

The SOUTHERNER

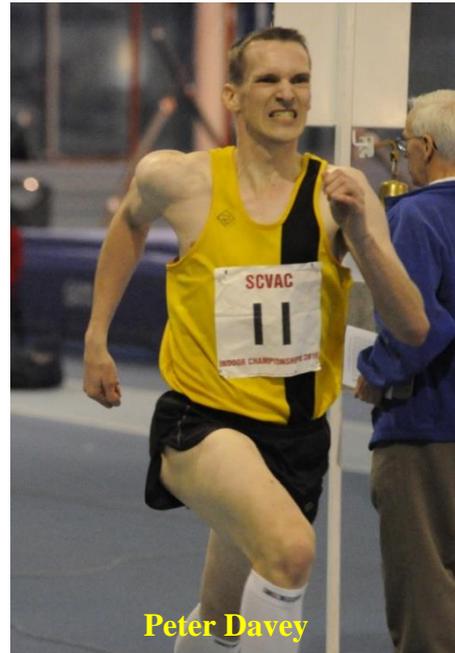
THE MAGAZINE OF
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

Issue no. 70

Spring 2015



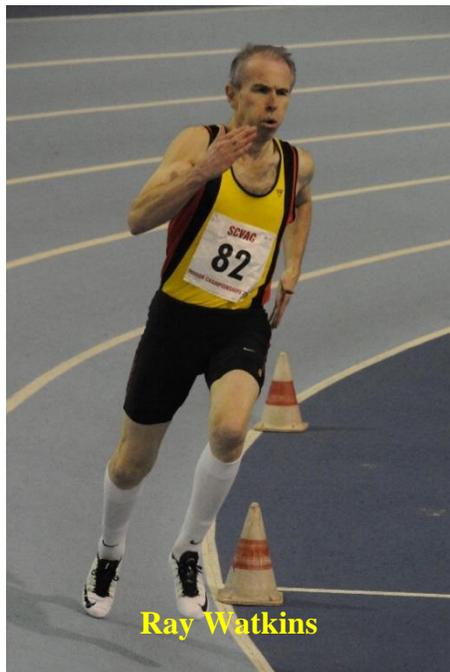
Francisco Reis



Peter Davey

SCVAC
Indoor
Championships

22nd February
2015



Ray Watkins



Diana Norman

Club Officers for 2015

Chairman:

Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD. Dartford Harriers 01634 389554:
arthur.kimber@gmail.com

Vice Chairman:

Tom Richards 59 Dinsmore Road, London, SW12 9PT 0208 673 0073:
thomasrichards@talktalk.net

Secretary & Minutes Secretary:

Terry Barnes 3 Peacock Walk, Bewbush, Crawley RH11 8DR Crawley AC 07807485893
terence.barnes@virgin.net

Treasurer:

Tom Richards as above.

Membership Secretary:

Lesley Richardson 1 Puttenham Close, South Oxhey, WD19 7BJ: 07958459123 richarl99@aol.com

New Members Secretary:

Vilma Thompson 18 Albury Road, Boyfield Street, London, SE1 0SB Belgrave Harriers 02079289577
villythompson18@gmail.com

Road Running Secretary:

David Beattie 64 Lumley Road, Horley, Surrey RH6 7JL Crawley AC 01293 412625:
beattieruns@blueyonder.co.uk

Race Walking Secretary:

Walter Hill, Tain Cottage, Ifield Rd, Charlwood, Surrey RH6 000 Crawley AC 01293 862327.
walterhelen@tiscali.co.uk

Cross Country Secretary:

Ann Bath 61 St Mary's Road, Long Ditton, Surbiton, Surrey, KT6 5HB 26.2 Road Runners 020 8398 2775:
madshus@btinternet.com

Newsletter Editor:

Jeremy Carmichael, 1 Tintern Road, Gossops Green, Crawley, West Sussex RH11 8NG Crawley AC 01293
547855 ultraslow@blueyonder.co.uk

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 jeanne.coker@hotmail.com

Club Webmaster:

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

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.

A MESSAGE FROM THE CHAIRMAN – INTER AREA CHALLENGE

A very big thank you to all the SCVAC athletes for your support and excellent performances in helping us to win all three trophies, the women's by 20 points, the men's by 51 points, giving us an overall lead of 71, a record breaking margin.

The outdoor match is at Solihull, West Midlands, on Sunday July 19th. Put it in your diaries so that we can keep up the good work there!

Thanks also to all the officials who ran the meeting so competently and smoothly.

I also outline the criteria for selection for these matches.

1. I consider athletes who have been in the team in the past, their performances, reliability and team commitment.
2. I check recent performances of those athletes and others on Power of 10.
3. I welcome athletes who have not been in the team before. Please send me your names, age group, preferred events and best recent performances. The dates of the fixtures are publicised several months in advance.
4. All athletes wishing to join the team must be up to date with their SCVAC subscriptions.

If you have any queries about selection please feel free to contact me at any time.

AN IMPORTANT NOTICE

TO ALL MEMBERS PAYING BY MEANS OF STANDING ORDERS

WILL ALL MEMBERS OF THE CLUB WHO ARE STILL PAYING THEIR SUBSCRIPTIONS OR 200 CLUB MEMBERSHIP BY MEANS OF STANDING ORDERS, PLEASE CONTACT THEIR BANK AND CANCEL THE PAYMENT.

ALL MEMBERSHIP FEES ARE TO BE PAID BY THE ONLINE SYSTEM WHICH IS BY CREDIT CARD VIA PAYPAL. ANY MEMBER WHO HAS A PROBLEM WITH THIS SHOULD CONTACT LESLEY RICHARDSON, WHO IS THE CLUBS MEMBERSHIP SECRETARY, ON 07958459123 OR richarlg99@aol.com

FOR 200 CLUB MEMBERS ALL PAYMENT MUST BE MADE BY MEANS OF A CHEQUE AND SENT TO ME. I WILL BE SENDING OUT PRINTED REMINDERS TO ALL OF THE 200 CLUB MEMBERS BEFORE THE NEXT SWEEP COMMENCES.

Thank you

**TOM RICHARDS CLUB TREASURER AND 200 CLUB SECRETARY
020 8673 0073 thomasrichards@talktalk.net**

200 CLUB

Recent Winners:

Prize	February	April
£30	Harriet Sergeant	Derek Turner
£20	Jean/Peter Browne	Ken Crooke
£10	Carol Dawkins	Dorothy McLennan

*If anyone is interested in buying a share in the 200 Club, please contact Tom Richards.
Shares cost £12 per year.*

2014 National Veteran Women's Track & Field Ranking book

This book is now available and shows nearly 8500 performances set by women aged from 35 to 90 years of age.

The book costs £4 (cheques payable to Mrs S Gandee please) together with an A5 self-addressed envelope and a large 2nd class stamp.

The book can be obtained from Mrs Sally Gandee at 4 Westfield Road, Hertford, Herts, SG14 3DJ.

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 2014



The best performance trophies for 2014 were presented after the AGM in December.

European pole vault record holder W60 Sue Yeomans stood out as the winner of two trophies, for best female jumper and best pole vaulter with her vault of 2.87.

Best sprinters, female, Helen Godsell, male, Ray Watkins.

Best distance runner, male, Chris Reed.

Best jumper, male, Neil Lincoln.

Best thrower, female, Liz Sissons, male, Neil Griffin.

Best over 70 athlete, Terry Bissett.

Best 10k. runner, Trevor Edgley.

**SCVAC INDOOR CHAMPIONSHIPS
LEE VALLEY – 22nd February 2015**

Two CBPs for John Batchelor

Words – Arthur Kimber Pictures – Tom Phillips

The total entry was slightly higher than last year and five CBPS were set, all in track events.

In the 60m. events Ciaron Harvey just pipped star hurdler Joe Appiah in the M40 race, 7.38 to 7.45, Michael Smith won the M45 in 7.84, Peter Ilo the M50 in 7.93, and Clem Leon the M55 in 8.64. Wally Franklyn and Ray Watkins battled for the M60 title, Wally just pipping Ray, 8.18 to 8.24, guest Glyn Sutton ran 8.26 to win the M65 race and Vic Novell won the M70 with 8.67. In the women's events Euphemia Scott took the W50 title in 8.89, Helen Godsell the W60 in 8.91, closely followed by Joan Trimble in 8.97. Moira West won the W65 race with a CBP of 9.50.



Euphemia Scott

Most of the 60m. winners took the 200m. races as well. Ciaran 24.26, Michael 25.09, Peter 26.35, Clem 28.75, Wally 27.19, Glyn 27.60 and Vic 29.46, a CBP. Glen Reddington won the M50 race with 26.37 and guest Alasdair Ross the M60 with a CBP of 25.98. In the women's races Euphemia won again with 29.85, Helen in 30.30 and Moira West took the W65 in 32.82. Peter Davey won the M40 400m, 56.75 and Ray Watkins the M60, 61.22, Alison Collins the W50, 67.40 with British record holder Moira West running 76.23 to win the W65.

Richard Bruce and Chris Symonds had a fast race in the M40 800m. with Richard winning in 2:07.42



Glen Reddington

just ahead of Chris, 2:07.48. In the M50 race Jon Tilt and Larry Mangleshot had another very close race until Jon pulled clear in the home straight to win in 2:12.42 with Larry clocking 2:14.01. Bruce Hendrie was the M65 victor, 2:39.19 and John Batchelor in the M70 with a CBP of 2:51.74. John followed that with a 5:50.16 win in the 1500m. M45 guest Ian Johnston stormed away to win the all age group 3000m. race by 25 seconds clocking 9:37.75, while John Batchelor completed his hat trick of victories with a second CBP in 12:12.45. Guest Ros Tabor took the W65 race just behind John in 12:18.67.

Joe Appiah predictably took the M40 60m. hurdles, 8.49, Glen Reddington the M50, 9.24, and Barry Ferguson the M70, 11.64, while the first three in the all age group 3000m. race walk all won their categories, Steve Allen, M55, 15:47.38, M60 Malcolm Martin, 15:54.61 just ahead of M65 guest David Hall, 15:55.68.

In the field M40 Neil Lincoln was the best male long jumper with 5.93 and Monique Krefting the best female with 4.32. Good winning high jump performances came from M50 Gary Capon, 1.60, M55 Clem Leon, 1.50 and M60 Duncan Talbot, 1.47.



Neil Lincoln

Neil claimed his second victory in the triple jump, 11.31 and Ben Radcliffe took the M45 title, 11.40. Mandy Rowley-Jones won the W50 competition with her first jump. 8.36, before suffering a serious injury in her second attempt. Best wishes, Mandy, for a speedy recovery. M70 guest John Howe vaulted well to win in 2.40 and Jackie Montgomery took the W50 title with 2.51.



Larry Mangleshot leading
Jon Tilt

The winning shot putters were in good form, Mark Wiseman, M45, 13.81, M50 Allan Leiper 12.29, M55 John Fenton 10.74, M65 Peter Hawney 9.98 and John Howe with his second M70 victory, 9.01. Multi talented Diana Norman won the W40, 10.90, Julie Wilson the W50, 9.75, Vilma Thompson the W60, 10.21, Barbara Terry the W65, 8.09, and Liz Sissons the W70 with 8.63.

EAMA INTER AREA CHALLENGE – LEE VALLEY- 01.03.15

Triple win for Southerners

Words – Arthur Kimber

Eight area clubs competed in the match and for the first time W70 events were included in the programme. Southern Counties dominated both men's and women's matches with a total of 547 points, with Eastern Veterans second on 485 and Midland Masters third on 444.



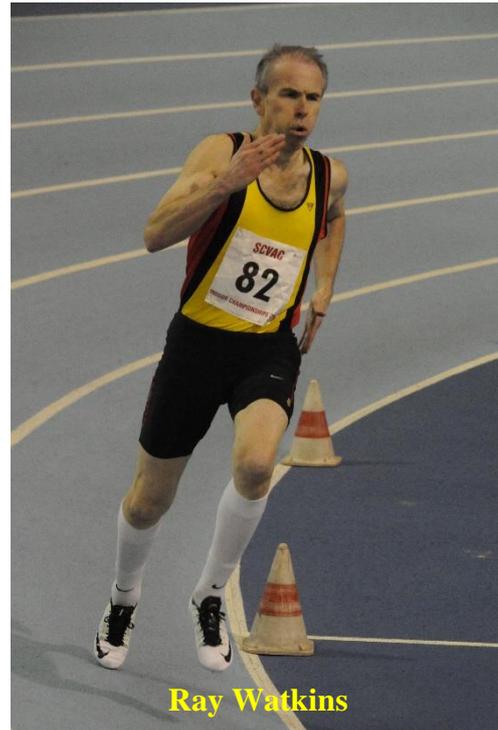
In the men's match Southern Counties won by a margin of 51 points, secured by a substantial number of wins in both track and field, with Eastern Veterans second and Midland Masters third. In the sprints M35 Josh Wood, M60 Wally Franklyn and M70 Vic Novell won the 60m. races, 7.09, 8.22 and 8.73, while Ray Watkins, M60, ran a fine double to take the 200m. in 26.77 and the 400m. in 59.38. M35 Adam Bellis won the 200m, 23.77 and M50 Bob Lewis the 400m, 58.27. Southern Counties won the 800m. races in all age groups, M35 Craig Sharp in 2:06.97, M50 Jon Tilt in 2:09.77, M60 Dave Wilcock in 2:21.84 and M70 John Batchelor in 2:45.13. Dave Wilcock also took the 1500m. in 4:45.11 and Craig Sharp the 3000m. in 9:44.94. To complete the track victories international star M50 Francisco Reis, dropping down to the 35-49 age group, won the 2k. walk by over two minutes, clocking 9:00.29 and Chris Hobbs won the M50 race in 9:40.68. Southern Counties also took the M60 and M70 4x200m. relays.

In the jumps Vic Novell added to his 60m. win by taking the long jump, 4.10, M35 Andy Lewis the M35 competition with 6.07, M35 Keith Newton won the triple jump, 11.58, and M50 John Andrews, dropping down to the 35-49 age category, pole vaulted 3.70 to win. Southern Counties took three of the four shot competitions, M35 Mark Wiseman, 13.73, M50 Allan Leiper, 12.72 and M60 Neil Griffin, 11.56.

For other clubs the best performances came from Midland Masters M50 Greg Dunson who won a fine track and field double in the 60m. hurdles, 9.13 and high jump, 1.70. And for fourth placed VAC M35 Alwyn Lombaard won the 60m. hurdles in 9.41, and the high jump, clearing 1.78.

Alwyn was the top points scorer in the match with 26.

In a more closely contested women's match Southern Veterans won by a smaller margin of 20 points, with Eastern Veterans second and Midland Masters third. W35 Diana Norman was the outstanding Southern Counties athlete, winning two events, 60m. hurdles in 9.50 and 800m. in 2:22.60, and adding a 1500m. second place and long jump third. In the sprints W60 Viv Bonner clocked 9.10 in the 60m. to claim a British record and Euphemia Scott took the W50 race, 8.81, while Joan Trimble won the W60 200m. in 31.03. International cross country star W50 Julie Briggs stepped down to the 35-49 age group to win the 3000m. in 10:16.29, and the club won the W60 relay. In the field European record holder W60 Sue Yeomans easily won the 50-59 age group pole vault with 2.80 and the club won three of the four shot competitions, Julie Wilson, M50, 9.67, Vilma Thompson, W60, 9.83 and Liz Sissons, W70, 8.81.



Eastern Veterans W50 Carole Filer stood out with three victories in the field, long jump, 4.63, high jump, 1.35, and triple jump 8.11, while for Midland Masters prolific record breaker Angela Copson won the W60 3000m. in 11:57.26, well clear of VAC's Ros Tabor in second place, but in the 800m. both Angela and Ros clocked 2:51.92 for a rare dead heat. VAC had the very fast 49 year old Sally Reed-Clayton, only a month short of her 50th birthday, winning the W35 400m. in 63.44. Diana Norman was the top points scorer with 29.

Team results:

Team	Men	Women	Total
SCVAC	305	242	547
EVAC	263	222	485
MMAC	232.5	211.5	440
VAC	222	158.5	380.5
WMAA	104.5	189	293.5
NVAC	133	8	141
NIMAA	61	43	104
SWVAC	72	0	73

Sidcup 10 Mile Road Race

Words – Dave Beattie

The 2015 edition of this traditional club race, organised by Kent AC, hosted our SCVAC and the BMAF Championships. This yielded a top quality Masters field, with BMAF athletes filling 9 of the top 10 places in the open race. A duplicated runner in the results caused some delays to the presentation, which Peter Kennedy skilfully resolved for us: thanks for your patience.

SCVAC runners recorded some good times, although the course is not flat.

These SCVAC gold medal performances merit special mention:

F45 Tina Oldershaw (Paddock Wood) 63.32, F40 Astrid McKeown (North Herts) 65.57, M45 Graham Godden (Brighton & Hove) 55.54, M50 Mark Halls (Brighton & Hove) 61.04, M55 Kevin Williams (Ashford) 62.39.

Here is the link to the full SCVAC results:

<http://www.scvac.org.uk/SCVAC%20Sidcup%2010%20Results%202015.pdf>

(Or go to SCVAC home page and navigate to Results)

Congratulations to all members who achieved good performances - a good turnout of 10 women and 20 men, including 7 in the M50 category.

Members' Feedback:

Peter Godbee:

I came 3rd over 60 so I was very pleased with my time! Have not run that well for a couple of years! The race it was not too dear to enter and is local for me so I picked it even though it is not the most scenic route to run!

The 6 mile marker was at 5.5 miles – runners have commented on this in previous years. Constructive suggestions: improve signs to race, toilets, and late entries, and provide a marshal for car parking (the car park became blocked at one point).

Terry Knightley:

Really Enjoyable and Great Race, however thought it might have been chip timed for this size of race and ease of getting results. One of the highest quality Veteran fields I have been in for years! Well organised, great marshalling and excellent facilities at the school.

Fantastic moment for me and I guess a lot of colleagues was seeing the two 'Over 80 Veterans' arguing over who had won the gold medal at the presentation! Priceless moment and goes to show what importance the medals and titles have and why we are all doing this!

(Ed's note: Dave assures me the medals were amicably sorted out in the end!)

Thanks to Peter and Terry for their feedback – your comments on our races are always welcomed, especially while the memory of the event is fresh.

Dave Beattie

Remaining SCVAC Road Race Championships 2015

Ted Pepper Memorial 10k Multi Terrain Championship Monday, May 4th – 10 am.

This enjoyable race uses good paths and tracks, starting and finishing on Norman Park athletics track. It offers a different race experience. Changing, showers, refreshments, free parking, friendly atmosphere, please collect age numbers from me at Race HQ on the day. SCVAC medals will be presented by our Chairman, Arthur Kimber

Also, Arthur will have some SCVAC polo shirts on sale – they are great value at £15, and help to recognise SCVAC members at races and also to recruit new members.

Entry via the Blackheath and Bromley website: download the entry form from the link below and fill in your club membership number. **Remember subs must be paid up for 2015.**

<http://www.bandbhac.org.uk/ted%20pepper.html> *Please enter by April 25th - Thanks.*

Burnham Beeches Half Marathon August 23rd – 10am.

Changing, showers, refreshments, scenic traffic free course, chip timing – a couple of hills to negotiate. I have asked them to host our club championship again and await their confirmation. Collect age numbers from me at Race HQ on the day.

Entry: On-line Entries are now open at <http://bbhm.burnhamjoggers.org.uk/entries.html>

Entry Fee: £18 Affiliated Runners – *please email me to advise me of your SCVAC entry.*

Thanet Coastal Marathon September 6th – 9.30am.

Thanet Road Runners organise a good race. Changing (but not showers), refreshments, scenic and mostly traffic free course, good atmosphere. Collect age numbers from me at Race HQ on the day.

Entry : Via the BMAF On-line Entry form. Type bmaf.org.uk into your browser, and the BMAF Home page will appear. Select **Member Login**, enter your user name and password, select **Competition Entry** from the Main Menu, and navigate to the race you wish to enter. Select by clicking the radio button, accept terms and conditions, and click **Choose Competition.** *This is the only way to enter the SCVAC Championship.*

Givaudan Ashford 10k Sunday October 11th – 10am.

Traffic free course, starting and finishing on the track in the Julie Rose stadium. Changing, showers, refreshments, chip timing. Collect age numbers from me at Race HQ on the day.

Entry : Via the BMAF On-line Entry form. Type bmaf.org.uk into your browser, and the BMAF Home page will appear. Select **Member Login**, enter your user name and password, select **Competition Entry** from the Main Menu, and navigate to the race you wish to enter. Select by clicking the radio button, accept terms and conditions, and click **Choose Competition.** *This is the only way to enter the SCVAC Championship.*

Dave Beattie

Road Running Secretary : beattieruns@blueyonder.co.uk

FIXTURES SUMMARY 2015

SOUTHERN

2015

June 13 th	Jack Fitzgerald Memorial Races	Tilgate Park, Crawley, W. Sussex
August 23 rd	SCVAC Half Marathon Championship	Burnham Beeches, Berkshire
September 6 th	SCVAC Track & Field League Final	Ashford, Kent
September 6 th	SCVAC Marathon Championship	Thanet, Kent
October 11 th	SCVAC 10k Road Championships	Ashford, Kent
Tbc	SCVAC 10 Miles Road Championships	tbc

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

NATIONAL

2015

June 21 st	BMAF 5 Kilometres	Horwich,
June 21 st	BMAF Pentathlon Championships	Horspath, Oxford
July 5 th	BMAF Multi-Terrain Championships	Bewl Water, East Sussex
July 19 th	BMAF Inter Area Challenge	Solihull
July 25 th -26 th	BMAF Track & Field Championships	Birmingham,
July tbc	BMAF Multi Terrain	
September tbc	BMAF Marathon Championships	
October tbc	BMAF Half Marathon Championship	

INTERNATIONAL

2015

August 4 th -16 th	World Masters Track & Field Championships	Lyon, France
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2016

Oct 26 th -Nov 6 th	World Masters Track & Field Championships	Perth, Australia
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