

The SOUTHERNER

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THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

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

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

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

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

SCVAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS



Arthur Kimber will NOT be organising this fixture this next year and we need a volunteer to take on the task. The track has already been booked for 28.05.16 at Ashford. Arthur will help a volunteer by providing advice and answering any queries. The work could also be shared between two or more people. He will be continuing with all his other work for SCVAC.

Please contact him if you may be able to help.

But, unfortunately, if nobody comes forward the fixture will be in danger of being cancelled.

All Pictures shown in this issue have been provided by:

Tom Phillips

www.tomphillipsphotos.co.uk

please visit his website for more pictures of these and other events

Club Trophies for 2015

ANNUAL PRESENTATION OF TROPHIES – 04.12.15

**Amazing pole vault performance by Sue Yeomans
Two trophies for Liz Sissons**

Words – Arthur Kimber Pictures – Tom Phillips

The evening this year at the Victory Services Club near Marble Arch had the best ever attendance by trophy winners. Eleven trophies were to be presented and nine athletes were able

to make the journey to London to receive them personally. The meeting had the added bonus



that Tom Phillips was a trophy winner and also available to take professional standard photos.

There are eight Tom Woods memorial trophies for best performances in the outdoor championships and age graded tables are used to decide on the winners.

W60 Helen Godsell took the women's sprint trophy for her 100m. in 14.65, 93.31%, while Tom Phillips scored 89.86% for his 13.10 100m. just edging out Bob Lewis, M50, who scored 88.53% for his 26.03 200m. Diana Norman, who had recently broken the W40 world pentathlon record by almost 300 points,

took the women's distance trophy for her 2:17.87 800m, and M60 Paul Gasson the men's trophy for his 2:29.7 800m, 84.99%. The jumps trophies were both high jump performances, by Emily McMahon, W65, for 1.15, 85.10%, and Gary Capon, M55, for his 1.57, 82.97%. M65 Tony Richards, took the men's throws trophy with a shot performance of 10.90, 69.39%, while W70 Liz Sissons, for her 8.83, 82.83%, in the same event, took two trophies, for best female thrower and the Norman Martin memorial trophy for the best over 70 performance by a man or woman in any event in the championships.

There are two trophies that are memorials to Jim Day, a very talented pole vaulter and past chairman of SCVAC. The first is awarded for the best pole vault performance over the whole year and W60 Sue Yeomans, with her European record of 2.91, scored an amazing 103.56%. The second celebrates the best performance at the SCVAC 10k. championship, the Ted Pepper Memorial race, and is to remember Jim's hard work at the race for many years. M70 Michael Conway's 48:46, 79.42%, won him the trophy.



EAMA INTER AREA CHALLENGE
SOLIHULL 17th July 2015

World record for Angela Copson

Words – Arthur Kimber Pictures - Tom Phillips

Eight area clubs competed and in an unprecedented finish SCVAC won the men's match, MMAC won the women's match and the combined match was tied with both clubs on 605 points. The outstanding performance of the day came from MMAC athlete Angela Copson, who clocked 5:54.59 to break the world W65 one mile record and become the first woman over 65 to get under six minutes.

SCVAC won the men's match with 315 points, beating MMAC into second place on 305. M35 Peter Davey got SCVAC off to a good start on the track, winning the 110m. hurdles in 16.79, Joshua Wood, also M35, scored a fine double, taking the 100m. in 11.24 and 200m. in 22.97, while M60 Dave Wilcock was a triple winner, 800m. in 2:21.72, one mile in 5:15.60, and 400m. in 60.75. M50 Chris Hobbs easily won the 2000m. walk with 9:48.04. SCVAC also won three of the 4x100m. relays, M35, 44.47, M60, 56.10 and M70, 59.85.

M50 Allan Leiper's sterling work in six events, including three second places, 100m. hurdles.17.61, discus, 39.04 and pole vault, 3.30 made him the highest points scorer in the men's and overall matches with 30 points, closely followed by Dave Wilcock on 29.

The women's match was won by MMAC, 300 points, beating SCVAC on 290 into second place. On the track the top sprint performance came from W60 Helen Godsell's two victories, 200m. in 30.54 and 400m. in 72.89, while W50 Alison Collins took the W50 400m. in 65.14. Julie Briggs won the W35 3000m. with 10:27.96 and the W60 team took the 4x100 relay in 64.61. SCVAC had more successes in the field, W60 Sue Yeomans vaulting 2.60 and W50 Teresa Eades' triple jump with 8.89. In the throws Sue Dassie took the W60 shot with 8.18 and Liz Sissons the W70 with 8.91, while W50 Julie Wilson won the discus, 27.50.

Again there was a close contest for top points scorer, again with a one point difference, Teresa Eades on 26 and Louise Oliver on 25. Teresa added to her triple jump a second place in the high jump, 1.30, a third place in the 80m. hurdles, 17.06 and fourth in the long jump, 4.04. W35 Louise Oliver scored one second place, high jump. 1.35 and three thirds, 80m. hurdles, 14.66, javelin, 25.96 and shot, 10.04.

TEAM RESULTS	MEN	WOMEN	TOTAL
SCVAC	315	290	605
MMAC	305	300	605
EVAC	282	271.5	553.5
WMAA	262	224.5	486.5
NVAC	221	204	425
VAC	199	114	313
SVHC	101	12	113
SWVAC	55	32	87

SCVAC LEAGUE FINAL – ASHFORD – 06.09.15

Words – Arthur Kimber Pictures – Tom Phillips

This year four clubs had both their men's and women's teams qualify for the final: Abingdon, Dartford Harriers, Epsom and Ewell and Herne Hill Harriers and the match, as usual, was very competitive. In the men's match Herne Hill pulled away rapidly in the final stages to win quite easily from Cambridge Harriers, last year's champions – 231 points to 207.

In the M35 races Herne Hill's Simon Coombes took both the 1500m. and 3000m. in 4:15.60 and 9:05.69 respectively, with Gary Ironmonger taking the M50 3000m. in 10:10.21. In the field M35 Stuart Thurgood won a throws double, shot, 11.76 and hammer, 48.81, while M50 Garry Power won the discus, 42.62.

Cambridge Harriers did well in the jumps: M35 Francois Potgieter with a triple victory in high jump, 1.65, long jump, 5.72 and triple jump, 12.00, while Tim Carter took the M60 long jump with 3.74. In the throws, M50 Tony Tipping scored a double win, in the shot, 11.76 and the hammer, 41.30, as did M60 Peter Hawney, winning shot with 9.46 and discus with 31.05. Southampton's Mark Collins claimed a sprint double in the M35 races, 100m, 11.63 and 200m. 23.49, as did M50 Steve Beak, 12.10 and 24.68. M50 John Tilt won the 400m. in a fast 55.66 and the 800m. in 2:12.62. Not surprisingly with their array of sprinting talent, Southampton won both relays, 4x100m, 48.38, and 4x400m, 3:46.62. Barnet and District's M60 Dave Wilcock scored quadruple victories, 100m, 13.87, 400m, 61.1, 800m, 2:25.38 and 3000m, 11:09.71, while Andy Neatham, also M60, took the 1500m, 4:39.40. Steve Allen won the 2000m. walk in 10:21.34.

M50 Gary Capon won three events for Dartford Harriers, high jump, 1.55, long jump, 4.97 and triple jump, 10.56, while team mate John Fenton won the M50 javelin, 42.03 and Craig Sharp won the M35 800m. with a fast 2:02.30. Abingdon won three events, M60 Duncan Talbot with a 1.40 high jump, Mark Spivey, M50, a 3.20 pole vault and M35 Jose Phillips a 42.82 javelin. Epsom and Ewell had two winners, M35 Dan Donovan with a 53.74 400m, and M50 John Andrews won the M35 pole vault with 3.70.

COMPLETE TEAM RESULTS

1. HERNE HILL HARRIERS	231
2. CAMBRIDGE HARRIERS	207
3. SOUTHAMPTON	198
4. ABINGDON	181
5. DARTFORD HARRIERS	176
6= EPSOM AND EWELL HARRIERS	130
6= BARNET AND DISTRICT	130

In the women's match Epsom and Ewell won by a larger margin, 245 to 197, from Dartford Harriers to record their seventh successive victory. The club had only two winners in the sprints, Angela Bates, 100m. in 13.72 in the W35 race and Diana Norman in the W35 400m, 60.75. Diana added the 800m. in 2:19.60, Vanda Caulfield won the W60 1500m. in 5:52.41 and W65 Jane Davies, in the W50 race, ran a 12:18.34 3000m. In the field the club were dominant, particularly thanks to sisters Julia Machin and Diana Norman. Julia won the W35 high jump with 1.40 and the shot with 9.97, while Diana took the javelin, 32.69 to add to her

two track victories. W70 Liz Sissons, competing in W60 events won the shot, 8.69, and discus, 18.40 and took the W50 hammer, 24.96.

Second placed Dartford Harriers won the 4x100m. relay, 56.24, and picked up valuable points in the field, with three double winners. Teresa Eades, W50, won the pole vault with 2.00 and long jump with 3.98, Anne Thacker, also W50, the shot, 9.00 and the discus, 21.08, and Christine Clements, W60, long jump, 3.60 and high jump, 1.15. Notable performances came from Stevenage and North Herts, with two triple wins, W50 Monica Brown, 100m, 14.47, 200m, 31.28 and triple jump, 8.92, and Joylyn Saunders-Mullins, W60, 100m, 14.68, a 74.86 400m, and throwing as a W50, javelin with 22.88. W50 Chris Feely won the 400m. in 72.58 and the 800m. in 2:50.70 and Charlotte Astill, W35, the 200m, 27.92. Abingdon won two events, Diane Moore the W35 3000m. in 10:30.22 and W65 Noel Blatchford the W50 2000m.walk in 12:32.58. Winchester's Lucy Elliott won the W35 1500m. in 4:45.27.

COMPLETE TEAM RESULTS

1. EPSOM AND EWELL HARRIERS	245
2. DARTFORD HARRIERS	197
3. WINCHESTER AND DISTRICT	188
4. HERNE HILL HARRIERS	178
5. STEVENAGE AND NORTH HERTS	172
6. BLACKHEATH AND BROMLEY	148
7. ABINGDON	138

SCVAC Cross Country Championships

December 13th 2015

Our annual cross country championship again took place within the Holly Run, organised by Reigate Priory A.C. As always, the atmosphere was festive, with Christmas songs over the public address system, several Santa hats, and mince pies and other nibbles. The latter were kindly provided by Ann Bath, who also supplied mulled wine, tea and coffee. How Ann managed to transport all the goodies, medals and folding table in several large bags is a mystery, as she arrived by train and walked from Reigate station to the park!

Ann has been our cross country secretary for around 10 years, and is taking a well-deserved rest: all the athletes applauded her for her service to the club. Andrew Noble has kindly offered to take on Ann's duties – welcome to the committee, Andrew.

Unlike several of our members who had also raced at the SEAA Masters XC the previous day, I skipped the "joy" of the steep muddy descent (3 times!) and instead cheered on our athletes.

The first SCVAC runner home was M50 Paul Clark, chased closely by M55 Colin Oxlade. New member Ann Bucket led the ladies home.

Here are all the SCVAC medallists from our Championship within the Holly Run.

Men: approx. 6 miles

M45: 1. Gavin Newton, Crawley, 42:37, 2. Andy Delnovo, Croydon Harriers, 46:20

M50: Paul Clark, Crawley, 40:52

M55: Colin Oxlade, Croydon Harriers, 40:57

M60: 1. Walter Hill, Crawley, 43:37, 2. Steve Connolly. Swindon, 46:51

M70: James Fitzmaurice, Sevenoaks, 58:39

Women: approx. 4 miles

W50: Ann Buckett, Crawley AC, 36:36

W65: Ann Bath, 26.2, 42:23

Dave Beattie



Left to Right: James Fitzmaurice, Ann Bath, Walter Hill (trainee Xmas elf), Dave Beattie (trainee Father Xmas), Ann Buckett, Gavin Newton, Tom Richards, Dave Delnovo, Steve Connolly, Paul Clark, Colin Oxslade

Barns Green Half Marathon

27th September 2015

The SCVAC half marathon championship was staged at Barns Green for the first time, and was very successful: a challenging and interesting rural course, superb organisation and a great atmosphere for the medal presentations. Below are the SCVAC results ranked by age graded percentage:

Name	Age Cat	Club	Time	Age Graded
Trevor Edgley	M65	Istead & Ifield Harriers	01:39:15	78.70
Katherine O'Hara	F40	Arena 80 AC	01:29:00	77.37
Judith Carder	F55	Brighton & Hove City AC	01:49:14	75.53
Tony Rea	M70	Dragons	01:48:18	75.29
John Taylor	M75	Hailsham Harriers	01:57:23	74.52
Tara Shanahan	F45	Arena 80 AC	01:25:08	74.18

David Kemp	M55	Arena 80 AC	01:34:52	74.11
Ann Bath	F65	26.2 RRC	02:06:46	73.87
Steve Smith	M55	Striders of Croydon	01:37:01	72.62
John Tolhurst	M60	Paddock Wood	01:43:46	71.02
Gavin Newton	M40	Crawley AC	01:30:47	70.01
Jack Chivers	M35	Haywards Heath Harriers	01:26:20	69.41
James Fitzmaurice	M70	Sevenoaks AC	02:01:05	68.59
Catherine Roberts	F40	Maidstone Harriers	01:43:07	67.59
Jeremy Carmichael	M60	Crawley AC	01:49:20	67.31
Peter Godbee	M60	Swanley & District AC	01:59:32	63.32
Graham Williams	M75	Ilford AC	02:21:15	60.88

Dave Beattie

Barns Green Half Marathon – A Personal Account by Dave Kemp

Barns Green was my first event entered with SVAC. My home club is Arena 80. I am 56 and have been running since I was 51 starting at Hove Park Run. I have since become very committed amidst the normal restrictions of life and run numerous races of all types from 5K upwards with 10 Marathons under my belt (best time being Warsaw 2014 in 3:21:59). I have been training fairly hard for the Munich Marathon next week-end (Oct 11th) and I have it in mind to get under 3:20 which is my Good For Age time. My thinking was that Barns Green would be a good test of my fitness. It was my Half Marathon PB Course from two years ago.

Barns Green is a fantastic event, very well organised, with a friendly family atmosphere and running through some beautiful countryside. I was not intending to run too hard as my goal was two weeks on, but being in a race always triggers my competitive edge and I settled into somewhere around my target Half Marathon pace. Being an 'undulating' course the pace was always going to fluctuate, so I was not sure how well I was doing against the clock, but by the end I was still feeling good in an almost exhausted sort of way and could still manage a sprint for the line. I narrowly beat Tara Shanahan, another Arena 80 / SCVAC runner, by a tiny margin but I have since apologised for being so impolite!

At this point it needs to be pointed out that I have never won any Athletics race in my life apart from a relay race when I was about 11 years old. It never even crossed my mind therefore that I might have achieved any kind of mention in the medals. I was more than happy with my silver from finishing 126th and getting a new PB of 1:34:52. I had been given a lift and my friends needed to leave promptly. I was astonished later on to get a text from a friend to say that I had won a medal for my age group in the SCVAC category for my age group - and a gold at that! I am sorry I wasn't there but Tara accepted it on my behalf, appropriately enough. Thank you very much and I am sorry I wasn't there myself. I hope to participate again soon, but I just need to get Munich out the way for now.

I wasn't there myself. I hope to participate again soon, but I just need to get Munich out the way for now.

Givaudan Ashford 10k October 11th 2015

Our club 10k championship was held within this race, and some excellent performances were recorded on a fairly challenging, undulating course. Conditions were nearly ideal, apart from a slight cool easterly breeze.

We had a really good turnout of 26 runners, of whom 25 finished. Unfortunately Lynn Champion was forced to retire with an injury. Husband Mark led home the Southern Veterans runners to take M45 gold. In the W45 race, Tina Oldershaw recorded our best age rated performance, and the second and third best age rated runs were achieved by M75 Dave Moorekite and M70 Michael Conway.

After missing the race myself for a couple of years, it was a pleasure to take part again, and I was able to observe several of our members during the race. I cannot report on the efforts of the faster runners, they were "home and hosed" long before I made it back to the Julie Rose stadium!

The event was well organised and well marshalled, and only a slight inaccuracy with the positions of the first 2 kilometre markers detracted from an otherwise faultless race. I propose we return next year for our 2016 championship.

Full SCVAC results are listed below. Well done all who competed.

Dave Beattie

First name	Surname	Cat.	Chip time	Age Rate %
Mark	Champion	M45	37.20	78.60
Dean	Angell	M50	37.59	81.05
Tina	Oldershaw	W45	38.18	87.26
Kevin	Williams	M55	39.05	80.10
Terence	Barnes	M50	41.02	74.41
Kim	Howes	W50	42.54	80.07
Caroline	Curtis	W45	43.12	76.67
Elise	Rendall	W35	43.36	70.44
Lucy	Pitcairn-Knowles	W50	44.06	77.89
David	Beattie	M65	44.13	80.53
Candy	Hawkins	W40	44.41	72.22
John	Tolhurst	M60	44.48	73.82
Victoria	Talbot Rosner	W55	45.16	78.86
Trevor	Edgley	M65	45.23	77.58
Michael	Conway	M70	46.40	82.24
Dave	Moorekite	M75	46.58	82.81
Peter	Watts	M60	47.05	72.39
Jeremy	Carmichael	M60	47.41	69.36
Margaret	Connolly	W55	49.53	73.05
Janice	Moorekite	W55	50.13	78.33
Peter	Godbee	M60	50.16	67.80
John	Taylor	M75	52.15	75.56
Ann	Bath	W65	53.34	76.36
Karen	Samuel	W50	54.35	64.76
Jeannette	Giles	W75	1.10.38	66.18

SCVAC Road Championships 2016

I have tried to avoid clashes with BMAF events, and have chosen Spring or Autumn races to avoid the hottest weather. Our championships were well supported by the older age groups in 2015 – let's encourage more of our younger members to join us in 2016.

Ted Pepper Memorial 10k, Norman Park, Bromley, May 2nd. Start 10am

This multi-terrain race starts and finishes on Norman Park athletics track, attracts good club competition, and has free parking, showers, and refreshments on sale.

Entry via the Blackheath and Bromley website: <http://www.bandbhac.org.uk/ted%20pepper.html>

To enter pay attached runner fee **plus £1** for SCVAC championship.

Streets Ahead Croydon Half Marathon, Sandilands, Croydon, April 10th Start 9.15am

Striders of Croydon host this race, organised this year by Nice Work. Please note parking is very limited, public transport links are excellent, and the race HQ at the Sandilands club house is only 10 minutes' walk from Sandilands tram stop (2 stops from East Croydon station). Changing, showers, refreshments and bar. An undulating two lap course starting and finishing close to Lloyd Park.

Entry form can be downloaded from Nice Work website: <http://www.nice-work.org.uk/events.php?id=206> . Please use the link "An entry form is available to download [here](#)", and ignore all the other online options (e.g. Runners World), which do not include fields for entering the SCVAC Championship.

Kent Coastal Marathon, Thanet, Kent September 4th, Start 9.30am.

We return to this popular event hosted by Thanet Roadrunners. It offers a coastal route and scenic views, with a lively Start / Finish area. Free parking, refreshments, changing, but no showers.

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

Entry to the SCVAC championship will be via BMAF OpenTrack system, details to be published later.

Givaudan Ashford 10k, October 9th Start 10am.

This highly rated race features totally closed roads through the town centre, an interesting undulating course, changing, showers, refreshments, free parking, chip timing, good organisation.

Race HQ: Julie Rose Stadium, TN24 9QX

Entry to the SCVAC championship will be via BMAF OpenTrack system, details to be published later.

Epsom 10, November 20th Start 9.30am.

After two years away, we return to this traditional club runners' race, which also hosts the Vets AC champs. The route is a single undulating loop on country roads around Epsom and Walton Downs. Changing, showers, free parking, refreshments.

Race HQ: Queen Elizabeth Grandstand, Epsom Downs Racecourse, KT18 5LQ.

Entry to SCVAC championship via Epsom and Ewell website – download entry form and pay attached runner fee **plus £2** to enter SCVAC championship.

Good Luck with your training and racing!

Dave Beattie

SCVAC London Marathon place 2016

Three members applied for the chance to enter the 2016 London Marathon – they had all supported our road championships this year, and their names went into a (Santa) hat together. The draw took place after the Holly Run at Reigate Priory, and Ann Bath, in her final duty as a committee member, drew out of the hat the name of **James Fitzmaurice**.

Congratulations to James, and commiserations to the other two applicants. *Dave Beattie*

FIXTURES SUMMARY 2016

SOUTHERN

2016

February 21 st	SCVAC Indoor Championships	Lee Valley
February 28 th	Indoor Inter Area Match	Lee Valley
April 10 th	SCVAC Half Marathon Championship	Sandilands, Croydon
April 24 th	London Marathon	
May 2 nd	Ted Pepper Memorial 10k, Norman Park	Bromley Kent
TBA	Jack Fitzgerald Memorial Races	Tilgate Park, Crawley, W. Sussex
June TBA	SCVAC Outdoor Championships	
July 17 th	Outdoor Inter Area Match	Solihull
September 4th	SCVAC Track & Field League Final	Ashford, Kent
September 4th	SCVAC Marathon Championship	Thanet, Kent
October 9th	SCVAC 10k Road Championships	Ashford, Kent
November 20th	SCVAC 10 Miles Road Championships	Epsom, Surrey
N.B. For any events which do not have full details, please check our website: scvac.org.uk		

NATIONAL

2016

Feb 14 th	BMAF Masters Indoor Pentathlon	Lee Valley
Feb 14 th	BMAF 10 Mile Championships	Lytchett Minster
Mar 13 th	BMAF Cross Country Championships	Bath University, Somerset
April 2 nd	BMAF 10 Kilometres Championships	Queen Elizabeth Olympic Park
June 19 th	BMAF 5 Kilometres Championships	Horwich,
June 19 th	BMAF Pentathlon Championships	Horspath, Oxford
June 26 th	BMAF Trail Running Championships	Gravesend
July 17 th	EAMA Inter Area Challenge	Solihull
Aug 14 th	BMAF Marathon Championships	Isle of Man
Sept 17 th -18 th	BMAF Track & Field Championships	Alexander Stadium, Birmingham
October 9 th	BMAF Half Marathon Championships	Woodhead Park, Glasgow

INTERNATIONAL

2016

Mar 29 th -Apr 3 rd	European Masters Indoor Championships	Ancona, Italy
May 20 th – 22nd	European Masters Non-Stadia Championships	Algarve, Portugal