

THE  
**Southerner**

No. 38 April 2003

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



Brenda Green won a trio of W70 sprint medals

**Gary is supreme in Glasgow!**

Gary Negus winning the M60 Shot with 12.45m. Photo: Jeremy Hemming 020 8871 9989

## Southern Counties Veterans Indoor Track & Field Championships

### Sutton Arena 23rd March, 2003

#### 60 Metres Sprints:

M40: P. Logan 7.5/7.5, K. Sankofa 7.6/7.5, J. Shepperd 7.5/--, A. Cameron 7.8/7.7, W. Abrehart 8.1/8.5, A. Self 8.2/8.4, J. Davis 8.3/8.4  
 M45: T. Wade 8.0k-, S. Condie 8.3/8.2, R. Davies 8.4/8.4  
 M50: R. Watkins 7.9/7.7, W. Franklyn 7.9/7.8, P. Pinnington 8.0/--, G. Kitchener 8.2/8.3  
 M55: R. Fraser 7.8/7.8, G. Sutton (G) 7.8--, K. Smeeth 8.1/8.2, T. Ryan 8.3/8.5  
 M60: C. Isetts 8.6/8.6, R. Ruff 8.6/8.7, J. Howe 8.7/9.2, K. Burnett 10.1/10.1  
 M65: B. Gray 9.1/9.1 M70: A. Blackman 9.4/9.5  
 M80: S. Stein 10.8/--  
 W35: E. Scott 8.5/8.3, Y. Salmon 8.5/8.5, D. Copping 9.1/8.9, S. Crennell 9.4, 9.4  
 W40: A. Goad 8.8/8.3 W45: H. Godsell 8.2/8.4, C. Young 9.5/9.4 W50: E. McMahon 9.2/9.1  
 W55: R. Champion 10.--, D. Marler 12.7/12.7  
 W60: M. Axtell 9.7/9.8 W65: E. Williams 9.9/9.9  
 W70: B. Green 12.7/12.6

#### 60 Metres Hurdles:

M40: J. Davis 11.7/11.8 M50: G. Kitchener 11.9/11.8  
 M60: I. Howe 10.1/10.1, B. Harlick 12.6/12.1  
 M65: J. Day 12.7/13.1 W35: D. Copping 11.1/11.3  
 W40: W. Laing (G) 9.4/9.4

#### High Jump:

M40: A. Self 1.60 M45: T. Wade 1.60, D. Thacker 1.30  
 M50: G. Kitchener 1.30 M55: M. Cole 1.40  
 M60: B. Harlick 1.20 M65: J. Day 1.20

W35: D. Copping 1.25 W55: P. Oakes 1.15

#### Pole Vault:

M45: Allan Williams 4.05 M55: G. Sutton (G) 3.70, M. Cole 2.80  
 M60: B. Harlick 3.00, J. Howe 2.80 M65: J. Day 2.60  
 M70: A. Woods 2.20 WSO: Sue Yeomans 2.40

#### Long Jump:

M40: John Shepperd 5.78, A. Self 4.85, J. Davis 4.65

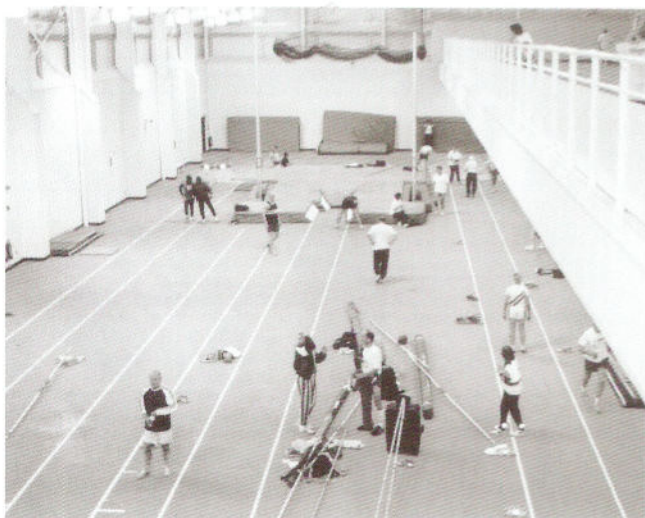
M45: T. Wade 5.85, R. Davies 4.56 MSO: G. Kitchener 3.95 M60: J. Howe 3.97, K. Burnett 2.86  
 N. Fullick 2.91 M75: A. M65: M. Collins 3.85, Kalirai 3.41 W35: Sue Crennell 4.23, E. Scott 3.87  
 W40: A. Goad 4.30 W45: C. Young 3.79 W50: E. McMahon 3.76 WSS: P. Oakes 3.70, R. Champion 3.21, D. Marler 2.66 W65: E. Williams 3.49

#### Triple Jump:

M40: A. Oyediran 13.15 CBP, A. Self 9.55 M45: T. Wade 11.62 M50: G. Kitchener 8.19 M60: R. Ruff 8.97  
 M65: M. Collins 8.25 M75: A. Kalirai 7.89 W35: S. Crennell 8.99 W55: P. Oakes 8.30, R. Champion 7.47, D. Marler 5.47

#### Shot Putt:

M40: P. Todd 11.88, J. Davis 9.86 M45: M. Small 13.54  
 M55: C. Melluish 9.67 M60: E. Barker 13.11 CBP J. Howe 10.80, B. Harlick 9.21, K. Burnett 6.30  
 M65: G. Hickey 12.35, B. Strange 9.19, N. Fullick 6.72  
 M70: J. Hanus 9.69, I. Briggs 8.04 W35: E. Scott 6.82 W65: E. Williams 11.20



*The magnificent new Sutton A.C. Indoor Arena, opened in March 2003.*



*Rod Davies, Daphne Marler and Rosemary Champion discuss Triple Jump tactics!*

## REPORT FROM THE CLUB AGM ON DEC 13TH 2002.

### ADDRESS FROM CHAIRMAN JIM DAY.

In presenting this report, I would like to thank the Committee for their hard work during what has proved to be a difficult year. It is perhaps invidious to mention any one person but I would like to name John and Barbara Dunsford who ensured that all of our meetings, including the National T & F Championship, had sufficient officials.

Also Rosemary Champion who has breathed new life into The Southerner.

A full range of championships were held, both on the road, track and over the country. In accordance with our policy of supporting Cinderella events, both an indoor and outdoor pentathlon were staged.

The turn out for some events was satisfactory but for others, bearing in mind the size of our membership, it was frankly disappointing. The low point of the season for me was when we were unable to raise a team for the inter-area match, despite the venue being within striking distance. It must be assumed that athletes in the South (unlike other regions) have more than enough competition available to them.

The one bright star in the firmament is the track and field league which goes from success to success. Yet even this produced controversy. Complaints were received from clubs who disagreed with our attempt to produce a full programme for all age groups in the final. You cannot please all of the people all of the time.

Tonight we come to the end of an era. Jack Fitzgerald, who has been a cornerstone of our Committee for more years than I care to remember, will not be offering himself for re-election.

Earlier this year, I made an appeal for younger members willing to serve on the Committee. This plea fell on deaf ears.

With five members of the Committee in their 70's, we are reaching a watershed in our existence. Unless there is a change in our circumstances, we are likely to be unable, through apathy, to function as a club within 3 to 5 years time.

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### PRESENTATION.

At the Annual General Meeting a presentation of a salver was made to **Jack Fitzgerald** upon the occasion of his retirement from the Committee.

Chairman Jim Day outlined the debt we owe to Jack for his hard work for the Club for many years. He leaves a great void which will be difficult to fill.

### TRACK & FIELD CHAMPIONSHIPS.

For the past two years these have been held at Battersea. However, previously they have been staged as far afield as Portsmouth, Luton and Thurrock.

Your Committee is anxious that they be moved around the region to assist people who consistently have to travel long distances in order to take part.

If any club, or person, would be willing to stage the 2004 championships, would they please contact the Secretary. Financial assistance will be available.

### HON. SECRETARY.

At the AGM, Eric Shirley informed the Committee that he would be prepared to carry on as Secretary for only one further year.

Would anyone willing to take on the post in 2004 please contact Eric as soon as possible on 020 8868 3209.

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### Joe Phillips.

We regret to announce the death of Joe Phillips, on January 12th 2003, from a cardiac arrest. He was one of our long - standing members, and had been a record - holder for M65 javelin. Joe was also an enthusiastic competitor in multi events, competing in the Potsdam European Championships only last year. He will be very sorely missed.

### UK Veterans Rankings.

New members may not be aware that UK Veterans Track and Field Rankings are compiled each year.

**Ladies** should contact Sally Gandee to obtain a copy of Womens Track & Field UK Rankings List for 2003. Please enclose a cheque for £3.00, payable to Sally also an A.5 size SAE with a 33p. stamp. Her address is: Sally Gandee, 4 Westfield Road, Hertford, SG14 3DJ. Email: sally.gandee@btclick.com Fax. 01992 505723.

**Men** should contact Bob Minting (who has taken over from former compiler Dave Burton) His address is The Rowans, Convent Road, Sidmouth, Devon, EX10 8RD. Email: Bob.Minting@btopenworld.com

**Veteran men's multi events lists** are compiled by Dr. Julian Kennedy, 133 Beaufort Road, Bournemouth BH6 5AX. Email: j.kennedy403@ntlworld.com

The compilers of these lists need YOUR help with information so that they can update their databases. Please contact them, especially if you are a new member, or have just started doing track & field competitions. They need your full name, date of birth, first claim club, and full details of your performances.

### **LETTER TO THE EDITOR**

*Bridget Cushen, Hon. Sec., British Masters Athletics Federation.*

We were concerned to read Jeanne Coker's allegations in the last issue that "unless new rules are submitted, they will not be included in the UKA Rule Book". Let me assure your readers that copies of the WMA and EVAA handbooks are sent to the UKA Rules Committee and incorporated into their Rules for Competition. Furthermore, the SCVAC Secretary and Delegate to the BMAF meetings are aware of this. Confusion arose with the javelin when an unauthorised person instructed UKA that the specification had changed!

There is no need for anyone to have to purchase a copy of the Rules, and we had assumed that if a track referee did not know the rules, they would at least know how to find out.




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**Letters to the Editor can be sent to:- The Editor, Southerner Magazine, 6 Woodlands Park, Bexley, Kent. DA5 2EL or email to: southernvets@lineone.net. Closing date is Aug 4th 2003.**

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**Advertise your Club Fixture, Social event etc. in The Southerner.**

**RATES: Full page £80, half page £40, quarter page 20.**

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June Johnson took W55 gold with Maureen Farmer taking silver. Jeanne Coker was back in action after a long lay-off due to injury and took the W65 gold. It was decided to accept teams from the full range of age groups instead of 40-49 & 50-59 etc. Medway & Maidstone were the winners in the new format.

**Team result:**

1. Medway & Maidstone (Wallace M50 41.23, Alison M40 42.02, Newman M45 42.55) 2hr 6m 20s.
2. Croydon Harriers (Oxlade M40 43.29, Dillow M45 46.18, Hemming M45 46.47) 2h 16m 45.
3. Crawley AC (Lintern M50 46.24, Beattie M55 46.36, Matson M55 49.04) 2hr 21m 13s.

**Individuals:**

M40: Andrew Alison (M&M) 42.02, Gary French (Epsom & Ewell H) 42.26, Colin Oxlade (CRO) 43.29, Alan Springett (CRO) 52.10, Wayne Abrehart (Sutton & District AC) 58.10, David Denton (Veterans AC) 72.34.

M45: Alan Newman (M&M) 42.55, Julian Dillow (CRO) 46.18, Norman Hemming (CRO) 46.47, Rob Sargent (Loughton AC) 47.00, Stuart Nice (M&M) 61.36.

M50: Philip Wallace (M&M) 41.23, Michael Stacey (Invicta East Kent AC) 42.15, Barry Blackwell (Brighton & Hove AC) 43.37, Alan Clarke (Worthing & District AC) 44.59, Anthony Lintern (CRA) 46.24, Dennis Smith (Deal Triathlon) 51.05, Tony Patterson (Tadworth AC) 63.49,

M55: Neil Robson (Guest) Bingley Harriers 45.45, David Beattie (CRA) 46.36, Martin Duff (Aldershot, Farnham & District AC) 47.28, Dan Maskell (Guest) (B&H) 48.13, Alistair Matson (CRA) 49.04, Andy Johnson (Sevenoaks) 49.22, Robert Burton (SCVAC) 53.12, Alastair Jackson (Guest) (VAC) 58.35.

M60: David Newland (South London Harriers) 46.56, Joe Clare (Blackheath Harriers) 50.09, Kio Vejdani (Lingfield Running Club) 64.27.

M65: Len Parrott (Havering Mayesbrook AC) 50.58, Trevor Crowhurst (LIN) 62.20.

M70: Peter Chaplin (Eastern Veterans A.C.) 65.11 M75: Don Adie (Dulwich Runners) 54.50.

W50: Paula Fudge (Windsor, Slough, Eton & Hounslow AC) 22.25, Sue James (Paddock Wood) 25.35.

W55: June Johnson (Sevenoaks AC) 29.52, Maureen Farmer (Dartford Harriers) 30.33.

W65: Jeanne Coker (Highgate Harriers) 43.37.

## S.C.V.A.C. Track & Field Championships 2003

We are back at the Millenium Stadium, Battersea Park, for the Championships on Sunday 15th June, 2003. Track events start at 9.55 am. and Field events at 9.45 am. Entry Fees: £4 for the first event, £3 for all subsequent ones. Non-members £5 first and £4 all subsequent (No awards). Entry form opposite. Send to Steve Connolly by 24th May, 2003 together with a stamped self addressed envelope for confirmation and other details. **Registration:** Please register 30 minutes before your first event and declare all your events by signing the alphabetical listing. Report 10 minutes before the start of each event. Personal implements must be handed to the Field Referee for checking well in advance. There will be a comprehensive Programme available for 50p.

## Timetable

### TRACK

|                                 |           |                        |
|---------------------------------|-----------|------------------------|
| 09.55                           | 100M      | M40 heats if necessary |
| 10.00                           | 400mH     | W35-49, M40-59         |
| 10.15                           | 300mH     | W50+ & M60+            |
| 10.30                           | 100m      | Men                    |
| 10.50                           | 100m      | Women                  |
| 11.00                           | 100m      | M40 if heats are run   |
| 11.05                           | 15000m    | Women & M60+           |
| 11.15                           | 15000m    | M40-59                 |
| 11.35                           | 3000mWlk  | Men & Women            |
| 12.00                           | 200m      | Women                  |
| 12.15                           | 200m      | Men                    |
| 12.30                           | 800m      | Men                    |
| 12.40                           | 800m      | Women                  |
| <b>LUNCH BREAK (Track only)</b> |           |                        |
| 13.45                           | 80mH      | W40+ & M70+            |
| 14.00                           | 5000m     | Women & M65+           |
| 14.30                           | 100mH     | W35 & M50-69           |
| 14.45                           | 5000m     | M40-64                 |
| 15.10                           | 110mH     | M40-49                 |
| 15.25                           | 400m      | Women                  |
| 15.45                           | 400m      | Men                    |
| 16.00                           | 3000m S/C | Men                    |
|                                 | 2000m S/C | Women & M60+           |
| 16.30                           | Relays    | 4 x 100m Men           |
|                                 | IF        | 4 x 100m Women         |
|                                 | REQUIRED  | 4 x 400m Men           |

### FIELD

|       |             |                          |
|-------|-------------|--------------------------|
| 09.45 | Hammer      | Report to circle         |
| 09.55 | Hammer      | M40-59                   |
| 10.00 | Shot        | Women                    |
|       | Long Jump   | Women & M60+             |
| 10.45 | Hammer      | M60+                     |
|       | Long Jump   | M40-59                   |
|       | Pole Vault  | Men & Women              |
| 11.15 | Shot        | M50                      |
| 12.00 | High Jump   | Women & M60+             |
|       |             | (for height up to 1.30m) |
|       | Hammer      | Women                    |
|       | Shot        | M40-49                   |
| 13.00 | Discus      | M40-49                   |
|       | High Jump   | Women & M40-59           |
|       | Shot        | M55+                     |
| 13.45 | Discus      | M50-59                   |
| 14.10 | Triple Jump | Women                    |
| 14.45 | Discus      | Women                    |
|       | Javelin     | M40-59                   |
|       | Triple Jump | Men                      |
| 16.00 | Discus      | M60+                     |
|       | Javelin     | Women                    |
| 16.30 | Javelin     | M60+                     |

## OFFICIALS

We require Track & Field Officials for the above Championships and the Track & Field League Final at Battersea Park on Sunday 31st August, 2003. If you are available on either or both of these dates, Rex Bale would like to hear from you.

Please write to him at 15 Prince of Wales Mansions, London SW11 4BG or telephone: 020 7622 4476

Cheque enclosed

Signature .....

***British Masters Champs., Kelvin Hall Glasgow Feb.15/16: left: W55 60m.Val Parsons, 1st, 8.88.***

***Right: M45 400m.L-R:Alan Harrison SCVAC 54.33;J.Shearer,SV 55.95;C.Pinder,MV 56.26.***



***CLUB CAMEO; Gary Gallagher, a M45 Triple and Long Jumper, is the subject in this edition***

**Gary Gallagher** is a man of many parts! Already, at the ripe old age of 47, he has fitted in at least two careers, and is training for a third. All this in addition to competing as a GB International as a Senior, and returning to a high level of competition as a veteran.

Born in South East London on May 28th 1955, he moved to Sittingbourne in Kent at the age of 8. His father was a keen footballer and played for the village team. The young Gary showed no inclination to join his Dad in the sport. Instead, he discovered at the age of 15, an interest in athletics.

Joining GEC Avionics, he was able to do a variety of events. Gallagher's impressive PB's for 100m. and 200m. are 11.2 and 22.3. However, his preferred events were Triple and Long Jump, in which he established PB's of 15.49 and 7.03. In 1981, aged 26, he won the Triple Jump with 15.46m. at the UK National Championships in Antrim, N.Ireland. This set a new Northern Ireland all-comers record. He was then struck down by hepatitis, although he managed, despite no training, to finish 8th in the AAA Champs.

The winter of 1983 was a good indoor season, in which Gary won the Cosford Games

with 15.36m, and two weeks later, took third place at the National Indoor Champs. A last minute withdrawal from a GB V. W. Germany match proved lucky, as Gallagher was called up for his first GB international in Dortmund. He finished 4th with 15.43m. Four days later, he gained his second British vest against the USSR at Cosford, this time placing 4th with 15.12m. Throughout his career, he has also represented Kent, the South of England and the AAA winning many medals at each level.

At the age of 32, athletics had to take a back seat when Gary started studying for an Open University degree in engineering. With the academic work all "done and dusted", he looked forward to his 40th birthday so that he could return to the athletics he loved. He claims that his best season as a vet (so far) was the Malmo 1997 Euro Championships in which he won bronze. His impressive Vets PB's are 13.92 and 6.23.

As for the future, training as a Sports Massage Practitioner has taken precedence at the moment. Undoubtedly, Gary's first hand experience of athletics will ensure his success in his new career.

# CLUB RECORDS

| <u>HIGH JUMP</u> |              |       |    | <u>POLE VAULT</u> |       |    |              | <u>LONG JUMP</u> |    |                |         | <u>TRIPLE JUMP</u> |  |  |  |
|------------------|--------------|-------|----|-------------------|-------|----|--------------|------------------|----|----------------|---------|--------------------|--|--|--|
| W35              | J. Brown     | 1.72  | 94 | M. Newton         | 3.00  | 01 | J. Brown     | 5.35             | 94 | J. Brown       | 11.36   | 94                 |  |  |  |
| W40              | C. Drewry    | 1.55  | 86 |                   |       |    | J. Wills     | 5.35             | 91 | J. Wills       | 10.23   | 92                 |  |  |  |
| W45              | J. Hulls     | 1.40  | 87 | S. Yeomans        | 2.82  | 02 | J. Charles   | 4.71             | 90 | P. Oakes       | 10.18   | 94                 |  |  |  |
|                  | I. Marti     | 1.40  | 90 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W50              |              |       |    | J. Charles        | 1.26  | 92 | J. Charles   | 4.57             | 93 | P. Oakes       | 9.39    | 96                 |  |  |  |
| W55              | P. Oakes     | 1.21  | 01 | D. McLennan       | 2.10  | 94 | C. Graham    | 4.10             | 92 | P. Oakes       | 9.03    | 01                 |  |  |  |
|                  | J. Charles   | 1.21  | 99 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
|                  | J. Charles   | 1.21  | 00 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W60              | J. Charles   | 1.21  | 01 | D. McLennan       | 2.10  | 97 | C. Graham    | 3.99             | 96 | C. Graham      | 8.48    | 96                 |  |  |  |
|                  | J. Charles   | 1.21  | 02 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W65              |              |       |    |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W70              |              |       |    |                   |       |    |              |                  |    | M. Williams    | 5.23    | 88                 |  |  |  |
| W75              |              |       |    |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W80              |              |       |    |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| M40              | M. James     | 1.80  | 89 | N. Phipps         | 3.80  | 92 | M. James     | 7.15             |    | B. Hull        | 13.84   | 91                 |  |  |  |
| M45              | E. de Andre  | 1.65  | 88 | M. Edwards        | 3.60  | 89 | A. Treacher  | 6.05             | 86 | J. Vernon      | 12.37   | 91                 |  |  |  |
|                  | G. Long      | 1.65  | 90 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| M50              | G. Hickey    | 1.60  | 85 | J. Howe           | 3.20  | 92 | F. Taylor    | 5.95             | 86 | A. Cheers      | 11.24   | 94                 |  |  |  |
| M55              | G. Hickey    | 1.52  | 91 | A. Woods          | 3.39  | 86 | R. Ruff      | 5.18             | 97 | T. Chapman     | 10.64   | 93                 |  |  |  |
| M60              | A. Woods     | 1.40  | 90 | A. Woods          | 3.30  | 89 | A. Kalirai   | 5.11             | 88 | L. Williams    | 10.58   | 86                 |  |  |  |
|                  |              |       |    | A. Woods          | 3.30  | 90 | A. Lovett    | 4.58             | 87 |                |         |                    |  |  |  |
| M65              | L. Williams  | 1.35  | 91 | B. Thomas         | 2.80  | 93 | A. Lovett    | 4.52             | 88 | A. Kalirai     | 9.66    | 94                 |  |  |  |
| M70              | L. Childs    | 1.22  | 96 | A. Rawlinson      | 2.30  | 86 | S. McSweeney | 3.47             | 88 | A. Kalirai     | 9.31    | 98                 |  |  |  |
| M75              | S. McSweeney | 1.18  | 87 | A. Rawlinson      | 2.00  | 91 | J. Searle    | 2.98             | 89 | R. Evans       | 7.10    | 87                 |  |  |  |
| M80              | J. Searle    | 1.05  | 85 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
|                  | J. Searle    | 1.05  | 88 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| <u>SHOT</u>      |              |       |    | <u>DISCUS</u>     |       |    |              | <u>HAMMER</u>    |    |                |         | <u>JAVELIN</u>     |  |  |  |
| W35              | J. Kerr      | 13.48 | 85 | J. Kerr           | 40.72 | 85 | E. Auger     | 51.50            | 01 | V. Thompson    | 34.06   | 90                 |  |  |  |
| W40              | J. Kerr      | 13.04 | 87 | J. Wright         | 44.86 | 97 | P. McNab     | 33.44            | 87 | P. Oakes       | 23.54   | 89                 |  |  |  |
| W45              | J. Kerr      | 11.50 | 91 | J. Wright         | 34.29 | 01 | P. McNab     | 40.84            | 90 | D. Morris      | 32.14   | 90                 |  |  |  |
| W50              | E. Williams  | 12.13 | 92 | C. Graham         | 30.00 | 90 | R. Alexander | 39.04            | 97 | C. Graham      | 34.46   | 89                 |  |  |  |
| W55              | E. Williams  | 13.22 | 93 | E. Williams       | 31.04 | 97 | E. Williams  | 45.02            | 94 | E. Williams    | 39.52   | 97                 |  |  |  |
| W60              | E. Williams  | 12.13 | 98 | E. Williams       | 30.45 | 98 | E. Williams  | 43.90            | 99 | E. Williams    | 36.06   | 98                 |  |  |  |
| W65              | J. Ogden     | 9.08  | 92 | J. Ogden          | 18.26 | 92 | J. Ogden     | 29.52            | 92 | J. Ogden       | 32.30   | 92                 |  |  |  |
| W70              | M. Williams  | 7.01  | 87 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W75              | M. Williams  | 4.97  | 92 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W80              |              |       |    |                   |       |    |              |                  |    | M. Williams    | 9.86    | 92                 |  |  |  |
| M40              | M. Fenton    | 14.62 | 96 | C. Ellis          | 46.86 | 86 | M. Fenton    | 61.35            | 98 | K. Turnbull    | 60.22   | 89                 |  |  |  |
| M45              | A. Chromiak  | 12.90 | 87 | C. Ellis          | 48.44 | 87 | M. Fenton    | 62.13            | 02 | K. Turnbull    | 58.14   | 93                 |  |  |  |
| M50              | E. Barker    | 14.64 | 92 | B. Symonds        | 45.90 | 92 | D. Bayes     | 52.56            | 86 | R. Bartlett    | 53.78   | 91                 |  |  |  |
| M55              | G. Hickey    | 12.57 | 89 | I. Briggs         | 41.30 | 85 | D. Bayes     | 50.98            | 91 | R. Bartlett    | 50.48   | 95                 |  |  |  |
| M60              | A. Woods     | 11.87 | 89 | I. Briggs         | 41.82 | 92 | P. McAvoy    | 39.58            | 92 | V. Adcock      | 40.83   | 01                 |  |  |  |
| M65              | B. Metcalfe  | 9.89  | 86 | I. Briggs         | 41.08 | 93 | P. Barber    | 44.94            | 99 | K. Brookman    | 36.56   | 91                 |  |  |  |
| M70              | B. Metcalfe  | 10.40 | 87 | I. Briggs         | 33.20 | 99 | R. Spikes    | 23.00            | 90 | B. Metcalfe    | 24.50   | 89                 |  |  |  |
| M75              | B. Metcalfe  | 9.02  | 92 | B. Metcalfe       | 26.34 | 92 | B. Metcalfe  | 26.14            | 92 | A. Rawlinson   | 24.22   | 92                 |  |  |  |
| M80              | W. Baker     | 7.04  | 86 | W. Baker          | 14.72 | 86 |              |                  |    | B. Baker       | 23.14   | 88                 |  |  |  |
| <u>100m</u>      |              |       |    | <u>200m</u>       |       |    |              | <u>400m</u>      |    |                |         | <u>800m</u>        |  |  |  |
| W35              | A. Mullinger | 12.7  | 93 | S. Woodman        | 26.1  | 89 | J. Bigos     | 59.03            | 89 | J. Bigos       | 2:15.50 | 89                 |  |  |  |
| W40              | J. Vernon    | 12.76 | 86 | B. Blurton        | 26.5  | 92 | B. Blurton   | 58.38            | 91 | B. Blurton     | 2:19.9  | 88                 |  |  |  |
|                  | R. Allcock   | 12.7  | 87 |                   |       |    | E. Roe       | 61.75            | 00 | B. Blurton     | 2:16.22 | 96                 |  |  |  |
| W45              | H. Godsell   | 12.86 | 00 | V. Bonner         | 26.1  | 97 | J. Hulls     | 63.70            | 91 | J. Hulls       | 2:30.2  | 92                 |  |  |  |
| W50              | V. Parsons   | 13.30 | 96 | V. Bonner         | 26.6  | 99 |              |                  |    | P. Jones       | 2:49.63 | 90                 |  |  |  |
| W55              | V. Parsons   | 13.58 | 02 | V. Parsons        | 28.66 | 01 | J. Ogden     | 76.1             | 88 | J. Ross        | 2:57.2  | 90                 |  |  |  |
| W60              | J. Ogden     | 14.83 | 91 | J. Ogden          | 30.62 | 89 | P. Taylor    | 1:47.21          | 89 |                |         |                    |  |  |  |
| W65              | J. Ogden     | 14.84 | 92 | J. Ogden          | 31.34 | 92 |              |                  |    |                |         |                    |  |  |  |
| W70              | M. Williams  | 19.2  | 86 | J. Waller         | 41.95 | 92 |              |                  |    |                |         |                    |  |  |  |
| W75              | M. Williams  | 20.7  | 90 |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| W80              |              |       |    |                   |       |    |              |                  |    |                |         |                    |  |  |  |
| M40              | I. Green     | 11.1  | 86 | D. Lucas          | 22.8  | 91 | R. Bush      | 50.0             | 87 | P. Browne      | 1:51.25 | 91                 |  |  |  |
|                  | A. Ross      | 11.19 | 95 | A. Ross           | 22.87 | 93 |              |                  |    |                |         |                    |  |  |  |
| M45              | J. Browne    | 11.0  | 01 | A. Ross           | 23.14 | 97 | A. Ross      | 51.18            | 97 | J. Treadwell   | 2:01.4  | 90                 |  |  |  |
| M50              | W. Franklyn  | 11.60 | 02 | W. Franklyn       | 23.70 | 02 | W. Franklyn  | 52.63            | 02 | B. Bartholomew | 2:04.1  | 87                 |  |  |  |
| M55              | C. Williams  | 11.62 | 87 | F. Taylor         | 24.59 | 86 | C. Williams  | 53.98            | 87 | D. Thomas      | 2:11.2  | 85                 |  |  |  |
| M60              | C. Williams  | 12.7  | 91 | C. Williams       | 25.5  | 91 | C. Field     | 63.9             | 99 | J. Charman     | 2:17.99 | 89                 |  |  |  |
| M65              | S. Stein     | 13.2  | 86 | S. Stein          | 27.9  | 86 | S. Brooks    | 63.2             | 95 | D. Thomas      | 2:24.0  | 95                 |  |  |  |
| M70              | L. Williams  | 14.64 | 92 | S. Stein          | 30.11 | 91 | S. Busby     | 69.9             | 85 | E. O'Bree      | 2:38.6  | 90                 |  |  |  |
| M75              | S. Busby     | 15.6  | 87 | S. Busby          | 31.8  | 87 |              |                  |    | P. Freat       | 4:00.5  | 92                 |  |  |  |
| M80              | A. Beckett   | 17.77 | 90 | A. Beckett        | 40.98 | 86 | B. Baker     | 98.57            | 86 |                |         |                    |  |  |  |



| <u>1500m</u> |                |         |    | <u>5000m</u> |          |    |               | <u>10000m</u> |    |             |       | <u>SPRINT HURDLES</u> |  |  |  |  |
|--------------|----------------|---------|----|--------------|----------|----|---------------|---------------|----|-------------|-------|-----------------------|--|--|--|--|
| W35          | S. Young       | 4:33.14 | 91 | S. Young     | 16:53.01 | 91 | A. Fletcher   | 35:43.85      | 97 | J. Vernon   | 14.7  | 85                    |  |  |  |  |
| W40          | M. Statham     | 4:53.0  | 93 | M. Statham   | 17:13.32 | 93 | M. Statham    | 35:43.84      | 93 | J. Vernon   | 11.78 | 86                    |  |  |  |  |
| W45          | D. Farnham     | 4:52.33 | 02 | M. Govender  | 19:05.15 | 91 | M. Govender   | 39:10.48      | 91 | P. McNab    | 12.65 | 89                    |  |  |  |  |
| W50          | J. Smith       | 4:58.74 | 92 | J. Smith     | 18:51.3  | 92 | P. Jones      | 45:17.1       | 90 | J. Hulls    | 14.04 | 91                    |  |  |  |  |
| W55          | P. Jones       | 5:39.4  | 92 | P. Fletcher  | 20:27.63 | 87 | P. Fletcher   | 42:12.8       | 88 | E. Williams | 15.2  | 95                    |  |  |  |  |
| W60          | J. Ross        | 5:51.6  | 91 | J. Ross      | 21:02.3  | 89 | J. Ross       | 43:01.1       | 89 | J. Charles  | 16.22 | 02                    |  |  |  |  |
| W65          | J. Ross        | 6:10.2  | 93 | J. Ross      | 21:57.1  | 93 | J. Waller     | 46:52.2       | 89 |             |       |                       |  |  |  |  |
| W70          | J. Waller      | 6:55.8  | 92 | J. Waller    | 23:21.1  | 92 | J. Waller     | 48:33.8       | 92 |             |       |                       |  |  |  |  |
| W75          |                |         |    |              |          |    |               |               |    |             |       |                       |  |  |  |  |
| W80          |                |         |    |              |          |    |               |               |    |             |       |                       |  |  |  |  |
| M40          | C. Thomas      | 3:59.88 | 89 | B. Foster    | 14:40.9  | 98 | B. Foster     | 30:14.47      | 98 | M. Coker    | 14.90 | 98                    |  |  |  |  |
| M45          | P. Molloy      | 4:02.4  | 94 | M. Duff      | 15:20.82 | 89 | M. Duff       | 31:55.0       | 89 | B. Ferguson | 16.10 | 90                    |  |  |  |  |
| M50          | B. Bartholomew | 4:14.2  | 87 | J. Dear      | 16:11.0  | 92 | L. Presland   | 31:59.6       | 89 | B. Ferguson | 14.58 | 94                    |  |  |  |  |
| M55          | L. O'Hara      | 4:24.8  | 85 | L. Foster    | 16:25.6  | 85 | E. Richardson | 34:13.7       | 90 | B. Ferguson | 15.18 | 97                    |  |  |  |  |
| M60          | L. O'Hara      | 4:42.3  | 93 | L. O'Hara    | 17:10.9  | 92 | G. Brindley   | 37:01.0       | 86 | G. Daborn   | 16.61 | 92                    |  |  |  |  |
|              |                |         |    |              |          |    |               |               |    | G. Daborn   | 16.6  | 94                    |  |  |  |  |
| M65          | E. O'Bree      | 5:00.28 | 86 | S. Charlton  | 17:52.7  | 91 | S. Charlton   | 37:39.3       | 90 | L. Williams | 17.9  | 87                    |  |  |  |  |
| M70          | E. O'Bree      | 5:30.5  | 90 | L. Jones     | 20:52.04 | 85 | R. Hale       | 44:15.1       | 97 | L. Williams | 14.73 | 92                    |  |  |  |  |
| M75          | L. Jones       | 6:20.24 | 92 | L. Jones     | 23:27.92 | 92 | L. Jones      | 47:13.88      | 91 | R. Evans    | 20.2  | 87                    |  |  |  |  |
| M80          | W. Chapman     | 7:39.5  | 89 | W. Chapman   | 27.24.41 | 87 | W. Chapman    | 57:22.25      | 89 |             |       |                       |  |  |  |  |

| <u>400/300m Hurdles</u> |               |       |    | <u>3000/2000m Steeplechase</u> |          |    |                 | <u>3000m Walk</u> |         |                 |          | <u>5000m Walk</u> |          |  |    |  |
|-------------------------|---------------|-------|----|--------------------------------|----------|----|-----------------|-------------------|---------|-----------------|----------|-------------------|----------|--|----|--|
| W35                     | J. Bigos      | 67.8  | 89 |                                |          |    |                 | G. Cann           | 19:37.5 |                 |          | J. Bleach         | 29:34.4  |  | 86 |  |
| W40                     | J. Farry      | 67.8  | 85 |                                |          |    |                 | C. Bean           | 15:58   | 87              |          | S. Brown          | 25:01.0  |  | 92 |  |
| W45                     | N. Cross      | 80.7  | 87 |                                |          |    |                 | C. Bean           | 15:53.2 | 89              |          | A. Lewis          | 27:02.29 |  | 96 |  |
| W50                     | J. Hulls      | 50.29 | 89 |                                |          |    |                 | A. Lewis          | 15:57.7 | 98              |          | A. Lewis          | 27:09.12 |  | 98 |  |
| W55                     | J. Charles    | 64.5  | 98 |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| W60                     |               |       |    |                                |          |    |                 | I. Hazle          | 21:03.0 | 86              |          | I. Hazle          | 34:37.0  |  | 90 |  |
| W65                     |               |       |    |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| W70                     |               |       |    |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| W75                     |               |       |    |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| W80                     |               |       |    |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| M40                     | M. Coker      | 54.57 | 98 | M. Dixon                       | 9:31.63  | 85 | P. Hannell      | 13:16.1           | 85      | P. Hannell      | 22:38.4  | 85                |          |  |    |  |
| M45                     | M. Coker      | 56.29 | 02 | M. Dixon                       | 9:53.2   | 89 | D. Stevens      | 12:54.1           | 85      | D. Stevens      | 22:25.0  | 85                |          |  |    |  |
| M50                     | D. Barrington | 46.5  | 92 | M. Doogan                      | 11:03.16 | 91 | D. Stevens      | 13:23.6           | 87      | D. Stevens      | 23:28.4  | 87                |          |  |    |  |
| M55                     | G. Daborn     | 46.58 | 89 | J. Wood                        | 12:36.89 | 88 | D. Stevens      | 13:57.4           | 91      | D. Stevens      | 23:08.1  | 91                |          |  |    |  |
| M60                     | G. Daborn     | 47.6  | 93 | G. Brindley                    | 7:46.2   |    | D. Fotheringham | 15:31             | 90      | D. Fotheringham | 26:23.0  | 90                |          |  |    |  |
| M65                     | L. Williams   | 50.85 | 87 | G. Brindley                    | 8:18.49  |    | H. Jaquest      | 18:37.6           | 92      | H. Jaquest      | 32:29.06 | 90                |          |  |    |  |
| M70                     | L. Williams   | 55.77 | 92 |                                |          |    | C. Megnin       | 17:08.7           | 86      | C. Megnin       | 28:06.3  | 86                |          |  |    |  |
| M75                     | R. Evans      | 74.0  | 87 |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |
| M80                     |               |       |    |                                |          |    |                 |                   |         |                 |          |                   |          |  |    |  |

| <u>PENTATHLON</u> |            |      |    |
|-------------------|------------|------|----|
| W35               |            |      |    |
| W40               |            |      |    |
| W45               | J. Charles | 3119 | 90 |
| W50               | J. Charles | 3253 | 92 |
| W55               | J. Charles | 3174 | 98 |
| W60               | J. Charles | 3714 | 02 |
| W65               | K. Koppel  | 3582 | 01 |
| W70               |            |      |    |
| W75               |            |      |    |
| W80               |            |      |    |

| <u>HEPTATHLON</u> |             |      |    |
|-------------------|-------------|------|----|
|                   | P. Oakes    | 4057 | 86 |
|                   | J. Charles  | 4131 | 90 |
|                   | J. Charles  | 4213 | 92 |
|                   | E. Williams | 5388 | 95 |
|                   | J. Charles  | 4596 | 02 |
|                   | K. Koppel   | 4516 | 01 |

| <u>DECATHLON</u> |          |      |    |
|------------------|----------|------|----|
| M40              | P. Oakes | 3223 | 93 |
| M45              |          |      |    |
| M50              | B. Loten | 3324 | 95 |
| M55              |          |      |    |
| M60              |          |      |    |
| M65              |          |      |    |
| M70              |          |      |    |
| M75              |          |      |    |
| M80              |          |      |    |

### MASTERS OF WHAT?

*Ken Haith, of Cambridge Harriers, has some thoughts on a thorny subject.*

When I hit the forty mark more than a quarter of a century ago, I became a Veteran and I am puzzled by the modern trend for older athletes to be referred to as Masters. My dictionary, gives several definitions, which include nothing to do with older athletes.

I am not a member of the teaching profession or in charge of a ship or a university college and I don't play chess. I did not gain a Master's degree and I have never acted as a Master of Ceremonies or foxhounds. My family only seem to look upon me as the master of the house when it comes to paying bills. Master can also refer to a young boy and although I suppose this must once have been my legal title, that is many years ago. One definition relates to the acquisition of skills or having a great ability in a certain area; the great artists are referred to as 'The Masters'. My painting has been confined to decorating kitchens and bathrooms so I could never hope to be listed among their ranks.

This meaning is used in various other sports, such as the Masters series in tennis and Masters championships in snooker and darts. However in all these cases, entry depends on ability. While this meaning of the word would be flattering if used about my athletic prowess, I would never claim to be a master of the running art.

Where then has this new title come from? I think the answer probably lies on the other side

of the Atlantic, where a 'Veteran' means "a former member of the U.S. armed forces."

There are Veterans' parades, associations, clubs, and conventions and those who died in the wars of the last century are remembered each year on November 11th with a national holiday known as 'Veterans' Day'. So, it is understandable for Americans not to refer to their older athletes as Veterans.

Why do we have to follow suit over here? Confusion is only ever likely to arise when we compare records or meet up at World Championships. It should also be remembered that under such circumstances those for whom English is the mother tongue could well be in a minority and in many European languages a derivative of master is the local word for 'champion'.

For those of us who grew up in the thirties and early forties, the phrase 'Master Race' does not conjure up visions of healthy competition between older athletes — anything but! At that time, Winston Churchill said that Britain and America were two great nations divided by a common language and in my opinion those divisions should be allowed to remain. All my friends and acquaintances understand what I mean when I refer to myself as a "veteran athlete".

Perhaps wider consultation should take place with older athletes who run, jump and throw. Having checked my dictionary's definitions of the feminine equivalent of 'Master', it isn't hard to guess what the ladies would think!

**Ken Haith.**

### BRITISH MASTERS INDOOR CHAMPS, GLASGOW

*L- R: M50 200m. 177 Viv Oliver 24.19: 148 Walwyn Franklyn W40 Pent. Jenny Brown, 3735pt  
24.39: 182 Alastair Ross 24.52. 1st.*



## HAZEL'S MAGIC FINGERS!

### "What is sports massage therapy?"

Hazel Gallagher, a qualified practitioner, gives us the answers.

I have two passions in my life,( apologies to Gary). One is Rowntrees Rolos and the other is Sports Massage Therapy. Generally people only consult a therapist once they have become injured - or in pain. However, a great deal of aggravation can be avoided by using preventative care, in which I am especially trained.

So what is sports massage therapy? Sports massage is aimed at addressing problems that can occur not just in high-level sport but also in general living. Sitting hunched over a computer at an uncomfortable angle can be just as debilitating as a hard run or a jump session. The massage itself helps remodel and maintain muscles in peak condition, aids flexibility and improves recovery time from strenuous exercise. It helps in preventing injury by identifying potential trouble spots, such as tight hamstrings that can cause hip and knee problems. After treatment we can discuss training, mobility, stretching and future aims. It also helps that I am a Level 3 sprint coach and a retired athlete so if an athlete has picked-up an injury I understand how they are feeling. Especially if a major competition is on the horizon .....PANIC!!

Deep massage can be painful, I would be lying if I did not own up to making a few rugby players cry in my time but this is not skin polishing, and as soon as the therapist stops, so does any discomfort. Just remember, healthy muscle does not hurt.

Sports therapists work with soft tissue only, (ligaments, tendons and muscles) in other words sprains, strains, tendonitis, torn or just hyper-toned muscles. We do not manipulate.

I am lucky because my partner at our clinic in Milton Regis is a chartered physiotherapist and so he just pops into my treatment room if an adjustment is needed to a biomechanical

problem. Likewise I do all his post- treatment massage. We work very well as a team. I have been a practising therapist for 7 years and I still get a buzz when a client after a massage treatment says, "Wow, my legs feel so light" or "I can move my neck", etc.

As well as massage to help restore mobility to the injured muscle tissue, rehabilitation after an injury or operation is very important so we have our own rehabilitation area. Clients, I'm afraid, can never be 100% trusted to do their exercises properly at the local gym. Come on, we have all tried to run just that little bit faster or further on the treadmill to 'try out the injury' or cycle that extra mile. This way, it is my finger on the controls.

I have been very lucky in my profession to have worked with many international athletes. I frequently give my family a dig in the ribs when an athlete is being interviewed after a race, and they say, "I'm off to get a massage." You never know -it could be by me!



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Thurs., plus Fri. & Sat. mornings.**

## HOW TO LOSE YOUR MONEY IN LAS VEGAS - WITHOUT EVEN GAMBLING!

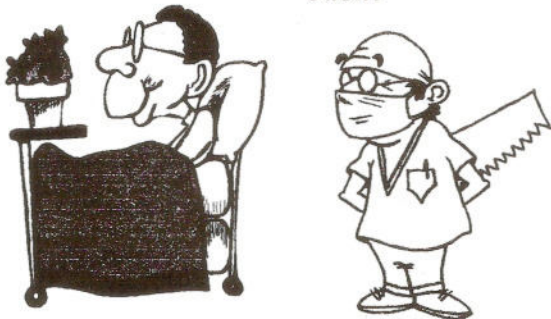
**Jack Fitzgerald tells a salutary tale.**

As many of the members expressed interest and concern at my recent vicissitudes in Las Vegas, I feel a short article would be advisable, if only to warn and inform others. Most veterans up to the age of 69 can insure themselves sufficiently to cover all emergencies. However this is almost prohibitive for the over 70's and impossible for the over 80's!

I won my age group in the 5K breakfast run on Saturday, February 1st. (I was the only M80). A gale force wind blew up in the evening and continued on Sunday morning. So when we started 26 miles out in the desert at 7.30 p.m., we were combatting a very strong crosswind. In retrospect, I should have walked all the way. When a group of slower runners caught me at 2 miles, I was silly enough to tag on the back, with disastrous results.

At 3 miles, a dizzy spell caused me to fall, and some of the group laid me on my back in the road to await the ambulance. A German doctor and American nurse were worried at my fluctuating pulse rate, so when the ambulance finally arrived, I was transported to what turned out to be the most expensive hospital in the area, where apparently Peter Sellers had his famous heart attack. The former Goon could probably afford it, but this one wasn't quite in the same wage bracket.

*How are you feeling, Jack?*



*I think the pain's in my Wallet, Doctor!*



I was given medical tests, X-Rays etc., and fortunately, my travelling companion Peter Torre got word and rushed to the hospital with my glasses and debit card. After paying the minimum fee of US\$1000, (even at this early stage my bill was standing at over US\$4000) I was moved into a private ward at US\$750 per night. We had been filmed at the registration by Deborah Levy of the local news channel and as she had competed in the half marathon, she visited me in hospital and announced her intentions of opening an account at the Nevada State Bank and make an appeal on her next programme. I was surprised when the following morning a bunch of flowers arrived for me from the Manager. A stream of visitors came to see me in the Las Vegas hospital which was nice, but the invoice was still building up. After 3 days of stringent tests I was allowed to leave for my flight home.

The first place I visited on my return home was my Bank, where I found that my US\$1000 deposit had already been claimed. My final bill was US\$17,525. However as I had already paid 1,000 and Debbie's appeal must have raised about 3,000, the hospital finally sent the account on to a Swiss Debt collector, so that the final figure is a mere US\$12,944.31.

However, my main concern of course is my health. I was lucky to get an appointment with a heart specialist at St. Georges Hospital. If he gives me a clean bill of health at my next check up, I may be able to walk the London Marathon on April 13th!

I have cancelled my trip to Puerto Rico in July as I don't want to step off the plane and be arrested for non payment of the bill. It wasn't all bad, I did win a mug in the 5000m.!

**San Sebastian & the indoor athletics scene.**



***Arthur Kimber was there for the 2003 Indoor Euro. Championships, winning silvers in 400m. & 200m relay, & bronze in 800m.***

San Sebastian was the ideal venue for the European Masters' Indoor Championships in March. The town is an upmarket resort with a population of 180,000 on the northern (Bay of Biscay) coast of Spain only 13 miles from the French border. It came to prominence in the 19th century as a summer residence of the Spanish royal family and the top 5 star hotel was opened in 1912 by Queen Maria Cristina and named after her. It is the capital of the province of Guipuzcoa, the centre of the Basque region. The town is known as Donostia in the Basque language, Euskera, spoken by many of the town's inhabitants. San Sebastian and the Basque region suffered during the period from the thirties to the seventies. During the civil war and the Franco dictatorship thousands of Basques were exiled or executed and the use of Euskera outlawed, but the return of democracy and Spain's admission to the European Union have made the country and places like San Sebastian a magnet for tourists in recent years. The climate is very pleasant with mild winters (during the championships in early March early afternoon temperatures reached 19—21 C.) and warm summers without the oppressive heat of the south of Spain.

The town is based around a stunning shell—shaped bay, providing sandy beaches, with two hills, Igeldo and Urgull, one at each side of the entrance to the bay, which, with the island of Santa Clara, protect the town from the wind and waves. From the hills you can get a panoramic view of the town. The oldest part of the town, la parte vieja, has narrow streets with closely packed old, some medieval, buildings, but much of the town is quite modern with wide tree—lined streets and elegant buildings rather than the disfiguring skyscrapers found in many tourist resorts. The town has a very good

choice of hotel accommodation ranging from the splendour of the expensive 5 star Maria Cristina to other establishments to suit all budgets. Food and wine are cheap and this is reflected in very good value restaurant prices. San Sebastian is famous for its 300 or so restaurants, some reputed to be amongst the finest in Europe. It has been claimed, probably with considerable justification, that San Sebastian has the most Michelin stars per square kilometre of any town or city in Europe.

The championships took place in the magnificent Anoeta Sports Complex, one of the best in Europe. It consists of an international standard outdoor stadium (the venue for the European Masters' Championships in 2005), the international standard indoor stadium used in March, a full size all weather warm up track, as well as an ice rink, swimming pools and a hotel and restaurant.

Indoor athletics differs considerably from outdoor competition, although outdoor spikes using the same spike length can be worn. There is a 200m. track, normally with 6 lanes, but narrower than outdoors, and with the bends banked, and a 60m. strip of 8 lanes across the middle. Field events are limited to the long, high and triple jumps, pole vault and shot. Two important attractions of the indoor scene are the controlled, moderate temperature, ideal for all events, and the lack of wind. The 60m. and the 60m. hurdles (over 5 barriers) are run on the central strip and clearly the start is even more crucial than in the outdoor 100m. The 200m. is a one lap race run in lanes, and for newcomers to indoor racing the start, especially when using blocks, can be disconcerting, as most runners are starting on a banked, sloping surface. Even for experienced runners there is a serious problem of having to negotiate tight, banked bends at high speed leading to a tendency to run inside one's lane. In the recent World Championships in Birmingham most disqualifications for lane infringements came in the 200m. and there is debate within the IAAF as to whether the 200m. should be abandoned as an indoor event. Because of the tight, banked bends indoor athletics tends to suit shorter rather than taller runners and athletes generally prefer the outer lanes. /over

The first two bends and the back straight of the 400m. are run in lanes with the break at the beginning of the home straight on the first lap, and many athletes believe that it is important to try to lead from the break and hang on. It may be more difficult to pass athletes than it is outdoors as the straights are short. The first bend of the 800m. may be run in lanes, or if there are more than 6 athletes, from the curve. In my final in San Sebastian 12 athletes in a final was too many and led to far too much pushing and tripping. With a 7.5 lap 1500m. and a 15 lap 3000m. it is easy to lose count of the laps. I can't write about indoor field events from any personal experience, but a main difference is that the shot may have a plastic or rubber casing. The men's pentathlon consists of 60m. hurdles, long jump, shot, high jump and

1000m. over one day or the alternative heptathlon with 60m, long jump, shot and high jump on day one and 60m. hurdles, pole vault and 1000m. on day two. The women's pentathlon is 60m. hurdles, high jump, shot, long jump and 800m. over one day. Relay races are normally 4x200m. or 4x400, but the narrower lanes of the indoor track make the races more liable to collision and obstructions.

I hope that this article has encouraged members in two ways; one, to try indoor athletics- it's an exciting scene, and two, if you have the opportunity, go to San Sebastian for the World Championships in 2005. Even if you don't achieve much athletically, you will enjoy the atmosphere, the elegant town and its spectacular scenery.

### **Alan is top Borough and Kent County Coach!**

Alan Champion has been voted Kent County Sports Coach 2003. Kent Active Sports Partnership in association with Sport England, selected him from 69 nominations in 25 different sports. Alan was commended for his versatility and success in coaching a wide range of age groups and events. He also won the "Coach of seniors/juniors" category, and in February, was honoured by Dartford Borough, receiving the Borough Sports Coach of the Year award. The veterans whom Alan coaches have won several county and national medals. Christine Clements (right of photo) and her daughter Grace are both coached by Alan. Grace won the 2003 Southern Indoor U/20 Pentathlon. The younger members of the group have notched up a large number of County and Southern medals, and are highly ranked in UK Rankings Lists.



*L-R: Pat Halstead w50 mid.dist. Anne Goad w40 LJ PV JT Spr. Gill Skellon w40 TJ LJ Spr.*

*Rosemary Champion w55 DT LJ TJ JT Spr. Christine Clements w50 HJ Spr.*

# Summer Fixtures 2003

## Club Championships

**Monday 5th May 2003**

**10K Road Race** With the Blackheath Harriers "**Ted Pepper Memorial Road Race**" from Langley Park Boys School, South Eden Park Road, Beckenham, Kent.

Entry £4 (+ £1 for SCVAC. Championship) Cheque to: "**Blackheath Harriers, Bromley**", Event Secretary, 122 Romsey Avenue, Fareham, Hampshire, PO16 9SZ by **28th April, 2003**. (On the day: £6/SCVAC £2)

**Sunday 15th June, 2003**

**S.C.V.A.C. Track & Field Championships.** The Millenium Stadium, Battersea Park, London SW11 4NJ  
ENTRY FORM on another page gives programme and full details. **Closing date 26th May, 2003**

**Entries to Steve Connolly** (See entry form)

**September 2003**

**SCVAC Outdoor Pentathlon**

To be decided. Prospective entrants - please send a stamped addressed envelope to: **Jim Day, 22 Langland Gardens, Shirley, Croydon, Surrey, CR0 8DW** for details as the September edition of "The Southerner" may not be out in time.

**Saturday 11th October, 2003**

**SCVAC 5K Road Walking Championship** will be held at Enfield. Full details in the next Newsletter.

**Sunday 2nd November, 2003**

**SCVAC 3rd Indoor Pentathlon Championship (Members only):** At the Thames Valley Athletic Centre, Eton at 13.00 hrs. **Entry £8 to Jim Day, 22 Langland Gardens, Shirley, Croydon CR0 8DW. C/D: 24.10.03.** Entries limited - first come, first served.

**Saturday 8th November, 2003**

**SCVAC 7 miles Road Walking Championship** will also be held at Enfield. Full details in the next Newsletter.

## Track & Field League Final

**Sunday 31st August at Battersea Park.**

The winning clubs from each division will be sent full details and programme

## Veterans A.C.

**Track Meetings**

|               |   |         |
|---------------|---|---------|
| 9th April     | Battersea Park                                  | 7.00 pm |
| 23rd April    | Battersea Park                                  | 6.30 pm |
| 7th May       | Kingsmeadow                                     | 7.00 pm |
| 4th June      | Tooting Bec                                     | 7.00 pm |
| 25th June     | Tooting Bec                                     | 7.00 pm |
| 2nd July      | Battersea Park                                  | 7.00 pm |
| 6th August    | Battersea Park                                  | 7.00 pm |
| 24th August   | Championships at Battersea Park from 11.30 a.m. |         |
| 3rd September | 10K Battersea Park                              | 6.30 pm |

**Road Races**

29th April, 27th May, 24th June & 22nd July  
From Battersea Park Arena.

For further information contact Dennis Williams,  
Hon. Sec. V.A.C. Telephone 020 8543 6112

## National Championships

**7th & 8th June 2003**

**OUTDOOR TRACK & FIELD** at The Moorways Sports Complex, Allenton, Derby. Further information obtainable from Maurice Doogan - send SAE to 5 Stadium Street, London, SW10 0PU (Tel: 020 7795 2233).  
Full details in "**Masters Athletics**" due out 16 April.

## International Championships

**24th & 25th May, 2003**

**European NON-STADIA Road Runs and Walks**  
Upice, Czech Republic 10K & 1/2 Marathon. 20K Race Walk for Women & 30K Race Walk for Men.  
Entries closed.

**2nd to 13th July, 2003**

**WORLD TRACK & FIELD CHAMPIONSHIPS** at Carolina, Puerto Rico. Entries closed

## County Championships

**21st June, 2003**

**Surrey Veterans Track & Field Championship at Kingsmeadow Stadium, Kingston.** Entries **£5** per event (**£15** maximum) to Maurice Joyce, 39 Seymour Buildings, Seymour Place, London, W1H 4PR.  
Closing Date: **1st June, 2003** Tel: 020 7723 6351

**16th August, 2003**

**Inter-County match at Kingsmeadow Stadium, Kingston.** Selection from County results and other good performances. Contact Maurice Joyce as above.

**5th May, 2003 Hertfordshire Veterans Track & Field Championships at Watford.** (Some open events)

Details from Sally Gandee, 4 Westfield Road, Hertford, Herts. SG14 3DJ  
Telephone: 01992 582208

**7th September. Middlesex Veterans Track & Field Championships and Open Veterans Meeting at Barn Elms Track, Rock Lane, Barnes, London SW13.**

Details from:-

**Middlesex** - Jeanne Coker, 210 Chaplin Road, Wembley, Middlesex, HA0 4UT

**Open** - John Curtin, 6 Silverdale Drive, Sunbury-on-Thames, Middlesex, TW16 6HD  
Telephone: 01932 787658

**20th/21st September, 2003**

**Kent Veterans Track & Field Championships at Erith Stadium, Kent.** SAE for entry forms and further details to Barry Ferguson, 18 Bearstead Rise, London SE4 1RG  
Telephone: 020 8699 1261

## Advance Notice

**2003/2004 SCVAC/VAC Cross Country Relays.**

A possible event for the coming Winter Season, based on the BVAF relays in November 2002. More news in the next "Southerner". Your comments to Ken Crooke will be welcome. 8 Rylandes Rd, South Croydon, CR2 8EA

# "The Southerner"

## 200 + Club

### Prizes won:-

#### December 2002 to March 2003

##### December, 2002

|    |       |                    |     |
|----|-------|--------------------|-----|
| 1. | (076) | Robert Burton      | £35 |
| 2. | (230) | The Southerner     | £20 |
| 3. | (187) | Pat Acton-Phillips | £15 |

##### January, 2003

|    |       |                |     |
|----|-------|----------------|-----|
| 1. | (169) | John Curtin    | £35 |
| 2. | (178) | The Southerner | £20 |
| 3. | (082) | James Marples  | £15 |

##### February, 2003

|    |       |                    |     |
|----|-------|--------------------|-----|
| 1. | (264) | The Southerner     | £35 |
| 2. | (194) | Pat Acton-Phillips | £20 |
| 3. | (077) | Andrew Hutton      | £15 |

##### March, 2003

|    |       |                |     |
|----|-------|----------------|-----|
| 1. | (198) | Steve Mathews  | £35 |
| 2. | (271) | Richard Parles | £20 |
| 3. | (032) | Roy Kebbell    | £15 |

In June the additional "Special Prize" of £100 will be included in the Draw for that month, so now is a good time to join "The Southerner" 100 + Club. You will find an Application or Renewal for Share(s) underneath the Entry Form for the Club Track & Field Championships on another page of this edition. This may also be used if you have not yet brought your annual Subscriptions up to date.

If you have not yet disposed of the envelope in which this Newsletter arrived you will be able to see where you are on the Computer Membership List by checking the year indicator after your Membership Number. XXXX/2003 indicates you are paid to 31st December, 2003.

If in doubt a telephone call to me on 020 8657 4269 will clarify the situation

If your 200+ Club share/shares is/are not due immediately there is no need to wait until the appropriate month because if paid with "Subs" it will be allocated to the proper renewal date.

**Ken Crooke**  
Treasurer

### Membership Renewals 2003

If you have a standing order in operation please complete the form, but delete the words "Cheque enclosed for:-" and insert "Paid by Standing If you have not taken advantage of this system you may want to cut out some of the time involved in sending a cheque and pay by Direct Credit. A Standing Order Mandate was included at the bottom of the Membership Renewal form in the

December Newsletter, but if you no longer have this I can let you have a copy of the Mandate.

**Ken Crooke**

Treasurer Tel: 020 8657 4269

### Southern Counties Veterans Athletic Club

#### Club Officers elected for 2002/2003 at the Annual General Meeting

**Chairman:** **Jim Day** (Blackheath Harriers)  
22 Langland Gardens, Shirley, Croydon, Surrey, CR0 8DW  
Telephone: 020 8776 1736

**Secretary:** **Eric Shirley** (Kingston AC & Polytechnic H)  
2 Ladbrook Close, Pinner, Middlesex, HA5 5LB.  
Telephone: 020 8868 3209

**Treasurer:** **Ken Crooke** (Croydon Harriers)  
8 Rylandes Road, Selsdon, South Croydon, Surrey, CR2 8EA  
Telephone: 020 8657 4269

**Entries Secretary:** **Steve Connolly** (Swindon Harriers)  
64 Goddard Avenue, Swindon, Wiltshire, SN1 4HS  
Telephone: 10793 538245

**Track & Field League:** **Pat Green** (Serpentine R. C.)  
2 McAdam Drive, Enfield, Middlesex, EN2 8PS  
Telephone: 020 8372 2140

**Newsletter Editor:** **Rosemary Champion** (Dartford H)  
6 Woodland Park, Bexley, Kent, DA5 2EL  
Telephone/Fax: 01322 522934

#### Other Officers:-

**Vice Chairman:** **John Dunsford** (Belgrave Harriers)  
**Membership Sec:** **Wendy Dunsford** (Thurrock Harriers)  
**Assistant Membership Sec:** **Vilma Thompson** (Belgrave H)  
**Minutes Secretary:** **Ron Franklin** (Barnet & District AC)  
**Road Running Secretary:** **Walter Hill** (Crawley AC)  
**Race Walking Secretary:** **David Sharpe** (Ilford AC)  
**Track & Field Champs:** **Carina Graham** (Woking AC)  
**Track & Field League:** **Pat Green** (Serpentine R.C.)  
**Committee Member:** **Winston Thomas** (Dacorum & Tring AC)  
**Team Captain (T&F):** **Arthur Kimber** (Dartford H)  
**Entries Secretary:** **Steve Connolly** (Swindon Harriers)  
**Press:** **Peter Mulholland** (Hercules Wimbledon AC)

Contributions for the next issue of

*The Southerner*

to be sent to the Editor by:-

Friday 25th August 2003

### Club Records

Claims for Club Records, which can be set anywhere,  
should be sent to:-

**Jeanne Coker, 210 Chaplin Road  
Wembley, Middlesex, HA0 4UT**

(Claim forms obtainable from Ken Crooke)

Send SAE marked "T&F Record" to:-

8 Rylandes Road, Selsdon, South Croydon, CR2 8EA