

THE
Southerner

No. 39 September 2003

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

*First
past the
winning
post in
Derby!*

INSIDE

- Results from the SCVAC Champs
- Report on the inaugural BMAF Weights Decathlon
- How *not* to train for the 2004 London Marathon
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National gold for Ron Franklin, M75 10,000m., and Kim Heffernan, W35 400m. hurdles

Photos: Jeremy Hemming 020 8871 9989

From the Editor.

Welcome to the September issue of *The Southerner*. Once again, our members have been "mixing it" with the best in the U.K. and indeed, in the world. Tales of the Puerto Rico World Championships are filtering back to me. It seems that many of our members can't wait to return to San Sebastian, Spain, for the 2005 outdoor World Championships. A little bird tells me (well, Maurice Doogan actually) that there is to be an inaugural World Indoor Champs in Germany, and the European Vets Track & Field is being held in Denmark. However, all you Tolkein "Lord of the Rings" enthusiasts will possibly want to compete in the New Zealand Non Stadia Champs. One can certainly join Masters Athletics and see the world!



Which brings me onto the issue of the claiming of records. As you will read, Gordon Daborn had to go to a lot of extra trouble in claiming his European M70 300 hurdles record, which he did at Derby. He did not realise that he had broken the record, and subsequently, nobody told him where to get a claim form! Are athletes expected to carry a bundle of claim forms to all competitions? It would seem so. The number of "required signatures", on the Euro claim form, is unbelievable. The process is cumbersome, and therefore, counter productive. It means that many athletes will not bother to claim their records! A case in point is our own SCVAC Records; signed forms have to be submitted, even where the performance was done in the World Champs. Surely Results Lists should be regarded as sufficient evidence?

What do the rest of you think? Please write in with your views. Just to show willing, I have included an SCVAC record claim form below. Message from Jeanne Coker, who is the keeper of our Club Records;

"Members who broke Club Records at the World Masters Championships in Puerto Rico can let me know by phone, email or snail mail, as I do not have the time or energy to plough through ten days of results!" Jeanne can be contacted at (email) jeanne@coker60.freeserve.co.uk, or 210 Chaplin Road, Wembley, Middlesex, HA0 4UT.

Thank you to all of you who took the trouble to write something for *Southerner*. Keep up the good work! Could someone write a report on Puerto Rico for the next edition? Please send to : **The Editor, 6 Woodlands Park, Bexley, Kent DA5 2EL, or (email) southernvets@lineone.net CLOSING DATE: NOVEMBER 21st. 03.**

SCVAC APPLICATION FOR CLUB RECORD

Name of race or meeting _____
 Venue _____ Date _____
 Southern Counties Veterans Athletics Club Number _____
 Surname _____ First name _____
 Date of birth _____ Age group _____
 Event _____ Weight of implement _____
 Distance or Height or Time _____

I confirm the above to be an accurate record:-

NAME

SIGNATURE

(Chief) Track Judge _____
 (Chief) Timekeeper _____
 (Chief) Field Judge _____

RECORDS FROM MEMBERS ONLY- MEMBERSHIP PAID SINCE 1ST JANUARY.

Please send this form to SCVAC Record Applications, 210 Chaplin Road, Wembley, Mddx. HA0 4UT.

LETTERS TO THE EDITOR.

Garry Negus, Waterlooville, Hants.

May I take this opportunity to thank you for placing me on the front cover of our magazine. It is good to help the throwers, and it was a good competition! I notice that Eric Barker did 13.11 at Sutton Indoors, so the competition is hotting up for 2003.

Also may I just add that my first name is Garry, not the American spelling Gary. Most people do make the same mistake. Well done with the magazine.



Gordon Daborn, Watton at Stone, Hertford.

At the BMAF T & F Championships at Derby, I won the M70 300m. Hurdles in 52.03. It was not until the end of the day when I read the results that I discovered that it was a British Record. However, nobody told me that it was also a European Record, so on the day I did not collect all the evidence that is required to submit a claim!!

Your readers might be interested to learn that, contrary to popular wisdom, it is possible to collect all the necessary signatures, photofinish copies and results lists even two weeks after the race. However, one has to rely heavily on one's friends, and I am very grateful to all those who helped and encouraged me to submit my claim.

Ed. Thanks for this Gordon. It has made me think at least! Please note comments, and Southern Records Claim form, elsewhere in mag.

Derek Thomas, Chislehurst, Kent.

Subject: SCVAC Championship Best Performances.

It is not too long ago that CBP's were printed within the programmes of our Track and Field Championships. Furthermore, I don't think they have been published within our Newsletter for some time.

I have to admit to a vested interest, as for some time I held three CBP's for 800m., namely M55, M60 and M65, and should be pleased to find out if my recent M70 800m. of 2:45.4 would make me the proud owner of four current 800m. CBP's.

It would be a shame if they were allowed to lapse, especially as they include some great athletes who are no longer with us, such as Myra Garrett, Laurie O'Hara and Basil Neilson. Perhaps they could be updated and included within the next Newsletter, and new ones acknowledged within the results section.

Ed. Heartily agree with you!! But is there someone out there who would be interested in researching the details and sending them to the magazine?

Pam Jones, Chadwell Heath.

Enclosed are some photos of Jack Fitzgerald during and finishing the 30km. Walk in Upice. He won the M80 gold medal.



CLUB CAMEO

**By Sheena Fitzmaurice. UK Senior Coach,
Aldershot Farnham & District A.C.**



Barbara Colwell (pictured above receiving medals at the BMAF Derby Champs 2003) started her athletics career with Aldershot Farnham and District A.C. at the tender age of 43 whilst encouraging her daughter, Sue, a young hurdler with the club. A keen athlete at school, Barbara found that she still had the competitive urge and was encouraged to start training hard through the winter months, coached by myself, also a Vet, as I helped the young middle distance girls at the club. With speed work in the summer doing reps and starts Barbara proved her speed had returned and decided to join Masters Athletics.

By the age of 45, Barbara had won the Southern Vets 100, 200 and 400m titles. She went on to take the National W45 400m title and was 2nd (to Una Gore) in the 100 and 200. After winning championship titles in excellent style, Barbara went to the European Vets Championship in Brighton winning a bronze medal in the 200m and a silver medal in the 4 x 100. With her athletics career launched, there wasn't an event she wouldn't tackle, whether sprinting, jumping, throwing, cross country or 10kms road races. Barbara ran the London Marathon to celebrate her 50th birthday!

Barbara went on to win many National sprint titles, in and out of doors, throughout the year. She was honoured locally for her sporting prowess by both Rushmoor and Farnham in

separate years by being made their Senior Sports Personality of the Year.

Life changed suddenly for Barbara in October 1996 when, at the age of 58, she was struck down by meningococcal septicaemia meningitis. Barbara's chances of survival were very slim. Her kidneys failed, her fingers and toes blackened and there was a very strong possibility they would have to be amputated. Barbara was well cared for by a team of doctors and nurses at St. Helier Hospital, Carshalton who all agreed that it was her fitness that saved her life. Barbara had been so ill that her husband, Brian and the family, and I, as her coach, were told that Barbara would never run again. She is an incredible lady who with her courage and determination confounded everyone by jogging within 6 months despite the pain.

Her aim was to be able to stand on the line at the World Vets Championship at Gateshead in 1999. With encouragement from me, and 2 years of carefully planned training, Barbara bounced back to full fitness, competing in veteran races around the country. Her dream was realised when at Gateshead when she finished 4th in the W60 200m just missing a bronze medal by .09 of a second.

Her ambition to win a World Championship medal to add to her collection of Southern, National and European medals was still strong and two years later Barbara went to the 14th World Masters Championships in Brisbane, 4th-14th July 2001. She produced season's bests in the W60 100, 200 and 400m. Selected for the G.B. in both the 4 x 100 and 4 x 400m she earned two bronze medals.

At 63, Barbara's medal set was now complete. Barbara is now in the W65 age group, and still winning medals. Competing at the renamed British Masters Athletics Federation Championships at Derby in June, she won the sprints in 16.09 and 34.50. She then won the SCVAC Champs. sprints. Barbara has competed for AFD in the Southern Vets League, and more recently for Portsmouth, her second claim club, which last year helped them to win the cup. She would love to repeat that in 2003.

San Sebastian: Rod Davies does a little "father & son bonding" at this year's indoor championships!

Wed. March 5th. I flew out from Gatwick with my father, who insisted on an aisle seat so he could stretch his leg. He was travelling with a sore Achilles tendon (he said he couldn't travel without it actually!) I was quite excited, as I had never been to Spain before. When we landed at Bilbao it was dark and by the time we arrived at our hotel a couple of hours later, it was also raining. I had a poor night's sleep, awoken at one point by the sound of running water and gentle splashing. On investigation, I found my parent in the bathroom with his foot in the bidet. "Just cooling the Achilles" he said.

Thurs. March 6th.

WGT's shuttle bus got us to the stadium complex at an mind- numbingly early hour. We soon found that the British team, practical souls that we are, had occupied a section of the back straight stand near to the callroom entrance. When the M70 3000m. started, three chaps set off like gazelles, leaving my father an unaccustomed distance behind. I became concerned that his Achilles would not last the course, but, as it turned out, it didn't have to. The lap scorers considerably stopped him a lap short.

As the weather was now absolutely gorgeous, I suggested that we walk back to the hotel, as a form of warm-down to stop the Achilles seizing up. Fortunately, the flattest route of some 3 miles took us back along the main shopping street and promenade!

Back at the hotel, Dad took a bottle from the minibar, and when I protested at the exorbitant price, he said he wasn't actually going to drink it! He spent the rest of the afternoon, lying on his bed with his ankle supported by a succession of cold bottles.

Friday March 7th

How is it that I can go to a 4 -day meeting, and find that all my events are on the same day? I warmed up in the sunshine, on a warm - up track which far outclassed many main stadia tracks in Britain. It was a shame to have to go indoors to

race. I thought "In a month's time I'll be on a starting line in Britain, with the frost forming on the hairs of my legs."

I heard tales of athletes falling on the last bend of the 200m.. The ambulance crew were obviously familiar with this problem and had positioned themselves accordingly. As one of the slower entrants, I was in lane 2, so could watch the others in my heat run past this hazard without mishap.

Next was the long jump. First to jump was a Brit who claimed it was his first-ever athletics competition! I pointed out that he was leading a European Championship. However, a rush of wind passed us followed by a thump from the board.... "Well, you were", I corrected. I was consistent in that I equalled my last two years season's bests, for 13th place.

Almost immediately after this, I ran my 60m. Heat, which I won't dwell on. I was distracted by a fellow (German) competitor with a "sense of humour".

A shuttle trip back to the hotel was followed by more "mini bar abuse". I decide on celebratory bottle of wine, as the hotel house wine was a fine Rioja red.

Sat. March 8th.

This was the only day we didn't have to get up early! We took a stroll along the prom, past the shops, and spent the afternoon watching and cheering on all the Brits. The Welsh and Scottish contingent indulged in gentle banter over the Rugby match that afternoon.

Sun. March 9th.

What sort of race starts at 9.15 a.m.? The M70 800m., that's what! My parent set off like a man possessed. His split time would have got him into the 400m. final. However, Vicente of Portugal running even pace passed him on lap 3. My father held on for the silver medal.

Later we walked to the funicular railway, from which there were breathtaking views of the bay and the town. Descending to the beach, Dad bathed the dreaded Achilles. Suddenly an apparition, dressed only in running shorts appeared from the waves. It was the German with the unfortunate sense of humour!

SCVAC Track & Field Championships at The Millenium Stadium, Battersea Park on Sunday 15th June, 2003**Track Events**

100 Metres:M40: P. Logan 11.8, G. Reddington 12.5, D. Stephenson 13.0, A. Self 13.5, K. Sankofa 14.3. M50: W. Franklyn 12.2, R. Watkins 12.4, G. Kitchener 13.0. M55: T. Bissett 12.9, G. Pope 13.0. M60: C. Isetts 13.7, R. Ruff 14.0, A. Sowden 15.7, K. Burnett 16.1. M65: A. Carter (G) 14.5. M70: G. Daborn 14.6. W35: A. Onatade 13.7, A. Davoile 14.1, B. Scoff 14.2. W40: A. Fudge 13.4, L. Talbert 13.6, A. Goad 14.5, J. Hayman 14.6, T. Stephenson 14.9. W45: C. Young 15.5. W50: E. McMahon 14.9. W55: V. Parsons 14.4, A. Price 15.7. W60: I. Holder (G) 15.5. W65: B. Colwell 16.4. W70: B. Green 21.1

200 Metres:M40: M. Butler 25.1, D. Stephenson 26.6, A. Self 27.0. M45: S. Condie 26.2. M50: A. Ross 24.3, W. Franklyn 24.5, R. Watkins 25.1, A. Roker 25.7, G. Kitchener 26.5, I. Edwards 29.3. M55: T. Bissett 26.3, G. Pope 26.8, M. Martineau 30.6. M60: C. Isetts 28.0, B. Charles 30.5, A. Sowden 32.6, K. Burnett 33.6. M65: A. Carter (G) 29.3. M70: G. Daborn 30.2. W35: E. Scott 28.4, A. Onatade 29.1, D. Copping 29.5, A. Davoile 29.7. W40: L. Talbert 27.6, Y. Salmon 27.6, A. Fudge (G) 27.9, T. Stephenson 29.8, J. Hayman 30.1. W45: C. Young 32.2. W55: V. Parsons 31.0, A. Price 34.0, W60: I. Holder (G) 32.4. W65: B. Colwell 34.7. W70: B. Green 46.6.

400 Metres:M40: N. Grocock 53.2, M. Butler 54.1, J. Dickinson 60.5. W. Abrehart 65.8. M45: S. Condie 58.8. M50: A. Ross 54.0, W. Franklyn 54.4, I. Edwards 65.7. M60: F. Bush 64.7. M65: A. Carter (G) 76.3. W35: E. Scott 66.4, B. Bollon (G) 69.1, A. Davoile 70.7. W40: M. Miller 59.1, L. Talbert 61.8, Y. Salmon 65.0. W50: J. Saunders-Mullins 64.4. W70: B. Green 1-56.0

800 Metres:M40: J. Earnshaw 2-01.0, I. Wright 2-01.6, M. Watling 2-06.8, R. Holland 2-12.1, P. Davoile (G) 2-13.8. M50: D. Hayward 2-26.4, I. Sissons 2-30.7. M65: L. Parrott 249.4. M70: D. Thomas 245.4. W40: K. Murphy 2-38.3. W45: J. Searle 2-43.2. W50: J. Saunders-Mullins 2-36.7, I. Dicker 3-14.5.

1500 Metres:M40: R. Holland 4-27.1, P. Davoile (G) 4-30.6. M55: A. Davidson 5-24.4. M65: L. Parrott 5-42.7. M70: E. Shirley 6-29.6, K. Crooke 7-16.8. M75: D. Adie 6-06.9. W40: K. Murphy 5-25.7. W45: D. Farnham 4-58.2. W50: P. Halstead 5-35.0.

5000 Metres:M40: B. Broe (G) 16-46.5. M45: N. Burnell 1746.6. M50: I. Whitmore 19-00.6. M55: A. Davidson 19-50.4, M. Duff 20-01.0. M60: T. Merritt 23-34.0. M65: L. Parrott 21-26.5, B. Shave 23-57.8. M70: J. Cleverley 21-54.9. M75: R. Hale 25-07.7, R. Franklin 26-56.1. W40: C. Wickham 21-26.1. W50: P. Halstead 22-08.4.

2000 Metres Steeplechase: M50: I. Whitmore 8-34.9. W45: G. Hueter 8-19.4.

3000 Metres Walk: M45: D. Sharpe 17-35.4. M50: P. King (G) 17-14.8. M60: R. Deacon 20-15.8. M65: R. Powell 17-10.6. M70: P. Ray 19-17.6, B. Coleman (G) 20-22.1. M75: H. Jaquest 21-27.7. M80: J. FitzGerald 24-48.6. W50: A. Lewis 17-16.6.

80 Metres Hurdles: W45: J. Denyer 17.6. W60: J. Charles 16.4. W65: C. Graham 19.5.

100 Metres Hurdles: M50: A. Roker 15.9, T. Hall 17.4, Y. Ballard 18.4, G. Kitchener 19.9. M60: J. Howe 16.8, B. Charles 20.7, F. Bush 21.2, B. Harlick 22.0. W35: D. Copping 19.5.

110 Metres Hurdles: M40: D. Wilkinson (G) 15.4, U. Reddington 16.1, W. Martin 20.5. M45: I. Wright 20.5.

300 Metres Hurdles: M60: F. Bush 49.1, D. Barrington 52.0. M70: G. Daborn 61.2.

400 Metres Hurdles: M50: A. Roker 62.9, T. Hall 66.6, Y. Ballard 69.9, G. Kitchener 72.4. W35: K. Heffernan 63.4, D. Copping 75.4.

Field Events

High Jump:M40: J. Bancroft 1.71, A. Self 1.50, J. Dickinson 1.45, W. Martin 1.40. M45: T. Wade 1.55. M50: N. Phipps (NS) 1.50, Y. Ballard 1.45, U. Kitchener 1.40. M55: M. Cole 1.40. M60: B. Harlick 1.22. M65: J. Day 1.19. W40: C. Pates 1.40. W60: J. Charles 1.16.

Pole Vault:M40: J. Dickinson 2.60, W. Martin 2.40. M45: R. Woodruff 3.40. M50: N. Phipps 3.30. M55: M. Cole 2.60. M60: J. Howe 3.00, B. Harlick 2.60, B. Charles 2.30. M65: J. Day 2.60. M70: A. Woods 2.20. W35: M. Newton 2.80. W40: A. Goad 2.20. W45: C. James 2.30, J. Denyer 1.80. W50: S. Yeomans 2.80. W65: D. McLennan 1.80.

Long Jump:M40: A. Self 4.78, W. Martin 4.58. M45: T. Wade 6.07. M50: T. Hall 5.30, N. Phipps 4.94, Y. Ballard 4.66. M55: A. Cheers 4.63, M. Martineau 4.21. M60: R. Ruff 4.70, B. Charles 4.40. M65: M. Collins 4.03. M75: A. Kalirai 3.23. W40: C. Pates 4.49, A. Goad 4.35, I. Hayman 3.97. W50: J. Dicker 2.75. W60: I. Holder (G) 4.05, J. Charles 3.41.

Triple Jump:M40: W. Martin 10.06. M50: T. Hall 10.51, I. Sissons 9.54, Y. Ballard 9.41, G. Kitchener 8.51. M55: A. Cheers 10.11. M60: R. Ruff 9.15. M65: M. Collins 8.4. M75: A. Kalirai 8.17 (British Record). W45: J. Denyer 7.77. W60: J. Charles 7.83. W65: C. Graham 6.59.

Discus Throw: M40: P. Todd 38.66, W. Martin 26.67. M45: M. Small 42.57, J. Drzewiecki 38.24, M. Bale 23.70.

M50: A. Richards 39.13, N. Phipps 38.01, T. Saunders-Mullins 22.18. M55: N. Griffin 50.15, C. Melliush 33.98, R. Richards 32.95. M60: J. Howe 36.27, B. Harlick 33.38, P. Shevlane 32.39, C. Court 32.00, K. Burnett 21.60. M65: C. Brand 39.57, G. Hickey 31.57, N. Fullick 24.04. M70: J. Hanus 31.22, P. Barber 28.97, P. McEvoy 28.05. W35: E. Augee 32.30, J. Smith 30.00, M. Newton 26.57. W45: B. Simpson 25.45, J. Denyer 17.86. W50: V. Thompson 20.07. W65: E. Williams 27.45. W70: M. Grant-Stevens 14.33.

Hammer Throw: M40: A. James 47.28, P. Todd 39.73, W. Martin 27.66. M45: M. Bale 26.23. M50: I. Stevens 36.91, T. Saunders-Mullins 28.21. M55: C. Melliush 47.66, N. Griffin 45.84. M60: E. Barker 48.25, C. Court 39.83, P. Shevlane 32.11, B. Harlick 26.96, K. Burnett 18.02. M65: G. Hickey 32.15, N. Fullick 25.28. M70: P. Parber 43.57, P. McEvoy 40.19, J. Hanus 33.92, D. Birch 23.15. W35: E. Augee 47.98, J. Smith 40.44. W45: B. Simpson 35.15, J. Denyer 24.78. W50: V. Thompson 28.93. W55: L. Shrosbree 37.08. W65: E. Williams 37.86.

Javelin Throw: M40: W. Martin 32.16. M50: T. Saunders-Mullins 28.45. M55: R. Richards 38.15. M60: B. Harlick 26.93, K. Burnett 19.85. M65: C. Brand 40.10, G. Hickey 27.88, N. Fullick 20.56. W40: A. Goad 24.85, C. Pates 21.65. W50: J. Saunders-Mullins 26.31, V. Thompson 25.99. W65: E. Williams 33.05, C. Graham 24.57.

Shot Put: M40: P. Todd 11.60, W. Martin 8.30. M45: M. Small 13.57, M. Bale 7.68. M50: A. Richards 12.20, N. Phipps 11.51, J. Stevens 11.33, T. Saunders-Mullins 9.28. M55: N. Griffin 13.86, R. Richards 10.54, C. Melliush 8.75. M60: E. Barker 12.74, J. Howe 10.81, P. Shevlane 9.86, C. Court 9.29, B. Harlick 8.95, K. Burnett 6.49. M65: G. Hickey 11.66, N. Fullick 7.67. M70: J. Hanus 9.68, P. Barber 7.97, P. McEvoy 7.08. W35: E. Augee 10.65. W50: V. Thompson 10.65, J. Saunders-Mullins 8.76. W65: E. Williams 10.96. W70: M. Grant-Stevens 6.97.

View From track suit top, XL found at Battersea. Please ring Jim Day on 202 8776 1736

BMAF Champs. Derby:-

W60 10,000m. Bridget Cushen 1st



W40 400m. Yvonne Salmon 3rd.



Many thanks to all the Following members For their generous donations:

Key:-

(R):on resignation

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Tom Richards

John Turner

John Lee

Alistair Matson

Lesley Shrosbree

Phillip Wallace

Roger Hazell

Tim Orr

Bryan Roebuck

Rodney Turney

Ena Urlich-Heyn

Ivon Whitmore

Evaun Williams

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Letters to the Treasurer.

Ena Hurich Heyn.

After residing for more than 34 years in London, I shall be returning to Germany, later on this year, for good. I am so pleased that the English people taught me how to jog and run successfully. With kind regards and thanks.

Sue Lowry, Reading.

What a nice surprise- 1st prize in the 200 Club draw! I didn't expect to win - much as in athletics these days for me, I'm afraid!

I meet up with a friend from athletics, who is no longer around much in Reading, and we have a pub meal and a good chin-wag and exchange of notes on creaking joints etc. So next time, the meal is going to be "on me", thanks to the SCVAC!

Thanks for all your good work on behalf of the athletes. Hope all is going well for you.

Mike Cronin, Croydon.

Many thanks for forwarding my medal for 2nd M55 in the Ted Pepper 10kms. It was a nice surprise to receive your letter this morning, since I was not aware of placings. Unfortunately as my wife has been unwell I had to go straight off after the race.

“Southerners” at the National Championships, Moorways Stadium, Derby, Sat. 7th & Sun. 8th June 2003.

Gold medal performances by SCVAC members; apologies for any missed results, as some members may be listed under a different club name in the official results.

MEN: M40: Kermit Bentham 400m. 50.33; Rez Cameron triple j. 13.02; Guy Perryman shot 12.86; Peter Todd discus 36.63. Weight 12.55 CBP.

M45: David Wilcock 800m. 2:01.01; Trevor Wade long j. 6.01; Michael Small shot 13.64; discus 44.20 hammer 44.78 weight 14.62 (CBP) John Fenton javelin 48.63.

M50: Robert Fraser 400m. 58.25; David Wheeler 10,000m. 35:53.98; Paul Oakes pole v. 3.20 javelin 48.16.

M55: Robert Fraser 100m. 12.36. 200m. 25.07 400m. 58.87; Neil Griffin shot 14.00 BRIT. RECORD, Discus 48.46 BR; Chris Melliush hammer 45.96 weight 16.70 CBP;

M60: Chris. Woodcock 5000m. 18:55.47; Fred. Bush 2000m. steeple ch. 7:55.85 300m. hurdles 47.22; John Howe pole v. 3.10 100m. hurdles 16.53; Eric Barker 14.21 BR; Ashley Fox javelin 41.46;

M65: David Stevens 3000m. walk 16:55.32 5000m. walk 28:25.68. Gordon Hickey shot 11.89; Colin Brand discus 40.55 javelin 40.18.

M70: Gordon Daborn 100m. 14.28 200m. 30.20 80m. hurdles 14.54 BR /ER javelin 28.49; Doug Fotheringham 3000m. walk 18:09.6 5000m. walk 31:26.38; Peter Barber 43.82 BR weight 17.21 BR;

M75: Donald Adie 1500m. 6:08.22 CBP; Ajit Singh Kalirai long j. 3.52; Triple j. 7.56.

M80: Sylvester Stein 100m. 16.91 200m. 36.17.

WOMEN: W35: Euphemia Scott 100m. 28.41 Kim Heffernan 800m. 2:15.62 400m. Hurdles 63.83; Meryl Austin 100m. hurdles 17.30 long j. 4.91 triple j. 10.08; Catarina Hallden discus 30.26; Janet Smith hammer 44.07.

W40: Virginia Mitchell 400m. 58.12 CBP 400m. hurdles 65.58; Sarah Heath 800m. 2:14.85 1500m. 4:43.48; Claire Cameron discus 35.63.

W45: Gwen Cunningham triple j. 8.74; Beatrice Simpson discus 27.12 W50: Vivien Bonner 100m. 13.39 200m. 28.40; Joylyn Saunders Mullin 400m. 64.52 800m. 2:36.7 shot 9.15; Sue Yeomans pole v. 2.85 CBP; Kirsten Workman discus 17.61 javelin 25.92.

W55: Valerie Parsons 100m. 14.20; Margaret Auerback 5000m. 20:56.69; Ann Lewis 3000m. Walk 17:00.3 5000m. walk 29:10.02 BR.

W60: Bridget Cushen 10,000m. 53:44.25; Carole Derrien discus 22.92 hammer 25.27 weight 11.46 CBP.

W65 Barbara Colwell 100m. 16.09 200m. 34.50; Evaun Williams shot 11.26 BR discus 28.33 javelin 34.40 BR. Hammer 37.61 BR weight 15.31 CBP.

W70 Brenda Green 100m. 21.33 200m. 48.89.



M40 400m. Ian Wright(111) 5th; Sean Price (MV69); Jonathan Earnshaw (23) 3rd

London Marathon training the Ken Haith way.

Ken's path to the marathon was anything but calm and relaxed. In fact, it looks as if a mere 26 mile run was a huge relief, after what had happened the week before!

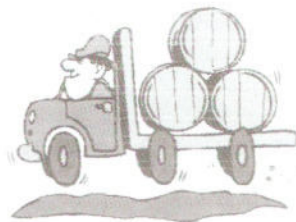
'In the final week leading up to the race itself it is vital that in addition to tapering down on your training, you ensure nothing goes wrong at the last moment to waste all the hard effort you have put in over previous months. Avoid any unaccustomed physical activity that could upset your finely tuned system and seek to minimise distractions or commitments that could cause stress and divert your mind from the all important task that lies ahead Try to adopt an orderly approach to those last days so that you arrive at the start-line in the best possible physical and mental state.'

When I read the above, it sounded sensible and I decided to try to follow this advice as far as possible in my final preparation for London 2002. I also thought it might be useful to keep a last week diary to see whether my personal

lifestyle could be fitted in with the suggestions that were made.

Monday - 9 miles steady.

Our twin sons were home from their universities and needed supplies of beer for next term when they would be celebrating their twenty-first birthdays. This meant a cross-Channel trip to France with me driving, but they agreed to do all the fetching and carrying. Unfortunately one of them couldn't make it as he had left his passport in college, so I had to push highly piled trolleys around and help load up the car.



Tuesday- 5 miles I had to take one of our sons back to university after the Easter break and there were major



roadworks to negotiate on the M11. His college was built a couple of centuries before the invention of the internal combustion engine and the car park is small and some way from his accommodation. We weren't allowed to stay long, so I had to help with the several trips that were necessary to get his luggage plus alcohol through the grounds and up four flights of narrow winding stairs to his room.

Wednesday- no run.

It was a cold day and I went up to collect my number from Docklands. It was just my luck that the computer had gone down and we all had to wait outside in a biting wind for half an hour until it was back on line. I finally got home for a late



lunch about three pm, just in time to take our other son back to his college. Life would have been so much simpler if they had chosen the same university. In his case I had to do battle with the M 25 traffic around Heathrow and then up the M40. His

room is easier to reach, but luggage and drink still had to be carried in and up to the flat

Thursday- 6 miles faster.

The waste pipe at the back of the washing machine came unhooked and flooded the utility room. I had to clear up the mess, then move the freezer before I could pull the machine out. After I put everything back, it still wasn't right so I had to do it all over again. Not a form of exercise I would recommend.

Friday- no run.

In the afternoon we had a phone call to say that our German shepherd dog had got out and was in a neighbour's paddock chasing their horse. I grabbed the lead and rushed round, but he wasn't there.

I searched in other gardens and then dashed through the woods and onto the farmland beyond, but still no sign.

/cont.opposite



When I finally returned home, there he was sitting on the doorstep.

"Look Ken, I swear I was just out on a training run for the marathon!!"

Saturday-3 miles very easy.

The high winds had dislodged our television aerial. I had to get out the double ladder and climb up on the roof to fix it, with my wife shouting up the chimney to tell me how the picture was looking.

Sunday-the MARATHON!

Everything went OK on the day and my good for age entry is assured for another two years. As for the advice, well it might be alright in theory, but not in the real world. If such chaos and confusion can happen to me as a pensioner, what must it be like for someone who has to work for a living?

ROAD RACE REPORT

from Road Running Secretary, Walter Hill.

During the depths of winter I had just finished a Cross country race on Farthings Downs in Coulsdon, when I was approached by Jack Fitzgerald. We always talk athletics and as usual I was amazed by his recent achievements. During the conversation he informed me that he intended to retire from his duties as Road Race Secretary and as a sign of respect to him I volunteered my services to the club.

My first responsibility was to attend the Ted Pepper 10 K. Just in case the task became too onerous I knew I could rely on members of

my own club, who regularly participate in SCVAC events. However, all was in hand thanks to members of the SCVAC Committee. For those who have never run this 10K it is steeped in history. The promoting club Blackheath Harriers Bromley provide an interesting and flat 3 lap course which is well marshalled with accurate 1km. splits. There are showers and excellent refreshments available. The headquarters provide a first class base for the presentation which was held promptly after the race. Without reservation we will return next year.

For the future, the clubs next championship road race will be the Abingdon Marathon on the 19th October 2003. I can assure all participants that the Abingdon is one of the fastest courses in England.

Results:

M40: Pat Calnan NM 37.10, Colin Oxlade 37.27, John Mortimer 37.34.

M45: Walter Hill 37.32, Rob Sargent 41.41, Jeremy Carmichael 42.96.

M50: Ken Daniel NM 36.10, Anthony Lintern 39.11, Michael Stacey 39.19,

Colin Hickman 39.33, Norman Hemming 41.59, Peter Spellman NM 44.35.

M55: Dave Beattie 38.12, Mike Cronin 40.52.

M60: Keith Scudamore 39.49, David Newland 39.53, Alastair Matson 40.16, V.

John Robinson 52.26. M65: Barry O'Gorman 40.42.

M75: Ron Hale 52.38. W55: Sue Gamer 44.09, Maureen Farmer 53.42.

East Surrey A.A. League; provisional dates for 2003 - 2004.

4th Oct. X Country Relays, Wimbledon Common (Parkside)

25th Oct. X Country Races, Lloyd Park, Croydon.

13th March 04, Road Relays, Box Hill, Dorking.

6th April Road Race, from Ewell Court, West Ewell.

2003 AND ALL THAT!



TONY FARMER reports on how he led a contingent of Dartford Harriers into battle at the Hastings Half Marathon.

The Battle of Hastings was recreated on 16th March 2003 when sixteen members of Dartford Harriers A.C. drew their bows and arrows to fight out the Hastings Half Marathon. Over three thousand runners set out on what is well known as a difficult course. At one point, it continuously climbs for over four miles.

First to cross the battle lines was Rob Sharp, in a time of 1:26.46. Previously known as "The Dark Dynamo", he had taken the precaution of changing his hair colour to frighten the enemy, and is now known as "The Blond Bombshell".

Next to fight their way through the enemy were the dynamic duo of Tony Farmer and Wendy Tester. They had been battling together to reduce Wendy's time last year of 2:06, a mission in which they were successful. They achieved the excellent time of 1:44.56, reducing Wendy's time by a massive 21 minutes! Closely behind were John Sawyer, in 1:45.44 and Darren Smart in 1:45.49. Bob Coombes, who had been plied with strong mead by the enemy the night before, staggered through the line in 1:52.00.

Little did they realise that knives were being drawn behind them as Maureen Farmer fought to stay ahead of Teresa Coombes, who was tracking closely behind. Maureen's objective of finishing in under two hours looked safe, so she momentarily relaxed with 50 metres remaining. Unfortunately, Teresa took advantage, and raced past her. The air turned blue with a display of "Anglo Saxon" expletives. However the battle was not quite over. Further border skirmishes occurred when Harriers joined the huge queues at the fish and chip bars on the seafront!

WORLD MASTERS NON STADIA CHAMPIONSHIPS; NEW ZEALAND 2004

Date; Sat. 17th April - Sat. 24th April. Runners, walkers, clubs, families: something for everyone. You've always wanted to visit New Zealand! Well, here is your chance. The new style Champs are to be held in Auckland and surrounding countryside.

Calendar of events: Sat. 17 April, opening ceremony & welcome to Auckland with a 5km. Fun Run. Sun. 18 April, 10km. road run Mon. 19 April, 10km. road walk Tues. 20 April, XC relay Wed. 21 April, 30km men & 20km ladies road walks Thurs. 22 April, Ekiden relay Fri. 23 April, 50km road race walks Sat. 24 April ½ marathon.

If you have an extra week, there is the Rotorua Marathon on May 1st.

Please send 4 x 1st class stamps for entry booklet & details when available to:- W.Dunsford, 12A Salisbury Rd., Grays, Essex, RM17 6DQ.

ALSO.....

2003: 16th Nov. WMA 100km road race, in Zan-Wen Dam, Nansi of Tainan County, Taiwan, entry fee US\$ 50. Slaps, with 13hr. time limit. May include 20 & 50km. International Race walks.

WALKING NEWS

with SCVAC walking secretary David Sharpe.

SCVAC walkers came home with several medals from the BMAF National Championships, Moorways Stadium Derby on 7th & 8th June. There were golds for David Stevens and Doug Fotheringham in the 3000m. track walk, and silver for myself, Ron Powell and Paul Ray. For the ladies, Ann Lewis won a gold medal in both the 3km and the 5km events. David Stevens and Doug won a second gold each in the 5000m. Walk, with Ron and Paul adding another silver.



RESULTS: 3km. Walk M45 David Sharpe 2 17:39.29. M65 David Stevens 1 16:55.32. Ron Powell 2 17:14.90. M70 Doug Fotheringham 1 18:09.6 Paul Ray 2 19:52.1. W55 Ann Lewis 1 29:10.02.
5km. Walk M45 Sharpe 4 30:35.10. M65 Stevens 1 28:25.68. Powell 3 29:14.44. M70 Fotheringham 1 31:26 38. Ray 2(time unknown).

Forthcoming events :the 5km. Walking championships will be held with an Enfield League on Saturday 11th October, 2.30, at Queen Elizabeth 2nd Park Enfield. It will be entry on the day. At the same time, the 7 miles will be held in conjunction with the Enfield Open 7.

It is a good venue for parking, also there are two mainline railway stations within easy walking distance;

As we now have to do risk assessments for road races, it is much easier when inside a park than on the open road.



BMAF Championships Derby 2003.

Danny Hodge wins silver in the M40 400m.hurdles, equalling the winner's time of 57.11!

Entry form**SCVAC 2ND CLUB & OPEN PENTATHLON, Deangate Stadium, starting at 13.00.****27th Sept. 2003**

Name _____ Member Number _____

Address _____ Post code _____

Tel. No. Day _____ eve _____

Age _____ D.O.B _____ age group _____ 1st claim club _____

ENTRY FEE: £8 members £10 (guests-no awards) Cheques payable to SCVAC.

Entry fee enclosed _____

SAE enclosed for confirmation & travel directions.

Entries to: Jim Day, 22 Langland Gardens, Shirley, Croydon, CR0 8DW.

Signature _____ Date _____

CLOSING DATE EXTENDED TO 20TH SEPT. (not 13th Sept as stated in Fixtures list)

A
D
V
A
N
C**BMAF CROSS COUNTRY RELAY CHAMPIONSHIPS** organized by SWVAC, will; be heldAt Millfield School, Glastonbury, on **Saturday 25th October 2003**Entry forms and event details from Ken Ballam, 7 Sandford Court, 32 Belle Vue Road,
Bournemouth BH6 3DR.**E NOTICE: BMAF indoors t&f is on 21st 22nd Feb 2004 at UWIC Campus, Cardiff.****BMAF outdoors (provisionally) on 3rd/4th July, Alexander Stadium, Birmingham.****10th-14th March 04, 1st ever world indoor champs, Sindelfingen, Stuttgart, inc. indoor Heavy Hammer, plus outdoor throws and cross country.****BMAF/SECTA WEIGHT DECATHLON by Colm Murphy, the "Man from SECTA"
(South Eastern Counties Throwers Association.)**

The first SECTA/BMAF WEIGHT DECATHLON was held at Buckingham School on Saturday, May 10th This was certainly a new venture for the Club and was the first time that the Club organised the weight decathlon. The EMAF supported the venture and so it was a double first.

Clubman, Jack Kee provided the facility and what a facility it was. A throwers' venue in every sense of the word - several caged circles, several additional circles and several run-ups all suitable for the varied events that comprise the decathlon. Jack ensured the facility was in tip-top condition and spent several days preparing sectors and similar. Nothing was left undone

and he is to be congratulated in ensuring a venue that we certainly will use for such events as this. This was no mean achievement considering the many events on the programme.

Besides the shot, discus, hammer, javelin and 'heavy hammer', there is also the brick (or putting weight from a run up - 35 lbs for the M40/45 category etc), the slingball, the club, the one handed hammer and the kugel (shot thrown with a discus motion). All events are done in one day which leaves the contestant exhausted for several days afterwards! As in all multi-events points are scored for marks secured in each event Another

club member, Chris Melluish ensured the easiest of compilations through writing his own computer programme; simply enter the data and the points totals are automatically provided to include running totals as the decathlon progresses and totals once the event is concluded. Anyone who visits the BMAF site will see his work with the weight pentathlon tables -under 'technical'.

As to the event itself, it was noted that the Club had experienced two unique events - SECTA organised the BMAF weight pentathlon last September at Ashford, the last outdoor track and field event that carried the BVAF medals, and now with the weight decathlon, SECTA organised

/cont overleaf

the first outdoor event to carry the new EMAF medals. We were blessed with the weather; although it turned out overcast as the day wore on we did not have the threatened rain that the low flying clouds seemed to promise.

With 15 entries there were two groups in total. The standard was extremely high with several national records and world bests were narrowly missed in three categories. Mike Small broke his own national record in the M45 category from Colm Murphy. Mike's highlights included mid 40m.marks in the hammer, javelin and discus which set him up for a remarkable total of 6,769pts - truly world class.

Merrick Bousfield did not enjoy as successful a day as he would have expected from his own high standards but nonetheless won the M50 event from John Wild who enjoyed several personal bests on his way to a 6,000 point plus mark. Chris Melluish won the M55 event from Richard Jegou whose cause was not helped through fouling out the heavy hammer — the new sector lines caused several problems for many throwers. Jack Kee helped by a mid 40m hammer throw topped 5,500 points to take the M60 category while John Freebairn from Scotland also topped that mark.

Peter Barber was another athlete over 40m in the hammer in the M70 category but could not break the national mark in the individual event and had to contend for the gold medal with Cliff Taylor, who was also attempting to improve his national shot mark en route to his overall silver. Susan Freebairn, Catherine Murphy and Evaun Williams all won their events — the W35, W50 AND W65 categories respectively. Evaun was the athlete closest to a world record and was shy by a mere couple of hundred points!

Even better than the many splendid marks attained on the day was the banter throughout. No-one was free from the many observations made on the various unorthodox styles in the more established through to the less familiar events. Everyone enjoyed this aspect of the day and everyone added to the many comments that abounded. It is truly a measure of the athlete when he or she can accept banter and comments on their technique. Even better was the advice given by the more experienced to those who were less than familiar with any particular event. This ensured, of course, that everyone did well in every event with very few exceptions.

The BMAF track & field secretary, Maurice Doogan awarded the athletes their medals and our thanks to him for

coming on the day.

A minutes silence was observed in memory of Erwin Kollmar, President of the World Thrower's Group who died after training the week before. Our condolences to his family. It was Erwin more than anyone else who promoted the throws at veteran level and by throws it is meant the whole series of events that fall under the term. The weight decathlon was his brainchild and he certainly will be missed. He maintained a keen interest in the club's activities in England and invariably spent two hours a month on the telephone to ensure he was abreast of what was happening in England. He was not only a world class thrower, but also a first class administrator and organiser.

pictured below:
LEFT Maurice Doogan with Evaun Williams.
MIDDLE Peter Barber.
RIGHT Maurice Doogan & Jack Kee.



RESULTS OF THE BMAF/SECTA WEIGHT DECATHLON CHAMPS AT BUCKINGHAM SCHOOL ON MAY 10TH.

	Total	SP	DT	JT	HT	Brick	Sling Ball	Club	mini SP	H.HT	1H.HT
M45											
Mike Small (E&E)	6769	12.99	43.16	44.25	44.58	7.42	58.74	58.96	20.94	24.06	18.56
Colm Murphy (M&M)	5297	11.11	36.19	30.70	34.50	7.82	50.54	48.44	15.84	16.97	11.72
M50											
Merrick Bousfield (Liv PS)	6393	12.41	36.74	36.30	39.20	9.88	50.31	54.83	25.90	19.06	17.30
John Wild (R&Z)	6237	10.50	38.65	37.70	40.98	8.31	49.09	53.67	24.77	21.67	17.21
Bill Renshaw (Roth)	5107	10.94	36.62	21.53	31.38	6.99	41.87	43.38	24.77	16.75	12.12
M55											
Chris Melliush (Camb H.)	4908	8.90	30.60	20.72	42.63	5.39	39.54	35.80	21.07	18.46	17.70
Richard Jegou (WHH)	3955	9.65	24.97	20.60	28.43	7.35	35.60	37.37	21.40	16.93	-
M60											
Jack Kee (M.Keynes)	5648	9.70	36.74	25.84	43.94	7.72	43.30	44.52	17.97	22.62	19.08
M65											
John Freebairn (C.nauld)	5694	10.81	35.38	30.15	33.75	8.93	48.06	42.13	1801	22.03	17.58
M70											
Peter Barber (Camb. H)	4978	7.92	28.60	16.18	42.15	6.98	38.06	26.83	19.12	26.18	19.66
Cliff Taylor (Belg)	4235	10.14	24.12	21.48	27.10	8.49	29.50	28.68	16.27	16.70	12.99
Philip McEvoy (Lon I)	4058	6.84	23.82	11.94	38.94	5.90	32.04	18.84	15.50	23.05	16.72
W35											
Susan Freebairn (Glas)	5521	10.47	42.34	26.20	35.40	6.96	37.80	29.24	13.77	16.25	14.87
W50											
Catherine Murphy (M&M)	2505	5.21	12.11	16.50	14.34	4.62	24.70	10.85	10.24	9.48	4.40
W65											
Evaun Williams (E&H)	5685	10.12	26.22	28.12	37.38	9.50	33.14	39.65	15.70	21.28	14.38

*Peter Barber
(left) presents SFCTA Club
Man of 2002 Award to
Philip McEvoy*



SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

2nd Club & Open Pentathlon

Women: Hurdles, High Jump, Shot Putt, Long Jump, 800 metres.
Men: Long Jump, Javalin, 200 metres, Discus Throw, 1500 metres.

to be held at Deangate Stadium, commencing at 1300 hrs

27th September, 2003

ENTRY FORM

FROM:-
Name: Number:

Address:

Post Code:

Telephones: Day: Eve:

Age: Date of Birth: Age Group:

1st Claim Club:

ENTRY FEE: £8 (Members) £10 (guests - no awards)

CLOSING DATE: 13th September, 2003

Entry Fee enclosed: £ Cheque payable to: S.C.V.A.C.

Stamped addressed envelope enclosed for confirmation and travel directions to Track.

Entries to: Jim Day, 22 Langland Gardens,
Shirley, Croydon, Surrey, CR0 8DW

Signature _____

Date: _____

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

3rd Club Indoor Pentathlon

Events: 60 metres Hurdles, Long Jump, Shot Putt, High Jump, 60 metres
At The Thames Valley Athletic Centre, Eton, Berkshire

Sunday 2nd November, 2003

ENTRY FORM

FROM:-
Name: Number:

Address:

Post Code:

Telephones: Day: Eve:

Age: Date of Birth: Age Group:

1st Claim Club:

ENTRY FEE: £8.00
CLOSING DATE: 18th October, 2003 **NOTE REVISED DATE**

Entry Fee enclosed: £ Cheque payable to: S.C.V.A.C.

Stamped addressed envelope enclosed for confirmation and travel directions to Track.

Entries to: Jim Day, 22 Langland Gardens,
Shirley, Croydon, Surrey, CR0 8DW

Because of time constraints, would ALL competitors measure and mark their Long Jump run-up PRIOR to 13.30 hrs. This will enable us to commence the event for each age group at the designated time.

TIMETABLE

13.30	60 Metres Hurdles	Women	3 races
13.50	Long Jump	Women	
14.00	60 Metres Hurdles	Men 60+	1 Race
14.10	60 Metres Hurdles	M40 to 59	2 Races
14.30	Long Jump	Men 60 +	
	Shot Putt	Women	
15.00	Long Jump	M40 to 59	
15.15	High Jump	Women	
	Shot Putt	Men 60 +	
16.00	High Jump	Men 60 +	
	Shot Putt	M40 to 59	
16.15	60 Metres Sprint	Women	
16.40	High Jump	M40 to 59	
	60 Metres Sprint	Men 60 +	
	60 Metres Sprint	M40 to 59	as High Jump is completed

"The Southerner" 200 + Club

Prizes won:-

April to August, 2003

April, 2003

- | | | | |
|----|-------|-----------------|-----|
| 1. | (012) | John Curtin | £35 |
| 2. | (080) | Roy Jeffreys | £20 |
| 3. | (019) | Edward Connolly | £15 |

May, 2002

- | | | | |
|----|-------|--------------|-----|
| 1. | (059) | Susan Lowry | £35 |
| 2. | (053) | Jim Rayner | £20 |
| 3. | (225) | Keith Ficken | £15 |

June, 2003

- | | | | |
|----|-------|-----------------|-----|
| 1. | (260) | Michael Stanley | £35 |
| 2. | (103) | John Seymour | £20 |
| 3. | (172) | Sandy Risley | £15 |

Special Prize: (223) The Southerner **£100**

July, 2003

- | | | | |
|----|-------|----------------|-----|
| 1. | (053) | Jim Rayner | £35 |
| 2. | (015) | Brian Jackson | £20 |
| 3. | (263) | The Southerner | £15 |

In the six months to August the surplus made by the **200+ Club** has made a considerable contribution to the costs of producing the Club Magazine, plus the fact that there are still a lot of shares not yet taken up by members has added a further £290 (see above winnings by "The Southerner"). Owners of more than one share have also been lucky. If you want to join the **200+ Club** there is a form on another page for this purpose. To avoid forgetting to renew each year you may wish to take advantage of paying by Standing Order - so completing the mandate at the bottom of the form will do this for you. On behalf of the SCVAC Committee I would like to thank all shareholders for their support, and wish them luck in the coming draws.

Ken Croke

Treasurer

Membership Renewals 2003

Have you Paid ?

If you are not sure of your current position - check the Newsletter Label. If you have thrown it away (a distinct possibility) you can check with the Treasurer: Ken Croke on telephone number **020 8657 4269**. Renewal forms for 2004 will be included in the next edition of "The Southerner" (December, 2003)

Advertise your Club Fixture, Social event etc.

in *The Southerner*

RATES: Full page **£90**
Half page **£50**
Quarter page **£30**

Contact Ken Croke (020 8657 4269)

Circulation: approx. 1000

CLUB OFFICERS (Until the AGM)

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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 Croke** (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

Road Secretary: **Walter Hill** (Crawley AC) 01923 862327
Walking Sec: **David Sharpe** (Ilford AC) 020 8599 5153
Entries Sec: **Steve Connolly** (Swindon H.) 01793 538245

Contributions for the next issue of

The Southerner

to be sent to the Editor by:- *

Friday 21st November, 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 Croke)

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

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

The SCVAC Annual General Meeting

will be held at

The Civil Service Recreation Centre

No.1 Chadwick Street, London SW1P 2EP

on Friday 12th December, 2003

See Agenda on another page

Winter Fixtures 2003 - 2004

Club Championships

TRACK

Saturday 27th September 2003

SCVAC Outdoor Pentathlon

Deangate Stadium, Isle of Grain, Rochester, Kent.

Entries to Jim Day - see entry form on another page.

Closing Date 13th September, 2003.

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: 13.10.03. - NOT as in the April "Southerner".

Entries limited - first come, first served.

See entry form on another page.

Sunday 15th February, 2004 (Provisional)

SCVAC Indoor Track & Field Championships

Thames Valley Athletic Centre, Eton. TBC

Entry form and further details will be included in the December edition of "The Southerner".

ROAD RUNNING

Sunday 19th October, 2003

SCVAC Marathon Championships with the AKZO NOBEL ABOINGDON MARATHON from the Tilsley Park Athletics Track at 9.00 a.m. Entry £12 by 20.09.03 (On the day £15) to: Abingdon Marathon, PO Box 57, Abingdon, Oxfordshire, OX13 6XR. Forms available from Ken Croke - send s.a.e.

Details of the 1/2 Marathon, 10 miles and 10K Championships will be in the December Newsletter.

ROAD RUNNING

Saturday 11th October, 2003

SCVAC 5K Road Walking Championship - 2.30 pm at Enfield. Entry on the day £2. Contact Dave Sharpe 020 8599 5153 H, or 020 8507 4980 W for further details

Saturday 8th November, 2003

SCVAC 7 Miles Road Walking Championship - 2.30 pm will also be held at Enfield. Entry £2. Contact Dave Sharpe - see above.

CROSS COUNTRY

Sunday 28th February, 2004

SCVAC Cross Country Championships will be in Lloyd Park, Croydon. An entry form will be included in the December Newsletter. (There was no response to the notes included in the report of last years Championships in the April Newsletter)

National and International events

(As per *Masters Athletics*)

Sunday 5th October, 2003

BMAF Weights Pentathlon (£10) & BMAF 10K Walk (£5). Burton-on-Trent. SAE for details - Phil Owen, 19 Shackland Drive, Measham, Derby, DE12 7LD Tel:- 01530 272272

Saturday 22nd November 2003

British & Irish International Cross Country. PLUS an open Mens & Womens 8K Race at 2.00 pm. at Bute Park, Cardiff. Enquiries to Irene Lisle - 029 2075 3563

County Events

Saturday & Sunday 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

Saturday 11th October, 2003

Surrey County A.A. Veterans Cross Country Championships at Richmond Park, Petersham. Race HQ: Ranelagh Harriers Clubhouse, Dysart Arms, bottom of Star & Garter Hill. Entry £3 (£4 on Day) to Don Turner, 40 Rosedale Road, Stonleigh, Epsom, Surrey KT17 2JH 020 8393 8950

East Surrey Amateur Athletic League

SCVAC has affiliated to the above League for 2003/2004. Although this is not specifically for veterans, the majority of competitors are over 40.

Fixtures:-

Sat. 4th Oct. 2003: Cross Country Relay: 4 x 1.95 miles. Parkside, Wimbledon Common, Surrey.

Sat. 25th Oct. 2003: Cross Country Race: 5 miles. Lloyd Park, Croydon, Surrey.

Sat. 20th Oct. 2003: Road Relay: 4 x 2.1 miles. Box Hill, Dorking, Surrey

Tuesday 6th Apr. 2004: Road Race: 4 miles. From Ewell Court Track, Epsom, Surrey

Races: Teams of 6, 4 to score. **Relays:** 4 laps.

Clubs may have as many teams as turn up on the day. SCVAC teams may compete, if not members of the other Clubs in the League: Boxhill Racers, Collingwood AC, Crawley AC, Croydon Harriers, Dorking & Mole Valley AC, Epsom & Ewell Harriers, Hercules Wimbledon AC, Herne Hill Harriers, Lingfield Running Club, Redhill & Surrey Beagles AC, Reigate Priory AC. and Striders of Croydon AC.

Scoring: the winning team gets 12 points, the 2nd 11 and so on down to the 12th getting 1. Points are carried forward to decide the Final League position. Perpetual trophies are held until the next year. Individual awards in each age group. (Under 13, 15, 17, 20, Senior Men & Women and Veteran Men & Women in the usual 5 year age bands).

SCVAC members wishing to represent the Club should send a stamped addressed envelope to Ken Croke at 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA Tel: 020 8657 4269) for further details and maps to the venues.

Ken Croke

Treasurer: SCVAC, Secretary: East Surrey A.A. League and Cross Country Secretary: Croydon Harriers etc...

**Southern Counties Veterans Athletic Club
ANNUAL GENERAL MEETING**

The Annual General Meeting of the Club will be held on Friday 12th December, 2003
at the Chadwick Street Recreation Centre, No.1 Chadwick Street, London SW1 P 2EP
Commencing at 19.00 hours.

AGENDA

1. To receive and confirm the minutes of the Annual General Meeting held on Friday 13th. December, 2002.
2. Matters arising from the Minutes.
3. Apologies for absence.
4. To receive the report of the Chairman.
5. To receive the report of the Secretary.
6. To receive the report of the Membership Secretary.
7. To receive the report of the Treasurer and the Annual Accounts for the Year ended 30th. September, 2003.
8. Presentation of Annual Awards.
9. Amendments to the Constitution.
10. Election of Officers for 2003/2004.

Current Officers

- a) Chairman Jim Day
- b) Vice-chairman John Dunsford
- c) Secretary Eric Shirley
- d) Treasurer Ken Crooke
- e) Membership Secretary Wendy Dunsford
- f) Assistant Membership Secretary Vilma Thompson
- g) Minutes Secretary Ron Franklin
- h) 10 Committee Members -
 - 1) Road Running Walter Hill
 - 2) Race Walking David Sharpe
 - 3) Track & Field Championships Carina Graham
 - 4) Track & Field League Pat Green
 - 5) Committee Member Winston Thomas
 - 6) Newsletter Editor Rosemary Champion
 - 7) Officials Secretary Vacant
 - 8) T&F Team Captain Arthur Kimber
 - 9) Entries Secretary Steve Connolly
 - 10) Press Liaison Peter Mulholland

Some Committee Members co-ordinate specific activities:

1. Medals & Kit - Jim Day
 11. Equipment Officer - John Dunsford.
 11. Any other business. (Items to the Secretary by 7th November, 2003).
- Proposals to amend the Constitution must be submitted to the Secretary by:
21st. November, 2003.

Minutes of the 2002 AGM will be available at the Meeting.

Eric Shirley, Secretary, August 2003.