

- Club cameo on walker Ann Lewis
- Return of the popular "Mrs. Derrien's Diary"



Carole Derrien

- History of the javelin



Arthur Brooks can still "smile for the camera" after 26 miles!

Photos: Jeremy Hemming 020 8871 9989

Southern Counties Veterans Athletic Club

Cross Country Championships 2004

Saturday 28th February, 2004 in Lloyd Park, Croydon

also includes: CROYDON HARRIERS CHAMPIONSHIPS
AND INTER-CLUB MATCH

2.30 PM START

ALL START TOGETHER

1 1/2 Laps = 5 Km

SCVAC W35+

Croydon Harriers and others Women - all age groups
Boys under 13 & 15 Men under 17

3 laps = 10 Km

SCVAC MEN 40+

Croydon Harriers and others - Senior Men (including Vets),
Junior Men and Senior & Junior Women scoring in the
Inter Club match.

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SCVAC ENTRY FORM *Cross Country Championships 2004*

TO: Steve Connolly, 64 Goddard Avenue, Swindon, Wiltshire, SN1 4HS (Tel: 01793 538245)

FROM:-

Name:

Number:

Address:

Post Code:

Telephones:

Day:

Eve:

Age:

Date of Birth:

1st Claim Club:

ENTRY FEES: £2.50 (Members), £3.50 (guests - no medals)

Entry Fee enclosed:

£

Cheques payab **S.C.V.A.C.**

Closing Date 14th February, 2004

Self addressed envelope (9" x 6") enclosed for number, map etc

Signature

Date:

SCVAC Members must have paid 2004 Renewal to the Treasurer before the date of competition
Please do NOT send with Entry

From the Editor.

Can't believe it; here we are with the December edition again! It has been an eventful year, with a good representation from the Southern Vets at the Puerto Rico World Champs and the National Track & Field in Derby. Southerners were also to be found at the Birmingham National Relay Champs, the 10km road champs. (also at Birmingham), and the non- stadia champs in Upice, at which I see that Jack Fitzgerald won the only British gold, in the M80 30 kms walk. Our race walkers have been very active at a national level, competing in the national 30kms. at Sutton Park etc. and we have several excellent multi - eventers at a national level.



However, it appears, looking at the results lists, that entry numbers are much reduced, and a smaller number of athletes are "spreading themselves thinly" over a large number of events. This is happening in athletics in general, as you will have noticed if you coach, or officiate at County Championships.

The current "compensation culture" is having an unfortunate effect on road races and in cross country leagues. Organisers are now expected to provide a risk assessment, which involves an endless, and inevitably, expensive amount of paper work. Our sport depends on volunteers, and who can blame them if they are not prepared to waste their time on such nonsense? One example is The Parkwood Cross Country League in Kent, which provided excellent competition for young athletes at the weekend. Alas no more! The League has been hammered into the ground by loony legislation which insists that a small body of volunteers must provide a risk assessment for every race.

A lack of recruitment into athletics from the schools, combined with the lack of adult volunteers gives rise for concern in our sport. Let's have your ideas and thoughts on the subject!

Your contributions can be sent to: The Editor, Rosemary Champion, 6 Woodlands Park, Bexley, Kent. DA5 2EL. Email: southernvets@lineone.net Tel. 01322 522934, by Fri. 19th March

ADVANCE NOTICE: SCVAC Track & Field League final is Sept. 5th 2004, at Battersea.

London Marathon Club Entries 2004. - if you would like to run the London Marathon next year, SCVAC has a limited number of entries for Club members. Please contact Eric Shirley, 2 Ladbrook Close, Pinner, Middlesex, HA5 5LB. Tel. 020 8868 3209.

Donations from Club members
received since the last Southerner.

Thank you for your generosity-

Ken Crooke (Treasurer)

Robert Briggs	Jack Fitzgerald
Jim Charman	Steve Allen
Bob Crittenden	Barry Parrott
Teresa May	Pat & Paul Oakes
Ruth Allcock	(officials teas at Indoor pentathlon)
Sheila Champion	Anne Chapman
John Mattinson	



Road Running Sec. Walter Hill in the Epsom 10, Sept 21st, 2003

SCVAC Marathon Championship, Abingdon, 19th October 2003.

Report from David Beattie of Crawley A.C.

As Road Running Secretary Walter Hill was unable to participate in this race, staged a week after he represented Great Britain in the European 24 Hour Championship, he asked me to submit a report on his behalf.

A "touch of frost" on the windscreens heralded a clear day for this well-organised event, with some runners opting just for vest and shorts, whilst others added tee shirts, thermal tops or gloves, which they discarded when warm. A colourful sight were two runners dressed as pink fairies, a Superman, and a group dressed as Vikings, who came from Argentan (Abingdon's twin town).

88 entries on the day delayed the start, but we got away smoothly and exchanged greetings with old friends as the first miles ticked along. I had a couple of Woodstock Harriers for company, and appreciated vocal support from their team mates on bikes around the course. At seven minute miling there was time to appreciate the pretty Oxfordshire villages and the bridges across the Thames, thatched roofs and autumn leaves - in such pleasant surroundings the mile markers came up very quickly. The north-easterly wind strengthened later, creating a surreal dust-bowl experience across the open fields near Sutton Courtenay.

At the sharp end of the open race, defending champion Mike Smith of Bourton built up a 6 minute lead over Jonathan Creak of 13 Air Assault, to reach halfway in 1:10:17. Smith maintained his advantage to finish in 2:26:12, followed by Creak in 2:34:51 and Dominic Croft of Woodstock, who ran a nice even pace to record 2:35:44.

There were outstanding M 50 performances by Godfrey Rhimes of City of Portsmouth (7th overall in 2:43:33) and Bryan Vaughan of Woodstock (9th in 2:43:45)

The ladies race saw a close finish, Lisa Knights of Police PA overcoming a 2 minute deficit at halfway to prevail in 2:55:15 over last years winner, Lucy Townsend of Bourton, who

recorded 2:55:46. Linda Clarkson of Darwen Dashers was 3rd, and first W35 in 3:00:27.

Wheelchair athlete Stuart Riggs gained a course record of 3:03:23.

Enjoying a reviving Guinness in the bar with clubmate Jeremy Carmichael, we reflected on a most enjoyable event to which we shall definitely return next year. Out of 538 finishers, 14 were SVAC members, whose positions and times are detailed below.

SCVAC Championships in finish order.

1	2:43:33	Godfrey Rhimes
City of Portsmouth	M50	7th overall.
2	2:43:45	Bryan Vaughan
Woodstock Harriers	M50	9th
3	2:46:43	Raymond Pearce
Istead and Ifield	M40	16th
4	2:52:33	Bryon Heywood
Burnham Joggers	M50	26th
5	3:04:10	David Beattie
Crawley	M55	62nd
6	3:04:46	Ivon Whitmore
Medway & Maidstone	M50	64th
7	3:16:01	Stephen Caswell
Woodstock Harriers	M40	119th
8	3:27:31	Jeremy Carmichael
Crawley	M45	172nd
9	3:30:19	Arthur Brooks
St Albans Striders	M50	195th
10	3:40:40	John Gadde
SCVAC	M50	244th
11	3:48:49	Gail Goldsmith
Bracknell Forest	W55	287th
12	4:07:58	Kio Vejdani
Lingfield	M60	387th
13	4:44:16	Patricia Seabrook
Finch Coasters	W55	496th
14	4:48:35	Nancy Bowen
Bracknell	W55	503rd

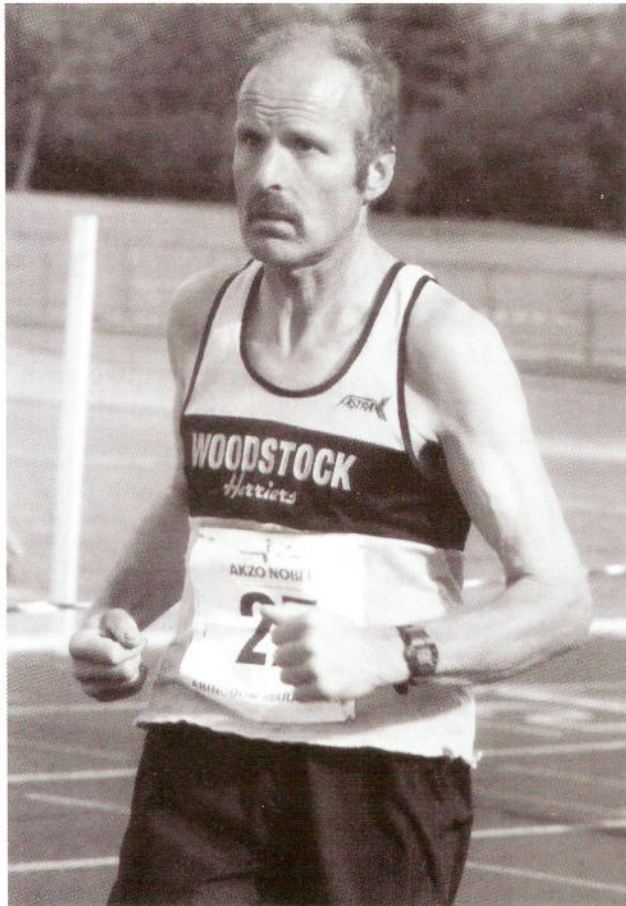


John Gadde, 6th in the M50 club champs.

SCVAC marathon championships, Abingdon, Oct. 19th 2003.



Brian Vaughan(267) 2nd M50, in 2:43:45- at the 6 mile point.

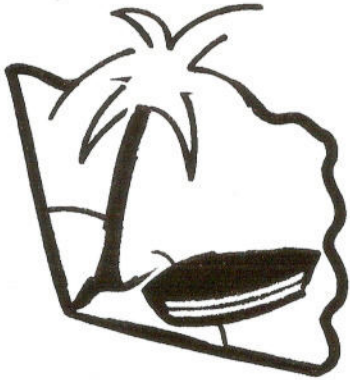


-at the finish on the track:-

Stephen Caswell, 2nd M 40 in 3:16:01

Jeremy Carmichael, 1st M45 in 3:27:31

PUERTO RICO 2003



THE WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS 2003

Jeanne Coker was there, and shares her experiences with us.

I volunteered my services as an official so, having been accepted, decided to enter the W65 5000m. Why not?

Now for those of you whose geographical knowledge is slight, Puerto Rico is far away. Long journeys can be boring on your own so I travelled with a bunch of athletes. Instead of going direct to Puerto Rico, with just a short break at Atlanta, Delta airlines decided we should spend the night there (pity it was a Sunday and they don't sell beer on the Sabbath). Atlanta airport was an experience which I hope not to repeat. It took three hours to be processed by immigration and security but our athletes rose to the challenge and kept the crowd entertained.

There were only two track officials from the UK so guess what - I and my colleague Pat were the track referees at the two main tracks.



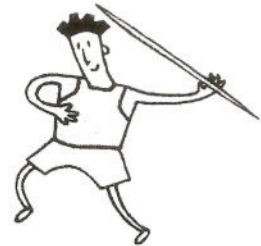
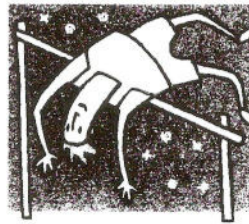
....and this is just the track officials, going for Personal Bests!

Because of the heat and humidity we made an early start. Some days it was the 05:30 bus but on others we did not go until 06:30. On these days I went for a run at dawn but was still bathed in sweat after ten minutes gentle jog.

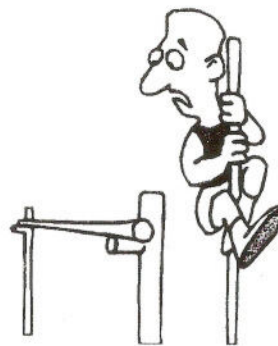
To start with, we seemed to be getting organized while the competition was progressing. Who does the results? Who posts them? Where? How strict are we on athletes signing in? Is it fair on the Czechs (and others) who speak no Spanish or English? Where do I get my breakfast ticket? This was worth getting up for - French toast or American pancakes with maple syrup, and half a gallon of orange juice.

The result was wrong for the very first event (heptathlon points for 80m hurdles).

What was I going to do about it?. The rules say use a factor of 1.09 then age grade. Whatever does that mean? Come on you results people, help me out! They did, and the athletes were happy.



"I've changed my mind actually"



The first two days were heptathlon and decathlon, fifteen hour days with a couple of half hour breaks

on the second day when I made use of the medical beds. By day three, we were well into the swing of things and knew what we were doing. I'd just put my feet up during the 100m heats, have a kip in the afternoon and run my race in the evening. Everything that could go wrong did! An example. M45. Five full heats of eight. When they called heat five, I had one athlete left over - a nice quiet man from the UK. I walked him down to the start explaining that I would like him to run on his own, as fast as possible so that he could be a "fastest loser". I

ran back to the finish almost as quickly as he did. Had he done it? Yes! I went over to tell him and got a big hug from a very sweaty man.

And so to my 5k. My first 4k was about my usual pace, the next two laps were slower, then by the last 800m, my knees were wobbly and my head seemed full of bricks. At the finish as I knelt on the ground with my head in my hands. The medics asked me if I was all right. I'm fine, I lied. I was damned if they were going to put me in their ambulance!

Our transport was those mustard yellow American school buses you see in the movies - with a police escort. Real American style. For some people it was the highlight of their visit!

The hurricane season was in full swing (one was roaming around when we arrived) and inevitably we got some of the fringe weather. The thunderstorm was magnificent and it blew every electrical circuit it could find, including the timing clock. I apologised to the 800m winner for not giving him a lap time. He said not to worry - as he didn't know his 400m time, he was running scared, which was why he won.

The rain on the last day was something else. In five hours it must have equalled the rainfall in the UK for the last five years. The marathon runners loved it but the chief of police wanted to stop the race because his officers were getting wet. Talking of the police I witnessed a fascinating incident. Five cops on bicycles surrounded and stopped a person on a motor scooter!

Relaxation was falling into the swimming pool under the stars after a long, hot, sticky day, drinking pina colada. I did get to see the tropical rain forest but that was the extent of my cultural activity. The 2005 World Championships are in San Sebastian, Spain. Sun, sea, sand, athletics - what more could you want?!

"I could get used to this!!"



BMAF National Heptathlon & Decathlon Sept.13th/14th Sheffield.



Anne Goad, W45 heptathlon winner.

Hept. Events: 80m. Hurdles, high jump, shot, 200m. long jump, javelin, 800m.

W35: Catherine Goddard, 3391 pts. Dawn Copping, 2501. W40: Hazel Barker, 4217; Christine Pates, 3322; Dorothy Orr, 2700; Diane Farmer, 2553; Diane Smith, (retd. after 2 events)

W45: Anne Goad, 3940; Anne Wainwright 3556; Lorraine Molloy 2183; Sue Pickersgill 1985.

W50: Jackie Towers, 2003.

Decathlon events: 100m., long jump, shot, high jump, 400m., hurdles, discus, pole vault, javelin, 1500m.

M40: Callum Orr, 6006; Andrew Waddington, 5589; Geoff Powley, 5318; Kenny Lyon, 5099; Peter Ley, 5029; Steve Wooley, 4641; Nash Cummings, 4602; Alan Easey, 4480; Peter Stepney, 4295; John Dickinson, 4090;

Stephen Carroll (retd. after 7 events); David Richards (retd. after 5 events)

M45: Brian Slaughter, 6588; John Mayor, 6528; Gary Walker, 5291; Kenneth Pokomiek, 5234; Andrew Laughton, 4944; Ian Harding, 4913; Barry Gibbs, 3905; Rob Howles, 3902.

M50: Tyrone Lewis, 6309; Ian Reeve, 6169; Julian Kennedy, 5631; Terry Hall, 5526; Nick Phipps (retd. after 5 events) Peter Wainwright (retd. after 2 events)

M55: John Charlton, 6849; Lawrie Dunn, 5073; Pete Clarke, 3339; Snowy Brookes (retd. after 8 events) Allen Macleod (retd after 9 events)

M60: John Howe, 6054; Joe McSweeney, 5741; Bruce Charles, 5420; Fred Bush, 5133; Tom Thorne, 5086; Brian Loten, 4991; John Scott, 4696; Dai Vaughan, 3424; Peter Duckers (retd. after 5 events)

M65: John Ross, 7231; Tony Bowman, 5654; Ian Sneddon. 5560.

M75: Norman Carter, 4754.

CLUB CAMEO

Supplied by Walking Sec. David Sharpe, from Aldershot Farnham & District website.

When you look back at Ann Lewis' athletic career which is littered with wins at major masters' Championships and age group British and World Records, it is remarkable considering she only took up race walking by accident. The part time swimming and games teacher, who is married to Lew, a retired police detective inspector, joined AFD in 1987, in order to do biathlons. Although she competed regularly as a runner, her career was fairly unremarkable, showing no signs of the successes which were about to follow.

It was in 1991 that AFD Ladies section entered a team to compete in the newly-formed Hampshire Veterans League. One of the events in that league is the 2000 metre walk. She had four sessions with John Delaine, our race walking coach before her first race. So on 29th April 1991 a remarkable career began, starting with a victory in her first race.

Ann continued to compete in the vets' league as a walker but carried on running. However with her success in the vets' league she broadened her horizons somewhat and competed at various levels in 1991 and 1992. This culminated in her winning the BVAFA W40 5000 metre Championship in a Championship Best Performance in 1992.

More success was to follow the following year. Now a W45, Ann was to become National Champion in the 3000m. event both indoor and outdoor and also in the 5000m in another CBP. Illness then kept her out of all sporting activity for the last four months of the year and this made up her mind to give up other activities and concentrate on race walking.

1994 saw Ann consolidate her position as Britain's leading lady "master" walker, winning W45 National Championships at 3000 metres, 5000 metres (beating her own CBP) and 10,000 m. on the track as well as the 10K and 20K titles on the road, breaking the British age-group record at 5000m. She also represented Hampshire as a senior in the Southern Inter-Counties taking first place despite being over 45. She held on to all five titles the following year this time breaking the British



Record in the 3000m. indoor competition. Ann entered the London marathon in 1995 and race walked all the way in a time just under 5 hours. 1996 was the year Ann made her presence felt on the world stage winning a silver medal in the World Veterans W45 age group in an AFD vest. That year she also broke the World W45 record in 3000m. indoors as well as twice breaking the 5000m. British Record in both 1996 and 1997.

During her five years in the W45 category, she won the National championships in three events in each of the five years and a further two events four years out of five plus the 10000m. track race twice. In 1997 she also won two European medals, gold in the indoor 3000 metres and silver in the 20K road walk.

Since 1998 when she turned the magical age of 50 (I know we shouldn't discuss a lady's age but when you compete in masters athletics it's difficult to hide it) Ann's successes have shown no sign of abating. She's won gold in the World Vets (10K Road in 1999 and 20K Road in 2000), gold in the Europeans (5000 metres and 10K road in 1998, 20K walk in 1999 and 2001). She has represented Great Britain masters in 3000m. walk in 1998 and 1999 taking bronze on both occasions. She has also represented Hampshire at senior level competing against mere youngsters and won on

(cont. overleaf)

Club Cameo (cont.)

both occasions (in 1998 and 2000). She has also been National Champion at all six walking events (3000m. indoor & outdoor, 5000 & 10,000m. track, 10K and 20K road) breaking the British record in each discipline.

At national level Ann has never been beaten in her age group since she started race walking in 1991.

Now 55, Ann won two golds at the 2003 Derby BMAF Championships, in the 3000m. and the 5000m., the latter in a CBP time.

“Puerto Rico from a thrower’s angle:” taken from an article written by William Gentleman in The British Throwers Club Newsletter, with the permission of the Editor, Hugh Richardson.

At the World Masters Athletics Championships in Puerto Rico from 2nd to 13th July, British field eventers did very well, amassing a total of ten golds from the total of thirty seven, also two silvers and one bronze.

Success began on Day One, with three golds in the hammer. Chris Black won the M50 with a throw of 61.35, Evaun Williams the W 65 with 35.98, and Nigel Winchcombe the M40 with 49.81. There were silvers for W55 Rosemarie Alexander(36.52) and M60 Bill Gentleman (49.72; a two year best) who also won the pentathlon hammer by 7m. with 48.86.

Discus golds came from Peter Gordon, M50 with a great throw of 59.77, and Rosemarie Chrimes W70, whose throw of 31.29 was a new WR, and a bronze from Evaun at 29.62.

Rosemarie and Evaun also won gold in the shot, with a putt of 11.15 from Evaun and a new CR of 10.68 from Rosemarie. Evaun added golds in the the javelin(35.98) and Weights Pentathlon(5548, nearly 800 pts ahead), whilst Rosemarie completed her trio of golds with a WR high jump of 1.26.

One of the abiding memories, apart from the omnipresent sticky heat, was the provision of motor cycle police escorts for the shuttle buses between venues and hotels. The rules seem to be flash your lights at all times with sound added when you were really serious. Vehicles in

the bus lanes were waved aside, traffic was blocked at junctions, including red lights to let us through. Even the other side of the road was utilised to allow traffic jams to be passed! Rumour had it that the FBI had insisted on the police presence.



Buses were essential due to the dispersal of the stadia, which were situated 1000 metres, 3 miles and 6 miles from my hotel. The largest stadium Roberto Clemente in Carolina was not the best, but politics dictated that it was designated the main centre. The track and circles were new, and the track was melting in the 124 degrees F., heat causing problems for runners’ blocks and fingers in the set position.

The circles were some of the worst I have thrown from- they looked as if they had been hand finished with a rake, as if someone thought we might slip! The older, patched circles at the university were much better, as were those at the Escobar stadium. All the cages were 5.50m. wide rather than the recommended 6.0m., leading to an increase in the frequency of fouls and, in my case, a broken hammer.

Following the IAAF ruling, my hammer had to be included in the common pool, and was very popular with the other throwers. It lasted relatively unscathed till the Weight Pentathlon, when it was released at an angle that caused it to smash into the right hand upright; it would have missed in a full size gate! It was travelling so fast and hit so square that it bounced back over the thrower’s head to the back of the cage. He shrugged and walked away, leaving me to retrieve it. To my horror, there was a split about 25% of the way round the casing which was itself deformed. Thankfully, my season finished at the Games, giving me time to get used to a new hammer for next year.

Apparently, the organisers spent around \$250,000 on equipment, supplying a good range of all implements. A little more time, thought and money spent on the cages and circles would have been money well spent, and much appreciated by the throwers. However, I had a very enjoyable time, on balance, renewing old friendships and making new ones.

WALKING NEWS -

With SCVAC walking secretary David Sharpe.



The SCVAC 5kms road walking championships took place on Saturday 11th October as part of the Enfield League series, starting at Queen Elizabeth 2 Stadium, Carterhatch Lane. The field of 42 was one of the best since the league started in 1998. League secretary Martin Oliver is delighted that numbers have been boosted by the inclusion of twelve walkers from the Southern Vets.

Results: M45: Nick Silvester (Aldershot) 1st, 26.09. M50: David Sharpe (Ilford) 1st, 28.55; Sean Pender (Enfield/H) 2nd, 30.08. M60: Amos Seddon (Enfield/H) 1st, 26.42; Richard Deacon (Aldershot) 2nd, 34.52. M65: Dave Stevens (Steyning) 1st, 28.28; Ron Powell (Enfield/H) 2nd, 29.02. M70: Doug Fotheringham (Belgrave) 1st, 30.25; Paul Ray (Enfield/H) 2nd, 32.42. M80: Jack Fitzgerald (Surrey) 1st, 37.59.

W55: Ann Lewis (Aldershot) 1st, 28.40. W60: Pam Ficken (Surrey) 1st, 37.36.

The SCVAC 7 miles championships at Enfield on November 8th attracted entries from eight club members, all of whom competed in the 5kms. Championships above.

Results: M45: Silvester, 1st, 58.05. M50: Sharpe, 1st 67.35. M60: Seddon, 1st, 61.56. M65: Powell, 1st, 67.27. M70: Fotheringham, 1st, 71.21; Ray, 2nd, 75.19. M80: Fitzgerald, 1st, 90.29. W55: Lewis, 1st, 66.35.

PENTATHLON NEWS - from Jim Day.

The second SCVAC and Open Outdoor Pentathlon was held on September 27th at Deangate Stadium, Hoo, Kent, amid glorious weather. In the W35 section, Imeta Barauskiena from Bexley A.C. and Dawn Copping of Medway and Maidstone had a ding dong battle all afternoon. Only in the last event, the 800m., did Imeta's strength enable her to forge ahead in the last 15m. Both were rewarded with best performance totals.

In the mens' section, both Barry Gibbs and Bruce Charles were the class acts. Barry added 34 points to his last years' total for a new Personal Best. Bruce fell just short of his target- well, it has been a long season!

A special vote of thanks should go to Pat and Paul Oakes for agreeing - after some initial trepidation - to organise the event. The result was an unqualified success. Finally thanks to our old friends, the Kent officials. Without their help, nothing would have taken place.



SCVAC Pentathlon: Elizabeth Slater, Teresa May, Chris Pates, Imeta Barauskiena, Dawn Copping

Results of the Deangate Pentathlon, Sept. 27th.

Mens' events	LJ	Jav.	200	Dis.	1500	Total
M40						
SCVAC						
G. Capon						
Dartford H.	5.20	29.23	25.9	19.41	6.45.7	1996
	554	364	643	261	174	SCV BP
Open						
M. Woods						
Paddock W.	5.04	29.90	24.3	20.23	5.02.6	2587
	516	375	781	276	639	Open BP
S. Langford						
Ashford AC	5.53	28.71	26.0	18.54	6.10.3	
	635	355	635	245	303	
M45						
SCVAC						
B. Gibbs						
Redhill & SB	4.69	33.77	28.2	16.38	5.55	2202
	502	499	539	233	429	SCV BP
R. Davies						
Soton City A.C.	4.73	14.23	27.4	17.11	8.31.4	1521
	529	141	598	248	5	
M60						
SCVAC						
B. Charles						
White Horse H.	4.51	29.59	29.2	24.70	6.08.4	2966
	732	545	692	417	580	
K. Burnett						
Striders of						
Croydon 2.93	20.23	34.0	21.55	6.59.5	1683	
	259	330	379	349	366	
D. Simpson						
Sevenoaks	2.88	24.38	62.3	16.59	DNF	914
	245	424	-	245	-	
Womens' events	Hurd.	HJ	Shot	LJ	800m.	Total
W35						
Open						
I. Barauskiena						
Bexley AC	21.1	1.49	6.83	4.69	2.54.4	2413
	298	736	324	576	479	Open BP
SCVAC						
D. Copping						
Med. & M.	19.8	1.37	7.38	4.29	2.55.1	2284
	40	588	359	456	473	SCV BP
W40						
T. May						
Sevenoaks AC	16.5	1.40	6.45	4.24	2.56.3	2544
	418	736	328	530	532	SCV BP
C. Pates						
Bexley AC	19.7	1.43	7.36	4.29	2.58.5	2366
	138	783	390	546	509	
W45						
Open						
E. Slater						
Bexley AC	19.5	1.31	6.37	3.17	3.51.2	
	235	724	386	292	40	1677

Results of the 3rd SCVAC indoor Pentathlon Championships, held at Eton on 2nd November. Events - 60m. H., LJ, HJ, Shot, 60m. -Total.

W35: 1. M. Austin, Reading, 10.3, 4.62, 1.29, 8.60, 2926 pts. (Rec.)

2. A. Alstrachen, W. Suffolk, 11.1, 3.82, 1.08, 6.54, 8.9, 2127 pts.

W40: 1. D. Copping, Medway, 11.2, 4.51, 1.35, 7.73, 8.9, 3090 pts. (Rec.)

M40: 1. M. Woods, Paddock W., 11.6, 4.84, 1.52, 8.62, 7.7, 2519 pts.

2. Gary Capon, Dartford, 11.7, 4.84, 1.55, 7.29, 7.9 2389 pts.

3. P. Stepney, Abingdon, 10.9, 5.07, 1.49, 6.36, 8.2, 2372 pts.

M45: 1. B. Morris, Eastbourne, 10.4, 5.28, 1.49, 8.45, 7.4, 3272 pts. (Rec.)

M50: 1. B. Gibbs, Redhill, 11.9, 4.75, 1.25, 8.30, 8.3, 2623 pts.

M55: 1. D. Ives, Dacorum, 12.0, 3.89, 1.40, 9.15, 8.7, 2875 pts. (Rec.)

2. J. Rayner, Ayles., 12.2, 4.48, 1.22, 9.21, 9.2, 2718 pts.

M60: 1. J. Howe, Rhondda, 10.0, 3.95, 1.36, 10.99, 8.8, 3671 pts.

2. B. Charles, White H.H., 12.0, 4.22, 1.24, 8.22, 8.8, 2991 pts.

3. R. Bruck, Barnet, 13.1, 4.27, 1.30, 9.10, 8.8, 2989 pts.

4. B. Harlick, Epsom, 12.8, 3.56, 1.21, 9.00, 10.1, 2376 pts.

M70: 1. J. Day, Blackheath, 11.8, 3.39, 1.21, 9.39, 9.9, 3294 pts. (Rec.)

SCVAC CLUB RECORDS.

There seems to be some confusion about club records. Records achieved at national and international meetings do not require any signature other than your own - the result of the championships is sufficient proof. However, you DO need to submit your performance on a club record form and send it to me.

The record keeper would otherwise need to trawl through about 20 age groups, and about 25 events! So get filling in those forms.

Jeanne Coker.

A history of throwing part 2: the javelin, by Rosemary Champion.

In the Javelin event, style and not just distance counted in the ancient Olympic Games. Thus, at the 82nd Olympic Games, Eumenes of Corinth was denied the victor's olive crown as the judges criticised him for throwing in an ungainly manner, and falling over. Modern Olympic Champion Jan Zelezny might have had trouble with this ruling!

Javelin was not included in the first three games of the modern Olympiad. The Scandinavians however, had a special affinity with the event. In the late 19th century, they developed a method of scoring with an aggregate of the best throws from either hand. Swedish Champion Eric Lemming won the first official javelin title at the 1908 London Games, with a throw of just under 54m. He improved to almost 60m. when he successfully defended his title at Stockholm in 1912. During his career, he improved the World Record nine times, recording the greatest percentage increase in any athlete's career. His final World Record was 62.32m., set in 1912.

In the early years of the 20th century, unconventional styles of launching the spear abounded, and a wise spectator would stand well away from the throwing area! "Free style" events meant that the athletes could throw in any way they chose; gripping the tail of the implement, and flinging it discus-fashion, or "casting" from the tail, rather like a fishing line. It could even be shot like a billiard cue, through a bridge made by the fingers of the non-throwing hand. Lemming preferred the Greek, or orthodox style, grasping the javelin at the centre of the shaft, although he used only a short run up. By 1912, the over - arm carry, followed by a 'forward, downward, backward' withdrawal carried out over three bounding strides, had generally ousted all the other styles.

However, rules had to be tightened up in 1956, when a Basque thrower, Felix Erauzquin, threw rotational style, after first dipping the implement in soapy water! As a result, modern competition rules are very precise, as to permitted styles. Also a master of the unconventional style, Al Cantello threw a World Record in 1959 of 86.06. His unique approach ended with almost a handstand after delivery.

American brothers Dick and Bud Held



together had a great influence on the development of technique, and on the production of modern aerodynamic javelins. In the early 1950's, Bud was one of the three top throwers in the world, and was first to use a side or dropped withdrawal. He employed a double cross step whilst maintaining a side -on, deep throwing position. The emphasis was on leaving both implement and body parts behind to enable maximum hip drive before the pull. Difficulties with obtaining javelins from Finland caused him to repair broken implements for his own use, and to notice differences that affected performance. In 1953, Dick, a graduate electrical engineer, became interested in repairs and experimentation, and fellow American Bill Miller broke Bud's World Record that year using a javelin built from entirely American materials. By 1957-60, Dick Held was producing the first widely successful aluminium javelins. Al Cantello in 1959 set his World Record with a Dick Held implement. In 1964, Held had patented a machine for tapering metal tubing so that a cost - effective metal javelin could be produced, so by the following year, the production of wooden javelins had ended.

As the aerodynamic properties of the implement improved, so the barriers in performances fell. Terje Pederson of Norway took men's javelin beyond the 90m. point to 91.72m in 1964, and Janis Lysis (USSR) took the next World Record, contesting four Olympic finals from 1964 to 1976 winning a full set of Olympic medals and was the only athlete to win four consecutive European Championships. In the 1976 Montreal Olympics, Miklos Nemeth of Hungary broke the World Record with his first throw of 94.58m.

Fixtures 2004

Club Championships

Saturday 28th February, 2004

CROSS COUNTRY, Lloyd Park, Croydon, Surrey
Entry Fees: Members £2.50, Guests £3.50 (No medals)
Entry Form on another page. C/D: 14th February, 2004.

Sunday 29th February, 2004

INDOOR TRACK & FIELD at The Thames Valley Athletics Centre, Eton.
Entry Fees: Members £3, Guests £4. (No medals)
Entry Form on another page. C/D: 15th February, 2004.

Monday 4th May 2004

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 (+ £2 for SCVAC. Championship) Cheque to:
"Blackheath Harriers, Bromley", Event Secretary,
122 Romsey Avenue, Fareham, Hampshire, PO16 9SZ
by **19th April, 2004**. (On the day: £6/SCVAC £3
(To be confirmed in the April Newsletter)

Sunday 13th June, 2003

S.C.V.A.C. Track & Field Championships. The Millenium Stadium, Battersea Park, London SW11 4NJ
Full details and entry form will be included in the April edition of "The Southerner"

OTHER ROAD RACES

We are looking at new events for our Championships next year:-

Provisional information (Confirmation in April Newsletter):-

MARATHON - with the Isle of Wight Marathon in May 2004.

10 MILES - with "The Dorking 10" on 7th May, 2004 (TBC)

1/2 MARATHON - with the well established "Gatwick 1/2 Marathon".

ROAD ENTRIES via our Road Race Secretary:-

Walter Hill. Tel: 01293 862237
Email: walterhelen@tricali.com.uk
(Except the 10K)

Cross Country & Track & Field Entries to:-
Steve Connolly as per entry forms.

National & International Championships

As in the August edition of "MASTERS ATHLETICS" **2004**

21-22 February: BMAF Indoor T&F
U.W.I.C. Cardiff - Advert in December MA

10-14 March: WMA World Indoor T&F, Sindelfingen, Stuttgart, Germany. Entry form: (WD)

20 March: BMAF Cross Country,

Maiden Castle, Durham - E/Form next MA.

18-24 April: World Non-Stadia (Long Distance Road Races), Manukau, Auckland, New Zealand.

(10K, 1/2 Marathon, Marathon, XC Relay, Ekiden Relay, 10K & 20K Walks (Women), 30K & 50K Walks (Men).
Entry form etc. from: (WD).

26-27 June: BMAF Track & Field, Alexander Stadium, Birmingham. Full Details in next MA.

22nd July to 1st August: European Track & Field, Aarhus, Denmark. Entry form etc. from: (WD)

(WD): To obtain entry forms and full details of the above events indicated (WD) send request stating which championship you wish to enter, with 4 x 1st Class Postage Stamps per entry form to:-

Wendy Dunsford, OEC, 12A Salisbury Road, Grays, Essex, RM17 6DQ.

East Surrey Amateur Athletic League

As published in the September "Southerner" SCVAC affiliated to the above League for 2003/2004, but no members made contact with me (Ken Crooke) regarding the first two fixtures (4th October - Cross Country Relays & 25th October - Cross Country Races. I understand there may be some confusion regarding the League, which is completely separate from the S|W|E|A|T|S|H|O|P Surrey Cross Country League. SCVAC joined the ESAAL because Veterans AC are in the latter, and it was felt we should avoid any clash of loyalties. Hopefully some SCVAC members will support the Club in the two fixtures in 2004. I repeat the information previously circulated, in case you have lost your September Newsletter.

Fixtures: 2004:-

Sat. 20th March 2004: Road Relay:-

4 x 2.1 miles. BoxHill, 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.

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 please contact Ken Crooke at 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA (Tel: 020 8657 4269) for further details and maps to the venues.

Ken Crooke

Treasurer SCVAC

Secretary East Surrey Amateur Athletic League.

"The Southerner"

200 + Club

Prizes won:-

September to November, 2003

September, 2003			
1.	(065)	Susan Lowry	£35
2.	(016)	Ray Gibbins	£20
3.	(126)	Julie Wilson	£15
October, 2003			
1.	(180)	Sandy Risley	£35
2.	(274)	The Southerner	£20
3.	(090)	John Wright	£15
November, 2003			
1.	(113)	Ann Lewis	£35
2.	(103)	The Southerner	£20
3.	(172)	The Southerner	£15

The December Draw, including the Special £100 prize will be made at the Annual General Meeting on the 13th December. Many shares are due for renewal and this can be done when you pay your Annual Subscription for 2004. If your share(s) is/are not renewable until later in the year you can still renew now and it will run from the due date. If in doubt about your current status please give me a ring on 020 8657 4269.

Ken Crooke
Treasurer

Membership Renewals for 2004

Your Membership Renewal form for the year from 1st January to 31st December, 2004 is printed on another page. Photocopies are acceptable, which means you can keep your copy of *"The Southerner"* intact. The same applies to the entry forms for Club Championships. The address label for your magazine will indicate if you have forgotten to pay any past year's Subs. Please note that your Subscription covers the cost of the magazine and makes a small contribution towards the Club's admin. expenses, and is NOT related to competing. The Renewal form incorporates a Standing Order Mandate and for Subs. and 200 + Club Shares which will make it easier for you to keep control of your outgoings, and the Club will benefit from receiving more of it's income promptly.

Ken Crooke
Treasurer
(Telephone: 020 8657 4269)

Advertise your Club Fixture, Social event etc.

in *The Southerner*

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

Contact Ken Crooke (020 8657 4269)

Circulation: approx. 1000

CLUB OFFICERS (Until the AGM)

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

Track Captain: **Arthur Kimber** (Dartford Harriers)
Telephone: 01634 389554

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 19th. March, 2004

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