

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

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**SCVAC member, Julian Rendall, Winner BMAF Trail
Championships 25th June 2017.**

Held in conjunction with the North Downs Run

NEWS

- The dates for the SCVAC indoor track and field championships for next year have been determined. They will take place at Lee Valley on Sunday the 18th of February 2018.
- Similarly, the EAMA Indoor Inter-area Challenge will also be held at Lee Valley next year but on Sunday the 4th March 2018.
- The European Masters indoor track and field championships will be held in Madrid next year probably in March but final details outstanding.
- Mark Champion, our Road Running Secretary (pictured right) has also taken responsibility for club records. He takes over from Jeanne Coker who has resigned the post and the club wishes to thank Jeanne for all her work in the post.
- This edition of the Southerner has been sent out in hard copy only to those who have subscribed for it. Otherwise it is available for all to view and download on the club website. If anyone wishes to take up a subscription for a hard copy please email me with your address details at tonyrea@tinyonline.co.uk and I will arrange for you to be added to the subscriber list



CHAIRMAN'S NOTES.

- The Spring edition of the Southerner contained a report written by Arthur Kimber on the 2017 SCVAC indoor Championships held in February. Unfortunately all mention of the women's performances were omitted and this error was not picked up by Arthur or indeed the editor during the review process. Both Arthur and myself the editor apologise most profoundly for this error.
- The 2017 SCVAC outdoor Track and Field Championships are, once again, being held in conjunction with the VAC championships on the 27th August at Kingston. This is because nobody has come forward and volunteered to organise our own club event. If this continues then Arthur feels that as a consequence the club will lose part of its own individual identity. Hence, once again, he is seeking someone to take on this task. He will help, advise and give any necessary assistance so please can someone come forward and volunteer for this important club event.



Ted Pepper Memorial.

SCVAC Multi-Terrain Championships. Bromley 1st May 2017.

Words Jeremy Carmichael.

RESULTS

Position	Bib-No.	Finish Time	Chip Time	Name	Gender	Category	Club or Team	Rank
1	360	00:41:24	00:41:23	BOB FURSEY	M	M50	Medway & Maidstone AC	1
2	282	00:42:47	00:42:46	ALAN NEWMAN	M	M60	Paddock Wood AC	2
3	68	00:44:14	00:44:13	DAVID BEATTIE	M	M65	Crawley AC	3
4	64	00:45:04	00:45:02	TERENCE BARNES	M	M50	Crawley AC	4
5	145	00:45:19	00:45:16	TREVOR EDGLEY	M	M65	Istead & Ifield Harriers	5
6	259	00:46:38	00:46:34	IAN MCCARTHY	M	M60	Cambridge Harriers	6
7	389	00:48:34	00:48:26	JOHN WILKINS	M	M65	Istead & Ifield Harriers	7
8	313	00:49:16	00:49:13	TONY REA	M	M70	Dragons Running Club (Leeds)	8
9	213	00:50:54	00:50:51	SUE JAMES	F	W65	Paddock Wood AC	9
10	103	00:52:46	00:52:33	JEREMY CARMICHAEL	M	M60	Crawley AC	10
11	62	00:56:02	00:55:59	JAMES FITZMAURICE	M	M75	Sevenoaks AC	11



SUE JAMES, W65 CATGORY WINNER : PADDOCK WOOD AC



This annual race is always well organised by Blackheath & Bromley AC and held in Norman Park.

The race starts on the track and after a short distance of tarmac soon transfers to grass and paths with plenty of twists and turns to stop you getting into too much of a rhythm.

Although a fairly sparse gathering from SCVAC and mainly men from the more senior age groups, the performance

of the day must go to Sue James (pictured previous page) who achieved an age graded rate of 83.19%. Of the men, Dave Beattie (pictured above) was the best result with a time of 44m 13s, age graded 80.89%. He was followed closely by Trevor Edgley in a time of 45m 16s, age graded 79.01%. James Fitzmaurice (pictured below) won the M75 category with a very impressive time of 55m 59s



EAMA INTER AREA CHALLENGE – SOLIHULL – 02.07.17**Words – Arthur Kimber**

The match was held in warm and sunny conditions, and, as usual, there were high quality performances, a friendly atmosphere and very competitive events. Midland Masters easily won all three trophies, men's, women's and overall.

In the men's match Southern Counties scored quite well in the sprints, Vic Novell winning the M70 100m in 14.3, M50 Mark Woods the 200m. in 26.0, M60 Chris Padmore the 200m. in 27.4 and in the 400m. David Blackman the M50 race, 55.9. Good points for second places were scored by M35 Peter Davey in the 110m. hurdles in 16.5, M35 Adam Bellis in both 200m. and 400m, 23.3 and 51.0, and in the older age groups with M60 Simon Barrett's 61.7 400m, M70 men Ron Davies, 32.2 200m and Terry Bissett, 400m. in 71.3.

In the middle distances David Blackman added another victory in the 800m, 2:12.8, and race walkers Francisco Reis, M35 and Malcolm Martin, M60, won in 9:15.2 and 11:01.9 in the 2000m. event. The club won two 4x100m. relays, M35, 44.8 and M60, 52.7.

In the jumps M35 Ian Parkinson won with 4.00 in the pole vault and M60 Trevor Wade the long jump, 4.63. In the long jumps valuable second place points were scored by M35 Andy Lewis, 5.91, M50 Gary Capon, 4.98 and M70 Vic Novell, 3.90, to add to his 100m. victory. Other second places came from Alan Leiper in the M50 pole vault, 3.20, and newcomer Darren Dods, M35, and Trevor Wade in the high jump, 1.75 and 1.30. Four throwers triumphed, Richard Nash, M35 javelin with 39.38, Trevor Ratcliffe the M50 event, 50.84, and Andy Lewis the M35 shot, 11.15 and John Fenton the M60m. event, 11.40.

In the women's match Southern Counties had nine wins, four from W35 Diana Norman, 80m.hurdles, 12.5, 800m, 2:19.6, high jump, 1.60 and triple jump, 10.87.

Dutch international star, W35 Monique Kresting, now competing for Great Britain, clocked a fast 59.1 for 400m. with Helen Godsell taking the W60 event in 70.9. The club won the W60 4x100m. relay, with Helen running a storming last leg. Kirstin King won the W50 100m. in 14.1, W50 Mary Brown ran a 71.4 400m. for a second place and W35 Sarah Davies a brave 1500m. for another second place in 5:02.0, carrying an injury in the last lap.

In the field European record holder Sue Yeomans won the W50 pole vault with 2.60 and W70 Liz Sissons the shot, 7.65. Diana Norman added to her points from her four victories with second places in the long jump, 5.21 and shot, 10.81, while W50 100m. victor Kirstin King stepped in at short notice to throw in shot and javelin for two further second places, 9.09 and 22.12.

Notable performances from other clubs were Midlands Masters Dean Storry's, M35, 2.01 high jump and multi world record holder W70 Angela Copson's 2:55.7 800m. Eastern Masters Carole Filer, W60, international star and British masters

female athlete of the year in 2016, won the high jump with 1.39 and long jump with 4.51.

The top points scorers for Southern Counties were Diana Norman (pictured below at Lee Valley Feb 2017), 46 points for the women and Gary Capon 18.5 points for the men, just ahead of Adam Bellis on 18.

Team scores

	Men	Women	Overall
MMAC	347	299	646
WMAA	267.5	252	519.5
SCVAC	287.5	196	483.5
NMAC	177	190	367
EMAC	123	189	312
VAC	184	73	257
SWVAC	88	59	147
NEMAA	88	30	118



BMAF TRIAL CHAMPIONSHIPS. 25TH JUNE 2017.

Words and photos Tony Rea

These were held in conjunction with the popular North Downs Run starting from the Cascades Centre in Gravesend Kent. As would be expected given the location, the majority, and indeed most category winners, were SCVAC members including the first three M35 runners Julian Rendall, Mark Wilkins and Chris Biddle, first second and third respectively.

The organisers, Istead and Ifield Harriers, call the 30km course "challenging"! Some would have harsher words for it but this year the weather conditions both before and during the race meant

that the course was at its most benign. It is run over the North Downs through some of the most beautiful but also some of the most demanding running countryside in Britain.

One of the most competitive duals amongst the men SCVAC members was that between M65 winner Trevor Edgley and M70 winner Geoff Newton, (below right), Trevor narrowly edging it in 02:43:55 against Geoff's 02:44:24. For the women, the remarkable Tina Oldershaw (below left) won the W50 category, was the first SCVAC woman home and in addition was the fourth lady in the race overall.





Janice Moorekite (pictured left) from Larkfield Athletics Club won the W60 category while Heather Fitzmaurice (pictured below) from Sevenoaks AC won the W45 race.

With one or two exceptions, the race organiser's thoughtfully distinguished the BMAF runners from the rest of the competitors by giving them the first forty race numbers making identification easier for spectators.

This is the second year in a row that the race has been selected by the BMAF for its Championships

It no surprise the Runners World has described the race as "one of the most iconic trail races in in the UK and Europe" and that it has received a BARR Gold Grading for race organisation.

The full results of the BMAF race can be found at <http://bmaf.org.uk/results/res2017/BMAF30ktrail2017%20results.pdf>



SCVAC Half Marathon at the Caterham Half – 23 July 2017

Words and photo Mark Champion

A new course was picked for the SCVAC Half Marathon Champs this year, the Caterham Rotary Half Marathon, the start is at the Redhill Aerodrome and the course is 2 rather undulating laps on quiet country roads. But the hills didn't stop some good performances and comments on the race afterwards were very favourable.

On the men's side Paul Mitchinson was first home in 1:19:29 but there were also some good performance further down the list with both David Gill & Trevor Edgley posting age grading scores of 79%.

On the ladies side Sarah Gruber not only won her age category she also came 2nd overall and took home a cash prize to boot.

It was an enjoyable day, and chatting afterwards it was discovered that Sarah Gruber, Rose Baker & Trevor Edgley are all training for the upcoming Chester Marathon with Sarah & Rose both running for England in the Home Countries Competition and all three of them also targeting the BMAF Marathon Champs which is also incorporated. Looking at their times it seems their training is going well and we wish them luck.

Athlete	Cat	Place	Time	Age Grade
Paul Mitchinson	V35	Gold	01:19:29	74.33%
David Gill	V50	Gold	01:28:39	79.71%
Walter Hill	V60	Gold	01:37:09	76.34%
Jeremy Carmicheal	V60	Silver	01:53:16	64.83%
Trevor Edgley	V65	Gold	01:38:41	79.06%
James FitzMaurice	V75	Gold	02:14:48	62.51%
Sarah Gruber	VF40	Gold	01:26:31	76.68%
Rose Baker	VF50	Gold	01:40:46	76.31%



Some Medal Winners
from left to right.

Jeremy Carmichael

Trevor Edgley

Walter Hill

Rose Baker

Sarah Gruber

HAVE BRITONS REALLY GOT A LOVE AFFAIR WITH ATHLETICS?

Judging by the demand for tickets and the consequent attendances at the athletics events at the London Olympics in 2012 and the Commonwealth Games in Glasgow, it would appear that Britons love their athletics and are prepared to pay a premium to follow that passion. The trend appears to be continuing with the current World Athletic Championships being held again in London.

These are however premium events with elite athletes competing and the so called “lesser meetings” do not reflect this passion. Jason Henderson, editor of Athletics Weekly suggested in the July 20th edition that athletics seems at times to be more of a participation sport than a spectator sport. Most of those attending the recent British League “big Saturday” in Bedford or the English Schools in Birmingham he suggests, were simply the athletes competing. It is of course not unusual for premium events to draw the biggest crowds.

It is not just sporting events such as football’s Champion League matches or motor sport’s British Grand Prix but music festivals and film premiers with the biggest stars also draw huge audiences. Athletic audiences however may be different in that they may attend for reasons other than for the athletics. Such audiences are sometimes described somewhat patronisingly as “knowledgeable” in the press. This was a description of the relatively large number of spectators at the recent World Para Championships, however the repeated Mexican waves that drowned out the action, particularly some of the field events, would rather contradict this. Similarly at the London Olympic athletic events, relatively low key performances by British athletes were greeted hysterically by most spectators. Indeed there were occasion at the London Olympics where the ubiquitous Mexican wave was orchestrated by the stadium announcers. Such reactions would suggest that many spectators were simply there either to see the elite, show their unbridled nationalism or just for the occasion, hardly Britons with a passion for athletics.

Once in 90s, I ran in a relay event in London. Teams of four represented not only athletic clubs but also corporations, other sports clubs and in particular there was one team of “legends”. Bruce Tulloh was one of the legends and I felt

honoured to not only meet the man but also compete against him. I caught him afterwards, naked following his shower, and got his autograph on the back of my running number. I rather excitedly, and not a little naively, showed it to my team mem-



bers, all keen runners. Their reaction? “Who? never heard of him”!

Although this is a rather isolated anecdote it does I believe, illustrate that Britons may be not be so in love with athletics as the audiences for the big events may suggest.

Tony Rea

FIFTEEN OCTOGENARIANS FORM RUNNING GROUP.

Although it is no longer a surprise or even worth noting within the athletic community when 80 year olds take part in the sport's events, the formation of "Octogenarians United" has to be an exception. The following is a report from SCVAC's Richard Pitcairn-Knowles on the formation of the group and its first outing.

"1956 and 1960 Olympic steeplechaser, Eric Shirley, now aged 88, was one of fifteen runners, all aged over 80, who went to Bushy Park Parkrun to celebrate their youthfulness on Saturday 1st July.

The event was the creation of George Frogley, who put the idea to Richard Pitcairn-Knowles, and they decided that the inaugural 80+ get together should be at Bushy Park, the birthplace of Parkrun in 2004. Paul Sinton-Hewitt, the founder and father of Parkrun, was there to see the fun. And fun it was! Celebrations continued for a good while after the event. Cup-cakes and sparkling wine went down well and all agreed that they look forward to another similar event in the not too distant future. In perfect dry warm and windless, weather the fifteen octogenarians mixed it with 1081 younger runners over the flat, one lap, five kilometre course, and the age graded 80-84 and 85-90 scores ranked high, the best, at 82%, going to Eric Shirley who finished 7th of the over 80s in 33:14.

First of the over eighties was Tom Everitt in 28:29, just seven seconds short of the course M80 best time and with an age graded score of 77.7%. John Butcher in 859th place overall and 6th octogenarian, set a new M85 course age best time of 32:17 with an age graded 75.3%, taking 42 seconds off Eric Shirley's record set in January 2015. The only W80+ finisher was Bushy regular eighty-five years young Madge Bradwell in 46:13 with 66.3%.

The other 80+ results are: 2 Joe Cleverly 30:47 76.3%; 3 Ron Denney 30:53 69.8%; 4 Alan Anderson 31:00 71.5%; 5 Richard Pitcairn-Knowles 31:24 74.8%; 8 Maurice Francis 33:18 63.1%; 9 Albert Yee 36:13 67%; 10 Wally Garrod 37:12 56.4%; 11 David Jordan 43:20 51%; 12 Francis Lee 43:51 54%; 14 George Frogley 49:36 44.7%; 15 John Hanscomb 51:17 42% "



Club Officers for 2017

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

Southerner contributions welcome, please send to Tony Rea- details above

FIXTURES SUMMARY

SOUTHERN

2017

27th August	Track & Field Championships. (In conjunction with VAC)	Kingston.
3rd September	SCVAC Track & Field League Final	Ashford
8th October	Chester Marathon (in conjunction with BMAF)	Chester
3rd December	Thanet 10 Miles	Thanet.

2018

18th February	SCVAC Indoor Athletic Championships	Lee Valley
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NATIONAL

2017

2nd-3rd Sept.	BMAF Decathlon, Heptathlon, Throws Pentathlon, 10,000 m, 10,000 m Track Walk and outdoor classics	Sheffield
3rd September	BMAF Half Marathon Championships	Northampton
8th October	BMAF Marathon Championships	Chester
28th October	BMAF Cross Country Relays	Long Eaton
25th Nov.	English Masters Cross Country Inter-Area Challenge	TBA

2018

4th March	EAMA Indoor Track and Field Inter-area Challenge	Lee Valley
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INTERNATIONAL

2017

27th July- 6th August	European Masters Track & Field Championships	Aarhus, Denmark
10th Sept.	European Masters Marathon	Wroclaw, Poland
18th November	British & Irish Masters Cross Country International	Derry

2018

March	European Indoor Track and Field Championships	Madrid.
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