

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

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Winter 2017/18



Lynne and Mark Champion, respectively W45 and M45 gold medal winners, congratulating each other following their victories at the SCVAC 10 mile road running championships 2017 at Thanet.

Report page 5.

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NEWS.

The club's AGM was held last December. The event included the presentation of the annual trophies when the inaugural presentation of the Brian Harlick Memorial Trophy took place. A report on the presentation is on page 3 while a summary of the AGM proceedings can be found on page 10.

Congratulations to Dianna Norman who has gained national recognition for her achievements by being voted



second, by the readers of Athletics Weekly, in the master's category of the magazine's annual "Athletes of the Year" competition. Further details can be found on page 9.

Congratulations also to Richard Pitcairn-Knowles who has become the first M85 to run in the Harbour Club Last Friday of the Month 5K held in Hyde Park, setting an inaugural best time of 31:43. Richard also tops the 2018 M85 rankings for Park Run having achieved 30:43 on 1st January at Bromley.



The indoor track and field athletic season is now in full swing at Lee Valley and we are looking forward to our championship on 18th February. While it is now too late to enter this completion, there are others listed on our fixture's page that SCVAC members can enter. Full reports and photos of both the club's competition the EAMA inter-area challenge, will be included in the next issue of the Southerner.

The SCVAC Multi-Terrain Championships will be held, as last year, in conjunction with the Tom Pepper Memorial 10K on Monday 7th May at Bromley.

The club entry for the London Marathon was drawn at the AGM and the winner was Debbie Hall. Debbie carries our best wishes for April 22nd.

Colin Field, who may be known to many club members, has written his autobiography. More details of this can be found on page 12. The Southerner is always pleased to publicise the achievements of its members and I would welcome any similar contributions. They do not need necessarily to be record breaking or winning achievements, however, if you think that your experiences may be of interest to fellow veteran athletes, then let me know. Please include photos if possible. Indeed, if you only have a photo on its own then it would be very welcome accompanied with a brief explanation.

Apologies for errors in the last edition. Membership fees should read £20 not £18 (Page2) Photo at bottom of page 10 was Chris Carden not Mick Cox, and the date of the Wroclaw-EMA Marathon (page 13) should read 2017 not 2107!

Tony Rea. Editor.

SCVAC AGM AND PRESENTATION EVENING – 01.12.17

WORDS – ARTHUR KIMBER PICTURES – JEREMY CARMICHAEL

At the AGM all the serving officers were unanimously re-elected.

Trophies were presented by Vice Chairman Tom Richards.

Nine trophies for best performances at the SCVAC Outdoor Championships

Best female sprinter **Joan Trimble**

Best male sprinter **Jonathan Tilt**

Best female distance runner **Caroline Wood** (pictured above right)

Best male distance runner **Don Powell**

Best female jumper **Emily McMahon** (Page 4 bottom right)

Best male jumper **Roger Bruck** (pictured right)

Best female thrower **Liz Sissons** (pictured below right)

Best male thrower **Neil Griffin**

Best over 70 athlete **Vic Novell**

The Jim Day Memorial Trophy for best pole vault performance in 2017

Sue Yeomans

The Jim Day Memorial Trophy for best performance at the 10k. championship

Sue James

The Brian Harlick Memorial Trophy for the most points scored in the league final

Diana Norman (Page 4 bottom left))





Trophy winners from left to right.

**LIZ SISSONS, CAROLINE WOOD, ROGER BRUCK, DI NORMAN AND EMILY
McMAHON**



SCVAC 10 Mile Championships.

Report, Mark Champion, photos Tony Rea

On the 4th December the SCVAC 10 Mile Championship was held as part of the Alan Green Memorial 10 mile race in Thanet. It's a flat, traffic free out and back course meaning that fast times are possible as long as the wind stays away. On the day it was dry and overcast but we did have a reasonable tail wind on the 1st half and headwind on the 2nd half meaning that most runners were a couple of minutes slower in the 2nd half.

16 Athletes took part across 11 age categories.

The most keenly contested were the M65 where Trevor Edgley won comfortably, but Peter Watts took a close silver just 45 seconds ahead of Barry Bell in bronze, and the W55 was even closer with all three medallists finishing within 4 minutes.

Age graded wise the performances were very good with many in the high 70s but the two stand out performances were:



David Winch (pictured above right with Mark Champion at medal presentation ceremony)	M70	71	01:10:49	84.91%
Lisa Compton	W60	62	01:20:15	81.64%



Left:
Margaret
Connolly
W55 Silver.



Right:
Jeanette Giles
W75 Gold

Full SCVAC Results

family_name	short_name	age group	age	Time	Age Grade	Medal
Champion	Mark	M45	49	01:02:50	77.69%	Gold
Smith	Sean	M50	50	01:08:06	72.32%	Gold
Angell	Dean	M55	55	01:04:23	79.91%	Gold
Edgley	Trevor	M65	69	01:14:55	78.53%	Gold
Watts	Peter	M65	66	01:21:28		Silver
Bell	Barry	M65	69	01:22:15	71.53%	Bronze
Winch	David	M70	71	01:10:49	84.91%	Gold
Rea	Tony	M70	74	01:19:47	78.48%	Silver
Taylor	John	M75	78	01:36:42	69.54%	Gold
Champion	Lynne	W45	48	01:13:23	74.70%	Gold
Talbot-Rosner	Victoria	W55	57	01:18:00	78.53%	Gold
Connolly	Margaret	W55	59	01:20:21	78.26%	Silver
Marsh	Carol	W55	57	01:21:41	74.98%	Bronze
Compton	Lisa	W60	62	01:20:15	81.64%	Gold
Bell	Joyce	W65	65	01:40:58	67.71%	Gold
Giles	Jeanette	W75	78	02:00:20	71.79%	Gold





Joyce Bell W65 Gold



Carole Marsh W55 Bronze

Cross Country Championships

Reigate Holly Run 17th December 2017

Report Jeremy Carmichael.

Always a well organised race, this is just the event to make you feel that you have earned your Christmas dinner. Just as the runners set off the rain began to fall, adding to the fun of the slippery gully and the legendary downhill plummet. However, the village hall was warm and the cakes were excellent.

Both ladies and men set off together, the ladies running two laps of the park while the men ran three. Diana Norman ran a faster time than last year, when she won the race in 27m 05s. Considering that the conditions were not so good this year, an improvement of 23 seconds is a remarkable improvement.

Both races had a larger field than last year, which is encouraging for the organisers. This might explain why our first man home, Stuart Flack, was in 18th place, while last year's first man home was Mark Champion in 11th place.

A turnout of seven runners for the club was down on previous years and every runner was in a different age group! So there were gold medals all round and room for more medals to be sought including the collectors' item of a bronze medal!

Results – Ladies

		Overall Position
W40	Diana Norman	26m 42s 3
W45	Heather Fitzmaurice	28m 32s 6

Results – Men

M40	Stuart Flack	37m 31s 18
M50	Andy Del Novo	42m 36s 34
M60	Walter Hill	44m 25s 42
M65	Steve Connolly	43m 50s 41
M75	Jim Fitzmaurice	59m 12s 75

Gold medal winners pictured left to right

Andrew del Novo M50

Steve Connolly M65

Stuart Flack M40

Diana Norman W40

Walter Hill M60.

Photo Dave Beattie



National recognition for Dianna Norman.

Di Norman is a familiar figure at SCVAC events rushing around the venue from one competition to another and of course usually winning them! Similarly with national and European events, Di has dominated the multi-event scene in her W40 age group.

These performances have now been recognised by readers of Athletic Weekly. In the magazine's annual "Athletes of the Year" competition for 2017, Di was voted second in the masters category. The only athlete in front of her was the renowned Joe Pavey, illustrious company indeed! (Athletics Weekly December 7th 2017).

Furthermore, reflecting the increased coverage the magazine is giving master's athletics, a whole page was recently (Athletics Weekly November 1st 2017) devoted to the achievements of the Epsom & Ewell athlete. Perhaps the highlight of her year was winning the European Masters W40 heptathlon title in July when she just missed out on a world record but set a new British record for the event. The article also recounted the exploits of



**Dianna running the relay for her club at
finals day at Ashford 2017**

her six sisters (three of whom are GB internationals) and indeed her husband (an English international) and children who are already making their mark on the athletic scene.

Dianna is the current holder of the world W40 outdoor pentathlon record with 4249 points gained in September 2015 recording 12.53s for 100m hurdles, 1.64m high jump, 10.7m shot put throw, 5.33m long jump and 2.18.66 minutes for the 800m. (european-masters-athletics.org)

Closer to home she was recently awarded the inaugural "Brian Harlick Memorial Trophy" for the SCVAC athlete for the highest number of points awarded at the Veterans League Final held this year at the Julie Rose Stadium at Ashford. The Trophy was presented to her at the SCVAC AGM by our Treasurer Tom Richards, (see page 4.)

Dianna representing SCVAC at the indoor EMA challenge meeting at Lee Valley 2017 (left)



Summary of the minutes of the 2017 AGM, 1st December.

CHAIRMAN'S REPORT 2017

TRACK AND FIELD LEAGUE

Around 60 clubs entered in the six divisions. The coordinators, host clubs and officials, all volunteers, worked hard to make the fixtures run smoothly, although there is still the perennial problem of some shortages of officials. In the final at Ashford, Epsom and Ewell women took the trophy for the ninth successive year and Southampton's men kept the trophy that they had won in 2016.

SCVAC CHAMPIONSHIPS

The indoor meeting at Lee Valley ran successfully attracting approaching 200 entries. The outdoor was combined with the VAC Championships at Klingsmeadow, but the large numbers of athletes from both clubs overloaded the timetable and VAC cannot continue to hold a combined championship.

EAMA INTER AREA MATCHES

SCVAC easily won the men's, women's and combined trophies at the indoor meeting at Lee Valley with a total of 448 points to EMAC's 404 in second place. At the outdoor meeting in Solihull MMAC won easily with SCVAC in third position, MMAC 646 points, SCVAC 483.5. SCVAC was second in the men's and third in the women's competition.

BMAF

The World Indoor Championships in Daegu, South Korea, attracted just over 100 British athletes, not surprising after the other long haul expensive trip to Perth, Australia, for the World Outdoor Championships in October/November 2016. The British team were placed second in the medals table.

The European Outdoor Championships in Aarhus, Denmark, were marred by rain on every competition day, in August! and in part by poor organisation and officiating. The British team were third in the medals table.

The British and Irish Masters Cross Country in Derry, Northern Ireland, was very successfully organised by Northern Ireland Masters and Derry City Spartans Athletic Club, commented on by many as one of the best ever of these annual fixtures.

Vince Wilson is doing an excellent job as distributor at a wide range of fixtures selling BMAF official kit produced by Ridgeway Textiles. They were not able to produce tracksuits, but we now have a new supplier, Kudos Sports, whose kit will be available in January.

BMAF/ATHLETICS WEEKLY PARTNERSHIP

Each month the BMAF can place a quarter page advertisement and send material for an editorial. This has been operating since July and has been very successful.

2018

TRACK AND FIELD LEAGUE

Preparations for the league where fixtures begin in April are well underway.

SCVAC CHAMPIONSHIPS

Outdoor provisional date 03.06.2018, venue not confirmed.

EAMA INTER AREA MATCHES

Indoor 04.03.2018 Lee Valley. Preparations going well.



TREASURER'S REPORT

SCVAC is in a healthy financial position, income from membership fees and donations is up on the previous financial year. "Donations" includes a number of old standing orders.

The largest single item of expenses is The Southerner Magazine – an extra copy was produced in 2017, but following the decision to publish online, the expenditure will reduce dramatically in 2018. Those members desiring a printed copy can pay Hon. Treasurer £10 by cheque.

Owing to the difficulty in identifying payments via the Stripe payment system in Opentrack, Road Races show a fictitious loss. SCVAC retain a small amount (e.g. £2) from each online race entry via Opentrack, the balance being passed on to the race organiser.

ELECTION OF OFFICERS

The current officers were re-elected



LIFE MEMBERSHIP

Hon. Chairman proposed that SCVAC Life Members should be limited to 10 in number. David Beattie seconded this proposal, and the committee voted unanimously to adopt our Chairman's proposal.

ANY OTHER BUSINESS

A draw was conducted for the club entry to the 2018 London Marathon. Debbie Hall was the lucky winner. David Beattie to email Debbie with the result of the draw, and send her the link to complete her details online.

Roger Bruck proposed a vote of thanks to the committee for their work throughout the year. Ray Gibbins seconded this proposal.

Tony Rea submitted the following report on The Southerner, our club magazine.

"Following a decision made at last year's AGM, The Southerner moved from being sent out in hard copy to all members to being available in hard copy form only to those who subscribed for it. The magazine remained available in PDF form on the website with an additional feature of all members being sent a link via email.

We have 15 subscribers for the hard copy.

Each cost almost exactly £2.50 to produce and post which matches the £10 annual charge for four issues.

A form for additional subscribers has been posted on the website on the Southerner page.

The arrangement of posting a PDF copy on the Southerner web page, with an email link for all members via mailchimp, appears successful.

The quality of the PDF copy on the website appears satisfactory with some positive comments from members. The quality of some the photos in the hard copy is disappointing, a problem that I am working to address.

A big thank you to all those who have contributed articles and/or photos. Without these would be no magazine!

Any comments, articles and photos from members are always most welcome "

DATE OF NEXT AGM

December 7th 2018

Colin Field, SCVAC athlete, publishes his memoirs

You are one of our own

Run for your life at 80 is the title of my biography. I chose it as the title because the book is a recipe for a meaningful life and competing in sport, more especially Athletics, has been essential to that.

We cannot all amass a collection of Gold medals. I have more Silver and Bronzes than Golds at National, European and World level.

In the early days success in sprinting and Long Jump at school, university and Thames Valley Harriers was followed by a long spell playing Rugby until injury and age led me to turn to Marathons. In twelve years Marathons took me from Lands' End to Glasgow, from Athens to Berlin completing twenty four and countless Half Marathons and 10K's. Mostly the training was done alone until I joined Trent Park Running Club in the 1990's. By this roundabout route aged 60 I returned to the track, running for SCVAC and Great Britain during the last 20 years, winning the European 400M in 2003 and National titles at 100, 200, 400 and Long Jump.

Part of the fascination has been the travel, which has taken me to countries I would not have visited otherwise. Also, the countless friends especially around ones age group that one meets through Athletics. Like my professional work as a History teacher it has become a way of life which I have been able to carry on in retirement.

Though an Arsenal supporter I like the Tottenham crowds chant, "you are one of our own", in appreciation of Harry Kane. Though no superstar, I like to feel certainly in respect of persistence with a degree of talent, that it might apply to my running and my biography.

The book cost £9.99 and can be obtained from Amazon advance search box if you enter Colin Field Run for Your Life at 80 ISBN978-1-910616-71-0



SCVAC Road Race Calendar 2018

Mark Champion

We've finalised the SCVAC Road Race Calendar for 2018

Races are as follows

30 Mar - Folkestone 10 - 10 mile

10 Jun - Staplehurst 10k - 10k

22 Jul - Caterham Half (joint with BMAF)

7 Oct - Chester Marathon (Joint with BMAF)



I'm pleased to say that we'll be returning to Caterham this year. We successfully held our Half Marathon Champs there last year. So this year BMAF have included it as their Half Marathon Championship.

We're also returning to the Chester Marathon. We're aware it's not in the region, but it's the BMAF Champs & last year we had the biggest SCVAC entry in the Marathon Champs for a number of years, so we'd like to repeat that success this year.

Entry for Folkestone 10, & Staplehurst 10k will be open on BMAF website shortly.

Entries for the Caterham Half are already open on the BMAF website (enter for the BMAF Champs and you will automatically be entered in the SCVAC Champs).

Special Instructions for entry into Chester Marathon can also be found on the BMAF website.

Finally if you've already entered either Folkestone or Staplehurst via other entry channels let me know and I'll make sure your included in the SCVAC Champs.

I look forward to meeting some of you at our races during the year.

Kind regards

Mark Champion (*pictured right running this year's SCVAC 10 championships at Thanet.*)

SCVAC Road Running Secretary.

Markchampion2012@gmail.com



With the advent of the track & field indoor season, it would seem opportune to publicise the SCVAC medal standards which are reproduced below from the SCVAC website

INDOOR MEDAL STANDARDS



	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m	7.98	8.16	8.49	8.83	9.38	10.2	10.88	11.69	12.91	15.63
60m	10.29	10.51	11.17	11.34	11.88	11.88	12.82	13.2	14.3	15.95
200m	26.4	27.2	28.3	29.6	31.5	34.1	36.6	39.3	44.9	52.8
400m	58.0	60.6	63.0	66.0	70.1	76.1	81.5	87.6	99.9	116.7
800m	2:15	2:20	2:29	2:37	2:48	3:01	3:20	3:40	4:02	4:30
1500	4:35	4:46	5:03	5:19	5:47	6:14	6:47	7:20	8:04	9:10
3000	10:20	10:40	11:00	11:24	12:10	12:58	13:58	15:10	16:27	18:37
3000	16:30	17:08	18:09	19:15	20:54	22:00	23:39	24:45	25:51	26:57
PV	3.10	3.00	2.65	2.45	2.15	2.05	1.80	1.50	1.40	1.30
HJ	1.40	1.35	1.30	1.20	1.15	1.10	1.05	1.00	0.90	0.80
LJ	5.15	5.00	4.77	4.50	4.18	3.95	3.54	3.18	2.70	2.18
TJ	10.50	10.18	9.54	8.90	8.40	7.54	7.13	6.90	5.54	4.54
SP	10.30	10.00	9.09	10.00	9.09	8.63	7.95	7.95	6.36	5.00
	W35	W40	W45	W50	W55	W60	W65	W70	W75	
60m	9.1	9.79	10.54	11.56	12.57	13.6	14.62	15.63	17.0	
60m	12.87	12.87	13.2	13.75	14.3	15.07	15.84	16.94	18.04	
200m	31.5	33.1	36.5	39.3	42.7	46.0	49.4	52.7	57.2	
400m	74.4	78.8	86.9	94.9	103.0	111.0	119.0	128.0	137.0	
800m	2:51	3:02	3:13	3:30	3:46	4:14	4:30	4:52	5:14	
1500	5:54	6:10	6:32	7:05	7:38	8:17	9:12	9:50	10:40	
3000	12:41	13:34	14:33	15:46	16:58	18:37	20:16	22:15	24:47	
3000	19:15	20:21	21:27	22:33	24:12	25:18	26:57	28:03	29:42	
PV	2.35	2.20	2.00	1.85	1.70	1.55	1.45	1.30	1.20	
HJ	1.25	1.20	1.10	1.00	0.95	0.90	0.85	0.80	0.75	
LJ	3.82	3.73	3.64	3.45	3.18	2.90	2.27	1.90	1.80	
TJ	7.36	7.00	6.64	6.27	5.90	5.55	5.18	4.81	4.35	
SP	8.18	7.95	7.27	6.82	6.36	5.90	5.64	5.23	4.50	

Club Officers for 2018

Chairman:

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Secretary & Minutes Secretary:

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

Treasurer:

Tom Richards as above.

Membership Secretary:

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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**

18th February	SCVAC Indoor Athletic Championships	Lee Valley
30th March	SCVAC 10m Road Championships	Folkestone
7th May	SCVAC Multi-Terrain Championships.	Bromley
3rd June (provisional)	SCVAC Track & Field Championships	TBA
10th June	SCVAC 10k Road Championships	Staplehurst
22nd July	SCVAC Half Marathon Championships	Caterham
7th October	SCVAC Marathon Championships	Chester

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

24th February	BMAF 10 mile Championships	Rhyl
25th February	South of England/EVAC/VAC Masters Indoor Championships	Lee Valley
25th February	British Masters Indoor Pentathlon Championships	Lee Valley
4th March	EAMA Indoor Track and Field Inter-area Challenge	Lee Valley
10-11th March	British Masters Indoor and Winter Throws Championships	Lee Valley
17th March	BMAF Cross-country Championships	Forres
28th April	BMAF Road Relays	Sutton Coldfield
3rd June	BMAF 10000m and 10000m track walk Championships and BMAF Pentathlon Championships	Horspath
17th June	BMAF 5km road and 5km road walk Championships	Horwich
24th June	South of England Masters T&F Championships	London
8th July	EAMA outdoor Track & Field Inter-Area Challenge	Solihull
22nd July	BMAF Half Marathon Championships	Caterham

INTERNATIONAL

19th-24 March	European Indoor Track and Field Championships	Madrid.
18th-20th May	European Masters Non-Stadia Championships	Alicante
4th-16th September	World Masters Track & Field Championships	Malaga
17th November	British and Irish Masters Cross-Country International	Swansea