

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

Issue No. 80

Summer 2018



Tom Phillips, Blackheath & Bromley H AC , M60 gold medal winner
100m and 200m , SCVAC Outdoor Tack & Field Championships, 26th
May 2018, Julie Rose Stadium Ashford. Full report page 6.

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NEWS

- Jeremy Carmichael has resigned from the position of cross country secretary to concentrate on his new role as membership secretary. Michael Jefferies (pictured below) subsequently volunteered for the role and has consequently become our new cross country secretary.



Mick, an MV70 athlete, is primarily a road runner competing back to the 1970s and beyond.

An enthusiastic Park Runner and volunteer, Mick is the founder of the Kent branch of the Dragons Running Club which he organises and acts as secretary.

He also writes race reports and news for the Kent Messenger.

We wish Mick good luck in his new post.

- The SCVAC outdoor T&F championships held at Ashford was poorly supported with under 100 competitors which resulted in many events being uncompetitive. This contrasted with the indoor championships which saw entries of over 200.
- Our Chairman, Arthur Kimber has been trying for some time to transfer the organisation of these championships to another volunteer without success. He has now decided that he can no longer run them regardless of finding a successor.
- This puts the future of the championships at risk since combining them with the Vets AC championships was no longer possible due to the overload of the joint completion.
- Arthur has however said that his decision to cease organising the outdoor championships did not extend to the indoor championships which he intended to continue.
- The European Master's Non-stadia Championships which were held in May resulted Britain coming in 4th place overall.
Dave Beattie was outstanding; 9th in the MV70 10k, gold in MV70 10k team and gold in MV70 cross-country team event. Arthur Kimber won a silver medal in the MV75 cross-country having "down aged" from V80.
- In the EAMA outdoor T&F outdoor inter-area challenge, SCVAC came 2nd in both the men's and women's events and 2nd overall. Midlands Masters were the overall winners.
Outstanding SCVAC performances included:

Sue Yeomens, FV50, 2.40m in Pole Vault
Mensah Elliott, MV35, 14.59s (CBP) in 110m Hurdles.
Andy Lewes, MV50, 14.80s in 100m Hurdles and
SCVAC MV70 4x100 relay, 58.48s in a new CBP

Arthur Kimber's report can be found on page 11.

SCVAC Multi-terrain Championships. Ted Pepper 7th May 2018

Results Jeremy Carmichael, photos Tony Rea



James Fitzmaurice, M75 Gold



Alan Newman, M60 Gold



**Barbara Ockendon W65
Gold**

Age Group	Athlete	Club	Chip Time	Age Graded %	Age Graded
M35	Jack Chivers	Haywards HH	00:44:20	60.83	00:43:55
M55	Peter Wirtzfeld	Run Academy	00:47:46	65.67	00:40:41
M60	Alan Newman	TonbridgeAC	00:45:08	72.67	00:36:46
M60	Walter Hill	Crawley AC	00:45:25	72.22	00:37:00
M60	Ian McCarthy	Cambridge H	00:49:37	66.11	00:40:25
M60	Jeremy Carmichael	Crawley AC	00:52:55	61.98	00:43:06
M70	Trevor Edgley	Ifield & Istead	00:47:07	76.72	00:34:49
M70	Mick Jeffries	Dragons RC	00:54:16	66.62	00:40:06
M70	Alan Davidson	Liss Runners	01:03:50	60.73	00:44:00
M75	James Fitzmaurice	Sevenoaks AC	01:01:13	63.33	00:42:11
W45	Heather Fitzmaurice	Sevenoaks AC	00:46:18	70.09	00:43:17
W45	Sally Carr	Cambridge H	00:51:26	63.09	00:48:05
W50	Rose Baker	Cambridge H	00:46:53	73.09	00:41:30
W50	Susan Dixon	Cambridge H	00:47:37	71.96	00:42:09
W65	Barbara Ockendon	Ifield & Istead	00:55:47	74.75	00:40:35

SCVAC 10k Road Championship 10th June 2018

Report David Beattie, Photos Mick Jefferies

This year our 10k road championship was held within the Staplehurst 10k. The race organisers did an efficient job, and there was a friendly village feel to the event. We had one of our healthiest SCVAC entries in recent times, with 23 finishers including some newly enrolled members. The results team from Nice Work were prompt with our SCVAC results, and most winners stayed for the medal presentations. Mick Jefferies recorded these with a camera borrowed from Tony Rea, who was unfortunately unwell and could not attend.

Some excellent performances saw 7 SCVAC members also winning their age category in the open race. I took the opportunity of running the course, setting off 3 minutes behind the field, and found it gently undulating, with one slightly more

testing climb after 6k, all on pleasant country lanes. Clear signs and friendly marshalling, plus more than adequate water stations, ensured a good experience for all. The absence of changing facilities was not a problem given the pleasant weather. With total entries capped at 400, this is an ideal race for our club championship.

Apart from a few gaps in our age groups (no F40, M40, M45, or M65 runners), the turnout provided good med-



al competitions: the closest contest was for M70 bronze. Barry Bell (Pictured above right being presented with his medal by Trevor Edgley "supervised" by David Beattie) prevailed over Mick Jefferies by 2 seconds on

gun time, though Mick's chip time was 5 seconds faster than Barry – stand nearer the front next year Mick! I'm delighted to report that Mick dipped under 50 minutes for the first time, so the PB made up for the missing bronze medal.



Susan Dixon, (pictured left)
Cambridge Harriers,
F50 Gold

RESULTS

Pos	Gun Time	Chip Time	First Name	Surname	Club	Cat	Medal
9	00:37:06	00:37:06	Graeme	Saker	Tonbridge AC	M55	Gold
17	00:38:16	00:38:15	Martin	Kelk	Invicta East Kent AC	M50	Gold
47	00:41:53	00:41:49	Bob	Fursey	Medway & Maidstone AC	M55	Silver
51	00:42:21	00:42:19	Nicola	Sansom	Aldershot Farnham & District	F45	Gold
57	00:42:52	00:42:49	Stephen	Suttle	Thanet Roadrunners AC	M60	Gold
60	00:43:06	00:43:02	David	Sancto	Istead & Ifield Harriers	M50	Silver
63	00:43:37	00:43:35	David	Winch	Thanet Roadrunners AC	M70	Gold
75	00:44:24	00:44:21	Susan	Dixon	Cambridge Harriers	F50	Gold
88	00:45:30	00:45:24	Martin	Hawkins	Cambridge Harriers	M55	Bronze
89	00:45:37	00:45:29	Kim	Howes	Swale Combined AC	F50	Silver
93	00:46:33	00:46:28	Trevor	Edgley	Istead & Ifield Harriers	M70	Silver
102	00:47:26	00:47:21	Vicky	Talbot-Rosner	Invicta East Kent AC	F55	Gold
108	00:48:16	00:48:10	Ian	McCarthy	Cambridge Harriers	M60	Silver
130	00:49:56	00:49:51	Marian	Povey	Dartford Road Runners	F60	Gold
131	00:49:56	00:49:51	Terry	Povey	Dartford Road Runners	M60	Bronze
134	00:49:56	00:49:46	Barry	Bell	Istead & Ifield Harriers	M70	Bronze
136	00:49:58	00:49:41	Mick	Jefferies	Dragons Running Club (Leeds)	M70	PB
150	00:50:37	00:50:29	Sue	Garner	Lingfield RC	F70	Gold
153	00:50:58	00:50:47	Barbara	Ockendon	Istead & Ifield Harriers	F65	Gold
159	00:51:40	00:51:40	Janice	Moorekite	Larkfield Athletics Club	F60	Silver
163	00:51:57	00:51:53	Sue	James	Tonbridge AC	F65	Silver
205	00:56:41	00:56:28	Michael	Conway	Invicta East Kent AC	M75	Gold
222	00:58:16	00:57:55	Joyce	Bell	Istead & Ifield Harriers	F65	Bronze



Nicola Sansom

F45 Gold



Bob Fursey

M55 Silver

SCVAC Track & Field Championships, Ashford 28th May 2018.

Dearth of competitors make for low key championships.

Words & photos, Tony Rea.

There were ninety one entrants for the competition of which only sixty four turned up to compete. This led to many events having only one contestant and hence being uncontested. In addition many events had no competitors at all particularly in the lower age groups. For example there were no W35 athletes at all and only one M35.

Notwithstanding the poor turn out there were many fine performances.

In the women's W65 events Emily McMahon, from Enfield and Haringey AC, posted championship best performances (CBPs) in the 80m hurdles, the long jump and the triple jump. In the same W65 category, Lyn Ahmet, (pictured below right) from Radley Athletic Club, won the triple jump in another CBP of 7.49m. Patricia Oakes (Pictured right) a guest from Ashford AC, won the W70 long and triple jumps in CBPs albeit unopposed. Moving down into the lower age categories, Vanessa Hannam won the W45 discus in another CBP.

For the men, the plaudits must go to M80 Warwick Dixon, Cambridge Harriers, who won the shot, discus, hammer and javelin all in CBPs. In the M75 category, Allan Long from Herne Hill Harriers won the 100m, long jump and triple jump all in CBPs. Among the male guests, M45 Gintas Degutis from Newnham & Essex Beagles won the shot put and Neal Mason, M70 from South West Veteran AC, won the pole vault and long jump in CBPs. While not achieving CBPs, Mark Woods (Pictured below left) from Paddock Wood AC won both the M55 100 and 200m in two of the more competitive races.



Pictured above competing in 80m hurdles, No. 87 Lyn Ahmet, Radley Athletic club, (gold in W65 triple jump, silver in 80m hurdles and long jump) and No. 75, Tracey Brockbank, W50, Brighton and Hove AC (gold 100m, 80m hurdles, hammer and javelin)

As discussed elsewhere, these championships are in danger from collapsing and the poor turnout for this event does not help its cause. Perhaps its proximity to the evening league events may be a factor as may its location. The venue at Ashford is first class with excellent facilities, parking and access but it may be somewhat remote for some located, as it is, in the far east of our district in the east of Kent.



Pictured above left, Helen Goodsell, W60, Blackheath & Bromley H AC gold 100 and 200m.

Above right, Allan Long, M75, Herne Hill Harriers, winner, 100m, 200m, long jump and triple jump.

Left, Stephen Langford, Ashford AC, M55, Gold long jump and triple jump.

Full results can be found at <http://www.scvac.org.uk/2018SCVACOutdoorChampionshipResults26052018.pdf>

North Downs 30km. BMAF Trial Championships 2018.

SCVAC athletes excel.

Words and photos Tony Rea

This justly famous and popular race was once again the venue for the BMAF trial championships. Ran during the recent heat wave, these were challenging conditions which SCVAC athletes dominated as would be expected in "home" conditions.

Julian Rendall (pictured right) from Tonbridge AC, was again outstanding. Last year he won as an M35 and this year, in a shade over two hours, won again this time as an M40. Julian was also fourth in the open race.



Jeff Pyrah from Hastings AC, won the M45 category as well as the open 40-49 category.

Stewart Mills, (pictured left) Uckfield Runners, just out last-ed Andy Howey, Tunbridge Wells Harriers, to win the M55 by a narrow twenty seconds.

Walter Hill (pictured bottom right) from Crawley AC claimed the M65 while in the M70 category, in what is becoming a familiar battle, David Winch (pictured bottom left perusing Steve Suttle eventual M60 second) from Thanet Roadrunners AC beat Trevor Edgley from Istead & Ifield Harriers.



For the women, Victoria Buck (pictured bottom right) from Kent AC won both the BMAF W40 title as well as the open 35-44 category. However, less than one minute behind, came the W45 winner, Heather Fitzmaurice (pictured left with team mate Daniel Witt) from Sevenoaks AC.

To complete the SCVAC dominance, Kate Williams from Kent AC won the W50, Janice More-kite from Larkfield Athletics Club, the W60 and the remarkably consistent Barbara Ocken-don (Pictured bottom left) from Istead & Ifield Harriers the W65 title. Barbara also won the open women's 65-99 category.





No. 13 John Gaade

No. 10 Trevor Edgley

No. 23 Robert Laing

No. 11 James Fitzmaurice



EAMA INTER AREA CHALLENGE – SOLIHULL – 08.07.2018

Words – Arthur Kimber

Eight clubs took part in the match and the challenge came not just for the athletes, but also for the officials working all day under a scorching sun.

MMAC won convincing victories in men's, women's and overall matches, scoring 335 and 302 to total 637 with SCVAC in second places, 271 and 244 to total 515. 11 CBPs were set, three by W60 international multi gold medallist Caroline Powell, representing SWVAC, 100m. in 14.16, 200m. in 29.47 and 400m. in 67.05.

MEN'S MATCH

The Southerners sprinters scored well, Mensah Elliott won the M35 110m. hurdles with 14.59, a CBP, and Andy Lewis (Pictured right) the M50 100m. hurdles in 14.80.

Southerners took three second places in the 100m. races, M35 Josh Wood 11.50, M60 Tom Phillips 13.08 and M70 Vic Novell 14.25. M35 Adam Bellis ran a 23.18 200m. and a 51.35 400m. and M50 Wole Odele a 57.38 400m. for three more second places.

SCVAC were weaker in the middle distance events, partly because they had no competitor in some races, but M35 Bartosz Porsuczek defied the trend by running a second place 800m. in 2:04.55.



The race walkers kept up their record of inter area victories, Chris Hobbs winning the M50 race in 10:53.66 and Malcolm Martin the M60 in 10:44.78.

Southerner teams won two of the 4x100m. relays, M35 in 47.02, Sam Nash, Adam Bellis, Bartosz Porzuczek and Josh Wood and M70 in 58.48, Vic Novell, Terry Bissett, Ron Davies (pictured below left) and Alan Forse.

Field event victors were M60 Trevor Wade, a 4.38 long jump and M60 John Fenton, a 11.60 shot, and there were four second places, M70 Roger Bruck. 1.20 high jump, M35 Sam Nash, 10.76 triple jump, M50 Andy Lewis, 12.96 shot and newcomer M50 Andy Hall, 42.30 hammer.

WOMEN'S MATCH

The Southerner women were much stronger in the field than on the track, again because some track events had no SCVAC competitor.

W60 Helen Godsell took two valuable second places behind Caroline Powell, 200m. in 30.16 and 400m. in 71.56 and W35 Michelle Lloyd a second in the 1500m. in 4:59.43. The W60 Southerner 4x100m. team of Joan Trimble, Sue Dassie, Linda Ahmet and Helen Godsell won in 63.21.

Field event victors were W35 Jackie Montgomery and W50 Sue Yeomans in the pole vault, 2.30 and 2.40, Sue Dassie in the W60 shot, 7.70, Liz Sissons in the W70 shot, 7.62, Vanessa Hannam in the W35 discus, 34.54 and Anne Thacker in the W50 javelin, 21.66. Valuable second place points were gained by W35 newcomer Jo Wilding, a 1.38 high jump, W60 Linda Ahmet, a 3.43 long jump, W50 Louise Wood, a 9.22 triple jump, and more points from Vanessa Hannam, a 9.87 shot and Jackie Montgomery, a 8.18 triple jump.

TEAM SCORES	MEN	WOMEN	OVERALL
MMAC	335	302	637
SCVAC	271	244	515
WMAA	251	225	476
EMAC	124	242	366
NMAC	141	178	319
SWVAC	186	126	312
VAC	127	95	222
NEMAA	38	28	66

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

The future of our magazine is once again in question. There are now only a few members who have renewed their subscription for the hard copy.

This makes the continuation of the hard copy uneconomic and it is proposed that it should be discontinued. Its production however would be continued for a year (4copies) to honour the renewal subscriptions.

However, it is hoped that the magazine would continue to be freely available on line. The layout needs to be reviewed as the present format is designed as a hard copy.

Furthermore what should it contain? Much of its content can be found or could be placed elsewhere. For example race reports and photos could be placed on the club website which would have the advantage of currency.

I would welcome your views and indeed if anyone thinks that they can take the magazine forward in printed form please let me know.

Tony Rea. Editor

OCTOGENARIANS AT BUSHY PARK 2018

Richard Pitcairn Knowles reports on this year's Octogenarian's Park Run

Age is just a number. With a total of well over 3,000 years between them 38 octogenarian athletes stood together on the start line at Bushy Park Parkrun on 7th July, and all finished the 5K course despite the dust and the thermometer nudging 30C!

After the run Prosecco and cup-cakes went down well as the morning's exercise, and past experiences of long ago, were discussed by these established runners. However, the oldest finisher, Hugh Dinwoodie from Scotland, was probably happier than most as he finished just his third Parkrun.

The first two finishers, Michael Coupe (SW Vets) and Gerald Billis (Wootton RR) both beat Ray Dare's M80 record of 28:02, which had stood for ten years. Joe Cleverly, recently returned to competition was first M85 and the extraordinarily experienced 415 Bushy Parkruns, Madge Bradwell, was first W85. The full results contain some interesting statistics.

23 more octogenarians than the 15 who took part last year proves that George Frogley's great idea of a special event for the oldies is becoming ever more popular, so look out for next July when at least fifty can be expected.



Full octogenarian results:

1.	Michael Coupe	377	25:20	82.96%	M80
2.	Gerald Billis	547	27:51	75.46%	M80
3.	Joe Aspinall	570	28:10	74.62%	M80
4.	Mike Rosbrock	616	29:00	72.47%	M80
5.	Tom Hartigun	710	30:40	68.53%	M80
6.	Tom Everitt	722	30:54	79.73%	M80
7.	Leonard Gaul	727	31:01	69.48%	M80
8.	Keith Speed	734	31:18	67.51%	M80
9.	Thomas Crowther	748	31:28	66.79%	M80
10.	Ramon Saiz	788	32:12	68.79%	M80
11.	Joe Cleverley	831	33:00	73.64%	M85
12.	Alan Smith	881	35:01	69.40%	M85
13.	Richard P-K	855	33:51	71.79%	M85
14.	Alan Anderson	914	36:04	63.17%	M80
15.	Robin Campbell	922	36:24	59.20%	M80
16.	Robert Winning	947	37:33	57.39%	M80
17.	Maurice Francis	951	37:47	57.04%	M80
18.	Keith Morris	971	38:34	54.49%	M80
19.	Patrick Howe	977	39:05	55.07%	M80
20.	Roy Taylor	978	39:08	55.70%	M80
21.	Albert Yee	982	39:26	63.86%	M85
22.	Martin Clark	1004	40:30	51.89%	M80
23.	Wally Garrod	1005	40:37	54.53%	M80
24.	John Last	1010	40:53	54.18%	M80
25.	Geoff Jackson	1011	40:56	63.88%	M85
26.	Lillian de Lacy	1015	41:18	67.80%	W80
27.	Colin Robinson	1022	42:19	50.93%	M80
28.	Margaret Smith	1031	43:10	68.96%	W80
29.	Greg de Lacy	1033	43:13	54.38%	M80



Club Officers for 2018

Chairman:

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Arthur Kimber

Medals & Kit:

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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 COUNTIES VETS AC **2018**

30th September	Southern Counties Veteran League Final	Ashford
7th October	SCVAC Marathon Championships	Chester

NATIONAL *(Selection only: for full list of events please refer to BMAF website)* **2018**

25th-26th August	British Masters Open Track & Field Championships	Birmingham
29th September	England Masters Inter-Area Cross Country Challenge	Bury St Edmunds
7th October	BMAF Marathon Championships	Chester
27th October	British Masters Open Cross Country Relays	Long Eaton

INTERNATIONAL **2018**

4th-16th September	World Masters Track & Field Championships	Malaga
17th November	British and Irish Masters Cross-Country International	Swansea

2019

24th-30th March	World Masters Indoor Track & Field Championships	Torun
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