent Opera and their production of "The Mikado" in Churchill Theatre Bromley. This led to "Trial by Jury" and "La Boheme." This was followed by "Yeoman of the Guard" with Aquarian Opera, "Pirates" (again) and "Fiddler on the Roof" with Petts Wood Operatic Society at The Stag in Sevenoaks. More recently he performed at Hever Castle in Opera Option's production of "The Gondoliers", and "Pirates" again with West Wickham Operatic. His son Alex appeared with him in "Fiddler on the Roof", and wife Meg helps with costumes and backstage.



Peter Hamilton "goes for the burn" in the heat of Hungary!

Illness/injury kept me out of the last two international indoor championships so during the cold of winter I took the decision to enter the European outdoor championships in Nyiregyhaza. For various reasons and without consideration for central European temperatures in mid July I chose the 10000 metres.

After a fairly decent winter just interspersed with the usual round of coughs and colds, oddly, early season form was poor but I seemed to turn the corner with the national championships in Cardiff, i.e. just in time.

My travel package took me from Luton to Budapest, where I decided to stay the night in case Difficultjet ran late and I had to navigate my way some 250 miles to the Hungarian equivalent of Stevenage late at night. Also it would be nice to see something of Budapest other than the airport.

My brief stay included a walk to the river, must be the Buda or the Pest, actually it was the Danube, and a pleasant meal in an atmospheric terraced restaurant in a quaint cobbled side street in the district of Pest.

It probably does not require the brain of Einstein nor the pioneering skills of Marco Polo, but there is an extra dimension involved when combining racing with overseas travel. I noticed too late to question, that both of my SNCF issued rail tickets were for the same direction, the return leg; so at the station I presented myself at Info where I was told I needed an outbound ticket. Where to buy? Downstairs, but on arrival at the window I was charged a mere £1.50 for a reservation.

According to the noticeboard the train was scheduled to depart from platform 13, confirmed by the staff on the way, and finally check number three, the sticker on the carriage door listed the destination; my fortuitous trip to the ticket office had led to my compulsory reservation and I plonked myself on a random seat. The close attention of a local soon suggested it was an allocated seat and I was in the wrong one, and close examination of the ticket with assistance from my phrase book led

me to coach 21. This was a medium sized intercity train, I had seat 12, but glancing up, saw at first, 102. I must be on the roof, but no, great swathes of numbers are missed out and I find my place. This experience helped calm my nerves when I was given carriage number 367 on the return journey.

A three and a half hour journey through generally flat rural landscape, occasionally punctured by light industry brought me to Nyiregyhaza. I had resisted the opportunity to alight when stopping at unnamed stations and likewise had not reached the Ukraine border which would be the eventual destination. I meet a German decathlete called Frank, and we agree to share a cab, he wants to be dropped at the stadium and I decide to push on to the hotel.

After checking in I decide to go for a short run, it is 4 'o clock in the afternoon and hot, very hot and after 11 minutes I return dripping. But I have been hydrating and continue to do so. I have a swim in the pool and then push off to the stadium for the bunfight that is accreditation. I pay 5 Euros for a chip and then go to another desk to confirm starting. After this it is a meal and an early night, I race in the morning.

I slept pretty well and after the unfamiliar breakfast, but laced with honey and some extra salt, I get my stuff together, plenty of drinks, mainly coca cola and some "Maxifuel Viperactive" that I had picked up hastily before leaving home, and grab a cab to the secondary stadium where the 10000m events were scheduled to take place.

Early morning is cool but I know that won't last. At the stadium a race is already in progress and I join a friend, Alan Appleby from Preston, in the stand. I ask casually "How do you fix these chips on, Alan?" at which he stifles an oath and realises he has left his back at his hotel. Anxious debate, and with an hour to go he decides to grab the shuttle bus back, and later arrives at the call room by cab, just having made the round trip.

I fill my time with easy jogging, some stretching and then sign in. Number and chip are checked and then I take off to find a changing room for a cold shower. There appears to be nothing for males, but I gingerly push open a

door marked "Woman changing". Fortunately she is not there, just another lad, so I get my cold shower and soak my cap before returning to the call room with a few minutes to go, to change into singlet and spikes.

The usual lean, bronzed and grizzled characters sporting various national vests are whiling away their last anxious moments. As has happened before, with the assortment of hoops to jump through just to get to this stage, I reflect that I really haven't had time to worry about the race. But now the time is nigh and we are led out to a steaming cauldron; the humorous muse has our race start for 11.40 a.m., so give or take 40 minutes that puts mid-race firmly under the midday sun, what was it Noel Coward sang? Well at least there are no mad dogs around.

At this point I was to commit an act that was nearly my undoing having misread the technical journal, since the heading "Road events" was at the foot of the previous page and unnoticed in the three language document. I jog over with a Dutch runner, to place my personal drink on the refreshment table on the back straight.

A short stride back and then held on the line for an age indulging in the usual gallows humour found in such circumstances. I have beads of sweat on my hands and we have not run a step. A prominent and experienced Belgian acquaintance surmises that anyone who finishes today is a winner. It's 11.47 and we're off. My plan was not complex; to run my own race, to run in a way that I would not fold in the second half, and to have patience that the faster starters would fold and even if conservative I would pick up places. I was mid-field in terms of the submitted times of the 24 starters but hoped for a top 10 place.

Two groups broke away, I led a third in about 10th place and hit steady 96's for about a mile. Minor skirmishes saw me between 10th and 12th but I soon settled down to steady but deteriorating laps timewise, towing a group for about the first half. One certainty I have always come across, usually in the 15 lap 3000m indoor scenario is that there will be cases of lap miscounting, so I was keen to be in control of this and noticed that even before being lapped the scoreboard showed 16 to go when I knew I

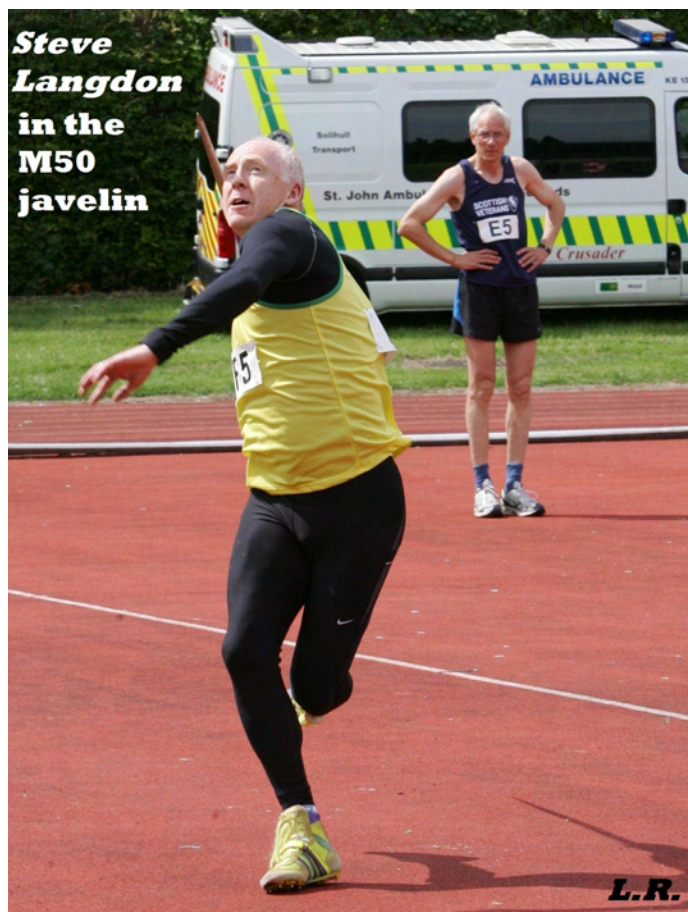
had 17. Contrary to normal practice I started taking sponges early on every other lap and after perhaps 6 /7 laps was grabbing my bottle, drinking a bit for a lap and dropping it back on the table. On about the third such occasion I was shouted at by an official “water only” and a yellow flag pointed at me. I quickly abandoned this practice and stuck with the sponges.

Crowd support for the Brits was good, the second half of the race blurred by in slow motion, were the people I was passing being lapped or dropping off the front, or both? I had been lapped by three, and began to hear the bell sound for the race leaders. As I approached the bell I raised a finger indicating one to go and a flustered official quickly signalled to another to ring the bell, relief, and responding to this Pavlovian act I attempted a change in pace. The next ring seemed significantly far behind as to represent no threat but exhorted by shouting at the top of the home straight, a Czech runner just pipped me at the finish line.

Whilst I attempted recovery a Scottish girl started to call to me, asking had I lapped Andy (Rennie) her husband. I said no, I was happy he was still behind me as he had submitted a good time. She then said he had been made to run another lap. This also happened to another GB runner, and whilst the chip would eventually sort everything out, I don't think there is a championship I have been to where there hasn't been a mix up over laps. Ironically there were numerous DQs amongst the women's races, not for infringements, but they were pulled as allegedly in distress from the heat. So were they trying to compensate for the men running more, by making the women run less?

Well, recovery gradually came and we chewed the fat about the heat. 50 degrees said my Belgian friend, well hardly, I thought, but certainly over 40. Then came the results and I was amazed to have finished 5th, the Czech had me by 31 hundredths, but we were both a long way off 3rd. An Israeli won, who later went on to take the 1500 and 5000. In summary I ran a rubbish time, but was pleased with the position and enjoyed a great experience.

More photos from the Inter Area match.





“ON THE ROAD” with Road

Running Secretary Walter Hill.

The London Marathon.

The London Marathon always receives adequate press releases. However, I have to record one outstanding performance that I witnessed first hand in April.

I regard myself as a reasonable marathon runner and after 18 miles of pacing the streets of London I started to close on the Tunbridge Wells vest of SCVAC member, Sally Musson. For the next eight miles I was out of my comfort zone as I attempted to keep in contact with her. I was determined to finish with a pleasing time and Sally helped me maintain a decent rhythm at the end of a marathon which is never easy.

Sally is an outstanding runner, often topping age graded results. She is an ambassador to the sport of road racing and her time of 3hrs-05mins-21sec lowered the British W55 record by a near three minute reduction. Well Done Sally.

SCVAC 10K Championships

Once again members had an opportunity to participate in the Ted Pepper 10K promoted by Blackheath and Bromley on Bank Holiday Monday the 3rd of May. The number of finishers were down this year which was a disappointment to me as Andy Tucker and his team who promote an A1 club race. I can not fault this race for the following reasons:

It is close to London and competitors have access to public transport if they wish.

Entries fees are very fair.

Showers and cheap refreshments are always available.

The course is flat but still a challenge.

The race numbers are low which allows us to share the race with a degree of equality.

Always a useful memento.

Unless there is a voice for change I will ask Andy if we can return next year. If all parties remain silent I will look forward to greater numbers on the first Bank Holiday Monday in May at a venue in Beckenham.

Results (Name, Age Group, Time, Age Graded Score) -Jane Bradshaw W35 39:25 77:91 Tina Oldershaw W40 36:58 85:83 Steve Smythe M50 46:38 64:41 Walter Hill M55 40:13 78:53 Russell Williams M65 43:41 80:00 Glyn Jenkins M65 45:41 77:06 Jane Fitzmaurice M65 50:05 71:09 Graham Williams M70 51:14 71:11 Tony Merritt M70 54:52 66:40 Bob Carter M70 51:05 73:17 Kio Vejdani M70 66:49 55:22 Joe Cleverly M75 49:11 81:50

Burnham Beeches Half Marathon 22 August 2010 which incorporated the BMAF and SCVAC Championships.

A list of thanks, thoughts and praise: with 45 SCVAC finishers, this was an excellent result.

We ran in a 1st Class Road Race with access to an open air pool in August. I have asked if we can return next year. Well done to Oxford City AC and Burnham Joggers with 5 finishers a piece.

Having the SCVAC champs with BMAF champs worked well. It did not rain as predicted. We were lucky. Thanks for waiting for the prize giving. Your patience was appreciated. Well Done for some outstanding

performances .Just two of note- Stephen Male 1st M Vet 45 1:14:02 Sarah Gee 1st F Vet 45 1:16 :21

Results (in order of time, number, name, club)

F35 01:38:04 1041 RACHEL SAMMES BURNHAM JOGGERS.

F40 01:22:55 1072 TINA OLDERSHAW PADDOCK WOOD AC. 01:31:51 584 NICOLA FROUD BARNET & DISTRICT AC .

F45 01:16:21 216 SARAH GEE READING ROAD RUNNERS. 01:38:52 972 CELIA FINDLAY DAVID LLOYD PACERS . F50 22 01:32:52 989 TRACEY LASAN. 29 01:39:50 898 ELIZABETH ANNETTS BURNHAM JOGGERS. 41 01:55:24 379 JANICE MOOREKITE F 50 INVICTA EAST KENT AC .

F55 01:28:35 805 SALLY MUSSON TONBRIDGE AC.

Male 35 01:29:34 853 IAN J BERRY WINCHESTER AND DISTRICT AC.

M40 01:16:58 505 JOHN ATYEO OXFORD CITY AC . 01:19:02 1034 JULIAN RICHARDSON OXFORD CITY AC 01:21:33 995 ANDREW GLEESON OXFORD CITY AC 02:13:20 802 MATTHEW MAY SERPENTINE RC.

M45 01:14:02 1076 STEPHEN MALE M 45 OXFORD CITY AC. 01:18:40 1061 STEPHEN MURTAGH HARLOW RUNNING CLUB. 01:19:31 1077 VIESTERS DUDE CRAWLEY AC

M50 01:21:36 609 KEITH DONKIN ALDERSHOT FARNHAM AND DISTRICT AC. 01:22:00 988 RAYMOND PEARCE ISTEAD & IFIELD HARRIERS. 01:27:37 800 TERENCE KNIGHTLEY ILFORD AC. 01:41:23 1157 KIM WARNER WOKING AC 01:46:49 1158 MICHAEL WARNER WOKING AC

M55 01:24:52 996 GODFREY RHIMES CITY OF PORTSMOUTH AC . 01:27:19 845 WALTER HILL CRAWLEY AC . 01:35:58 979 BRIAN BOWER BURNHAM JOGGERS 01:36:17 778 STEVE CONNOLLY SWINDON HARRIERS. 01:36:18 918 IVON WHITMORE MEDWAY & MAIDSTONE AC . 01:43:39 84 MELVYN BIRD TONE ZONE RUNNERS . 01:50:10 948 ANDREW HARROP 02:01:49. 414 DEREK SUMMERS 26.2 RRC.



Terence Knightly: M50 bronze with Des Michael: M60 gold.

M60 01:25:11 938 DESMOND MICHAEL BARNET & DISTRICT AC. 01:30:31 939 ROY TREADWELL OXFORD CITY AC . 01:30:39 986 TREVOR EDGLEY INVICTA EAST KENT AC. 01:33:57 1004 DAVID BEATTIE CRAWLEY AC

01:41:53 1052 BOB HARDMAN BURNHAM JOGGERS. 01:46:59 629 RUSSELL DEVITT SHAFTESBURY BARNET HARRIERS AC. M65 01:27:53 942 GEOFF NEWTON M 65 TADWORTH AC. 01:28:53 954 TONY BRACKSTONE. 01:43:00 977 KEITH SCUDAMORE BURNHAM JOGGERS. 01:46:46 1039 JAMES FITZMAURICE SEVENOAKS. 01:49:09 1096 MICHAEL HOOKER ALTON RUNNERS.

M70 01:40:58 549 PATRICK DOBBS THURROCK HARRIERS. 02:37:53 246 KIO VEJDANI LINGFIELD RUNNING CLUB.

M75 01:53:38 844 ROY WEBB TONE ZONE RUNNERS. 02:09:26 974 GEOFFREY GORDON THAMES HARE & HOUNDS.

I will be submitting this report before our next Champs .The Thanet Marathon. I have asked Trevor Edgley to help with the prize giving as I will be away. I hope you will all understand that when you enter a Championship Race we rely on the ability of the race promoters to give us the names of the SCVAC finishers. Mistakes happen but they can always be rectified.

A final reminder: the 10 Mile Champs 21st November Epsom 10.

"The Southerner" 200 Plus Club

Prizes Won : March to July, 2010

March 2010: 1st £35 Share 073 Ann Bath 3240, 2nd £20 092, Jack FitzGerald 0006, 3rd £15 021 Victor Novell 0878. **April, 2010:** 1st £35 296 The Southerner, 2nd £20 Gary Capon 3637, 3rd £15 104 Tom Horne 2655, **May, 2010** 1st 188 Derek Bird 0988, 2nd 146 The Southerner, 3rd 049 Jim Leith 0411, **June, 2010** 1st £35 040 Rodney Turney 1503, 2nd 091 The Southerner, 3rd 061 Ken Croke 0023, **Special Prize £100 051** David Beattie 3521. **July** 1st £35 063 The Southerner 2nd £20 093 Jack FitzGerald 0006, 3rd 243 Trevor Crowhurst 3485

New Shareholders are welcome to join at any time and will be eligible to win any of the Prizes as indicated above. Shares run for 12 months from when payment is received at a cost of £12. Note the "Specials" drawn in June and December of £100. Payment may be made by cheque or by Direct Credit/ Standing Order – see Remittance form and Bank mandate below.

Ken Croke Assistant Treasurer

Remittance Advice for Cheque Payments

For 200 Plus Club (include Membership if not yet paid - £12 for 2010) – send to Ken Croke (Assistant Treasurer) 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA

Tel: 020 8657 4269.

Email: ken.croke@talktalk.net

FROM: _____ Member No. _____

Telephone(s): _____ (Mob) _____ Email : _____

Address: _____

ANNUAL SUBSCRIPTION 2010 £12.00.

Arrears if applicable Year(s) from 200__ £_____.

Donation to Funds £_____.

200 Plus Club ____ Shares @ £12 per Share £_____ Cheque enclosed for £_____

Signature..... Date.....

Bank Mandate

TO: _____ (Bank Name). Sort Code _____

Branch Address: _____

Please pay to Barclays Bank plc, Selsdon Branch, The Croydon Group PO BOX 95, 1 North End Croydon, Surrey CR9 1RN the sum of £_____ (_____ POUNDS ONLY) on the 10th day of _____ (Month) each year commencing 20 ____ until Cancelled by me, for the CREDIT of SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
Sort Code: 20-24-61 Account Number 80037249

Please DEBIT my Account number _____ NAME (As on cheques) _____

Please complete this statement if applicable:-

PLEASE CANCEL EXISTING ORDER FOR £_____

**ANNUAL
PAYMENT**

Signature _____ Date _____

May be used for annual payments for Membership Renewals and/or 200 Plus Club shares

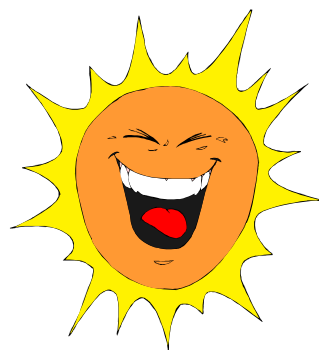
MRS DERRIEN'S DIARY:

*by Carole Derrien of Jersey
Spartan A.C.*



It has been a hectic summer, what with officiating for local athletics, umpiring local bowls, travelling to England for the British Weights Pentathlon and the Championships in Cardiff – I have hardly had time to fit in my training, charity cycle ride, charity walk and all my own lawn bowls commitments! It has been great actually, I have hardly spent any time in my house, like a bird, I return to the nest each evening and fly off again every morning. So you can imagine, the European Championships in Hungary approached with the speed of an express train -thankfully we had been on the ball and booked flights way back in the autumn, so there was little else to get done except arrange transport to and from Nyiregyhaza before we travelled.

It has been a beautiful summer in Jersey, especially from the training point of view, we were able to shed the coats and sweaters very early on, the Waterworks were complaining about the drought situation and talk was of water restrictions, and we were revelling in the wall to wall sunshine. So it was in good heart that we set out on our travels, indebted to our London landlady for her support and send-off – things were looking good.



Nobody had really thought what landing into temperatures of 37, and rising, might do to us, or waiting around at Budapest Airport until the flights came in to fill the coach – there it stood outside in the heat, gently simmering so that when we eventually boarded even the seats were hot! 4 hours and one comfort stop later, we arrived at Hotel Sandra, tired, very damp and probably a little smelly, but very thankful to be there. Our rooms were fine, the view of the main track very good from the top floor, but no air conditioning on the east side of the building! We spent the entire time with the windows wide open and usually the door as well, anything to get a little air through our own private sauna. This wasn't too bad as we had visitors from all along the corridor popping in with news of their success or failure and a great feeling of shared experiences. We thought very positive and decided that we would definitely be acclimatised long before those on the west side.

When we registered we realised very quickly that as throwers we wouldn't be spending much time on the hallowed turf of the main arena, so, as usual, it was time to go on the bus and suss out the alternative arena. Shade seemed to be at a premium, and seating near the cages not too evident, the stench of the Portaloos and the lack of general facilities was about par for the course. We soon walked to the Super Market and bought folding chairs – and what a god send they were.

We had a few days before our competitions started, so managed to explore the town and take



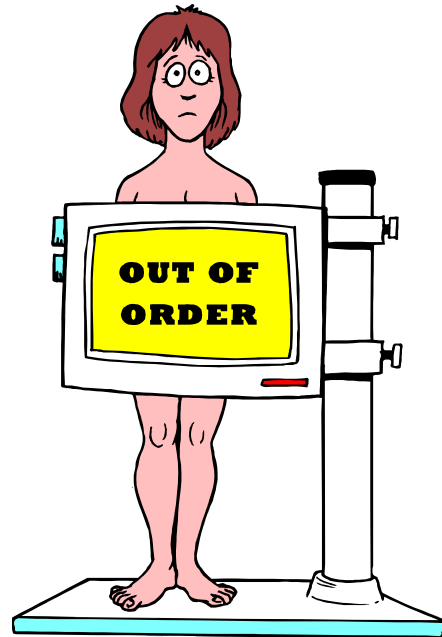
a trip to the far stop of the number 8 bus where there was a swimming pool which we lay in up to our necks and luxuriated in the feeling of being cool for the first time since we had arrived. Some brave souls bathed in the lake, but being

ladies (!?) we went to the spa and tried all the invigorating pools. Stopping for a meal on our way home we were pleasantly surprised to meet a little girl who spoke word perfect English, and on further investigation found she was home for the school holidays to see Grandma, where did she live? - in Jersey of course, where her mother and father were working. What a small world.

Competitions started in earnest and the place filled with athletes from all over Europe, so it became a rush here and there to support our team mates and to compete ourselves with varying degrees of success. For myself, I completely lost it in the Weight – we warmed up in one circle, transferred to another for the competition and were accompanied by the posse of husbands of competitors, who not only came out on the field, but sat under the shade on the benches for the athletes! I managed to tie for 3rd but lost it on count back – c'est la vie! Things got better for the hammer, we actually got to play in the main arena and the 'husbands' had to sit in the stands – not that it stopped them returning for the discus and Weights Pentathlon, but resignation had set in by then and I didn't let it get to me.

The team from Manchester University were there again, this time scanning bones of throwers to see what affect this had on our arms, I have every reason to be indebted to this team as they found the blockage in my leg when I was in Poland – bless them, they saved my sanity. Poor Sarah was suffering with a horrendous 'mossie' bite and then couldn't get anything from my left arm which I had broken so badly 2 years before – I told her it would be a challenge!

She



obviously didn't hold it against me as the whole team came out of their rooms to track side to cheer me every inch of my second leg in the 4 x 100 – I really appreciated that! So you didn't know I could actually run – well - standards had been introduced for the relays, and our Boss Man worked out that if we had team of 4 of the same age, we might do better than 3 going down to the younger age group – clever chap! We were never going to beat the Germans, they had 2 sprinters to our one, their second runner ran out of lane but no flags were raised, but we accepted that they were better than us and we came within the standard by a mile! I have to thank the crew who took me on, I have promised to do more running this winter but Dorothy says as long as I don't beat her! Our return to Budapest was on a cool morning, only half the bus full which was a bonus – we passed painlessly into departures and swapped tales with each other. It had been a good experience really despite the heat, 50 at track side I was told – the locals were delightful, the country has a lot to offer, and guess what! – a



track athlete came to the 'other track' to support us – praise be – thank you Alan Harrison – we really appreciated that and good luck with your rehab.



**TOM PHILLIPS AND HIS CAMERA ARE LET LOOSE
AT THE BMAF CHAMPIONSHIPS, CARDIFF, JULY
3RD/4TH 2010**