

The SOUTHERNER

THE MAGAZINE OF
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

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October 2013



SCVAC
TRACK
AND FIELD
LEAGUE
FINAL
ASHFORD
1st
September
2013



Photos from
Matt Bristow
Photography



Club Officers for 2013 - 2014

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Officials Secretary: Arthur Kimber - as above

Entries Secretary: VACANT*

Medals & Kit: VACANT*

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Club Webmaster:

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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:- Jeremy Carmichael – details as above. Closing date for Spring 2014 Southerner: 14th March 2014.

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

Southern Counties Veterans Athletic Club

LETTER FROM THE CHAIRMAN

The Southerner has not been published since December 2102, as Rosemary Champion, facing other important commitments, has resigned from the post of editor. Rosemary has for twelve years produced an excellent magazine, which stands comparison with the best of the other regional club publications, and I would like to send a big thank you to her for all her hard work over that long period.

Fortunately a new editor, Jeremy Carmichael, has come forward to take Rosemary's place. Jeremy has been a member of Crawley Athletic Club since 1993 and is interested mainly in road running. He is modest about his achievements, but he has run the London Marathon 20 times, with a best of 2:58.28, and the London to Brighton five times. He has also competed in cross country and track and field, although his only attempt at pole vault ended when he broke the bar! A big welcome to Jeremy.

From the Editor:

Pizza, a Pint and a Personal Worst



It was a glorious day in May and there I was, quite content, sitting in a pub garden pondering my latest Personal Worst over 10k. I had taken part in the Ted Pepper Memorial 10k, a race I would recommend to everyone as being well organised, enjoyable, an interesting course and some new socks at the end. However, my PW was not quite as W as I thought it was going to be, by nearly a minute. Hence my feeling of wellbeing. Also Walter had bought the first round of Ferret Special, or some local brew, and Dave had rustled up a pizza from some delightful young lady in a shed.

I should have known something was up when Dave started talking seriously – always a dangerous sign. But the pleasure of my PW was clouding my judgement and it wasn't until Walter put his arm round me that I felt I should pay attention.

And that is how I agreed to become editor of the Southerner.

A while later it occurred to me that Rosemary is going to be a hard act to follow and a new person will be in need of help. So I rang Rosemary. Many thanks, Rosemary, for your advice and I hope this issue doesn't disappoint you too much.

Membership Renewal – new method

Before too long it will be that time of year again. Please note that membership renewal will be done through our website scvac.org.uk where there will be a link to the online system. A global email will be going out to everyone for whom we have a current email address. Please wait for this before renewing. Full instructions will be put on the website when they become available. For those not on email separate arrangements will be made.

Southern Counties Veterans Athletic Club

ANNUAL GENERAL MEETING

VICTORY SERVICES CLUB
63-79 SEYMOUR STREET, LONDON SW1 2EP

FRIDAY 6TH DECEMBER 2013 6.30 P.M.

AGENDA

- Apologies for absence
- To receive and confirm the minutes of the AGM held on 7th December 2012
- 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 the Annual Accounts for the year
- Amendments to the Constitution
- Election of Officers
- Current Officers:

Chairman	Arthur Kimber
Vice Chairman	Tom Richards
Secretary and Minutes Secretary	Chris Reed
Membership Secretary	Lesley Richardson
New Members Secretary	Vilma Thompson
Treasurer	Tom Richards
Assistant Treasurer	Ken Crooke
Track and Field Secretary	Arthur Kimber
Road Running Secretary	David Beattie
Cross Country Secretary	Ann Bath
Race Walking Secretary	Walter Hill
Entries Secretary	Chris Reed
Officials Secretary	Arthur Kimber
Editor, The Southerner	Jeremy Carmichael (candidate for election)
Medals and Kit	Vacant

- AOB
- Date of next AGM
- Presentation of annual trophies

Upice Journal by Dave Beattie

The European Masters Non-Stadia Championships are staged each two years, and include 10k and 30k walks, a road 10k, cross country relays, and a half marathon. The 2014 champs were held in Upice in the Czech Republic towards the end of May. Here are my personal recollections of the trip.



Wednesday May 22nd

I flew into Prague and took the train from there to Trutnov in the “Grand Mountains” region. The 3 hour trip was enlivened by a Czech with local knowledge, who regaled me with the story of the battle of Trutnov in 1866. The Prussian army, equipped with rifles and bullets, defeated the Austrians, armed with muskets and swords. In the first hour of the battle, 40,000 men were killed, and the hills around Trutnov contain many gravestones of the fallen.

My achilles niggle ruled out the half marathon, and with few training miles under my belt I was making up the numbers in the 10k. After finding my hotel, beside the river a mile from Trutnov, I ventured out for a short jog. Disaster lurked in the shape of a loose cubic cobblestone. My toe hit the protruding edge, and I flew through the air, landing sharply on my right knee. The cobblestone landed beside me, quite undamaged by our collision, but I was bleeding profusely and limped back, somewhat shaken, to the hotel.

The Czech staff were very helpful, and provided sterile gauze pads and a weak solution of peroxide to apply to the wound. I had to change the dressing a few times, but felt more cheerful after a good dinner. I appeared to be the only GB athlete in the hotel – there were a good number of Germans, and the entire Swiss Masters team, with their air-conditioned team coach and immaculate national tracksuits.

Thursday May 23rd

I managed a slow jog before breakfast, and caught the bus to Upice to find the TIC. After collecting my numbers and timing chip, I explored the sleepy little town. I climbed a winding cobbled street to the Town Square, where the Start/Finish gantry for the 10k was being erected. I sketched a scene in a square, where birdsong from the surrounding forested hills was louder than the occasion hum of a passing car.

Outside the TIC I bumped into Ian Richards (Gold Medallist in Moscow 1980) who is still walking at top level, and was later to win the 30km walk in a World Age best time.

Refreshed by a soft drink and pizza, I took the return bus to Trutnov, and after a short sleep, explored the town and checked bus times for the following day. Removing a sign “Reserved for Swiss Masters” from my table, I enjoyed another good dinner and retired to bed.

Friday May 24th

Another slow jog before breakfast along the pleasant riverside path, then time to kill with the 10k scheduled for 6pm. I found a good cafe in the main square, wrote some postcards and sketched the scene while enjoying coffee and cake. I set off in mid-afternoon for Upice. The bus climbed out of Trutnov on a winding route through charming rural scenery. I met up with a few fellow GB runners at the TIC, and relaxed on a convenient sofa before heading out to warm up. I met our Chairman, and fellow SCVAC members Alan Roberts, Alan Davidson and Geoff Newton. Geoff explained he was running in the half marathon on Sunday, and was hampered by a foot injury. In Thionville two years previously, Geoff had won gold in the M65 half marathon. In Upice he was able to achieve bronze, despite his foot problem.

Some light rain fell, making me nervous of the steep downhill section immediately after the start (inevitably on cobbles!) but as the field strung out and the road flattened I got into more of a rhythm. I noted several older runners ahead of me, but concentrated on running

at an even effort. The route was an out-and-back one, and soon the M35 and M40 leaders were flying past on their return trip. My second 5k was more than 2 minutes slower than the first, partly through lack of fitness, and partly the final climb up the cobbled hill, but I enjoyed a couple of tussles with some of the numerous Germans.

The right achilles tendon was very sore afterwards, and back at the hotel I applied a bag of ice from the bar. I rewarded myself with a beer to wash down the excellent dinner.

Saturday 25th May

The cross country relays were scheduled for morning starts, so I breakfasted at 7am and walked to Trutnov rail station, where I met Alan Roberts and Alan Davidson. We took a train to the tiny village of Male Svatanovice, and climbed about a mile and a half up to the mountain pasture. The course was quite technical, with a few climbs and rough going to negotiate on each of the one kilometre laps. The older age groups ran two circuits each, and the younger Masters faced a challenging four laps per runner.

Team Managers Maurice Doogan and Arthur Kimber managed to find the venue, despite the lack of road signs, and we pinned on numbers in time for the start. I learned that in the 10k the M65 team of SCVAC members Beattie, Davidson and Kimber (who was counting down from M75) had gained team bronze medals. Although the M65 team (with John Heywood in place of our Chairman) finished 4th team in the Cross Country relays, with the Czech teams 1st and 3rd and the rules limiting medals to one team per nation, GB again got bronze.

After medal presentations and some decent beer in a local bar, I caught a lift to Prague with GB runners Ken, Andy and Paul, all from Scotland. It was a comfortable ride, as their hire car had been upgraded to a large BMW. They invited me to meet up with them for an Italian meal and a glass of red wine. They were good company and it was an enjoyable evening.

Sunday 26th May

Breakfasted early, and toured Prague on foot, admiring some great architecture. The rain ruled out any attempt at sketching, so I enjoyed coffee and cake instead!

Three months later I have three reminders of Upice – two chunky bronze medals and a blue scar on my knee, with a slight dent, courtesy of a Czech cobblestone!



Upice Bronze medallists: Alan Davidson, Dave Beattie, John Heywood, Arthur Kimber

INTER AREA TRACK AND FIELD CHALLENGE – SOLIHULL – 21.07.13

Words and Pictures – Arthur Kimber

In ideal conditions, the SCVAC team travelled to Solihull in an attempt to improve on their third place last year, and just managed to do so, moving up to second. In the women's match, EVAC and SCVAC ran winners MMAC close, MMAC ending with 221.5 points, EVAC with 212 and SCVAC with 207, but MMAC outclassed the other clubs in the men's match, winning with 284 to WMAA's 241 and SCVAC's 216. The combined scores gave SCVAC second place just ahead of WMAA, 423 to 417.5, with MMAC easy winners on 505.5.

15 CBP's were set, 8 by the men and 7 by the women: 4 of those were SCVAC performances. W50 Kirstin King ran 13.49 for a 100m. CBP and gained another victory in the 200m, 28.55. W60 Viv Bonner emulated Kirstin with a 14.53 100m. CBP. Double victories were scored by W60 Moira West, with a 74.66 400m. and a long jump of 3.72, Sue Lawrence, W35, with a hammer throw of 34.29 and javelin 28.10, and Julie Wilson, W50 with a long 37.27 in the hammer and 23.57 in the javelin. Caroline Wood won the W50 3000m. in 11:27.86, newcomer Emily Gelder the W35 400m. in 67.38 and W35 Imeta Barauskiene the triple jump with 10.11.

The men's CBPs came from the impressive pole vaulters, M35 Chris Mills, 4.22, and M50 John Andrews, 3.60. M35 sprinter Joshua Wood scored a double victory, 100m. in 11.25 and 200m. in 23.38, M35 Adam Bellis ran a fast 51.95 to win the 400m. with Simon Barrett M60, taking the same event in 59.56. In the longer distances M35 Ian Johnson won the 3000m. in 9:29.60 and Steve Allen the 2000m.walk in 10:42.42. In the field throwers Peter Mayfield, Allan Leiper and Neil Griffin all triumphed, M35 Peter with a 40.29 javelin throw, M50 Allan with a 12.56 shot and M60 Neil with a 12.22 shot. Steve Langford jumped 4.99 to win the M50 long jump.

Imeta Barauskiene, for the second year running, was SCVAC's highest points scorer, with 28.5, winning the triple jump, taking second places in the long jump and 100m, a joint second in the high jump and a 200m. fourth place. Sue Lawrence on 25 points and Caroline Wood, 24, were close behind. Allan Leiper was top SCVAC scorer for the men with 18 points.



Kirstin King winning



Imeta Barauskiene at start of relay

Final team scores:

Team	Men	Women	Combined
MMAC	284	221.5	505.5
SCVAC	216	207	423
WMAA	241	176.5	417.5
EVAC	149	212	361
VAC	180	65	245
SWVAC	82	0	82
NIMAA	46	0	46

Complete SCVAC individual results

Women				Men			
100m.	W35	2. Imeta Barauskiene	14.03	100m.	M35	1. Joshua Wood	11.25
	W50	1. Kirstin King	13.49		M50	3. Mark Stephenson	12.78
CBP					M60	4. Chris Padmore	13.11
	W60	1. Viv Bonner	14.53		M70	3. Colin Field	16.06
CBP				200m.	M35	1. Joshua Wood	23.38
200m.	W35	4. Imeta Barauskiene	30.22		M50	4. Mark Woods	26.35
	W50	1. Kirstin King	28.55		M60	3. Chris Padmore	27.34
400m.	W35	1. Emily Gelder	67.38	400m.	M35	1. Adam Bellis	51.95
	W50	3. Caroline wood	78.27		M50`	5. Mark Stephenson	73.79
	W60	1. Moira West	74.66		M60	1. Simon Barrett	59.56
800m.	W50	2. Caroline Wood	2:43.49		M70	3. Alan Sowden	77.12
	W60	2. Sue James	3:14.93	800m.	M35	2. Adrian Haynes	2:07.26
1500m.	W35	2. Emily Gelder	5:10.47		M50	6. Mark Stephenson	2:44.70
	W50	2. Caroline Wood	5:27.55		M60	4. Stewart Thorp	2:36.27
3000m.	W50	1. Caroline Wood	11:27.86		M70	2. Alan Sowden	3:13.90
	W60	3. Sue James	14:03.10.	1500m.	M35	3. Adrian Haynes	4:27.8
2k.walk	W35	2. Roz MacKenzie	12:21.44		M50	6. Mark Stephenson	5:30.31
	W50	2. Noel Blatchford	12:16.29		M60	2. Stewart Thorp	5:07.59
LJ	W35	2. Imeta Barauskiene	4.60	3000m.	M35	1. Ian Johnson	9:29.60
	W50	4. Mandy Rowley-Jones	3.79		M50	6. Mark Stephenson	11:51.70
	W60	1. Moira West	3.72		M60	3. Des Michael	11:05.59
HJ	W35	2=Imeta Barauskiene	1.40	100m.HM	M50	2. Glen Reddington	14.85
	W50	3. Teresa Eades	1.30	2k.walk	M50	1. Steve Allen	10.42.42
	W60	2=Lyn Ahmet	1.05	LJ	M35	3. Steve Lake	5.25
TJ	W35	1. Imeta Barauskiene	10.11		M50	1. Steve Langford	4.99
	W50	2. Mandy Rowley-Jones	8.67		M60	4. Chris Padmore	4.19
SP	W35	3. Sue Lawrence	9.60	HJ	M50	3. Allan Leiper	1.40
	W50	2. Julie Wilson	10.72	TJ	M35	2. Steve Lake	11.78
	W60	2. Sue Dassie	7.92		M50	2. Steve Langford	10.39
HT	W35	1. Sue Lawrence	34.29	PV	M35	1. Chris Mills	4.22 CBP
	W50	1. Julie Wilson	37.27		M50	1. John Andrews	3.60 CBP
DT	W35	2. Sue Lawrence	32.29	SP	M35	5. Peter Mayfield	10.39
	W60	2. Sue Dassie	17.33		M50	1. Allan Leiper	12.56
JT`	W35	1. Sue Lawrence	28.10		M60	1. Neil Griffin	12.22
	W50	1. Julie Wilson	23.57	HT	M60	3. Chris Melliush	33.62
				DT	M50	2. Allan Leiper	35.61
				JT	M35	1. Peter Mayfield	40.29
					M50	3. Steve Langdon	41.73

SCVAC Marathon Championship

Thanet September 1st

Thanet Road Runners AC kindly hosted our 2013 marathon championship. Due to the number of entrants collecting numbers on the day, the half and full marathon commenced a few minutes later than the scheduled time of 9.30am, and attracted a total of 700 entries.

Debbie Hatt, the new race director, and her team of helpers and numerous marshalls, staged a very enjoyable but challenging event. The race started in ideal conditions, but the wind steadily strengthened and undoubtedly slowed the marathon runners.

There were 220 finishers in the marathon, with the overall male and female winners both 10 minutes clear of their pursuers. Daniel Watt of Tunbridge Wells Harriers finished in 2.45.47, with just two other runners dipping under 3 hours. There would have been a few more, but a missing marshall unfortunately caused four of the leading runners to run an extra distance. Heather Fisher, from Sheffield, claimed the women's prize in 3.22.12.

In our own SCVAC championship, first home was evergreen M65 Trevor Edgley, who is in great form at the moment. (Trevor also won the over 60 Kent Championship, and clinched his position at the top of the Kent Grand Prix). Chatting to Trevor after the finish, I remarked on the strong headwind facing the runners for a large section of the race. Trevor commented, "I decided to back off and not fight the wind, and I overtook lots of runners after we turned and had the wind helping us". His chip time of 3.18.42 would be worth sub 3:15 on an easier course, and bodes well for Trevor's attempt at the BMAF Champs in Newcastle at the end of October.

The SCVAC results are below – we only had 6 finishers, five won gold in their age category. So please take note: if you want to win an SCVAC marathon medal in 2014, you have a high chance of success!

Pos	Gun	Name	Club	Cat	Age	Chip	Age Grade %
14	03:18:51	Trevor Edgley	Istead & Ifield Harriers	M65	65	03:18:42	81.02
49	03:35:33	Steve Suttle	Thanet Road Runners	M55	55	03:35:31	67.73
143	04:19:17	Richard Griffin	Blackheath and Bromley	M60	62	04:18:22	60.26
175	04:42:13	James Fitzmaurice	Sevenoaks A.C.	M70	71	04:41:58	60.87
199	05:07:28	Karen Samuel	Kent Athletic Club	F50	52	05:06:56	53.70
215	05:38:49	John Gaade	SCVAC	M65	69	05:37:59	49.59

Early warning: next year the Thanet Marathon date clashes with the BMAF Marathon, which will be in Scotland. I welcome members' views on whether we stay with Thanet, or use another venue for 2014 which avoids the date clash. Or if you fancy a change of venue for any other reason, email me your thoughts – Thanks.

Road Race Championships 2014

Our **10 Miles Championship** will be hosted by Invicta A.C., who organise the **Barratts Canterbury 10** on Sunday 26th January. This race ticks all the boxes for club runners, and the cheapest way to enter is to use this on-line link:

<http://www.chiptiminguk.co.uk/ps/event/BarrettsCanterbury10>

To confirm entry into SCVAC Champs, please also drop me an email at beattieruns@blueyonder.co.uk (This email routine is necessary with all on-line entries)

Note: I listen to feedback from the runners who take part in our championships, and I try to provide some variety, while also trying to avoid clashes with BMAF champs. However, road safety, changing, showers, parking and accurate course measurement take precedence over change for change's sake.

British and Irish International Cross Country Bute Park, Cardiff

16th November 2013

Ann Bath SCVAC Cross Country Secretary

The England team has been selected and there were 17 applications from SCVAC members, of which 7 were selected, 6 reserves and 3 not selected, and one withdrew due to injury.

The selector's look particularly at BMAF events especially the Cross Country, 5k and 10k Championships, and other 5k and 10k races. It is very difficult for them to compare other races especially cross country as so many other factors have to be taken into account eg course, weather, terrain. So commiserations to those not selected, and the reserves and anyone else is strongly encouraged to enter the open race run over the same course.

It is possible to get cheap train tickets to Cardiff and the Park is less than a mile walk from the station along the river.

SCVAC members selected:-

M35 Alex Gibbons
M40 James Bolton
M50 Scott Smith Bannister
M65 Roy Treadwell

W40 Julie Briggs
W40 Emma Rogers
W50 Caroline Wood

Reserves:-

M45 Julian Richardson
M45 Tad Dicker
M60 Stewart Thorpe
M65 John Exley

W45 Lucy Elliott
W50 Deborah Steer

So good luck to everyone!

SCVAC CROSS COUNTRY CHAMPIONSHIPS 2013

Ann Bath SCVAC Cross Country Secretary

Once again we will be holding these within the Holly Run at Reigate Priory on **Sunday December 15th**. Going to print the 2013 entry form has not yet been produced, but will be available on their web site in due course <http://www.rpac.org.uk/index.php?p=hollyrun>

Do come and join us at the SCVAC tent and banner and enjoy refreshments including tea and coffee, home made mince pies and hot mulled wine afterwards!

It would be very helpful to either email me or come and see me at the tent before the race so I know who is running.

Madshus@btinternet.com 07751 308105

SCVAC TRACK AND FIELD LEAGUE FINAL – ASHFORD – 01.09.13

Southampton win men's match by one point

Words – Arthur Kimber Pictures – Matt Bristow

In ideal weather conditions athletes took part in an exciting and very competitive fixture. In the men's match Herne Hill took an early lead ahead of Southampton, Blackheath and Bromley and Cambridge Harriers and as Southampton moved into leading spot before the halfway point, the other three clubs were in close contention. Towards the end Blackheath and Bromley edged ahead of Southampton and the final result depended on the M60 long jump, where Southampton's Vic Novell just pipped Blackheath's Bob Minting and secured the victory by 245 points to 244.

In the women's match Epsom and Ewell led from the start closely chased by Dartford, Blackheath and Bromley and Radley. Dartford took a temporary lead near the halfway point, but Epsom and Ewell soon regained their supremacy, and in the second half these two pulled well clear of the other clubs, with Epsom and Ewell gaining a final 262 points to Dartford's 252.

In the men's match Cambridge Harriers dominated the sprints. M35 Dean Durant ran a double to win the 100m. and 200m, 12.07 and 24.22, while Andy Knight, also M35, took the 400m. in 55.02. but Southampton pipped Cambridge in the 4x100m. and 4x400m. relays, 49.16 and 3:51.14. Enfield and Haringey's Fausto Furlotti won both the M50 100m. and 200m, 12.15 and 24.70, and Herne Hill's Kwei Sankofa the M50 400m, 56.85. Vic Novell, Southampton, won the M60 100m. in 13.99 and Bob Minting from Blackheath and Bromley took the M60 400m. in 62.80.

Blackheath's A. Gibbins ran 2:05.72 to win the M35 800m. and Herne Hill's Gary Ironmonger clocked 2:15.09 in taking the M50 race. Oxford city scored double 1500m. wins with M50 Steve Overton, 4:48.21 and M60 Stewart Thorp, 5:11.12, while A. Gibbins scored his second victory in the M35 3000m, 9:15.65, and Herne Hill's Mike Boyle won the M50, 9:58.38. Graham Chapman, Oxford City, won the M35 2000m. walk, 11:27.22 and Enfield and Haringey's John Ralph the M50, 11:45.88.

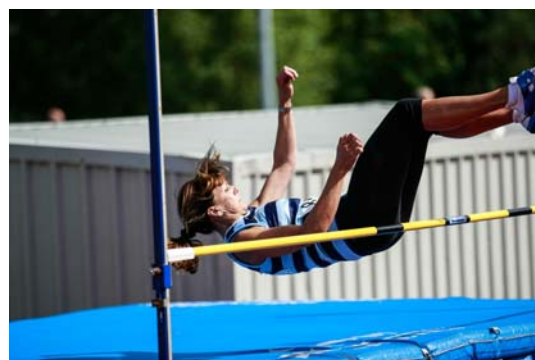
Outstanding in the field was M60 Allan Williams, Blackheath and Bromley, vaulting as an M50, and clearing a greater height, 3.50, than any other vaulters of any age. Southampton scored well with four wins, a double for M35 Gary Newton in the shot, 14.12, and discus, 42.10, an M50 hammer throw by Mike Small, 37.21 and an M50 triple jump by Mike Coker, 10.88. Cambridge claimed three victories, two for M50 Tony Tipping, shot, 12.41, and discus, 42.72, while Dean Durant took the M35 long jump, 5.83, to add to his two track victories. M35 Alwyn Lombard jumped a fine double for Enfield and Haringey, high jump, 1.76 and triple jump, 10.97, while Epsom and Ewell's M60 Dave Blunt, jumping in the M35 pole vault competition, won in 3.30. Herne Hill's M50 Akin Oyediran took the long jump, 5.15, while Derek Prentice won the M60 discus, 31.38, and M35 Stuart Thurgood the hammer with a long 54.94. Blackheath won both javelin competitions, M35



Mike van den Dobbelsteen, an impressive 54.10 and M50 Steve Langford, 41.52, while Clem Leon won the M50 high jump, 1.45.

In the women's match winners Epsom and Ewell dominated the track events. W60 Jane Davies took a double winning the 400m, 85.22, and the 1500m, in the W50 race, in 5:51.15, while Liz Neville won the W60 1500m, 7:01.14 and the W50 2000m.walk, 12:55.29. Sue Dassie won the W60 100m, 16.65 and W35 Julia Machin the 400m, 63.55. Radley's Jan Ellacott, W50, had a triple triumph, taking the 100m, 200m. and 400m, 14.62, 30.25 and 67.94, while Kay Reynolds, W35, won the 100m, 13.95 and the 200m, 28.59. Dartford's Katarina Summers won the W35 800m. in 2:31.97, while Serpentine dominated the 3000m. events with Amy Cope-Balchin taking the W35 in 11:13.14 and Jane Nodder the W50 in 12:04.40. Barnet had two middle distance victories, Sarah Boxer winning the W50 800m. in 2:50.31 and Liz Webb the W35 1500m. in 5:01.91. Jane Barlow won the W35 2000m.walk in 11:55.86 for Eastbourne/Hailsham. Radley won the 4x100m. in 59.94 and Barnet the 4x400m. in 4:54.06.

In the field events Dartford were the most successful club, winning eight events, W50 Teresa Eades, the only athlete in the whole match to win four events, took high, long and triple jumps, 1.25, 4.05 and 8.72, and won the pole vault with 2.40. W60 Christine Clements won the high and long jumps, 1.25 and 3.79, while team manager Anne Goad won two throws, shot, 8.98 and discus, 23.41. Epsom and Ewell won six events, Julia Machin adding to her track victory by impressive high and long jumping, 1.73 and 5.34. Diane Norman won the W35 shot, 9.78, and javelin, 30.43, while W50 Wendy Dunsford took the W35 discus, 25.62, and W60 Liz Sissons the W50 javelin, 24.51. Three other clubs gained a win each, Natasha Mighty, Radley, the W35 hammer, 28.49, Eastbourne/Hailsham's Angela Morgan the W50 hammer, 28.28, and Barbara Terry, Blackheath, the W60 discus, 21.80. Serpentine's Catherine Coley, W35, jumped 8.60 in the triple.



At the end of the meeting the trophies were presented to the winning clubs, Southampton for their first ever league final triumph and Epsom and Ewell for their fifth successive year.

Lyn Ahmet, competing in ten events, was top points scorer in the whole match with 50.5 points, more than a quarter of Radley's total score.

Final team scores:

Men:

Southampton	245
Blackheath and Bromley	244
Cambridge Harriers	225
Herne Hill	217.5
Oxford City	183
Haywards Heath/Lewes	162.5
Enfield and Haringey	145
Epsom and Ewell	142

Women:

Epsom and Ewell	262
Dartford Harriers	252
Blackheath and Bromley	227.5
Serpentine	216
Radley	189.5
Barnet	177
Eastbourne/Hailsham	150

Jack Fitzgerald Memorial Walks 21 September 2013

Veterans AC 10.325km road and supporting races

Tilgate Park, Crawley

Veterans AC were pleased to have the largest field for some time on a lakeside course once used as the test bed for Britain's water speed record round scenic Campbell's lake.

Conditions were ideal being overcast, mild and windless. Surrey Walking Club had six out of the 15 in the main race. Recent British Masters record breaker Ian Richards of Steyning had a comfortable win, with Portuguese international Francisco Reis of Ilford AC and Trevor Jones of Steyning AC doing battle for second and third place respectively. There were six ladies over all distances, Steyning AC's triathlete Joan Lennon had a really good race coming just inside the hour. Jack Fitzgerald had been a member of SWC for about twenty years, and was a key figure and founder member of Veterans clubs, it is hoped that this dedicated race will be an enduring legacy.

Results:

Men

1. I. Richards (Steyning AC) V65 50:57
2. F. Reis (Ilford AC) V50 57:05
3. T. Jones (Steyning AC) V55 57:56
4. S. Allen (Barnet AC) V55 59:42
5. R. Emsley (Steyning AC) V60 63:48
6. S. Lightman (SyWC) V70 63:50
7. D. Maskell (SyWC) V65 64:24
8. M. Byrne (Redcar RWC) V50 65:30
9. M. Harran (SyWC) V75 66:53
10. P. Hannell (SyWC) V70 67:13
11. D. Delaney (SyWC) V70 69:44
12. D. Hoben (SyWC) V60 74:04

Ladies

1. Joan Lennon (Steyning AC) V55 59:46
2. Penelope Cummings (HHH) V35 64:24
3. Anne Jones (Steyning AC) V55 66:55

5.900 km

Men

1. R. Penfold (Steyning AC) V70 39:40

Lady

1. Cath Duhig (Ryston R) V55 39:40

4.425km

Men

1. D. Stevens (Steyning AC) V75 32:04
 2. N. Sylvester (AFD) V55 37:09
- 1st male Centurion: I Richards
Spot prize furthest travelled: M Byrne

Lady

1. Judith Carder (Brighton) V55 32:04
2. Anne Lewis (AFD) V65 37:05

Acknowledgements:

Judge: C Hobbs

Time keeping/lap recording: C Lawton, N Simmons

Marshals/lead cyclist: E Parker, JCarmichael

Signage: R Penfold, D Stevens

Numbers: Holland Sports

Catering: Tilgate Park Golf Club

Many thanks to Barbara Dunsfold who donated a special cup for the event.
From an original idea by Walter Hill, SCVAC

10k Road Championships – Ashford, October 13th 2013

Road Race Secretary Dave Beattie

Driving conditions were pretty nasty getting to Ashford, and the rain became heavier as race start time approached. Runners huddled under cover until the last few minutes, and many opted for a shortened warm-up.

Race organiser Martin Burke warned us of a flood across the road in the first kilometre, and with soaking shoes and socks we squelched up the first climb. The course was superbly marshalled by brave souls in sodden hi-viz jackets who yelled encouragement as we splashed by. The closure of the roads to traffic meant that we could take the best line to avoid the worst of kerbside puddles.

Accurate distance markers ticked by, and the constant slight undulations made the race interesting. At the sharp end, Michael Coleman was leading the field home, while we lesser mortals were striving against the elements. SCVAC runners (18 in all, from an entry of 21) recorded some good performances. M45 David Weekes ran 35:57, with M60 Des Michael and F50 Caroline Wood the best male and female age graded SCVAC runners. M80 Roy Webb bravely finished despite pulling a calf muscle, well done Roy. Commiserations to Fiona Jamie – as the 4th F50 finisher in our strongest category, she was the only member not to go home with a medal.

Arena 80 AC, travelling up from Brighton, provided 6 of our 18 finishers – a great club turnout, which I hope other clubs will copy at the Epsom 10 on November 17th to make it a great SCVAC championship. (Caroline Wood is running for England in the International cross country that weekend, so the F50 title is up for grabs...)

Name	AGE	CLUB		Cat.	Time
David Weekes	48	Folkestone RC	M45	35:57	84.03% Gold
Tony Hyde	48	Ilford AC	M45	38:09	79.19% Silver
Des Michael	63	Barnet and District	M60	39:22	87.08% Gold
Caroline Wood	50	Arena 80 AC	F50	40:12	86.27% Gold
Martin Hawkins	52	Cambridge Harriers	M50	40:16	77.48% Gold
Colin Hannant	57	Arena 80 AC	M55	40:57	79.44% Gold
Sharon Hawkins	49	Maidstone Harriers	F45	41:09	83.24% Gold
Paul Barton	46	Paddock Wood A.C	M45	41:11	72.22% Silver
David Beattie	66	Crawley AC	M65	42:16	83.37% Gold
Mark Stephonson	53	Arena 80 AC	M50	43:09	72.90% Silver
Chris Reed	62	Pitsea RC	M60	44:13	76.85% Silver
Candy Hawkins	42	Ashford AC	F40	44:21	71.88% Gold
Robert Page	55	Arena 80 AC	M55	44:35	71.74% Silver
Brian Davis	62	Folkestone RC	M60	45:11	75.20% Bronze
Jenny Hughes	53	Arena 80 AC	F50	45:20	79.47% Silver
Vicky Talbot Rosner	53	Invicta East Kent	F50	46:20	77.75% Bronze
Fiona Jamie	54	Arena 80 AC	F50	49:07	74.31% -
Roy Webb	80	Tone Zone Runners	M80	58:53	74.29% Gold



MANANTLE
FINANCIAL PLANNING
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The 50th Annual EPSOM 10

Sunday 17 November 2013 9.30am

One lap scenic 10 mile course on country roads around Epsom & Walton Downs. Start & Finish close to the Grandstand on Epsom Racecourse.

BECAUSE OF THE NATURE OF THE COURSE AND POTENTIAL WEATHER CONDITIONS IN LATE NOVEMBER A TIME LIMIT OF 2 HOURS WILL APPLY.

Race HQ in the Queen's Stand

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

Prizes: First 3 Men/Women

1x M40, 1xM50, 1xM60
1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

The race includes the 10 mile championship for both Vets AC and SCVAC but is NOT a vets only race.



Cert No
12/322

Entry fee: £13 [£15 unattached]

All entries on the day £18

Add £2 to enter either Vets AC champs / SCVAC champs

Enter online: [www.runnersworld.co.uk/\(events\)](http://www.runnersworld.co.uk/(events))

Cheques payable to Epsom & Ewell Harriers

Name		Male/ Female?	
Address			
Club		Age on race day? <i>You must be at least 17 years old on race day</i>	
Your phone no.			
If Vets AC give member number		If SCVAC give member number	
Signed:			

Entries for 17 year olds must be signed by parent / guardian

Participating in endurance events is physically stressful and you should ensure that you are properly prepared, trained and fit to compete. By entering the race you agree that personal and medical details can be released by the medical team to the race organiser in the event of a medical emergency.

Send entry & 9x6 SAE to Don Turner,
40 Rosedale Rd, Stoneleigh, Epsom, KT17 2JH

Tel: 0208 393 8950

Enquiries? davidaclarke@blueyonder.co.uk

FIXTURES SUMMARY 2013 – 2014

SOUTHERN

2013

November 17 th	SCVAC 10 miles Road Championship Entry form on previous page	Epsom, Surrey
December 15 th	SCVAC Cross Country Championship	Holly Run, Reigate, Surrey

2014

January 29 th	SCVAC 10 Miles Road Championship Entries online at www.chiptiminguk.co.uk/ps/event/BarrettsCanterbury10	Canterbury, Kent
February 15 th	SCVAC Indoor Championships	Lee Valley
May 5 th	Ted Pepper Memorial 10k, Norman Park	Bromley, Kent
June 7 th	SCVAC Track & Field Championships	tbc
August tbc	SCVAC Half Marathon Championship	Burnham Beeches, Berkshire
September 7 th	SCVAC Track & Field League Final	tbc
September	SCVAC Marathon Championship	Thanet tbc
October	SCVAC 10k Road Championship	Ashford tbc

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

NATIONAL

2013

October 27 th	BMAF Marathon Championships	Newcastle
November 23 rd	BMAF Cross Country Relays	Derby

2014

February 16 th	BMAF Indoor Pentathlon	Lee Valley
February 23 rd	BMAF 10 Miles	Netherhall, Cumbria
February 23 rd	EAMA Indoor Inter Area Challenge	Lee Valley
March 8 th /9 th	BMAF Indoor Championships	Lee Valley
March 15 th	BMAF Cross Country Championship	Glasgow
May 4 th	BMAF 10 Kilometres	Kings Lynn
May 17 th	BMAF Road Relays	Sutton Coldfield
June 14 th	BMAF 5 Kilometres	Horwich
July 6 th	BMAF Multi Terrain	Bewl Water
September 7 th	BMAF Marathon Championships	Elgin
October 19 th	BMAF Half Marathon Championship	Salisbury

INTERNATIONAL

2013

November 16 th	British & Irish International Cross Country	Bute Park, Cardiff
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2014

March 25 th /30 th	World Masters Indoor Championships	Budapest
August 22 nd /31 st	European Veterans Track & Field Championships	Izmir, Turkey