

THE  
**Southerner**

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THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

**BRITISH MASTERS FIND  
WELSH GOLD!**



**Helen Godsell:**  
*W50 sprint treble & European 60m. record*



**Allan Williams**  
*M55 pole vault UK record*

**INSIDE**

- Report from the BMAF indoors at Cardiff
- SCVAC track and field records
- All-time weights decathlon rankings
- Report from the World Masters indoors, Sindelfingen
- Walking & cross country news

## **NOTICES:** **From Chairman**

### **Jim Day**



Masters v. Veterans: the result of our referendum on the above subject was a victory for remaining as veterans although in keeping with the political arena, only 18% of you bothered to vote. Thanks to the people who added comments to their voting slips - all these were noted.  
.....

Officials secretary: the committee urgently need a volunteer to take over this post. It entails obtaining officials for a maximum of five meetings per year. Assistance will be given and all expenses met. Anyone willing to help please contact chairman Jim Day.  
.....

Resignation of Walking secretary: Due to David Sharpe's resignation, Martin Oliver has taken over, helped by Jack Fitzgerald.  
AGM 2003: The AGM was held on 12th December, when the committee, and just two members appeared! Now, coming out on a cold December evening is not everyone's ideal, but from a membership of 900, this really is not good enough. It is the one chance in the year when you have the opportunity to have your say & influence the running of the club

Are you all so indifferent to the future of this organisation? It appears that the majority are happy to compete in the events we stage, and then sink back into anonymity.

The secretary has been persuaded to serve for a further year, but this will definitely be his swansong. No replacement has been found, let alone groomed for the role.

The remaining members of the committee may well feel that it is pointless to continue to struggle along, and decide to call it a day. We are only as strong as the sum total of our efforts. The answer is in your hands.

Road running report: Walter Hill reports:- both the Ted Pepper 10kms in May 2003, and the Abingdon Marathon in October were successful events. However, I feel that the Abingdon is a very big race to organise, and the club would be better suited to the smaller promotions. It is proposed the the following races should be considered:  
Gatwick Half Marathon, 21.3.04,  
Ted Pepper 10kms., 3.5.04.  
Isle of Wight Marathon, mid May, date to be confirmed.

Dorking 10 mile, early June, date to be confirmed. I have been sent three numbers for the London Marathon, which are available to members through a standard draw. Please contact me A.S.A.P.

**Entry form; Third SCVAC Pentathlon Championship. 15th August 2004.Kingsmeadow Stadium, starting at 13.00hrs.**

Name \_\_\_\_\_  
Member No. \_\_\_\_\_  
Address \_\_\_\_\_

post code \_\_\_\_\_  
Tel.no. Day \_\_\_\_\_ evening \_\_\_\_\_  
age \_\_\_\_\_ DOB \_\_\_\_\_ agegroup \_\_\_\_\_  
1st claim club \_\_\_\_\_

Entry fee enclosed \_\_\_\_ (£10) cheques payable to SCVAC.

**SAE should be enclosed for confirmation, & travel directions.**

signature \_\_\_\_\_ date \_\_\_\_\_

**Women: hurdles, high jump, shot, long jump, 800m.**

**Men: long jump, javelin, 200m., discus, 1500m.**

**AWARD TO AGE GROUP WINNERS.**

**Entry Fee: £10**

**Closing Date: 24th July.**

**Entries Sec. Jim Day, 22 Langland Gardens, Shirley, Croydon. CR0 8DW.**



## **Cardiff;BMAF Indoors Championships, Feb.21st/22nd 2004.**

**Rosemary Champion had her own reasons for going ,  
not all of them to do with athletics.....**



**What do YOU think BMAF Chairman Winston Thomas was actually saying to Barry Ferguson of Kent County AA when I photographed them at the BMAF Cardiff Indoor Champs? Best answers printed in next Southerner! Send to me, please.**

I *am* glad that I went to Cardiff for the British Masters Indoor Track and Field Championships. I wasn't going to go, so what, (you might ask) finally swayed my decision? Was it the thought of possibly winning a few medals, or being part of the inspiring atmosphere? Actually, no; I'm afraid I am much shallower than that. What *really* made up my mind was the thought of three nights at the Moat House Hotel, with its heated pool and gym and *no cooking*. We stayed there in 2001, when the BMAF indoor championships were held in the newly opened National Indoor Athletics Centre at the Cyncoed Campus of the University of Wales.

Some fellow competitors from Dartford Harriers A.C. who also made the trip to Cardiff were Anne Goad, Pat Halstead and Arthur Kimber. Arthur had been at the 2001 Cardiff indoors, when he made the mistake of staying in a B&B near Cardiff train station. His unplanned encounters with "ladies of the night" and inebriated citizens lying in the road in the path of oncoming traffic had convinced him to stay at the Travelodge this time, near the stadium.

Anne Goad also had a few problems with her accommodation in Cardiff city centre. She arrived for the W45 shot putt on Saturday complaining of lack of sleep due to drunken football supporters whose team were due to play Cardiff City that afternoon.



I must say, however, that I was looking forward to the rare chance of running an indoor 200m., and had also entered the 60m. long jump and triple jump. My first event was the 60m. on Saturday morning, so I decided to warm up on the outdoor track. I soon discovered why no one else was out there, as a raw icy wind ripped through my track suit. Thereafter, I warmed up on the indoor track, and took the opportunity to catch up on the gossip with friends from other clubs.



*Brian Slaughter, M45 pole vault silver, 3.00m.*

*Cont. from previous page*

A large contingent from SCVAC came away with a healthy share of the medals and also claimed several new European and British records. I was in time to see Gordon Hickey in the shot circle, destroying the previous M70 mark of 10.70m. with a putt of 11.93, and Neil Griffin breaking the old M55 record by 9cms with 14.19m.



*Yvonne Salmon, W40 200m. bronze, 28.37 & 400m. Silver, 64.39.*

Star of the track was undoubtedly Helen Godsell, who recently entering the W50 age group, managed the sprint treble, breaking the European 60m record on the way with a time of 8.35. She won the 200m in 28.28m and the 400m. in 69.43.

Allan Williams added just 1 cm. to the UK M55 pole vault record with 4.01m.. He had set the M50 record of 4.33m. at this venue three years ago.

An epic battle in the M50 1500m. between Dave Wilcock of SCVAC, Nigel Gates and David Bedwell had the crowd in its feet, as Wilcock stormed to a new world indoor record of 4:12.67 more than 2 seconds inside John Potts' old record. Wilcock broke the world indoor 800m. two weeks ago, and won the Cardiff 800m. in 2:03.06.

Undoubtedly everyone from Dartford Harriers A.C. had a good time; the athletics was enjoyable, as was the "refuelling" that took place at a Harvester restaurant in the evenings. I will probably be back to the BMAF indoors next year (if I can be "bribed" with a good hotel.....)



PHOTOS: Jeremy Hemming.

**More photos from the BMAF Durham X Country, March 20th 2004.**

*Top: Michael Stacey (174) 22nd M50 in 42.17 with Kendal's Richard Witt, 21st.*

*Bottom: Martin Duff (283) 19th M55 in 50.09.*

**“THE MASTERATHLETES OF  
SINDELFINGEN” - composed by Arthur  
Kimber!**

World Masters' Championships have been held since the 1975 meeting in Toronto, and international Masters' Indoor Championships since the European Championships in Birmingham in 1997, but Sindelfingen in Germany was the first venue to host the World Masters' Indoor Championships, from 10-14 March, and over 2000 athletes came to compete.

Sindelfingen, about ten miles south-west of Stuttgart, and easily accessible on the extensive and efficient Stuttgart S-Bahn network (twenty minutes from Stuttgart centre) is, as it promotes itself 'moderne Stadt mit Tradition', a very pleasant mixture of the medieval town and high-tech sites like the modern Mercedes works. Guided tours, in German and English, of the works take place every weekday, and on a free afternoon I took the tour round the massive two square kilometer site, and what impressed most was the high level of automation, an excellent example being the precise fitting of 60 kilogram dashboards by robots into the cars. The works produces 2000 cars a day, including three of the luxury Maybach models, starting at 260,000 euro. 400 cars are collected every day by customers.

The stadium for the championships, the Glaspalast (glass palace), built in 1977, is architecturally innovative, made of steel and glass, with a roof span of 55 metres and fully air-conditioned. It is aptly situated just off Rudolf Harbig Strasse, named after the superb German athlete who held the 800m. world record of 1:46.6 from 1939 to 1955, although, sadly, he did not survive to see the long duration of his record, as he was killed on the Eastern front in 1944. The Glaspalast was the venue for the first European Indoor Championships in 1980 and Colin Jackson set the 60m. hurdles world record there in 1994. It has only a four lane 200m. track, with a slight imperfection in the outside lanes at the beginning of the back straight causing some runners to stumble, but eight lanes for 60m. and high, long

5 and triple jump and pole vault facilities, while shot takes place in an adjoining hall. The championships included three outdoor throws, discus, hammer and javelin, unusually taking place in the snow! There was an 8km. cross country, in the mud and slush after the snow had melted, and a 10km. race walk.

The championships were well organised from the beginning, and with only eight months to prepare, all the preliminary work was efficiently completed. Everything went smoothly at the championships, the call room procedures, events on time, results quickly available and medal ceremonies held soon after the events. The free shuttle bus service taking athletes to the stadium and back ran from early morning to late evening, stopping at three key places, the S-Bahn station near the excellent Best Western Hotel Berlin where many athletes were staying, the centre of Sindelfingen near other hotels housing athletes, and the stadium.



*At Sindelfingen: L-R Peter Field, M70 silver 4 x 200m., 60m. in 9.41, 200m. in 31.58; Anne Goad, W45 pentathlon 6th, 3040 pts., javelin 6th-24.57; Arthur Kimber, M65 silver 4 x 200m., 800m. 5th-3:29.42. 400m. in 69.88. (cont. overleaf)*

## The Masterathletes of Sindelfingen.

*(cont. from previous page)*

Using age-graded tables, which give a performance a percentage score based on age, I have selected some of the most outstanding performances of the championships to try to give some idea of what the best masters athletes can achieve. German M65 Guido Muller was for me the male athlete of the championships, winning 4 individual titles and a relay gold. His times were 60m. 8.07 (98%), 200m. 26.05 (95%), 60m. Hurdles 9.60 (98%), and most impressive to me 400m. in 56.95 (98%), just outside his world record of 56.63. I saw the race and Guido outclassed the opposition, with second placed Willi Klaus running 62.45, a very creditable M65 performance that is superior to the British record. M50 Briton Stephen Peters took three golds with European records, the 60m. in 7.42 (96%), 200m. in 23.45 (95%) and the 400m. in 52.96 (93%) and set a world record of 1:37.37 in the 4x200m. relay with Viv Oliver, Wally Franklin and Alasdair Ross. Seventy year old Russian Vladimir Popov jumped to two golds, 5.02 (94%) in the long and 10.41 (96%) in the triple.

Outstanding M60 performances came from Americans, Paul Edens, 7.77 for 60m. (98%) and Courtland Gray, an 8.85 60m. hurdles (99%), while Stig Bicklund from Finland triple jumped 12.36

(98%) and shot putter Kurt Goldschmidt (Germany) threw 16.57 (98%). M50 Britons Alastair Dunlop and Dave Wilcock fought a thrilling battle in the 800m. with Alastair just edging ahead to take the gold in 2:02.70 (95%) while German M50 Wolfgang Ritte pole vaulted 4.45 (95%). Briton Tony Wells' M55 win in the 60m. hurdles in 9.12 gave him 96%.

W50 Briton Helen Godsell was the female athlete of the championships. She broke the European record to win the 60m. in 8.30 (95%), another European record to win the 200m. in 28.25, and, dropping down to W45, helped to set a world record in the 4x200m. relay of 1:51.30 with Carole Filer, Jocelyn Harwood and Averil Mctelland. German W65 Gertrud Reichart won

6 the 60m. with 9.29 (96%), and Australian W45 Dawn Hartigan pole vaulted 3.35 (95%). Germany easily headed the medals table, with the British second and Italy third.

Arthur Kimber.



PHOTO: Jeremy Hemming

**Dave Wilcock**, pictured on March 20th at the BMAF Durham X Country (5th overall -40.22), has had an amazing season & now holds both the indoor 800m. & 1500m. World Records.

## **"Mrs Derrien's Diary"- 5, by Carole Derrien of Jersey Spartan A.C.**



It was touch and go, after a month of treatment at the local hospital, my leg and hip were no better – a wooden leg was becoming a very appealing option – should I go or

should I stay at home. My ever helpful son suggested that I go to Sindelfingen and just be a supporter, but those who know me would say that was never going to be an option. I duly went to my Doctor, collected painkillers and anti-inflammatories, packed my case, crossed my fingers and off we went, leaving Jersey on the Red-Eye en route to liaise with other members of the GB team on the afternoon flight to Stuttgart.

Arriving in Sindelfingen, with the temperature already down to minus 2 and a clear starlit sky promising colder weather to come, we rushed to get to the stadium to register for the next days events. Not knowing about the buses, we made the 3mile trip on foot, finding the outdoor facilities on our way. Thankfully there was a bus back to the station below our hotel!

Catarina (Hallden) was starting her competitions at 9.0 in the morning, and as her Coach, I was honour bound to be there. Three pairs of trousers, thick shirt, sweater, two fleeces, boots, thermal socks, gloves and hat – even the Brass Monkeys were laughing at this tellytubby rolling up the road. Miracles were then performed by the wonderful Fiona, and I was then able to compete in my own first competition. Of course her handiwork rapidly became 'unstitched' and the days became divided into treatment, compete, pain.

The second night brought us a fresh fall of snow and the landscape was magical, the medieval buildings in the old town just lending themselves to the transformation. The throwing fields were thick with snow, but with the usual German

efficiency, sectors were cleared and circles de-iced, they are used to throwing in arctic conditions, obviously. Thankfully the weather relented and later competitions were held in 'warmer' conditions; +1 degree Celsius seemed like a summers day!

Meanwhile, back in the warm of the Glaspalast, it was all go, heats, quarters and semis to be run. When we were not out in the freezing weather we went indoors to the hothouse to join the others in 'Brits Corner', cheering for all the GB vests – it was a great way to thaw out, catch up with the gossip and make new friends. Sometimes we wonder why we spend so much time cheering them on when we never see them down at the throwing venues – just a thought.

It was all worth while despite our usual throwers reservations about Indoor Competition, the outdoor throwing made it special at this the first World Indoor. The appearance of an IAAF representative and the Honorary Life President showed how much respect the Europeans have for the Masters Competitions. I have to thank Cat, who fetched and carried for me to preserve the Old Girl – she even had to go back to the hotel to get a new lens when one fell in half – well, it was in my good eye! We couldn't have a one legged, blind woman competing. Despite all the problems, I managed to bring home some medals – when I sent text to my son to say - 'Got a silver, that made the pain go away' – his reply was 'Daft Bugger'. Have I made some mistakes in the way I brought him up??

*"I feel no pain- not now that I've won a couple of medals!"*



**CLUB CAMEO: Pat Halstead**  
**was a reluctant runner when she**  
**first tried the 800m. - 30 years ago.**  
**She describes how she eventually**  
**“saw the light!”**

My running career started at the age of eleven, when I had my first experience of the 800m. In my very first athletics lesson at Grammar School, The fifty or so girls in my year were told to run twice round the grass track on the school playing field. Much to my surprise, I came first and was immediately put into the 800m on Sports Day. When the time came for my race, I realised I was the only runner who was not a sixth former and I was petrified. I came 6th out of 7 in a time of 3.03. After that, I was entered for the 800m every year, and with no training whatsoever, I only managed to improve to a time of 2.58. When I left school I had no desire to run another 800m EVER and managed to avoid it until I was persuaded to take up Veteran Athletics, at the age of forty nine!

So, thirty plus years later, I found myself lining up for my second venture into the world of 800m running. It was a Kent Vets meeting at Catford in June 2001 and I ran a creditable 2.49.2. In 2002, at the age of 50, I managed to reduce the time to 2.48.3 which remains my P.B. My relative success as an 800m runner was, and still is, a mystery to me, as I have always considered myself more comfortable with long distance endurance events.

After leaving school I did nothing more than tinker with swimming, cycling, squash, badminton, and tennis. I enjoyed sport but could never find anything that I was good enough at to maintain my interest. Then came the London Marathon. How proud I would be if I completed it! So I started running, at the age of 32, and completed the Abingdon Marathon in a time of 3hrs 45mins a year later. I then joined Dartford Harriers and in 1987 completed my first London Marathon in a time of 3hrs.15mins.

For the next few years I competed for Dartford in cross-country, road races and on the track over 1500m. and 3000m. My P.B's at that time were



5.10 for 1500m., and 10:36.6 for the 3000m. I was also successful as a road runner over distances from 5- 20 miles, often coming away with trophies, either as winner of the Open or the Vet 35 category.

However, injury eventually sent me to the swimming pool and a new phase began in my sporting career - triathlon. I was already beginning to feel a need for a new challenge so, with the help of a colleague at work who taught me front crawl, I entered the Sevenoaks Triathlon and finished second woman. I was hooked from then on. I loved training in the three disciplines and although I was mediocre at swimming and cycling, my running ability more than made up for it. I won the Thanet Triathlon, and the Sevenoaks Triathlon twice, while reducing my road running times to 31.40 for 5 miles, 38.22 for 10K, 66.10 for 10 miles and 1.24.14 for the half-marathon. I qualified for the Triathlon World Championships in Canada and was the youngest competitor in the W40-45 category. I was the third British woman to finish and 16th overall. *(cont. overleaf)*



I repeated the performance the following year when the World Championships were held in Manchester. It was a bitterly cold day in August, with rain and wind adding to the low temperatures. Having to cycle 25 miles in only a swimsuit meant my hands were so cold when I finished that I could not get my helmet off. In the transition area, I lost 5 minutes and several places to my rivals waiting for my fingers to warm up! Eventually, I managed to release the clip, threw down my helmet and charged off, like a bat out of hell. I only wish I could get that same adrenalin rush at the start of a race now!

That year I became the British Age Group Champion in both the Olympic Distance (1500m swim, 40k bike and 10k run) and the Long Distance (2500m swim, 56 mile cycle and half marathon).

In 1994, after having qualified for my third World Championships in New Zealand, I acquired a shoulder injury (a result of my very poor swimming technique) and had to give up swimming completely for several months. Trying to maintain my level of fitness and motivation in cycling became increasingly difficult and I soon realised that my shoulder injury was more serious than I had first thought. Finally I gave up triathlon training (at least, for the time being!) and begrudgingly went back to cross country and road running.

That is, until Alan Champion, who was at the time the Dartford Women Vets Team Manager, eventually persuaded me to try Veteran Athletics. Reluctantly, I ran a 3000m at Dartford, enjoyed it and decided to start training specifically for track. Since then I have run 400m as well as 800m and have to admit I now prefer the shorter distances.

In my first National Masters T & F Championships in Derby last year I was 3rd in the 800m and 4th in the 5000m. This year my aim is to improve on my 800m and 1500m performances and to take part in the European Masters Championships in Denmark.

## *British Masters Cross Country, Durham, 20th March 2004.*



*Top: Bill Foster, 3rd M45, in 37 59.*

*Bottom: Alastair Matson (298) 17th M55 in 49.23,  
with David Spencer(Barrow-in- Furness)-4th M65*





M50	E. Barker	14.64	92	B. Symonds	45.90	92	D. Bayes	52.56	86	R. Bartlett
	53.78	91								
M55	G. Hickey	12.57	89	I. Briggs	41.30	85	D. Bayes	50.98	91	R. Bartlett
	50.48	95								
M60	A. Woods	11.87	89	I. Briggs	41.82	92	P. McAvoy	39.58	92	V. Adcock
	40.83	01								
M65	B. Metcalfe	9.89	86	I. Briggs	41.08	93	P. Barber	44.94	99	K.
Brookman	36.56	91								
M70	B. Metcalfe	10.40	87	I. Briggs	33.20	99	P. Barber	43.82	03	B.
Metcalfe	24.50	89								
M75	B. Metcalfe	9.02	92	B. Metcalfe	26.34	92	B. Metcalfe	26.14	92	A.
Rawlinson	24.22	92								
M80	W. Baker	7.04	86	W. Baker	14.72	86				B. Baker
	23.14	88								

	<u>100m</u>			<u>200m</u>			<u>400m</u>			<u>800m</u>	
W35	A. Mullinger	12.7	93	S. Woodman	26.1	89	J. Bigos	59.03	89	J. Bigos	2:15.50
	89										
W40	J. Vernon	12.76	86	B. Blurton	26.5	92	B. Blurton	58.38	91	B. Blurton	2:19.9
	88										
	R. Allcock	12.7	87				E. Roe	61.75	00	B. Blurton	2:16.22
	96										
W45	H. Godsell	12.86	00	V. Bonner	26.1	97	J. Hulls	63.70	91	J. Hulls	2:30.2
	92										
W50	V. Parsons	13.30	96	V. Bonner	26.6	99	P. Oakes	81.3	01	P. Jones	2:49.63
90											
W55	V. Parsons	13.58	02	V. Parsons	28.66	01	J. Ogden	76.1	88	J. Ross	2:57.2
	90										
W60	J. Ogden	14.83	91	J. Ogden	30.62	89	P. Taylor	1:47.21	89		
W65	J. Ogden	14.84	92	J. Ogden	31.34	92					
W70	M. Williams	19.2	86	J. Waller	41.95	92					
W75	M. Williams	20.7	90								
W80											
M40	I. Green	11.1	86	D. Lucas	22.8	91	R. Bush	50.0	87	P. Browne	
	1:51.25	91									
	A. Ross	11.19	95	A. Ross	22.87	93					
M45	J. Browne	11.0	01	A. Ross	23.14	97	A. Ross	51.18	97	J. Treadwell	
2:01.4	90										
M50	W. Franklyn	11.60	02	W. Franklyn	23.70	02	W. Franklyn	52.63	02	B. Bartholomew	
2:04.1	87										
M55	C. Williams	11.62	87	F. Taylor	24.59	86	C. Williams	53.98	87	D. Thomas	
	2:11.2	85									
M60	C. Williams	12.7	91	C. Williams	25.5	91	C. Field	63.9	99	J. Charman	
2:17.99	89										
M65	S. Stein	13.2	86	S. Stein	27.9	86	S. Brooks	63.2	95	D. Thomas	
	2:24.0	95									
M70	L. Williams	14.64	92	S. Stein	30.11	91	S. Busby	69.9	85	E. O'Bree	
	2:38.6	90									
M75	S. Busby	15.6	87	S. Busby	31.8	87				P. Frean	
	4:00.5	92									
M80	A. Beckett	17.77	90	A. Beckett	40.98	86	B. Baker	98.57	86		

	<u>1500m</u>			<u>5000m</u>			<u>10000m</u>			<u>SPRINT</u>
<u>HURDLES</u>										
W35	S. Young	4:33.14	91	S. Young	16:53.01	91	A. Fletcher	35:43.85	97	J. Vernon
	14.7	85								
W40	M. Statham	4:53.0	93	M. Statham	17:13.32	93	M. Statham	35:43.84	93	J. Vernon
	11.78	86								
W45	D. Farnham	4:52.33	02	M. Govender	19:05.15	91	M. Govender	39:10.48	91	P.
McNab	12.65	89								
W50	J. Smith	4:58.74	92	J. Smith	18:51.3	92	P. Jones	45:17.1	90	J. Hulls
	14.04			91						

W55	P. Jones	5:39.4	92	P. Fletcher	20:27.63	87	P. Fletcher	42:12.8	88	E.
Williams	15.2	95								
W60	J. Ross	5:51.6	91	J. Ross	21:02.3	89	J. Ross	43:01.1	89	J. Charles
16.22	02									
W65	J. Ross	6:10.2	93	J. Ross	21:57.1	93	J. Waller	46:52.2	89	
W70	J. Waller	6:55.8	92	J. Waller	23:21.1	92	J. Waller	48:33.8	92	
W75										
W80										
M40	C. Thomas	3:59.88	89	B. Foster	14:40.9	98	B. Foster	30:14.47	98	M. Coker
	14.90	98								
M45	P. Molloy	4:02.4	94	M. Duff	15:20.82	89	M. Duff	31:55.0	89	B.
Ferguson	16.10	90								
M50	B. Bartholomew	4:14.2	87	J. Dear	16:11.0	92	L. Presland	31:59.6	89	B.
Ferguson	14.58	94								
M55	L. O'Hara	4:24.8	85	L. Foster	16:25.6	85	E. Richardson	34:13.7	90	B.
Ferguson	15.18	97								
M60	L. O'Hara	4:42.3	93	L. O'Hara	17:10.9	92	G. Brindley	37:01.0	86	G.
Daborn	16.61	92								G.
Daborn	16.6	94								
M65	E. O'Bree	5:00.28	86	S. Charlton	17:52.7	91	S. Charlton	37:39.3	90	L.
Williams	17.9	87								
M70	E. O'Bree	5:30.5	90	L. Jones	20:52.04	85	R. Hale	44:15.1	97	L.
Williams	14.73	92								
M75	D. Adie	6:06.9	03	L. Jones	23:27.92	92	L. Jones	47:13.88	91	R. Evans
	20.2	87								
M80	W. Chapman	7:39.5	89	W. Chapman	27:24.41	87	W. Chapman	57:22.25	89	

**400/300m Hurdles**  
**5000m Walk**

**3000/2000m Steeplechase**

**3000m Walk**

W35	J. Bigos	67.8	89				G. Cann	19:37.5		J. Bleach
	29:34.4		86							
W40	J. Farry	67.8	85				C. Bean	15:58	87	S. Brown
	25:01.0		92							
W45	N. Cross	80.7	87				C. Bean	15:53.2	89	A. Lewis
	27:02.29		96							
W50	J. Hulls	50.29	89				A. Lewis	15:57.7	98	A. Lewis
	27:09.12		98							
W55	J. Charles	64.5	98				A. Lewis	17:00.30	03	A. Lewis
	29:10.02		03							
W60							I. Hazle	21:03.0	86	
W65										I. Hazle
	34:37.0		90							
W70										
W75										
W80										
M40	M. Coker	54.57	98	M. Dixon	9:31.63	85	P. Hannell	13:16.1	85	P. Hannell
	22:38.4	85								
M45	M. Coker	56.29	02	M. Dixon	9:53.2	89	D. Stevens	12:54.1	85	D. Stevens
	22:25.0	85								
M50	D. Barrington	46.5	92	M. Doogan	11:03.16	91	D. Stevens	13:23.6	87	D. Stevens
	23:28.4	87								
M55	G. Daborn	46.58	89	J. Wood	12:36.89	88	D. Stevens	13:57.4	91	D. Stevens
	23:08.1	91								
M60	G. Daborn	47.6	93	G. Brindley	7:46.2		D. Fotheringham	15:31	90	D.
Fotheringham	26:23.0	90								
M65	L. Williams	50.85	87	G. Brindley	8:18.49		H. Jaquest	18:37.6	92	H. Jaquest
	32:29.06	90								
M70	L. Williams	55.77	92				C. Megnin	17:08.7	86	C. Megnin
	28:06.3	86								
M75	R. Evans	74.0	87							
M80										

**PENTATHLON**

**HEPTATHLON**

W35

**(cont.)PENTATHLON**

W40		
W45	J. Charles 3119	90
W50	J. Charles 3253	92
W55	J. Charles 3174	98
W60	J. Charles 3714	02
W65	K.Koppel 3582	01
W70		
W75		
W80		

M40	P. Oakes 3223	93
M45		
M50	B.Loten 3324	95

**HEPTATHLON**

P. Oakes 4057	86
J. Charles 4131	90
J. Charles 4213	92
E. Williams	5388 95
J. Charles 4596	02
K. Koppel	4516 01

**DECATHLON**

P. Oakes	4973 01
B.Loten	6370



Thanks to Stan Allen for this "X Country Runner" from his recently published book "If Its Tuesday It Must be Tooting".

**SCVAC Cross Country Championships  
Saturday 28th February, 2004 Lloyd Park,  
Croydon (Promoted by Croydon Harriers).**

**Ken Crooke writes:-**

The outstanding performance of the day was once again put up by Philip Wallace, the "Super-vet" from Medway and Maidstone AC. He conceded overall victory to Raymond Pearce, the first M40, of Istead and Ifield AC who recorded 39.54 for the three lap 10K course. Philip, up to M55 this year, ran one and a half minutes faster than his winning time last year for 2nd in 40.03, so the years do not seem to slow him down. For the first time in our Championships M35's were allowed to run and Robert Langridge of Croydon Harriers was the inaugural SCVAC champion of this age group, recording 40.17 for 3rd race position. He also secured the Croydon Harriers title, run in conjunction with SCVAC and an Inter-Club match. The M50 crown went to Michael Stacey, the pacy runner from Invicta East Kent AC with 42.03. M45 honours were claimed by Colin Oxlade (Croydon) who is recovering from injury and was pleased to get round in 45.04. Crawley A.C.'s regular supporter of the Championships, Alistair Matson, took the M60 gold in 17th overall with a sound 45.42 clocking. Lingfield Running Club's popular running doctor, Kio Vejdani was our M65 supremo with a steady 55.46 for race spot of 30th. M70 Derek

Thomas, representing Cambridge Harriers took the ultimate gold medal, recording 55.10 in 29th.

Three teams closed in; Medway & Maidstone went away with the golds, their aggregate time of 2hrs 2 mm. and 51 sec set by 1st M55 Philip Wallace, 2nd M40 Adrian Moody and 3rd M40 Bob Fursey. The home team, Croydon Harriers took silvers with 2 hrs 7min. 29sec. care of 1st M35 Robert Langridge, 2nd M35 Andy Del-Nevo and 1st M45 Colin Oxlade. Crawley took bronzes with 2 hrs 15 mm 24 sec. by virtue of 2nd M50 Anthony Lintern, 4th M55 Dave Beattie and 1st M60 Alistair Matson. The women ran 1 ½ laps for their 5K race and W35 Jane Eldridge of Kent AC had a fine win with 24.20 in her first appearance as a member of SCVAC. 2nd home was Liz Bowers of Arena 80, taking the W50 gold in a swift 25.59. 3rd placed Andrea Jeffries, another new member, was timed at 27.40 for the W40 title. Ann Bath (26.2 RRC) took the W55 gold in 28.25.

**Results:-Men 10 Kilometres**

M35: Robert Langridge (Croydon Harriers) 40.17, Andy Del-Nevo (Croydon Harriers) 42.08, Eric Campbell (Croydon Harriers) 51.55.

M40: Raymond Pearce (Ifield & Istead) 39.54, Adrian Moody (Medway & Maidstone) 40.56, Bob Fursey (Medway & Maidstone) 41.52.

M45: Colin Oxlade (Croydon Harriers) 45.04, Keith Brown (Croydon Harriers) 45.35.

M50: Michael Stacey (Invicta East Kent AC) 42.03, Anthony Lintern (Crawley AC) 43.35, Stuart Nice (Medway & Maidstone) 44.27, Julian Spencer-Wood (Kent AC) 44.49, Norman Hemming (Croydon Harriers) 45.56, Jeremy Carmichael (Crawley AC) 46.44, Dennis Smith (Deal Triathlon Club) 50.07.

M55: Philip Wallace (Medway & Maidstone) 40.03, Trevor Edgley (Invicta East Kent) 42.48, Peter Hamilton (Blackheath & Bromley) 43.24, D. Maskell (GUEST - Brighton & Hove City) 44.53, Dave Beattie (Crawley) 45.07, Colin Hickman (Crawley) 46.10, Martin Duff (Now 60) (Aldershot, Farnham & District) 46.29, Alan Davidson (Haslemere Border)

48.21, Ricky Toomey (Croydon) 53.17, Bernard Imber (GUEST - Dulwich Runners) 57.43.

M60: Alistair Matson (Crawley) 45.42, Andrew Johnson (Seveoaks AC) 46.52, John Taylor (Eastbourne Rovers) 47.04.

M65: Kio Vejdani (Lingfield RC) 55.46, Trevor Crowhurst (Lingfield RC) 58.18, Brian Shave (Heme Hill Harriers) 61.22.

M70: Richard Pitcairn-Knowles (GUEST - Sevenoaks AC) 54.15, Derek Thomas (Cambridge Harriers) 55.10, Peter Chaplin (GUEST - E.V.A.C.) 60.24, Malcolm Waidell (S.C.V.A.C.) 86.35.

**Women 5 kilometres**

W35: Jane Eldridge (Kent AC) 24.20.

W40: Andrea Jeffries (Kent AC) 27.40, B. Brander (Crawley AC) 49.03.

W50: Liz Bowers (Arena 80 AC) 25.59, Tina Doyle (Medway & Maidstone) 30.19.

W55: Ann Bath (26.2 Road Running Club) 28.25

*Walking news, from Martin Oliver, Enfield & Haringey**A.C.*

RESULT OF ENFIELD OPEN 7 MILES ROAD WALK HELD ON:

Saturday 8th November 2003 (Including Enfield League, Southern Vets AC Champs &amp; London Business Houses Champs)



1. Tim Watt(Steypning) 56-34
2. Andrew Cross(Herts Phnx)57-44
3. Nick Silvester (Aldershot)58—05
4. John Hall(Belgrave) 59-03
5. Allan Ellam (Colchester)59-12
6. Steve Uttley (Ilford)60-06
7. Dave Kates (Ilford)61—07
8. Carl Lawton (Belgrave)61-55
9. Amos Seddon(Enfield/H)61-56
10. Peter Cassidy(Loughton)62-19
11. Trevor Jones(Hillingdon)62—46
12. Ron Penfold(Steypning)62-59
13. Mark Byrne (Sheffield)64-55
14. Costa Michael(Enfield/H) 64-57
15. Paul King(Belgrave)65-44
16. Dave Stevens(Steypning)66-17
17. Kevin Marshall(Ilford)66-26
18. Mike Hinton(Ilford)66-28
19. Ann Lewis (L)(Aldershot) 66-35
20. Ron Powell(Enfield/H) 67-27
21. Dave Sharpe(Ilford)67-35
22. John Borgars(Herts Phnx) 67-44
23. Alan O'Rawe(Ilford)69-08
24. Kim Howard (L)(Southend)69-48
25. Fiona Bishop(L)(Aldershot)71-02
26. Maureen Noel(L)(DEFRA)71-06
27. Adrian Newman(Herts Phnx)71-16
28. Doug Fotheringham(Belgrave)71-21
29. Laurie Dordoy(Ilford)72-22
30. Peter Crane(Surrey WC)73-33
31. Ann Belchambers(L)(Hillingdn)73-34
32. Paul Ray(Enfield/H)75-19
33. Maureen Spellman(L) (Aldersht )76-02
34. Malcolm Brown(RRC)76-3
35. Mick Barnbrook (Ilford) 77-07
36. Ivor Groves(Kent AC)79-51

37. Bill Duggan(Ilford)80-33
- Diana Bravernan(L) (Newmarket)80-33
39. Ken Livermore (Enfield/H)81-51
40. Geraldine Legon(L)(LPR) 82-17
41. Pam Phillips(L)(Ilford)84—34
42. Pauline. Kates.(L)(Ilford)86-51
43. Jack Fitzgerald (Surrey WC)90-29

**2004 Enfield League fixtures: All races start from Queen Elizabeth Stadium, Donkey Lane, Enfield, unles otherwise stated.**

**Sat. 10th April, 5m. road, 2.30.**

**Wed. 12th May, 3kms. track, 7.30.**

**Sat. 19th June, 5m. road, 2.30.**

**Sat 3rd July, 5m. Road, 2.00, with Moulton 5m. at Newmarket.**

**Sat. 7th August, 10kms. road, 2.30, in conjunc. with BMAF champs.**

**Sat 11th Sept. 5m. road, 2.30, inc. SCVAC & VAC Champs.**

**Sat. 9th Oct., 5m. road, 2.30.**

**Sat. 13th Nov., Enfield Open 7m., road., inc. SCVAC Champs.**

**Sat 4th Dec., 5m. road & presentation.**

ENFIELD LEAGUE: 5m. Road Walk, Sat. 7th Feb.

1. Peter Ryan (Sheffield) 39.37 1st man.
2. Nick Silvester(Aldershot) 39-44 2ndMan
3. Roy Sheppard(Eastern Vets)40-44 3rdMan
4. Trevor Jones(Hillingdon) 41-11
5. John Hall (Belgrave H) 41-22
6. Allan Ellam (Colchester) 42-15
7. Steve Uttley (Ilford)42-43 (3-20) 39-23
8. Dave Kates (Ilford)43-13 (3-40) 39-33
9. Peter Cassidy(Loughton)44-02
10. Carl Lawton(Belgrave H) 44-47
11. Costa Michael(Enfield/H) 44-49
12. Ken Ballam (Loughton) 46-33
13. Sean Pender(Enfield/H)46-42

(cont. next page)

*(Walking News cont. from previous page)*

- 14 Amos Seddon(Enfield/H)46-47  
 15 Alan O'Rawe(Ilford)47.08  
 16 Laurie Dordoy(Ilford)47-47  
 17 Tony Bell(Spectrum)48-17  
 18 Alex Ross(Cambridge H) 48-22  
 19 Ann Lewis (L)48-24 1st lady  
 20 John Borgars(Loughton)48-31  
 21 Ron Powell (Enfield & H) 49-16  
 22 Fiona Bishop(L)(Aldershot)50-02 2nd Lady  
 23 Nick Kavenagh(Bexley)50-04  
 24 Ian Spinks(Enfield/H)50.28  
 25 Maureen Noel(L)(DEFRA) 50-36 3rd Lady  
 26 John Short(Loughton)52-03  
 27 Mick Barnbrook(Ilford)53-44  
 28 Paul Ray(Enfield & H)54-02  
 29 Malcolm Brown(RRC)54-5  
 30 Ron Wallwork(Enfield & H)55-34  
 31 Françoise Fernandez(L)(Lought)55-55  
 32 Tiffany Stevens(L)(Barnet)57-02 1st Novice  
 33 Ken Livermore(Enfield & H)57-31  
 34 Peter Emery(Enfield & H) 61-00  
 35 Dave Ainsworth(Ilford) 62-18  
 36 Jack Fitzgerald(Surrey WC)67-53  
 37 Les Brown (Enfield & H) 72-26  
 Teams: 1.Ilford(7,8,15)- 30, 2.Enfield& H  
 (11,13,14)- 38,  
 3.Loughton (9 ,12,20)-41, 4.Aldershot- 43,  
 5.Enfield'B'-73, 6.11ford 'B'-78, 7.Enfield'C'-97

**Road Running, with Walter Hill, road running secretary.**



### **SCVAC Half-Marathon Championships at Gatwick on Sunday 21st March, 2004**

Our Championships were held in conjunction with the 22nd Gatwick Half Marathon organised by the 4th Honey Scout Group from Salfords, Redhill, Surrey. Congratulations to all members who finished the course on a very windy day. We hope to return next year with a bigger cohort of runners

SCVAC results are based on those athletes who declared themselves as members on the entry form. Any runners who have been omitted from the results should write to me so that they may be acknowledged in the September edition of this magazine.

The race secretary is happy for us to return next year if we wish.

Our next race is the club 10K championship incorporated into the Ted Pepper Memorial Race on the 3rd May, 2004. After that is the 10 miles on the 6th June, 2004 in conjunction with the Dorking Open 10 miles. More details are given in the "Summer Fixtures 2004" article on a separate page of the magazine.

Results:-

- 12 Robert Fursey (Medway & Maidstone)  
 84.33 M40/01  
 23 Adrian Moody (Medway & Maidstone)  
 88.02 M40/01  
 32 Keith Brown (Croydon Harriers)91.38  
 M45/01  
 131 Ann Bath (26.2 Road Running Club)  
 106.47 W55/01  
 163 Gilbert John (Serpentine RC) 109.54  
 M50.01  
 196 Michael Caudwell (Croydon Harriers)  
 115.29 M65/0 1252 Chris Williams (Epsom  
 Odballs) 126.36 M50/02  
 306 Jimmy Dutch (Crawley AC) 159.20  
 M60/01.

**Walter Hill, Tain Cottage, Ifield Rd.,  
 Charlwood, Surrey. RH6 6AS. Tel. 01293  
 862327. Email: walterhelen@tiscali.co.uk**

## **BRIAN GORE. An obituary of a many talented man.**

I first met Brian and his charming wife Una in 1977. They had both come into athletics as many others do, via their children Martin and Santha, who were beginning to make their respective marks as young athletes with Trowbridge A.C. I later learned that Brian had been captain of Trowbridge Rugby Football Club, after being demobbed from the Intelligence Corps., but at that time was beginning to make his mark as a marathon runner. Una started as a walker, but soon realised that her real talent lay in the sprinting events.

Their baptism of fire, internationally speaking, began at Gothenberg in 1977, the second of the WAVA Track & Field Championships. Here, Una achieved the shortest ever debut! Travelling out with a foot stress fracture, I timed her at 1.1 seconds from her blocks to the stretcher that took her to hospital. Brian was more successful in the Marathon beating three hours for the first time. Una's disastrous start proved to be a minor setback and the fact that she won so many World and European Championships at 100,200,400 metres as well as javelin gold, was to a great extent due almost as much to Brian's coaching, as to her own natural ability and hard work.

Another string to Brian's bow was as an organiser. In 1983, the National Track and Field Champs was allocated to the then Southern Counties VAC, and I persuaded him to stage them at a new all weather track at Melksham in his native Wiltshire. These were a great success, coming as they did prior to the 5th WAVA Championships at Puerto Rico, where Una had probably her greatest ever success, winning the W45 100 Metres and beating the great Irene Obrera, who had hitherto been unbeaten in any veteran age category.

Brian was a success as a marathon runner (he was our first man home in the second European Marathon Championship in Helsinki in 1980) and as a coach and organiser. He also organised the SCVAC T&F Champs at Swindon in 1994, and soon blossomed into what turned out to be his

greatest discipline. A JCB machine ran over his foot at work and unable to run, he decided to return to race walking, successfully emerging as a star at M55 & 60 on both road and track, nationally and internationally. In March 1998 at Kobe Japan, he won the M60 gold in the fourth WAVA Non Stadia Championships, and the following year at Gateshead WAVA Championships, he won the M60 Silver medals at both 20km road and 5km track.

It was obvious that Brian was going from strength to strength as a race walker, and even greater things were expected of him when he joined the M65 ranks in January 2002. He did break the British M65 record indoors at Birmingham AAA's championships, but shortly afterwards suffered from a brain tumour, which although successfully removed, flared up a year later. He kept cheerful with his well known laconic sense of humour, but finally succumbed on February 8th.

A testimony to his popularity was the number of friends, relations and fellow athletes who attended his cremation on February 17th. He will be greatly missed- they don't make many like him these days.

*Jack Fitzgerald.*

*Letter to the Treasurer from Sue Lowry, Reading.*  
Happy New Year! I hope that 2004 will be a good one for you. This comes as a shamefully belated "thank you for my second 1st prize cheque from the 200 Club, last September- a surprise that lay in wait for my return from a month in Australia. I feel most embarrassed to have won twice (albeit on different 'membership shares') and dithered for some time on what to do with it. However, I was somewhat comforted to see that others had won more than once, even with a single share, so I treated myself to a new pair of cross country spikes- and promptly got a stomach bug and had to miss my planned return to the "country" after xx number of years! I suspect they will eventually be used on the track, all going well, and at the moment, things are at least "going" which makes a change. Anyway, I am easing my guilt at my self-indulgence, by recycling some of my gains to the SCVAC and Southerner funds along with my membership fee for the year! I know how much time and effort all the "admin. Activists" put into the Club, and failing participation in that way, I hope that a bit of a boost to the funds will make a different kind of useful input (regardless of coming up trumps on the 200 Club!).  
So thanks again to one and all.

*Note from Treasurer Ken Crooke: "Sue's luck continues- she won the 2nd prize in the March 2004 draw!!"*



## S.C.V.A.C. Track &amp; Field Championships

We are back at the Millenium Stadium, Battersea Park, for the Championships on Sunday 13th June, 2004. Track events start at 9.55 am. and Field events at 9.45 am. Entry Fees: £4 for the first event, £3 for all subsequent ones. Non-members £5 first and £4 all subsequent (No awards). Entry form opposite. Send to Steve Connolly by 22nd May, 2004 together with a stamped self addressed envelope for confirmation and other details. Registration: Please register 30 minutes before your first event and declare all your events by signing the alphabetical listing. Report 10 minutes before the start of each event Personal implements must be handed to the Field Referee for checking well in advance. There will be a comprehensive Programme available for 50p.

## Timetable

## TRACK

09.55 100m. M40 heats if necessary  
 10.00 400mH W35-49  
 10.15 300m.H W 50+ &M60+  
 10.30 100m. men  
 10.50 100m. Women  
 11.00 100m. M40 if heats are run  
 11.05 1500m. Women & men 60+  
 11.15 1500m. Men 40-59  
 11.35 3000m.W.- men & women  
 12.00 200m. women  
 12.15 200m. men  
 12.30 800m. men  
 12.40 800m. women  
 LUNCH BREAK (Track only)  
 13.45 80mH W40+ & M70+  
 14.00 5000m Women & M65+  
 14.30 100mH W35 &M50-69  
 14.45 5000m M40-64  
 15.10 110mH M40-49  
 15.25 400m Women

15.45 400m Men  
 16.00 3000m S/C men  
 2000m S/C women & men 60+  
 16.30 Relays IF  
 REQUIRED  
 4x100m Men  
 4 x 100m Women  
 4x400m Men  
 FIELD  
 09.45 Hammer -report to circle  
 09.55 Hammer M40 - 59  
 10.00 Shot women  
 Long Jump women & men 60+  
 10.45 Hammer M60+  
 Long Jump M50- 59  
 Pole Vault men & women  
 11.15 Shot M50  
 12.00 High Jump Women & men 60+  
 For ht. up to 1.30m.  
 Hammer Women  
 Shot M40-49  
 13.00 Discus M40-49

## High Jump Women &amp; M40-59

Shot M55+  
 13.45 Discus M50-59  
 14.10 Triple Jump Women  
 14.45 Discus Women  
 Javelin M40-59  
 Triple Jump Men  
 16.00 Discus M60+  
 Javelin Women  
 16.30 Javelin M60+

**Officials**

We require Track & Field Officials for the above Championships and the Track & Field League Final at Battersea on Sunday 5th September, 2004. If you are available on either or both of the above dates, please contact Jim Day at 22 Langland Gardens, Shirley, Croydon, Surrey, CR0 8DW Telephone: 020 8776 1736

SCVAC Membership renewal and /or 200+ Club application or renewal: send to Ken Croke, 8Rylandes Rd., Croydon, Surrey, CR2 8EA. NAME \_\_\_\_\_ Member No. \_\_\_\_\_ Address \_\_\_\_\_  
 Post code \_\_\_\_\_ Tel. \_\_\_\_\_ Renewal- £9 Arrears- £8 per year.  
 The 200 Club \_\_\_\_\_ shares|@£12 per share. Donations (general, "The Southerner" or other) \_\_\_\_\_  
 (cheques payable to SCVAC)Signature \_\_\_\_\_ date \_\_\_\_\_

**"The Southerner" 200+ Club**

Prizes won

December, 2003 to March, 2004

**December, 2003**

1.	049	The Southerner	£35
2.	100	Colin Field	£20
3.	219	RickyToomey	£15
special	209	Alan Newman	£100

January, 2004

1.	063	James Hart	£35
2.	274	The Southerner	£20
3.	101	The Southerner	£15

**February, 2004**

1.	001	Arthur Kimber	£35
2.	044	The Southerner	£20
3.	016	Ray Gibbins	£15

**March, 2004**

1.	005	June Johnson	£35
2.	065	Susan Lowry	£20
3.	058	The Southerner	£20

The next Special Prize of £100 will be drawn next June so now is a good time to consider joining "The Southerner 100 + Club". An application/renewal form can be found under the Track & Field entry form on another page, and this also provides for your 2004 Membership Subscription Renewal, if you have not already paid. If in doubt the label on this edition's magazine envelope will indicate the year to 31st December which is paid up.

Example: "A. Member 1234/2004"

If paying Subs. now, but your 200 + Club share is not yet paid note that share renewals will be applied to the correct

**Southern Counties Veterans Athletic Club****Club Officers 2003/2004**

Chairman: Jim Day (Blackheath & Bromley AC)  
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)  
"Ballycairn", 8 Rylandes Road, Selsdon, South Croydon, Surrey, CR2 8EA Telephone: 020 8657 4269

Asst. Membership Sec. (New Members):  
(BelgraveH) Tel: H 02079289577 W020 8871 7542

Entries Secretary: Steve Connolly (Swindon Harriers)  
64 Goddard Avenue, Swindon, Wiltshire SN 1 4HS  
Telephone: 10793 538245

Track & Field League Secretary: Pat Green (Serpentine RC)  
2 McAdam Drive, Enfield Middlesex, EN2 8P5  
Telephone: 020 8372 2140

Magazine Editor: Rosemary Champion (Dartford Harriers)  
6 Woodlands Park, Bexley, Kent DA5 2EL  
Telephone/Fax: 01322 522934  
email: southernvets@lineone.net

Road Running Secretary: Walter Hill (Crawley AC)  
Tain Cottage, Ifield Road, Charlwood, Surrey RH6 6A5  
Telephone: 01293 862327 email: walterheln@tiscali.co.uk

due from January and cover you until to 31st December. This lets us fix the rates for the following year at the A.G.M. The Club's share of the total was £5.50 in 1993, reduced to £5.00 from 1994 to 2002, then to £4.70 in 2003 and is now £4.60 as indicated above. Ken Croke (Treasurer).

**next edition by Monday 16th August 2004;  
race reports, letters, helpful suggestions etc.!**

## Summer Fixtures 2004

February 2005

S.C.V.A.C. INDOOR T&F CHAMPIONSHIPS.  
We hope to hold this in 2005. Unfortunately we had to cancel the 2004 event owing to unavailability of Officials. Further information will be included in the September Magazine.

### Club Championships

#### ROAD RACES:-

Monday 3rd. May 2004 - 11.00 a.m Start.

10K ROAD RACE (SEAA Permit No. 4153)

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

Entry £5 (+ £1 for SCVAC. Championship) Cheque to: "Blackheath Harriers, Bromley" with entry form from: Event Secretary, 122 Romsey Avenue, Fareham, Hampshire, PO16 9SZ. Closing Date for postal entries: 26th April, 04 (On the day: £7(SCVAC £2)

Sunday 6th. June, 2004

10 MILES Road Race with the "Dorking 10".

Start at 10.45 am Entries: £6.50 (£7.50 unaffiliated)

PLUS £1 extra for SCVAC Championships (Medals to 1st 3 in each age group - including M35's) to: Sheena Bassett, 4 Henfold Cottages, Henfold Lane, Newdigate, nr DORKING, Surrey, RH5 5AG. (Tel: 01306 631780)

Website: www.dmvac.org.uk

Sunday 22nd August 2004

5K Road Race with Belgrave Harriers Open, Surrey Championships and Road League. Race HQ. at Belgrave Hall, Denmark Road, off Ridgeway, Wimbledon. Entries £3. Plus £1 for S.C.V.A.C Championship TO: Derek Crookes, 209 Lynmouth Avenue, Morden, Surrey SM4 4RX. (Tel: 020 8395 1582)

MARATHON - NOT with the Isle of Wight Marathon in May 2004 as this has been changed from a Saturday start at 1.00 pm to Sunday at 1.00 am As this would probably need an overnight stay our championship race will revert to the ABINGDON MARATHON in October 2004. Full details will be in the September edition of "The Southerner".

The HALF-MARATHON was held with the GAT WICK event on 21st March, 2004. Results included in this edition

#### TRACK AND FIELD:-

Sunday 13th. June, 2004

S.C.V.A.C. TRACK & FIELD Championships.

The Millenium Stadium, Battersea Park, London SW11 4NJ  
See full details and entry form on another page.

OFFICIALS URGENTLY REQUIRED - if you can help please contact Jim Day (Tel: 020 8776 1736)

Sunday 15th. August, 2004

S.C.V.A.C 3rd OUTDOOR PENTATHLON.

At Kingsmeadow Stadium, Norbiton, Kingston-on-Thames, Surrey. Entries to Jim Day. ENTRY FORM on another page.

Sunday 14th. November, 2004 S.C.V.A.C.4th. INDOOR PENTATHLON. At the Thames Valley Athletics Centre, Pococks Lane, Eton, Berkshire. Full details and entry form in the next edition of "The Southerner"

#### Road entries.

Our Road Race Secretary can be contacted for further information: -

Walter Hill, Tain Cottage, Ifield Road, Charlwood, Surrey, RH6 0DQ

Tel: 01293 862237

Email: walterhelen@tiscali.co.uk

#### National & International

##### Championships 2004

As in the December, 2003 edition of "MASTERS ATHLETICS" The next edition should be sent out soon and will give more details.

Saturday 22nd May: BMAF Road Relays, Sutton Park, Birmingham - entry form: see page 25 of the December edition of "Masters Athletics".

Sunday 20th June: BMAF Half Marathon - Blackpool

Saturday/Sunday 26/27 June: BMAF Track & Field, Alexander Stadium, Birmingham.

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

Wendy Dunsford, 0EC, 12A Salisbury Road, Grays, Essex, RM17 6DQ. with 4 x 1st Class Postage Stamps  
CLOSING DATE TO HER BY 15th April, 2004.

(Entry form on Website: www.bvaf.org.uk)

Saturday 20th November, 2004

##### BRITISH & IRISH MASTERS INTERNATIONAL

##### CROSS COUNTRY & OPEN RACES

Lloyd Park, Croydon, Surrey. Details will be included in the September Magazine

#### County Championships

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

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

Saturday 29th May, 2004 Surrey Veterans Track &

Field Championships at Kingsmeadow Stadium, Kingston. Entries £5 per event to Maurice Joyce, 39 Seymour Buildings, Seymour Place, London, W1H4PR. Tel: 020 7723 6351

Sunday 8th August, 2004

Inter-County match at the Julie Rose Stadium, Ashford, Kent. Surrey selection from County results and other good performances. Contact Maurice Joyce as above.

12th September, 2004. Middlesex Veterans Track & Field Championships and Open Veterans Meeting at

Barn Elms Track, Rock Lane, Barnes, London SW13.

Details from:-

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

(cont. on next page)

**Open** (Including M35's) - John Curtin, 6 Silverdale Drive, Sunbury-on-Thames, Middlesex, TW16 6HD  
Telephone: 01932 787658

### 18/19th September 2004

#### **Kent Veterans Track & Field Championships at Erith Stadium, Kent. (Note: Kent qualified only - no Guests)**

SAE for entry forms and further details to Barry Ferguson,  
18 Bearstead Rise, London SE4 1RG Telephone: 020 86991261

#### **East Surrey A.A. League**

No SCVAC members have given any support to the League this season, but I will affiliate again next season in the hope that some support will come forward in 2004/05. Provisional fixtures (To be confirmed):  
02.10.04 Cross Country Relay: 4 x 1.95 miles at Wimbledon Common (Parkside)  
23 or 30.10.04 Cross Country Race: 5 miles at Lloyd Park, Croydon  
2 1.03.05 Road Relay: 4 x 2.1 miles at Boxhill, Nr. Dorking  
05.04.05 Tues 7pm Road Race 4.2 miles From Ewell Court, West Ewell  
Relays - 4 stages, Races 6 to run, 4 score.  
No limit to the number of teams. If interested contact Ken Crooke on  
020 8657 4269

**\*\*Helpers are needed for the International Cross Country at Lloyd Park Croydon on Saturday 20th November. If you can help, please contact Ken Crooke.**

### **TRACK & FIELD CHAMPIONSHIPS 2004**

#### **URGENT NOTICE**

The Indoor Championships scheduled for Sunday 29th February had to be cancelled as we were unable to get enough officials. In order that the same does not happen to the Outdoor Championships on Sunday 13th June at Battersea Park we need to have a good response to the letters sent out by Jim Day. If anyone else is able volunteer to come to Battersea on that day to help, even if not a qualified official, please contact Jim at 22 Langland Gardens, Shirley, Croydon, Surrey, CR0 8DW (Telephone 020 8776 1736) as soon as possible.

### **SCVAC APPLICATION FOR CLUB RECORD**

Name of race or meeting \_\_\_\_\_  
Venue \_\_\_\_\_ Date \_\_\_\_\_

Southern Counties Veterans Athletic Club  
Membership Number: \_\_\_\_\_  
Surname \_\_\_\_\_ First name \_\_\_\_\_  
Date of birth \_\_\_\_\_ Age Group \_\_\_\_\_  
Event \_\_\_\_\_ Weight of implement \_\_\_\_\_  
Distance or Height or Time \_\_\_\_\_  
I confirm the above to an accurate record:  
NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

(Chief) Track Judge \_\_\_\_\_  
Chief) Field Judge \_\_\_\_\_

**RECORDS FROM MEMBERS ONLY - MEMBERSHIP PAID**

**SINCE 1st JANUARY**

Please send this form to: SCVAC RECORD APPLICATIONS,

210 Chaplin Road, Wembley, Middlesex, HA0 4UT

**Nb. Records achieved at national & international meetings do not require any signature other than your own- the result of the championship is sufficient proof. However, you Do need to submit your application on a club record form & send to the above address.**

**BLACKHEATH AND BROMLEY HARRIERS AC PRESENT**

**THE TED PEPPER MEMORIAL ROAD RACE AN OPEN ROAD RACE OVER 10KM INCORPORATING SCVAC 10KM CHAMPS. UNDER UK ATHLETICS RULES**

**MONDAY 3 MAY 2004, 11.00AM START SEAA PERMIT NO: 4153**

**COURSE MEASUREMENT CERT. NO: SEAA 02/036**

**Venue: Langley Park Boys School**

**South Eden Park Road, Beckenham, Kent (Parking, changing, showers, refreshments)**

**Course: 3 laps, accurately measured and almost flat.**

**Awards: Winner: TED PEPPER MEMORIAL TROPHY MEMENTO ALL FINISHERS**

**Prizes: Vt 2,,d & 3M Man and Woman**

**Individual Vet & Spot Prizes according to entry SCVAC, individual medals in 5ycar age groups**

**Fee: £5.00 BAF Affiliated Clubs, £6.00 Non Affiliated, Additional £1 SCVAC Members, £7.00 Late Entries, including on the day (on the day also accepted for SCVAC)**

*(see entry details in fixtures list above)*