

The

No.66 Dec. 2012

SOUTHERNER

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



**Derby winner Pat Logan! BMAF T & F
Championships 2012: 100m in 12.12s,
200m in 24.17s. PHOTO: Jeremy Hemmings.**

From the Editor:

What a year! Many of you will have been lucky enough to get tickets for the London Olympics. Some of us, including myself, watched it on television. I can't believe the events I watched which were not on my "favourites" list. Of course, the Beach Volleyball attracted a lot of attention! Not just because of the appealing outfits worn (and that's just those worn by the men....) I will admit to loving the dressage at Greenwich, and not for entirely sporting reasons. However, though at first laughing at the antics of the horses, I then began to appreciate the skills required!

The odd effect of the Olympics was that, at first, it seemed to suck all the lifeblood out of other athletics events. Various venues were in use for the visiting teams, and there were fewer league matches than in previous years. Nevertheless, in common with many athletics clubs, my own club has experienced a huge increase in members. Unfortunately we have NOT had an increase in volunteers for coaching and other duties.

The other significant aspect to 2012 has undoubtedly been the weather! It certainly didn't help the vegetables I was trying to grow. The farmers also suffered serious problems. Our repair bills rocketed, due to leaking roofs and crumbling walls etc.

Despite the weather, many of you have been competing this year, with some amazing performances achieved. Well done! Best wishes for Christmas and 2013.

Rosemary Champion.



"Looks like rain, dear!"



Message from Tom Richards, Treasurer, SCVAC

This is a reminder to all of our members who pay by standing order to ensure that they are paying the correct membership subscription which is £15.00 per year. If you are not doing so will you please arrange with your bank to make the necessary amendment.

Also, will all members who have been paying their subscriptions to Ken Croke, not to do so, as Ken is now solely dealing with 200 Club but to send their cheques to the membership secretary, Lesley Richardson, by using the subscription renewal form which can be found in this magazine.



CLUB OFFICERS FOR 2013.

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T & F League Secretary Arthur Kimber- as above.

Officials Secretary Arthur Kimber - as above

Entries Secretary : VACANT

Medals & Kit - VACANT

Club Records Jeanne Coker 210 Chaplin Rd, Wembley, Middlesex, HA0 4UT:

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

Southerner 200 Club: to buy shares please contact Ken Crooke- details above.

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

Southerner contributions welcome preferably emailed in Word format, or typed copy sent to:-
Rosemary Champion- details above. Closing date for April 2013 Southerner: March 23rd 2013.

AN IMPORTANT MESSAGE FROM THE CHAIRMAN ARTHUR KIMBER.

Steve Connolly, the track and field entries secretary, has stepped down from the post after 15 years of excellent service. We urgently need a replacement to take over the post. Steve is willing to offer his 15 years experience and his expertise to help any volunteer into the job. In a club of several hundred members a very small group organise its work. Please volunteer to add your name to that small group to keep up this essential work. If you are interested you can contact me by phone, email or post and I'll be pleased to give you any further information.

SCVAC Membership Renewal Form - 2013

IMPORTANT! THIS FORM IS ONLY FOR EXISTING MEMBERS TO RENEW THEIR ANNUAL SUBSCRIPTION.

NEW MEMBERS WISHING TO JOIN SHOULD USE THE MEMBERSHIP APPLICATION FORM.

MEMBERSHIP NUMBER TITLE

SURNAME FORENAMES

ADDRESS

DATE OF BIRTH TELEPHONE NO

E-MAIL ADDRESS

FIRST CLAIM CLUB

Please note that if SCVAC is your first claim club you will need to add £20 to your subscription for Track and Field athletes and £10 for Road and Cross Country Athletes to cover the England Licence Fee for competition. Race Walkers and Runners that compete on both surfaces will need to pay the £20 track membership which incorporates Road and Cross Country. (If you are a member of a mainstream athletics club first claim then you do not need to pay again with SCVAC).

OTHER 2nd CLAIM CLUBS

I agree to abide by the clubs rules & regulations

SignedDate

Please tick:-

Annual subscription for 2013 : £15

England Athletics licence for SCVAC 1st claim members -

£20 for track & field :..... £10 for cross country/road:.....

Donation :..... Amount of total cheque:.....

Please return to:- Lesley Richardson, 1 Puttenham Close, South Oxhey, WD19 7BJ

WOULD MEMBERS PLEASE BE AWARE THAT YOU ARE REQUIRED TO BE FULLY PAID UP FOR 2013 BEFORE BEING ALLOWED TO COMPETE IN ANY BMAF NATIONAL OR INTERNATIONAL COMPETITIONS. RENEWAL DATE FOR MEMBERSHIP IS JAN.1ST EACH YEAR.

FIXTURES 2012 - 2014

INTERNATIONAL

Mar 19/24 2013 European Indoor, Cross-Country, Road Championships -San Sebastian, Spain
Details www.sansebastian2013.com/

Online entry www.sansebastian2013.com Medical information [sanseb_medlet.pdf](#)

BMAF members may only enter via the online option. Please ignore the other options shown on the site.
Please note; CLUB; entrants should put their BMAF Area club in this section.

May 23/26 2013 EVAA Non-Stadia Championships - Upice, Czech Republic Online Entry
registrations.runczechresults.com/EVACHampionships2013

Athletes need to use this link as there is no website for the championships at this time.

When completing the section saying "TEAM" it would be helpful if athletes put their BMAF Area Club and NOT their local club. Closing date for entries is 6th May 2013. Please enter well in advance.

Oct 15/27 2013 World Masters Track & Field Championships - Porto Alegre, Brazil. Details
www.wma2013.com Entry Booklet [wma2013tf-entrybooklet.pdf](#)

Nov 16 2013 British & Irish International Cross Country - Eirias Park, Colwyn Bay

Aug 15/24 2014 European Veterans Track & Field Championships - Izmir, Turkey

NATIONAL

Feb 17 2013 BMAF 10 Mile Championships - Lytchett Manor, nr Poole

Details www.lytchettmanorstriders.org/lytchett10.php

Feb 24 2013 BMAF Indoor Pentathlon - Lee Valley

Mar 9/10 2013 BMAF Indoor Championships - Lee Valley

Mar 10 2013 10:00 BMAF Half Marathon Championships- Lydd, Kent

Mar 16 2013 BMAF Cross Country Championships - Herrington County Park,
Sunderland Entry Form [bmafxc2013-entry.pdf](#)

May 18 2013 BMAF Road Relay Championships - Sutton Park, Birmingham General Details
tinyurl.com/bobhw2c Online Entry www.race-results.co.uk/results/2013/bmafrr13e.html.

Entry Details (pdf) [bmaf2013relay-details.pdf](#)

Manual Entry (Men) [bmaf2013relay-entrymen.pdf](#)

Manual Entry (Women) [bmaf2013relay-entrywomen.pdf](#)

Jun 23 2013 BMAF Pentathlon and 10k Track Walk/Run Champs - Horspath, Oxford

The 10k walks are for men and women. The 10k run is for women only

Jun 30 2013 BMAF Throws Pentathlon Championships - Allianz Park (Cophall, Barnet) *TBC*

Jul 27/28 2013 BMAF Decathlon/Heptathlon, 10k Track Run (men) - Horspath, Oxford

Aug 18 2013 BMAF 10k Road Championships - Pollok Country Park, Glasgow

Sep 14/15 2013 BMAF Track & Field Championships - Alexander Stadium, Birmingham

Oct 27 2013 BMAF Marathon Championships - Newcastle

SOUTH

Dec 8 2012 SEAA Masters Cross Country Championships - Woodford Details www.seaa.org.uk

Feb 17 SCVAC Indoor Championships, Lee Valley.

Feb 24 2013 BMAF South of England [unofficial] Indoor Champs - Lee Valley

Incorporating EVAC and VAC Indoor Championships

April 7 Inter Area Indoor Championships., Solihull. NEW FIXTURE!

June 2 SCXVAC Outdoor Track & Field Champs, Ashford..

July 21st Inter Area Track & Field Champs, Solihull.

Sept 1 SCVAC League Final, Ashford.

The 6th Lydd Half Marathon

Incorporating the British Masters Athletic Federation and SCVAC Championships

Plus Children's Race

Sunday 10th March 2013 10.00 am

**Organised in conjunction with the Mayor of Lydd to raise funds for local good causes
Held under UK Athletics Rules. Licence applied for.**

The popular Lydd Half Marathon sees an opportunity to record a super-fast time.
The race begins in Lydd and covers the quiet lanes north of the town centre.

***** Medal and Technical Shirt to all finishers *** Chip timing ***
£100 for 1st Man and 1st Lady finisher**

Plus prizes and trophies for:

1st, 2nd, 3rd Males; 1st in Male Vet Categories 1-7; 1st Under 18; 1st Male Team (of 3)
1st, 2nd, 3rd Ladies, 1st in Female Vet Categories 1-7; 1st Under 18; 1st Female Team (of 3)

Venue: Lydd, Romney Marsh, Kent

ENTRY FEE: £15.00 attached £17.00 unattached £20.00 on the day Children's Dash £3.00

ENTRY LIMIT: 750. Closing date is 3rd March but entries accepted on day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Nice Work'

ENTRIES: Martin Burke, Race Director,

Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

Enquiries/more information: 01797 230009

Please enter me for the Lydd Half Marathon [] Children's 1 Mile Race []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 10/03/2013 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

_____ Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ Affiliated Yes/No. Estimated Time _____

BMAF – Affiliated MASTERS CLUB SCVAC SCVAC Membership No. _____

Paid up members of SCVAC will also be entered in SCVAC Championships

BMAF Entries closing date February 25th

I declare I will be over 17 years of age on 10/03/13 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions.

SIGNATURE.....DATE.....

Race website: www.lyddhalf.co.uk Organised by Nice Work www.nice-work.org.uk

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB – ANNUAL GENERAL MEETING
VICTORY SERVICES CLUB, 63-79 SEYMOUR STREET, LONDON SW1 2EP
FRIDAY 7TH DECEMBER 2012 6.30 P.M.

AGENDA

- Apologies for absence
 - To receive and confirm the minutes of the AGM held on 02.12.11
 - Matters arising from that AGM
 - To receive the report of the chairman
 - To receive the report of the secretary
 - To receive the report of the membership secretary
 - To receive the report of the treasurer and annual accounts for the year
 - Amendments to the constitution
 - Election of officers
 - Current officers

Chairman	Arthur Kimber
Vice Chairman	Tom Richards
Secretary	vacant, (Chris Reed, candidate for election)
Membership Secretary	Lesley Richardson
Assistant Membership Secretary	Vilma Thompson
Treasurer	Tom Richards
Assistant Treasurer	Ken Crooke
Minutes Secretary	vacant, (Chris Reed, candidate for election)
Track and Field Secretary	Arthur Kimber
Road Running Secretary	David Beattie
Cross Country Secretary	Ann Bath
Race Walking Secretary	vacant, (Walter Hill, candidate for election)
Entries Secretary	vacant
Officials Secretary	Arthur Kimber
Editor, The Southerner	Rosemary Champion
Medals and Kit	vacant
 - AOB
 - Date of next AGM
 - Presentation of annual trophies
- A meeting of the Track and Field League Divisional Coordinators will follow the AGM

EAMA INTER AREA TRACK AND FIELD MATCH:
report by Arthur Kimber

This year's match took place on September 9th at Solihull, in almost ideal conditions, warm and sunny, but with some wind.

In the men's match, Eastern Veterans, EVAC, Midland Masters, MMAC, and last year's winners, SCVAC, were all contesting top spot until in the final stages MMAC pulled away to amass 232 points, with EVAC on 213.5 and SCVAC on 201. SCVAC were at their strongest in the 100m. and 200m. events with three double winners, European double champion Pat Logan, M50, predictably in 12.2 and 25.3, M35 BMAF double champion Joshua Wood in 11.2 and 22.9 and W60 Wally Franklyn in 13.1 and

26.9. In the 400m. races Alistair Duncan took the M50 in 56.9 and Chris Padmore the M60 in 60.0. M70 John Batchelor ran a very fast 1500m. to win in 5:30.1 and Steve Allen took the 2k. walk in 10:14.2. Four athletes won their field events. Roger Bruck scored another double, winning the M70 long jump with 3.56 and high jump with 1.25, M35 Mike van Dobbelssteen threw the javelin 50.83, M35 Keith Newton tripled jumped 12.81 and M50 Allan Leiper vaulted 3.30. Allan was our highest points scorer with 18 from four events.

In the women's match MMAC shook off the challenge from last year's winners EVAC to score 201 points to EVAC's 177. MMAC were particularly dominant on the track where athletes from other clubs had to face W60 and W65 world record holders Nancy Hitchmough and Angela Copson. The SCVAC team was somewhat depleted by injuries, but the athletes rallied round to cover as much as possible. Sprinters W50 Joan Trimble won the 100m. in 14.5 and W60 Moira West the 200m. in 32.2, European record holder Sue Yeomans vaulted to an easy victory with 2.60 while Linda Harrison, five events, Julie Wilson, Jackie Breslin and Lyn Ahmet, each with three, all worked hard to amass the points, with Lyn winning the W60 long jump with 3.30. With no chance of victory unless the world record holders fell over, unlucky W60 Sue James had to cope with both Nancy Hitchmough in the 800m. and Angela Copson in the 1500m. and ran well to take second place in both, 3:19.5 and 6:40.1.

Combining the men's and women's points MMAC were well clear of the other clubs and took home all three trophies.

Final scores	Men	Women	Totals
MMAC	232	201	433
EVAC	213.5	177	390.5
SCVAC	201	146	347
WMAA	161.5	136	297.5
VAC	89	24	113
SWVAC	72	16	88

Complete SCVAC results

Men 100m. M35 1. Joshua Wood 11.2 M50 1. Pat Logan 12.2
M60 1. Wally Franklyn 13.1 200m. M35 1. Joshua Wood 22.9
M50 1. Pat Logan 25.3 M60 1. Wally Franklyn 26.9 M702. Colin Field 34.4
400m. M352. Peter Davey 54.7 M50 1. Alistair Duncan 56.9 M60 1. Chris Padmore 60.0
M70 2. Bob Carter 88.8 800m. M50 5. Colin Oxlade 2:49.7
M60 3. Stewart Thorp 2:37.2 M70 2. Arthur Kimber 3:09.8
1500m. M50 5. Colin Oxlade 5:35.8 M60 3. Stewart Thorp 5:12.6
M70 1. John Batchelor 5:30. 3000m1 M50 3. Colin Oxlade 11:06.7
M60 2. Des Michael 11:15.2 110m.H M35 2. Peter Davey 16.1
100m.H M50 3. Allan Leiper 18.3 2000m.walk M50 1. Steve Allen 10:14.2
HJ M35 3. Peter Davey 1.50 M50 3. Allan Leiper 1.50 M70 1. Roger Bruck 1:25
LJ M35 2. Keith Newton 5.77 M50 2. Steve Langford 4.83 M60 2. Wally Franklyn 4.73
M70 1. Roger Bruck 3.56 TJ M35 1. Keith Newton 12.81 M50 2. Steve Langford 10.44
PV M50 1. Allan Leiper 3.30
SP M35 5. Keith Newton 8.14 M50 2. Allan Leiper 12.39 M60 4. Brian Yeomans 7.68
M70 2. Bob Carter 5.55
HT M35 4. Keith Newton 17.40 M50 3. Allan Leiper 29.89
DT M35 5. Mike van Dobbelssteen 26.15 M50 4. Allan Leiper 33.98
JT M35 1. Mike van Dobbelssteen 50.83 M60 5. Brian Yeomans 27.71
Medley Relay M50 3.4:49.5 M60 2. 4:59.3 M70 2. 6:02.0

Women

100m. W35` 4. Michele Wakefield 14.7 W50 1. Joan Trimble 14.5
200m. W35 3. Michele Wakefield 30.2 W50 4. Joan Trimble 31.1 W60 1. Moira West 32.2
400m. W35 2. Tracy Burrows 62.2 W60 2. Lyn Ahmet 85.8 800m. W50 6. Rose Webb 3:50.9
W60 2. Sue James 3:19.5 1500m. W35 2. Sarah Davies 5:05.0 W50` 6. Rose Webb 8:00.5
W60 2. Sue James 6:40.1 2000m.walk W35 3. Suzanne Beardsmore 12:13.4 W50 3. Noel Blatchford
12:04.0 HJ W50 3. Linda Harrison 1.00 W60 2. Lyn Ahmet 1.05 LJ W35 3. Jackie Breslin 3.50 W50
2. Sue Yeomans 3.93 W60 1. Lyn Ahmet 3.30 TJ W35 4. Jackie Breslin 7.53
W50 4. Linda Harris 5.60
PV W35 2. Jackie Breslin 1.70 W50 1. Sue Yeomans 2.60 SP W35 3. Julie Wilson 8.95 W50 5. Linda
Harrison 5.12 W60 2. Liz Sissons 9.20 HT W35 2. Julie Wilson 32.50 W60 2. Liz Sissons 26.89
DT W35 2. Julie Wilson 30.63 W50 4. Linda Harrison 13.41 JT W35 3. Julie Wilson 24.39 W50 4.
Linda Harrison 13.44 Medley Relay W35 4.5:28.4 W50 4.6:38.7 W60 2.6:12.1.

6th July, my day carrying the Olympic Flame.

by David Kempe.



Having being nominated by my manager, I was chosen by BT to be one of 70 employees to carry the Olympic Torch.

On the day I arrived at the car park on Southend sea front, which had been partly segregated off with cones, one of the torch bearer relay team moved the cones and showed me to a parking space, and informed me that parking in the area was reserved for the relay team until 23.59 that day and it was free. When I got out the car I checked the signs which confirmed it to be so, I was already beginning to feel special, I could get used to this. I quickly changed into my kit that had arrived a few days before, then went along to the Porta cabin and checked in, paid £215 so I could keep the torch I would be carrying, and met with the other torchbearers that would be sharing the bus on the same leg as me. We had about an hour before we were due to set off, so I chose to watch the celebrations taking place next to us. I walked up to the edge of the penned off area which we

were in, (not sure if it was to keep us in or others out, but it worked.) There were a number of children and young adults in wheelchairs on a slightly raised area in front of us watching the show, their leader asked me if I would mind joining them for some photos, which I did, the look of joy on their faces, I was then joined by a couple more of the relay team and many more photos were taken.

The time had come and we were called to the bus, we get our first look at the torches all lined up in a rack and numbered, we have our briefing, where to stand, how to do the “kiss” etc., and told that when you get off the bus you get approx. 5 mins for photos before the flame arrives to you, and you don’t need to remember any of the rest just enjoy, and the police escort will manoeuvre you to the right position. The bus starts up and we are off, the first torchbearer is dropped off at their start point and we move on past many adults and children lining the streets waving flags etc. Some schools had made hats and torches, what an atmosphere. More torchbearers are dropped off then it is my turn, the bus door opens I step out my name is announced, the torch put in my hands the bus drives off. I search for my family and

friends so that they can all touch and get a photo with the torch, I got to almost everyone, many people in the crowd wanted photos I tried as best I could. A police lady takes my arm and says she's my guide and leads me to the starting point. The Olympic flame arrives, the gas on my torch is turned on and the torches are put into position, the kiss takes place photos taken, I'm now holding the Olympic flame. I'm moved into position, I can feel the heat on the side of the face and a voice behind me says lift it higher, I'm given the tap on the shoulder and off I go, I can hear someone talking to me from behind and for a few seconds it didn't make sense (woman in white, man on left) then I twigged that he was telling the security who to move out of the way. In amongst all of this, I hear a familiar voice: Tom Phillips shout, "slow down Dave," With adrenalin running I think a sub 50, 400m was on the cards. I passed many people waving and taking photos, then all too soon I arrived at the next torchbearer Mary. It was my turn to pass the flame on. The kiss took place, my gas turned off, I was moved to the side of the road, and before I knew it I was on the bus, torch taken off me and put in the rack. We then followed the flame picking up everyone else on our leg of the relay, before returning to our starting point. My torch was then decommissioned and handed to me. Some good byes then off to find my family, weather permitting we planned to spend the afternoon on the beach, as we made our way many people wanted photos, a couple of scary moments when I was mobbed etc. I had a fantastic day, but was brought back down to earth when I got back to my car to find I'd been given a parking ticket.

ROAD RUNNING

***WITH ROAD RUNNING MANAGER:
DAVID BEATTIE.***

SCVAC Marathon Championship 2012 – Kent Coastal Marathon

On September 2nd, Thanet Road Runners hosted the SCVAC Marathon Championship within the popular Kent Coastal Marathon. Nursing tired legs from the European Masters Marathon a week earlier, I attended as a spectator and volunteered for marshalling near the halfway point. This afforded me a good opportunity to see the race unfolding.

The traffic free course has some undulations in the first half, but some fine sea views – the second half is flatter but less inspiring. I could not fault the organisation and atmosphere, and friends and families had a great day out in the sunshine and gentle breeze, with the chance to cheer at the start, halfway, and finish - with burgers, hot dogs, ice creams and hot drinks adjacent to the energetic announcer who did his utmost to educate the spectators, informing them of some of the feats of the individual runners.

Southern Counties Veterans were prominent at halfway, with M50 Raymond Pearce taking the overall lead, and M60 Trevor Edgley starting at a brisk pace, followed a few places back by a more cautious M55 Godfrey Rhimes. All three were inside the first 20 places, and Raymond Pearce held the lead until the final 300 yards, when he was overtaken by a much younger man. Godfrey Rhimes moved through well to claim 10th place overall, while Trevor Edgley finished in 18th overall. Chatting to Trevor afterwards, he felt that he had started a little too fast, but he still managed to shade Raymond and Godfrey to record the best SCVAC age rated performance.



All seven SCVAC starters managed to finish, in conditions which were not ideal for runners but which suited the spectators. Congratulations on your well deserved medals.

	Surname	A	Club	Time	Po	AgeRel
R	Pearce	53	Istead and Ifield	02:59:	2	79.96
G	Rhimes	59	City of Portsmouth	03:11:	10	79.40
T	Edgley	64	Istead and Ifield	03:18:	18	80.46
P	Watts	61	Swanley	03:56:	101	65.29
S	Suttle	54	Thanet Roadrunners	04:17:	148	56.09
J	Fitzmaurice	70	Sevenoaks	04:38:	185	60.95
K	Samuel	51	Kent AC	04:48:	203	56.08

Raymond Pearce M50 ran a great race to finish 2nd overall and lead his team to victory



Trevor Edgley finishing, SCVAC M60 gold medallist



Karen Samuels, our F50 gold medallist, finishing bravely on a hot day.

ROAD RUNNING CALENDAR FOR 2013:

10k –Multi Terrain Championship Monday May 6th

For the second year, we are staging a “multi-terrain” 10k within the Ted Pepper Memorial 10k. The course uses good paths and tracks, starting and finishing on the Norman Park athletics track. It is an accurately measured 10k, on an out and back loop with plenty of room to overtake. Blackheath and Bromley have been great hosts to us over the years, and I commend this event as a traditional club race with a most friendly atmosphere. Flat road shoes are normally OK, but studded trail shoes are ideal if the course becomes muddy.

10k Road

We return to the scene of the 2012 BMAF championship, the **Givaudan Ashford 10k** on **October 13th**. This is a good traffic free course, starting and finishing on the track in the Julie Rose stadium. I look forward to a good number of SCVAC runners again taking part.

10 Miles

The SCVAC Championship will be at the **Epsom 10** on **November 17th**. A good quality club athletes race, excellent showers and changing facilities within the new Epsom Grandstand, and prompt presentation ceremony afterwards. **2013 sees the 50th Anniversary of this classic road race – we should have a record turnout of SCVAC athletes.**

Half Marathon

We move to the **Lydd Half Marathon on March 10th**, and SCVAC are also hosting the **2013 BMAF Half Marathon Championships**. Lydd offers a fast flat course along quiet country lanes. The postal entry form is in this edition of the Southerner (photocopies are acceptable). **Please indicate your SCVAC membership number, and enter well before the closing date of February 25th**, the race is very popular. On-line entry systems have not yet got appropriate fields for the championship – postal entry is the only choice until the on-line forms catch up. ***If anyone has already entered on-line, please email me with your name, age, club, and SCVAC membership number, and I will contact the race organisers.***

Marathon

I am inviting all SCVAC marathon runners to contact me at beattieruns@blueyonder.co.uk to express their preferred choice for 2013 between the **two contenders** below:

Abingdon Marathon provides a safe course and a chance of a PB, but it is very popular, and entries fill up very early. **October, date TBC** (a possible clash with our 10k championship).

Thanet Coastal Marathon – although not a central location, several of our marathon runners are from Kent, and Thanet Road Runners organise a good race. The race is on **September 1st**, and offers a challenging course with good sea views.

I will consider all views sent in, and publish our marathon location in the next Southerner. Good luck with your training and racing!

19 August 2012 - Burnham Beeches Half Marathon: **Report by Walter Hill.**



Squeezed between the Olympics and the Paralympics we had the SCVAC Half Marathon Championships. I deputised for Dave Beattie on the day and armed with adequate sun block I ventured out of my house for Burnham Beeches.

Burnham Joggers always promotes a first class event and with the shade of the beeches we were protected from the heat of the sun. The strength of this race is that we compete on what are basically closed roads through a scenic but challenging course. The marshalling and drinks stations were of the highest standard and we all pushed on, looking forward to the 25 meter swimming pool, which we hoped would be open and would have adequate room for lots of sweaty runners. We were not disappointed and I was delighted to report that Geoff Newton, who achieved the best age graded performance of the SCVAC, returned in time to collect his well deserved medal with other members of the club.

Well done to you all, for finishing on what was one of the hottest days of the year.

Walter Hill

Pos	Gun	Chip	Name	Age Group	Age	Club	Age Graded
72	1:34:58	1:34:58	Mickael Hegesippe	M40	40	Paddock Wood	64.96
74	1:35:18	1:35:15	Geoff Newton	M65	67	Tadworth	82.18
86	1:35:58	1:35:54	Walter Hill	M55	59	Crawley A.C.	75.63
307	1:55:03	1:54:46	Heather Martingell	F45	46	Ranelagh	62.61
328	1:56:14	1:55:45	Russell Devitt	M60	63	Shaftesbury Barnet	65.06
458	2:05:26	2:05:14	Roy Webb	M75	79	Tone Zone	74.28
475	2:06:54	2:06:32	James Fitzmaurice	M70	70	Sevenoaks	62.91
548	2:15:28	2:15:18	Graham Williams	M70	71	Ilford A.C.	61.00
563	2:17:21	2:16:26	Karen Samuel	F50	51	Kent A.C.	54.97
589	2:19:46	2:19:27	Peter Godbee	M60	61	Swanley	52.87
710	3:19:13	3:18:35	Kio Vejdani	M70	73	Lingfield	42.04

VIESTURS DUDE FROM CRAWLEY A.C., M50, 4TH IN 59.44



GEOFF NEWTON FROM TADWORTH A.C.: M65 1ST IN 66.15



Tiptree 10 mile road race,
October 28th
2012, included
SCVAC 10 mile
championships.
PHOTOS: Jeremy
Hemmings.

Southern Veterans AC hosted the BMAF 10k Road Race Championships within the Givaudan Ashford 10k on the 14th of October.

The race was held under perfect weather conditions which led to fast times on a slightly undulating course. I chatted to several runners who all agreed that the race offered a good championship course, well marshalled, accurate kilometre markers, and was totally traffic free, with the start and finish in the splendid Julie Rose Athletics Stadium.

With over 120 BMAF members entered, including over 50 SCVAC members, we had a very healthy field and some impressive performances in several age groups. The prize presentation, introduced by BMAF Road Running Secretary Walter Hill, was held within a large hall and was very well attended, only a couple of runners having to depart early. Warm applause greeted all the medallists, with a good crowd staying to the end of the presentations.

Age graded scores of higher than 87% were achieved by Graeme Saker (M50 gold), Viesturs Dude, Julie Briggs (F40 and overall female winner), Louise Vallier, Stewart Thorp (M60 gold), Roy Treadwell (M65 gold), and F75 winner Pam Jones, who recorded an amazing 96.22%. There were many other quality marks – as shown by the full SCVAC results (listed below the photos). Congratulations on these fine runs.

Thanks go to the race sponsors Givaudan, Ashford International Hotel, Ashford AC, race referee Gilien Davison and specialist race managers Nice Work who promoted a first class event.

Pam Jones W75 gold, and Graeme Saker: M50 gold.

PHOTOS: Jeremy Hemmings.



Graeme SAKER	TONBRIDGE AC	34:16	51	90.31	M50 - 1
David WEEKES	FOLKESTONE	35:05	47	85.43	M45 - 1
Viesturs DUDE	CRAWLEY AC	35:07	50	87.41	M50 - 2
Barry ROYDEN	MEDWAY &	35:25	45	83.32	M45 - 2
Julie BRIGGS	ARENA 80 AC	36:02	43	89.19	F40 - 1

Martin KELK	INVICTA EAST	37:06	46	80.16	M45 - 3
Astrid MCKEOWN	NORTH	37:30	39	83.28	F35 - 1
Bob FURSEY	MEDWAY &	37:53	49	80.39	
Louise VALLIER	ARENA 80 AC	37:54	48	89.28	F45 - 1
Stewart THORP	OXFORD CITY AC	37:54	60	88.08	M60 - 1
Terry KNIGHTLEY	ILFORD AC	38:29	52	81.07	M50 - 3
Roy TREADWELL	OXFORD CITY AC	38:42	65	90.21	M65 - 1
Adrian MOODY	MEDWAY &	39:08	49	77.82	
Yitzhak BEN-AROYA	BARNET &	39:23	54	80.54	
Desmond MICHAEL	BARNET &	39:22	62	86.31	M60 - 2
Caroline WOOD	ARENA 80 AC	39:31	49	86.68	F45 - 2
Peter HAMILTON	BLACKHEATH &	39:54	64	86.71	M60 - 3
Mark CROSBY	SOUTHERN	40:02	54	79.23	
Alan NEWMAN	PADDOCK WOOD	40:49	59	81.08	M55 - 1
Sharon HAWKINS	MAIDSTONE	40:58	48	85.72	F45 - 3
John EXLEY	OXFORD CITY AC	41:14	64	83.90	
Colin OXLADE	CROYDON	41:22	53	76.04	
Martin HAWKINS	CAMBRIDGE	41:26	51	74.69	
Aly SLOANE	CITY OF	42:59	52	82.74	F50 - 1
Vicky TALBOT	INVICTA EAST	43:17	52	82.17	F50 - 2
Walter HILL	CRAWLEY AC	44:13	59	74.85	M55 - 2
Candy HAWKINS	ASHFORD AC	44:12	41	71.58	F40 - 2
Bob PAGE	ARENA 80 AC	44:12	54	71.76	
Jenny HUGHES	ARENA 80 AC	44:35	52	79.77	F50 - 3
Rob SARGENT	ILFORD AC	44:43	58	73.37	M55 - 3
Russell WILLIAMS	CAMBRIDGE	45:27	68	78.99	M65 - 2
Sue JAMES	PADDOCK WOOD	46:41	61	86.08	F60 - 1
Barbara OCKENDON	ISTEAD & IFIELD	47:10	59	82.81	F55 - 1
Glyn JENKINS	THANET ROAD	47:20	70	77.50	M70 - 1
Graham WILLIAMS	ILFORD AC	48:37	72	77.42	M70 - 2
Janice MOOREKITE	INVICTA EAST	50:21	55	73.45	F55 - 2
Joe CLEVERLY	NEW ELTHAM	52:56	80	82.64	M80 - 1
Pamela JONES	ILFORD AC	53:19	76	96.22	F75 - 1
Roy WEBB	TONE ZONE	53:27	79	79.93	M75 - 1
William DAVIES	WINCHESTER &	54:34	82	84.47	M80 - 2
Gary MACDONALD	ASHFORD AC	55:03	55	58.10	
Karen SAMUEL	KENT AC	55:42	51	63.05	
Richard PITCAIRN-	SEVENOAKS A.C.	58.06	79	73.53	M75
Altan ALI	FOLKESONE	59 22	60	56.23	M60

Julie Briggs, W40 gold and race winner.



**OUR CHAIRMAN
ANSWERS THE
ATHLETE
QUESTIONNAIRE:**

- devised by Dave Beattie.

Name: Arthur Kimber

Date of Birth: 09/12/36

First Claim Club:

Dartford Harriers AC

Favourite Event: 800m

Other Events: 400m, 1500m, occasional 3000m/5000m, and 5k, 5 miles, 10k road races

Which performance (or performances) have

given you most satisfaction to date?

800m in 2:00.85 at age 45

3000m in 8:50.5 at age 44

Silver medal in the European Indoor Championships in the 400m in 67.30 at age 66

Bronze medal in the European Indoor Championships in the 800m in 2:34.57 at age 68

Bronze medal in the World Indoor Championships in the 800m in 3:10.01 at age 75

Example training week (with comments)

Day 1 Steady run 3-5 miles

Day 2 6 x 2 mins, 2 mins recovery

Day 3 Hard run, 2-3 miles

Day 4 4 x 3 mins, 3 mins recovery

Day 5 Long run, 5+ miles

Day 6 8/10 x 1 min, 1 min recovery

Day 7 Rest or easy run

This covers January to September.

October to December: No speed work, all easy, steady or hard runs

How does your training compare with your routine when you were a younger athlete?

Longer runs, and more repetitions in speed work. Everything was faster!

March to September: continuous runs and speedwork.

October to February: no speed work, no serious indoor season, so more road running up to the marathon.

What specific training sessions work well for you, and which sessions do you prefer to avoid?

They all work well generally. Sometimes when tired, I find it difficult to face the speedwork, and may find that, say 5/6 x 1 minute is enough.

What advice could you offer to a less experienced veteran athlete – e.g. training priorities, injury avoidance tips, common training mistakes, preparation for competition, race tactics etc.

When you are fit enough to do it, speed work is essential for track athletes, and useful for road/cross country runners.

Avoid injury with injury prevention exercises every day.

Avoid training too hard and becoming too tired to train for a few days.

Rest days before competition, up to 3 days before major races.

Tactics vary a great deal from race to race and event to event. For 800m don't go off too fast!

What are your future athletics targets?

Short term : A gold medal in a World or European Championships, but it will be difficult

Long term : Try competing for as long as possible, until my friends tell me I look pathetic!

***** **Thanks for your responses, Arthur! Interviews with other SCVAC athletes will appear in future issues of The Southerner.**



CROSS COUNTRY RUNNING, WITH CROSS COUNTRY SECRETARY, ANN BATH.

British and Irish Masters International, Queens University, Belfast 10th November 2012-11-22

The original venue at Stormont Estate was heavily under water in places so the Venue was changed at short notice, where runners found a testing 2k lap course run in ideal conditions. As usual competition is fierce and we had 6 members selected, along with 6 reserves. The ladies and men 65+ ran 6k, with 4 in a team and 3 to score, with 2 reserves, and the men 35 – 64 ran 8k, with 6 in a team and 4 to score, with 3 reserves. As usual the laps made the course very spectator friendly. Long spikes were the order of the day as there were some very slippery ascents and descents and very muddy patches!

Selected:

W35 reserve Juliette Minter

W40 selected Emma Rogers

W45 reserve Caroline Wood

W60 reserve Sue James

M35 selected Mark Greenwood

M45 selected Julian Richardson and Andrew Robinson

M50 selected Graeme Saker

M60 reserves Des Michael and Stewart Thorpe

M65 selected Geoff Newton, reserve Roy Treadwell

The star performance of the day must be Graeme Saker who won the M50 – M60 8k race in 27.20 thus securing an individual Gold medal, but the strength of Ireland's team who got team Gold meant England had to settle for team Silver.

Another outstanding performance was from Emma Rogers who was 2nd W40, 6k in 22.45 and so secured an individual Silver medal plus a team Gold medal.

In the M35 8k race Mark Greenwood did 27.36 to secure a team Gold medal.

In the M45 8k race Julian Richardson did 28.33 and Andrew Robinson 28.38 and secured team Gold medal.

Some of the reserves ran the Open races, Stewart Thorpe was 1st M60 in 31.40 over 8k.

In the Ladies and M65 Open 6k race, Roy Treadwell had an excellent run and was 2nd in the race overall! The reserves usually run very competitively to try and see if they would have justified selection, and in Roy's case his time of 24.10 would have put him as the 3rd counter in the team, which shows just how difficult the selector's roles are. Sue James did 29.07, 3rd W60 in an extremely competitive age group. Myself I ran in the W60 team for Scotland and secured a Bronze team medal. Well done to everyone who ran from SCVAC, and the evening dinner/dance and prize presentation at the Europa Hotel was an excellent way to round off what is usually the highlight of the year for Master athletes. Next year this event is hosted by Wales at Colwyn Bay on November 16th 2013.



PHOTO: Jeremy Hemming

SCVAC Cross Country Championships Sunday December 16th 2012

Once again we will be holding our Championships at the popular Holly run, organised by Reigate Priory Athletic Club. Please check their website <http://www.rpac.org.uk/> as currently this years race details are not yet on the site. Just enter in the usual way but it would be helpful if you could email me madshus@btinternet.com as only your first claim club is listed on the results. Usually Women start at 1.40 (3 miles) and men at 2.00 (6 miles). Do join us for hot drinks and mince pies afterwards, look for the SCVAC Banner and tent!

THE MONTREAL MASTERS MUSCLE STUDY SUPERIOR AGEING: LESSONS FROM THE MASTER ATHLETE: Arthur Kimber undergoes some testing times in Canada!

THE INVITATION

At the World Masters Indoor Championships in Jyvaskyla, Finland, in April, Tanja Taivassalo, a professor from McGill University in Montreal, Canada, was watching races and looking at results, with a view to recruiting athletes for the study, a research project in the Department of Kinesiology and

Physical Education. The purpose of the study was to determine what factors permit high physical function in advanced age, over 75, by comparing master athletes to healthy individuals of similar age who are not highly active. Understanding the basis for the superior aging capabilities of master athletes may lead to more effective ways of maintaining physical function in the general population. The aim was to recruit 20 master athletes, (to be compared to 20 non-athletes) who were still competing and had won

individual medals or at least placed in the top five in international competition in the previous five years. Three British athletes, Tony Bowman, Colin Field and I were invited by Tanja to take part, with the incentive that all expenses, travel, accommodation, meals and comprehensive travel insurance would be paid by the university. We three readily agreed to take part.

During the summer the arrangements were finalised. We were asked to complete three questionnaires: the first on medical and exercise history; the second a Canadian health questionnaire given to anyone from age 15 to 69 undergoing exercise testing,

although we, over 69, were also asked to complete it; the third was a depression scale form. We were told of the procedures that we would undergo, any risks involved and asked to sign consent forms. The extensive set of tests to be carried out meant that only four athletes per week would be tested, travelling to Montreal at the weekend, being tested from Monday to Friday and returning home the next weekend. Colin and I and two Canadian athletes, Christa Bortignon and Olga Kotelko, aged 93, underwent testing in the middle of October. Tony went in November.

MONTREAL

Montreal is Canada's second largest city with a population of 3.5 million and is the third largest French speaking city in the world after Paris and Kinshasa. The city was founded in the 17th century and downtown Montreal has developed into a skyscraper area, but much more attractive than in the typical North American city. Colin and I stayed in an upmarket four star hotel and in the evenings enjoyed visits to excellent Italian and Mexican restaurants. After the tests ended by the weekend we were able to explore some of the city. On Saturday we took the very efficient Montreal Metro to the Olympic Stadium, venue for the 1976 Games. Our visit to the stadium was in one way a disappointment. We expected to see the track, but discovered that it had been removed and the stadium is now used for baseball, Canadian football and concerts. The stadium is known as 'The Big O' for three reasons, its name, its circular shape and the fact that it took 30 years after 1976 to pay for it. But our disappointment was overcome by our visit to the stadium's tower, 175 metres high and inclined at 45 degrees, the tallest inclined tower in the world. A funicular takes visitors to the observation deck in two minutes for a superb view over Montreal and the surrounding area, an 80 kilometre panoramic view on a clear day. We were lucky to make the ascent on a warm, clear and sunny day. On Sunday we visited Old Montreal, which contains North America's greatest concentration of 17th, 18th, and 19th century buildings. The area is south of downtown going towards the St. Lawrence river.

THE TESTS Introduction

The testing was organised and conducted by principal investigators Tanja Taivassalo and Russ Hepple, doctors, a surgeon and postgraduate Masters and Ph.D students. Muscle and blood samples were analysed by laboratory staff. The study coordinator was Sylvie Moisan. On paper the two tests appearing to be possibly the most unpleasant were the thigh muscle biopsy and the insertion of a catheter through the nose and down into the oesophagus prior to the cycle exercise test. On Monday morning we reported



early at 7.30 at the university for the start of the tests. We were informed that our first task was to walk five minutes up the road to the hospital! An echocardiogram awaited us.

The echocardiogram

This scanning procedure is used to determine the size, shape and functioning of the different chambers and valves of the heart. I knew that I had a leaky heart valve and this was confirmed. I was able to listen to the squelching as the blood was pumped round my heart and to watch on the computer the failure of the valve to close completely. The faulty valve does not have any adverse effect on me; most people have a faulty valve and many are unaware of it. Colin discovered that he had the same condition.

The cycle exercise tests

As cycling on a stationary bike can be boring I was asked whether I would like to listen to music. I'd no idea how much choice was available and I asked for Ella Fitzgerald. A large number of her tracks were played for me. An at rest ECG was carried out prior to the start of the test. My throat and nose were then numbed by an anaesthetic spray, which tasted foul! The catheter was then inserted using a 'sip and swallow' technique, where you sip water and swallow it quickly as many times as necessary until the catheter is in position. The purpose of this procedure is to evaluate how the primary muscle of breathing, the diaphragm, responds to exercise in older people. I felt slight discomfort at first, gagging and a sense of added pressure in my throat, but the discomfort soon wore off. Breathing tests at rest were carried out, where you breathe in and out as much as you can and as fast as you can through a mouthpiece, similar to the mouthpiece of a snorkel. Cardiac output, i.e. the amount of blood pumped every minute, was also measured. Once on the cycle the resistance on the pedals was very low at the start and then increased every two minutes, but it was important to keep pedalling at between 60 and 80 revolutions per minute. During the test heart function was monitored through ECG electrodes on the chest and neck, the amount of oxygen and carbon dioxide breathed in and out measured and the oxygen content of the blood through a probe clipped to my index finger recorded. Pulse rate and blood pressure were checked. The aim was to keep pedalling until you reach exhaustion and can no longer maintain the cadence. I managed something over 18 minutes. After the test recovery rates in pulse and blood pressure were recorded. I had to go through the test twice, the second time fortunately not on the same day! On the first occasion the mouthpiece was not fully in place and alarming 'information' appeared on the computer screen, which caused the supervising doctor to instruct me to stop after 14 minutes, quite rightly as she was concerned for my wellbeing. But I was fine. The other cycle test involved pedalling for 24 minutes at a constant sub-maximal rate, repeated after a 30 minute break. During this test electrodes were placed on the front of my head to examine the flow of blood to the brain.

MRI (magnetic resonance imaging) brain and muscle scan

A brain scan to study its anatomy and functioning is a procedure that might have put off anyone with a tendency to claustrophobia. I lay on the MRI table and my head and upper body were positioned into a cylindrical opening of a tunnel and I had to remain there, keeping still, for about 45 minutes. During some of the time it was necessary to keep my eyes open, but at other times it would have been easy to fall asleep. The operator kept in contact with me through an intercom system. For two short periods it was very noisy and everything appeared to be vibrating; the sound reminded me of a nearby pneumatic drill. After a five minute break I was moved back into the tunnel feet first for a 15 minute scan of thigh muscles to measure the size of muscle tissues.

DEXA (Dual energy X-ray absorptiometry). Total body composition and bone mineral density scan

For this test I lay on an open scanner and kept completely still while the machine scanned my body to produce a picture of its inside, bone density information and percentages of fat and muscle. The detailed printout pages enabled me to see the differing proportions of fat and muscle in arms, legs and trunk, as well as a picture of my skeleton.

Muscle strength testing

Using a machine called the Biodex the strength and endurance of calf, thigh and hip muscles was measured. I was asked to perform two kicking exercises, with my feet attached to the device, kicking as

hard as possible and then after a rest, for as long as possible repeatedly at very short intervals.

Muscle electromyography

This test, also on the Blodex, was carried out as I sat with my ankle secured to a support that measured the force and/or speed of muscle contractions. Surface electrodes and wire electrodes inserted into the muscles measured the electrical activity of muscle groups in the lower leg as the calf muscle was contracted.

Other tests

Some other shorter tests were carried out.

1. Blood samples were taken, collecting 50ml of blood in six phials.
2. The time taken to run up a flight of steps as fast as possible, stepping on each step (two at a time not allowed) and after a short break running down as fast as possible, again stepping on each step (jumping down not allowed) was recorded. I found it more difficult to keep balanced when running down.
3. Starting from a sitting position in an upright chair and standing up and sitting down as many times as possible in 10 seconds was tested.
4. In the extremely well appointed university gym, our weight lifting abilities, not my strong point, including bench presses, were recorded.
5. A cognitive function test, taking about an hour, investigating functions such as memory, attention and



decision making, was carried out followed by a detailed question and answer session about my athletics activity from childhood onwards.

The muscle biopsy

When I arrived for the biopsy music was playing and I asked whether I could choose my own, Ella Fitzgerald again, (that was not possible) and said that if I could I thought that an appropriate number would be her version of Mack the Knife. The friendly surgeon took that very well. For this last test a spot of the thigh was numbed and a scalpel was used to create an opening for the biopsy needle, a sharp pencil-shaped tube, which penetrated 5cm into the thigh. I felt pressure but no pain. After the removal of the sample the wound was bandaged and I was instructed not to

attempt to run for two days and given paracetamol tablets to be taken when the expected pain would start after about four hours. I had to remain in Montreal for the next two days in case any serious after effects developed. There were none, although it was somewhat painful walking up and down stairs for a couple of days. Tanya has commented that preliminary results appear to show that the athletes' muscle samples 'look like lean filet mignon'.

THE PHOTOSHOOT

A Montreal Gazette journalist/photographer came to the university to interview and snap us on McGill's indoor track, not just a straight strip but a full 200m. job, and after returning home we received a copy of the article and photograph. Tanja rounded off the week by inviting us to her house for dinner on Saturday evening.

AFTERWORD

I was excited and looking forward very much to the visit to Montreal, but the week exceeded my expectations. The tests were very interesting, some were very hard work, but well worth the effort. For the whole week from when Sylvie picked us up at the airport right through to the excellent dinner and interesting conversation on Saturday evening all the staff including the students were so friendly and helpful. The hotel accommodation was first class and the staff there very pleasant. It was one of the most interesting and enjoyable weeks of my life.

Mrs Derrien's Diary:



by Carole Derrien, Jersey Spartan A.C.

It has been a very odd year – I missed the National Indoors, went to Finland and then came home to think just what else I needed to enter. OK – the National Outdoors, oh dear, yet another problem – how would we get there? It is easy for you mainlander's but we Islander's have to catch planes or boats – so the holding of a championship in Derby caused just too many headaches. The airline that had flown into the Midlands was going out of business and the one taking over just didn't seem to be giving any programme, and we, the paying public were left out on a limb, so it was a case of just crossing that competition off and looking for the next one.

In the mean time we were busy officiating for Jersey Spartan and then the local college who have a grudge match against the old enemy – Guernsey – every year. This is always a complete eye-opener as there is young talent on display, but sadly the

spectators all seem to have familiar faces – yes, they are the grandparents, and yes, they were my contemporaries in my school days. It is a very sobering sensation looking at these 'elderly' people, some with sticks, some twice the size they were, heaven knows what their opinion of me is but it certainly spurs me on to train harder – I might not be as nimble as once I was – but I promise, I am trying!

In July we trekked to the Copthall stadium for the Weight Pentathlon – sadly a lot of the areas had been cordoned off for on-going improvements and we really felt sorry for the organising committee. True to form the throwers made light of the situation,



and despite the heavy showers, managed to keep smiling to the end. It was my worst competition ever, but at least I was there. Cat and I beat a hasty retreat and called in to my family for a Sunday roast,

despite the convoluted journey on underground and overground – it was worth it, and made up for the disappointments of the day.

Right from the start, we were concerned about going to the three - centre Europeans. After all, there was some small thing going on in London – what was it now – oh yes, the Olympics! Lucky me, I had won a seat to see the Women's Hammer – bless Camilla, she held a lottery amongst the



“Why on earth did I pack my hammer in my hand luggage?”

throwers for her spare ticket, some you win.....! So at the beginning of August I was back on a plane, the weather was exceptional and I was very excited about the whole experience. It proved to be excellent, I had a great hostess who made sure I saw just about every square inch of the park before we took our seats, the

noise and the atmosphere was just something else as everyone who went can tell you. Unfortunately the officials made a major mistake measuring Betty Heidler's throw, here we were shouting for the German lady, whatever next!! The men's relay team did their usual trick and messed up the change, but, it was a day to remember.



was just in awe of the whole competition. When I eventually surfaced I was almost brain dead and wondering who on earth they would name as Sports Personality of the Year – well, would you like to choose? The up-side was that I have a new trainee who was so inspired by Jessica Ennis that she has

By this time I was getting corns on my posterior watching the games from my grandstand armchair, with only the briefest rest before the Paralympics – what a shame that the BBC were not able to continue with the coverage, but I managed to spot a couple of throwers I had met and

decided to come and give it a go – she even has a photo of JE on her phone.
So at last I am back training, I have had to spend a month in South America – just testing for you! I am going to San Sebastian so it is pull-the-finger-out time – again, and once Christmas is over, I will have to give some thought to which competitions I can get to.

Did I tell you about my last arrival at Gatwick – my case got stuck in the escalator and I made an entrance like a baby elephant spread eagle on the train station with two bags on top of me – I am still laughing about it, but my friends say I am not safe to be let out, so I shan't tell them what I am up to.....

“Alright- I am just doing a bit of extra weight training....”

