

THE
Southerner

No. 42 September 2004

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

CRISIS!
CRISIS!
CRISIS!

*This may be your **last** magazine*

if **YOU** care, then for crisis' sake, volunteer.

From December 2004, SCVA has:

NO Chairman,
NO Secretary,
NO Minutes Secretary.

Southern Counties Veterans Athletic Club

ANNUAL GENERAL MEETING

The Annual General Meeting of the Club will be held on Monday 13th December, 2004 at the Chadwick Street Recreation Centre, No.1 Chadwick Street, London SW1P 2EP Commencing at 19.00 hours.

AGENDA

1. To receive and confirm the minutes of the Annual General Meeting held on Friday 12th. December, 2003.
2. Matters arising from the Minutes.
3. Apologies for absence.
4. To receive the report of the Chairman.
5. To receive the report of the Secretary.
6. To receive the report of the Membership Secretary.
7. To receive the report of the Treasurer and the Annual Accounts for the Year ended 30th. September, 2004.
8. Presentation of Annual Awards.
9. Amendments to the Constitution.
10. Election of Officers for 2004/2005.

Current Officers

a)	Chairman	Jim Day (Not standing for 2004/05)
b)	Vice-chairman	John Dunsford
c)	Secretary	Eric Shirley (Not Standing for 2004/05)
d)	Treasurer	Ken Crooke
e)	Membership Secretary	Wendy Dunsford
f)	Assistant Membership Secretary	Vilma Thompson
g)	Minutes Secretary	Ron Franklin (Not standing for 2004/05)
h)	10 Committe Members -	
	1) Road Running	Walter Hill
	2) Race Walking	Martin Oliver
	3) Track & Field Championships.	Carina Graham
	4) Track & Field League	Pat Green
	5) Committee Member	Winston Thomas
	6) Newsletter Editor	Rosemary Champion
	7) Officials Secretary	Vacant
	8) T&F Team Captain	Arthur Kimber
	9) Entries Secretary	Steve Connolly
	10) Press Liasion	Peter Mulholland

Some Members co-ordinate specific activities:-

1. Medals & Kit - Jim Day
 11. Equipment Officer - John Dunsford.
11. Any other business. (Items to the Secretary by 8th November, 2004).

Proposals to amend the Constitution must be submitted to the Secretary by: 19th. November, 2004.

Minutes of the 2003 AGM will be available at the Meeting.

Eric Shirley
Secretarv

August. 2004

Message from the Editor.

Yes, it is true! This might well be the last edition of *The Southerner*. But NOT because I'm resigning. It is quite simply that chairman Jim Day, secretary Eric Shirley, and minutes secretary, Ron Franklyn, have "reached the end of the line" after many years of devoted service to the Southern Counties Veterans Athletic Club! Added to this, they are all over 75 and entitled to stand back and hope that some of our over one thousand members will care enough to come forward. Our treasurer, Ken Crooke, is now 76, and, though he is willing to continue in the post, needs to "groom" someone as his replacement.



BUT DO YOU CARE ENOUGH TO OFFER TO STAND ON THE COMMITTEE FOR 2005? If not, then I suspect that your next communication from SCVAC will be a notice of club closure.

To contact the Editor, on this or any other matters, you can write to Rosemary Champion, at 6 Woodlands Park, Bexley, Kent. DA5 2EL.

Email: southern.veterans@ntlworld.com

NOTICES

**British and Irish International
Masters Cross Country
Saturday 20th November 2004 in
Lloyd Park, Croydon.**

Southern Counties Veterans A.C. is involved in the organisation of the above event and volunteers are needed in the following areas:-

Officials, Course Marshals, Funnel/Finish Stewards, marking out and dismantling Course, supervision of Parking and Changing Facilities and Publicity, including distribution of Entry Forms for the Open Races.

If you are available and willing to help on the 20th November, or before, please contact **Bridget Cushen** by telephone: 020 8638 2602 or email: bcushen@aol.com or write to her at 156 Mitcham Road, Croydon, Surrey CR0 3JE. Please let her know which area(s) you would like to cover.

Alternate: **Ken Crooke**, 020 8657 4269

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

Athletic equipment for sale

2 Apollo Aeroflow 400g. Javelins @ £50
1 Polanik Conquest 500g. Javelin @ £35
2x3k. PVC shot @ £15
3x6k. PVC shot @ £28
2x3. Iron shot @ £10
3x3k. Hammers @ £25
3x6k. Hammers @ £38

**Contact Jim Day, tel. 020 8776 1736
to arrange collection & payment.**

Anyone who wishes to enter the 2004 British & Irish Masters Cross Country International can send a 9 x 6" SAE for an entry form to Ken Crooke.

Apologies to Allan Williams! His pole vault British Record set at Cardiff this year was in fact in the M50 age group, not M55 as stated.



Southern Counties Veterans Athletic Club Track & Field Championships 2004 One World & One British Record !!!

Our Championships were again held at the Millenium Arena, Battersea Park on Sunday 13th June, 2004. The sun shone brightly, with only a few clouds drifting overhead. The outstanding performance of the day came from Vivien Bonner who sped round the track in a new **W55 200 metres WORLD RECOD of 27.43**. Further success came her way with a **British Record 100 metres in 13.51**. Congratulations to Vivien from the Committee of SCVAC on behalf of all Club Members. Plus Congratulations to all other competitors on their superb efforts in Track and Field.

Thanks are also due to all the Officials whose presence allowed us to hold the meeting. Owing to other events on at the same time, we were worried that we might have to cancel, but we went ahead, and the meeting appeared to us to be a great success. We took the decision to limit the field events to 4 rounds, in order not to overburden our hard pressed Field Officials and to enable the programme to be conmpleted on time. We hope this did not upset the "Heavy Brigade" too much. M35's took part for the first time, and some impressive performances were witnessed. The news that this group is able to participate has not yet been widely circulated, but SCVAC appears to be to the fore in accommodating them in our events. I would like to take this opportunity to thank our Chairman Jim Day and his wife Chris, Steve Connolly (Entries Secretary), Vilma Thompson, Pat Green and other Committee and Club Members who helped organise in advance, as well as keeping things going smoothly on the day.

Ken Crooke

RESULTS:-

Track Events (Electronic Timings):-

100 Metres: **M35:** 1 Rohan Samuel (Harrow) 11.15, 2 Will MacGee (Team Solent) 11.37, 3 Barrington King (Harrow) 12.16, 4 David McAdam (Aldershot, Farnham & District) 12.58, 5 Robert Murkin (Reigate Priory) 15.39. **M40:** 1 David Kemp (Dartford H) 11.72, 2 Glen Reddington (WSE&H) 11.97, 3 Kwei Sankofa (Herne Hill H) 11.98. **M45:** 1 Roderick Davies (Southampton City) 13.43, 2 John Ryan (Vets AC) 14.13, 3 Wayne Martin (Hastings AC) 14.58. **M50:** 1 Walwyn Franklyn (Reading AC) 12.19, 2 Paul Pennington (Enfield & Haringey) 12.64, Tom Phillips (Blackheath & Bromley) 12.80, 4 Ian Hay (Barnet & Dist) 13.00, 5 Geoffrey Kitchener (Sevenoaks) 13.25. **M55:** 1 Graham Pope (Croydon H) 13.21, 2 Victor Novell (City of Portsmouth) 13.29, 3 Derek Graves (Fleet & Crookham) 14.59. **M60:** 1 Charles Isetts (Kingston AC & Poly H) 13.53. 2 Robert Ruff (Haywards Heath H) 14.29, 3 Allan Sowden (Highgate H) 16.56, 4 Kevin Burnett (Striders of Croydon) 16.75. **M75:** 1 Ken Crooke (Croydon H) 18.51. **M80:** 1 Alf Sutton (SCVAC) 24.16. **W35:** 1 Abi Onatade (Cambridge H) 14.14. **W40:** 1 Kirstin King (Bracknell) 12.93, 2 Yvonne Salmon (Bromley Vets) 13.24, 3 Angela Fudge (City of Ports.) 13.60. **W45** 1 Anne Goad (Dartford) 14.05, 2 Christine Young (Isle of Wight) 15.34. **W50:** 1 Emily McMahon (Enfield & Haringey) 14.46. **W55:** 1 Vivien Bonner (Winchester & Dist) **13.51 (British Record)**, 2 Val Parsons (WSE & H) 14.47, 3 Angela Price (Medway & Maidstone) 15.81, 3 Daphne Marler (WSE&H) 21.55. **W60:** 1 Iris Holder (Woking AC) 15.75. **W65:** 1 Joan Burns (Bromley Vets) 18.25. **W70:** 1 Brenda Green (Serpentine) 20.42.

200 Metres: **M35:** 1 Will MacGee (Team Solent) 23.52, 2 David McAdam (AFD) 30.00. **M40:** 1 David Kemp (Dartford) 23.87, 2 Glen Reddington (WSE&H) 24.13, 3 Kwei Sankofa (HHH) 24.35, 4 Mark Butler (Epsom & Ewell) 25.33, 5 David Stephenson (Fairlands Valley Spartans) 26.14, Paul Figg (Worthing H) 26.75. **M45:** 1 David Elderfield (Newbury AC) 23.88, 2 Roderick Davies (So'ton City) 27.94. **M50:** 1 Walwyn Franklyn (Reading) 25.01, 2 Anthony Roker (AFD) 25.61, 23Paul Pennington (Enfield & Haringey) 26.13, 4 Tom Phillips (Blackheath & Bromley) 26.39, 5 Geoffrey Kitchener (Sevenoaks) 26.68, 6 Ian Hay (Barnet & Dist) 26.74. **M55:** 1 Victor Novell (City of Portsmouth) 27.52, 3 Derek Graves (Fleet & Crookham) 29.50, 3 Ian Edwards (SCVAC) 35.88. **M60:** 1 Charles Isetts (K&P) 27.92, 2 Allan Sowden (Highgate) 33.83, 3 Kevin Burnett (SOC) 34.52. **M65:** 1 Colin Field (Trent Park) 30.04. **M75:** 1 Ken Crooke (Croydon) 39.00. **M80:** Alf Sutton (SCVAC) 51.90. **W35:** 1 Abi Onatade (Cambridge) 29.71. **W40:** 1 Kirstin King (Bracknell) 26.46, 2 Yvonne Salmon (Bromley Vets) 27.10, 3 Angela Fudge (C of Ports) 28.35. Continued...

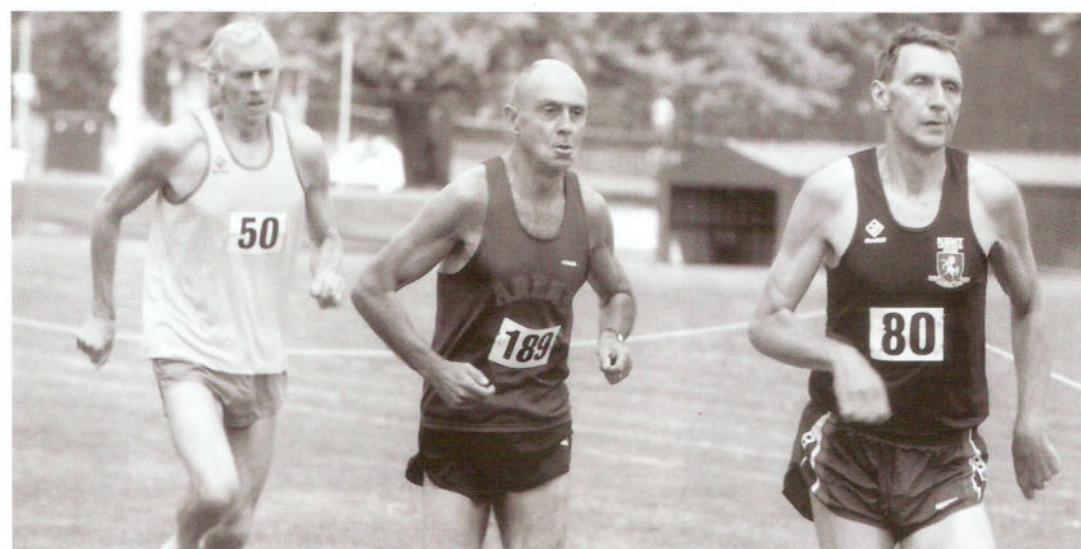
SCVAC 2004 TRACK & FIELD CHAMPIONSHIPS, BATTERSEA



“Hokey Cokey”! Caterina Hallden (Jersey Spartan) & John Gilbert (Invicta E.Kent)



100m:l-r Kerstin King Yvonne Salmon, Angela Fudge(W40)& Abi Onatade (W35)



1500m. L-r:Peter Hamilton (M55),Paul Gasson, Julian Spencer-Wood (M50)

W45: 1 Edna Roe (WSE&H) 28.10, 2 Anabelle Wallace (City of Portsmouth), 3 Anne Goad (Dartford) 30.44, ...cont'd...

4 Christine Young (I of W). **W55:** 1 Vivien Bonner (Winchester) **27.43 (World Record)**, 2 Angela Price (M&M) 33.67. **W60:** 1 Iris Holder (Woking) 33.06. **W65:** 1 Jean Hulls (Hastings) 33.50, 2 Joan Burns (Bromley Vets) 39.19. **W70:** 1 Brenda Green (Serpentine) 45.06.

400 Metres: **M35:** David McAdam (AFD) 63.00. **M40:** 1 Kermit Bentham (TVH) 50.84, 2 Kwei Sankofa (HHH) 54.36, 3 Mark Butler (E&E) 56.48. **M45:** 1 David Elderfield (Newbury) 52.54. **M50:** Walwyn Franklyn (Reading) 56.70, 2 Christopher O'Neil (Guernsey Island AC) 59.96, 3 Geoffrey Kitchener (Sevenoaks) 62.95. **M55:** 1 Graham Pope (Croydon) 60.44. **M60:** 1 Frederick Bush (Haslemere Border) 64.95. **M65:** 1 Colin Field (Trent Park) 75.17, **M70:** 1 David Hamilton (Kent) 88.8 (Manual time).

Note: Charlie Williams (74) left his post as timekeeper and ran as a non-championship entry, manually timed at 66.0 which had it been "official" would have broken the British Record by over 2 seconds!

W45: 1 Lesley Felton (Hav-Mays) 63.83, 2 Edna Roe (WSE&H) 65.21, 3 Anabelle Wallace (C of P) 68.47. **W50:** 1 Joylyn Saunders-Mullins (Stevenage) 63.20.

800 Metres: **M35:** 1 Andy Del-Nevo (Croydon) 2-19.47. **M40:** 1 Ian Wright (Croydon) 2-05.68, 2 Steve Bond (Reading) 2-05.98, 3 Kevin Edmonds (TVH) 2-06.96, 4 Richard Jenkin (Hillingdon) 2-08.2 (MT). **M50:** 1 Paul Stiles (Enfield & H) 2-12.55, 2 Ed Connolly (C of P) 2-15.21, 3 Christopher O'Neill (Guernsey) 2-15.96. **M55:** 1 Peter Hamilton (B&B) 2-27.01. **M60:** 1 Frederick Bush (Has-B) 2-31.25, 2 Tony Merritt (Burnham J) 3-25.5 (MT). **M75:** 1 Don Adie (Dulwich Runners) 3-01.67. **W40:** 1 Maureen Miller (B&B) 2-28.23. **W45:** 1 Lesley Felton (Hav-Mays) 2-26.97, 2 Jane Searle (K&P) 2-45.94. **W50:** 1 Liz Bowers (Arena 80) 2-47.27, 2 Pat Halstead (Dartford) 2-49.95.

1500 Metres: **M35:** 1 Andy Del-Nevo (Croydon) 4-31.88, 2 Mikhail Popov (Croydon) 4-41.16. **M40:** 1 Richard Jenkin (Hillingdon) 4-30.46. **M50:** 1 Paul Gasson (Arena 80) 4-43.32, 2 Julian Spencer-Wood (Kent) 4-44.60. **M55:** 1 Peter Hamilton (B&B) 5-00.47, 2 Alan Davidson (Has-B) 5-28.55. **M70:** 1 David Hamilton (Kent) 6-02.18, 2 Brian Shave (HHH) 6-15.17. **M75:** 1 Don Adie (Dulwich) 6-05.53. **W45:** Denise Farnham (Medway & Maidstone) 5-06.57. **W50:** 1 Pat Halstead (Dartford) 5-37.49.

5000 Metres: **M35:** 1 Mikhail Popov (Croydon) 17-43.90. **M45:** 1 Colin Oxlade (Broxbourne R) 19-26.22. **M50:** 1 Steve Connolly (Swindon Harriers) 19-29.55. **M55:** 1 Alan Davidson (Has-B) 19-34.84, 2 Matthew Doughty (Enfield & H) 20-17.50. **M60:** 1 Martin Duff (AFD) 20-18.17. **M70:** 1 Brian Shave (HHH) 23-21.28. **M75:** 1 Steve Charlton (VAC) 20-52.07, 2 Ron Franklin (Barnet) 25-58.26. **W50:** 1 Liz Bowers (Arena 80) 21-57.14.

3000 Metres Walk: **M45:** 1 Ivor Groves (Kent AC) 19-31.01. **M50:** 1 David Sharpe (Enfield & H) 18-19.64. **M55:** 1 Martin Yates (Arena 80) 19-35.79. **M65:** 1 Ron Powell (Enfield & H) 17-29.77. **M70:** 1 Paul Ray (Enfield & H) 19-21.59. **M80:** 1 Jack FitzGerald (Sutton & Dist.) 25-28.08. **W55:** 1 Ann Lewis (AFD) 16-55.28.

80 Metres Hurdles: **M70:** 1 Jim Day (B&B) 16.70. **W50:** 1 Emily McMahon (Enfield & H) 14.40.

100 Metres Hurdles: **M50:** 1 Anthony Roker (AFD) 16.10, 2 Duncan Talbot Abingdon Amblers) 19.20, 3 Geoffrey Kitchener (Sevenoaks) 20.10. **M60:** 1 Barry Ferguson (Cambridge) 16.81, 2 Brian Harlick (E&E) 22.20.

110 Metres Hurdles: **M40:** 1 Clarence Allen (HHH) 15.24, 2 Glen Reddington (WSE&H) 16.31, 3 Larry Michel [GUEST] (Enfield & H) 19.31.

300 Metres Hurdles: **M60:** 1 Frederick Bush (Has-B) 47.87, 2 Barry Ferguson (Cambridge) 49.55, 3 David Barrington (K&P) 52.26.

400 Metres Hurdles: **M50:** 1 Anthony Roker (AFD) 64.32, 2 Derek Graves (Fleet & C) 79.05.

2000 Metres Steeplechase: **M60:** Frederick Bush (Has-B) 9-18.98. **W45:** Gweneth Hueter (Oxford) 8-18.81.

Field events:-

High Jump: **M45:** 1 Trevor Wade (TVH) 1.61, **M50:** 1 Duncan Talbot (Abingdon) 1.50, 2 David Johnson (Harrow) 1.45, 3 Geoffrey Kitchener (Sevenoaks) 1.30. **M65:** 1 Roy Grubb (SCVAC) 1.17. **M70:** 1 Jim Day (B&B) 1.20. **W45:** 1 Teresa May (Sevenoaks) 1.35. **W55:** 1 Liz Slater (Bexley) 1.29.

Pole Vault: **M35:** 1 Robert Savage (AFD) 3.30. **M40:** 1 Wayne Martin (Hastings) 2.60. **M60:** 1 Brian Harlick (E&E) 2.80, 2 John Howe (Rhondda) 2.80. **M65:** 1 Roy Grubb (SCVAC) 2.10. **M70:** Jim Day (B&B) 2.40. **W45:** Anne Goad (Dartford) 2.00.

Long Jump: **M35:** 1 David McAdam (AFD) 3.35. **M40:** 1 Michael Brown (Enfield & H) 5.73. **M45:** 1 Trevor Wade (TVH) 5.78, 2 Roderick Davies (Soton) 4.54. **M50:** 1 David Johnson (Harrow) 5.45, 2 Paul Pinnington (Enfield & H) 5.38. **M60:** 1 Robert Ruff (Haywards H) 4.60. **W45:** 1 Anne Goad (Dartford) 4.41, 2 Teresa May (Sevenoaks) 4.33. **W50:** 1 Emily McMahon (Enfield & H) 4.27, 2 Linda Harrison (Croydon) 3.11. **W55:** 1 Rosemary Champion (Dartford) 3.41, 2 Daphne Marler (WSE&H) 2.41. **W60:** 1 Iris Holder (Woking) 3.62.

Triple Jump: **M40:** 1 Michael Brown (Enfield & H) 12.92, 2 Rez Cameron (SCVAC) 12.58. **M50:** 1 David Johnson (Harrow) 12.25, 2 Paul Pinnington (Enfield) 11.05, 3 Geoffrey Kitchener (Sevenoaks) 8.51. **M55:** 1 Allan Cheers (Basingstoke) 9.91. **M60:** 1 Robert Ruff (Haywards H) 9.14. **M65:** 1 Michael Collins (Phoenix) 7.86. **W45:** 1 Teresa May (Sevenoaks) 9.15, 2 Liz Slater (Bexley) 7.14. **W50:** 1 Linda Harrison (Croydon) 6.82. **W55:** 1 Rosemary Champion (Dartford) 7.43, 2 Daphne Marler (WSE&H) 5.18. **W65:** 1 Jean Hulls (Hastings) 6.62.

Discus Throw: **M40:** 1 Peter Todd (Redhill & Surrey Beagles) 36.68, 2 David Lipscombe (Serpentine) 27.76. **M45:** 1 Jacek Drzewiecki (Bracknell) 38.47, 2 Ashley Kibblewhite (TVH) 30.18. **M50:** 1 Michael Small (E&E) 48.30, 2 Mike Bennett (Barnet) 31.90, 3 Tim Saunders-Mullins (Stevenage) 21.88. **M55:** 1 Neil Griffen (WSE&H) 46.04, 2 James Edgar (Bracknell) 32.63, 3 Chris Melluish (Cambridge) 32.33, 4 Ken Prior (E&E) 31.54, 5 Lester Monahan (Worthing) 25.76. **M60:** 1 Bill Hudson (Basingstoke) 36.39, 2 John Gilbert (Invicta EK) 35.28, 3 Brian Harlick (E&E) 33.61, 4 Peter Shevlane (London Irish) 32.35, 5 John Webster (H/W) 28.86, 6 Kevin Burnett (SOC) 21.04. **M65:** 1 Colin Brand (B&B) 39.91, 2 Barrie Strange (Oxford) 30.20, 3 Norman Fullick (Has-B) 22.92. **M70:** 1 Gordon Hickey (B&B) 30.21, 2 Phil McEvoy (London Irish) 29.11, 3 Jaroslav Hanus (SCVAC) 28.45. **M75:** 1 Ian Briggs (RSB) 27.25. **W35:** 1 Janet Smith (WSE&H) 30.85, 2 Jane Thrush (K&P) 29.63, 3 Catarina Hallden (Jersey Spartans) 27.91. **W40:** 1 Esther Augee (Woodford Green) 34.61, Joanne Davison (Worthing) 32.67, Wendy Dunsford (SCVAC) 23.55. **W45:** Anne Goad (GUEST - Dartford) 25.44, 1 Beatrice Simpson (B&B) 25.33, 2 Jenny Earle (Guildford & Godalming) 22.43. **W50:** 1 Vilma Thompson (Belgrave) 21.44. **W55:** 1 Elizabeth Sissons (E&E) 22.37, 2 Rosemary Champion (Dartford) 19.04. **W65:** 1 Carole Derrien (Jersey S) 20.60. **W70:** 1 Marie Grant-Stevens (SCVAC) 14.66.

Hammer Throw: **M40:** 1 Peter Todd (RSB) 36.94, 2 Paul Figg (Worthing) 26.27. **M50:** 1 Michael Small (E&E) 49.35, 2 Clive Thomson (M&M) 39.25, 3 Tim Saunders-Mullins (Stevenage) 26.07. **M55:** 1 Christopher Melluish (Cambridge) 48.37, 2 Neil Griffin (WSE&H) 45.05, 3 Lester Monahan (Worthing) 32.58, 4 James Edgar (Bracknell) 28.86. **M60:** 1 John Gilbert (Invicta EK) 34.13, 2 Peter Shevlane (London Irish) 31.07, Kevin Burnett (SOC) 18.55. **M65:** 1 Norman Fullick (Has-B) 23.79. **M70:** 1 Peter Barber (Cambridge) 40.20, 2 Phil McEvoy (London Irish) 39.37, 3 Jaroslav Hanus (SCVAC) 37.25, 4 Gordon Hickey (B&B) 36.50, 5 Douglas Birch (Haywards Heath) 23.83. **W35:** 1 Janet Smith (WSE&H) 39.96, 2 Jane Thrush (K&P) 34.32, 3 Catarina Hallden (Jersey) 28.20. **W40:** 1 Esther Augee (Woodford Green) 46.82, 2 Joanne Davison (Worthing) 40.91, 3 Wendy Dunsford (SCVAC) 27.39. **W45:** 1 Jenny Earle (G&G) 36.01, 2 Beatrice Simpson (B&B) 33.14, Jane Goatcher (Croydon) 18.89. **W50:** 1 Vilma Thompson (Belgrave) 27.32, 2 Kirstin Workman (AFD) 21.10. **W55:** 1 Elizabeth Sissons (E&E) 25.58. **W60:** Yvonne Miles (Bournemouth) 19.24. **W65:** 1 Carole Derrien (Jersey) 23.20.

Javelin Throw: **M50:** 1 Joe Eastwood (Woking) 40.73, 2 Michael Bennett (Barnet) 40.54, 3 Tim Saunders-Mullins (Stevenage) 28.26. **M60:** 1 Ashley Fox (WSE&H) 44.15, 2 John Webster (H/W) 34.90, 3 John Gilbert (Invicta EK) 29.41, Brian Harlick (E&E) 28.41, 5 Kevin Burnett (SOC) 19.89. **M65:** 1 Colin Brand (B&B) 37.70, 2 Norman Fullick (Has-B) 21.34. **M70:** Gordon Hickey (B&B) 29.18. Continued...

W40: 1 Esther Augee (Woodford Green) 18.92. **W45:** 1 Anne Goad (Dartford) 25.34, 2 Beatrice Simpson (B&B) 23.95. **W50:** 1 Joylyn Saunders-Mullins (Stevenage) 29.43, 2 Kirstin Workman (AFD) 25.10, 3 Vilma Thompson (Belgrave) 21.43, 4 Linda Harrison (Croydon) 12.93. **W55:** 1 Elizabeth Sissons (E&E) 25.68, 2 Rosemary Champion (Dartford) 17.04.

Shot Putt: **M35:** 1 Barrington King (Harrow) 6.61. **M40:** 1 Peter Todd (RSB) 1 1.78, 2 David Lipscomb (Serpentine) 8.07. **M45:** 1 Jacek Drzewiecki (Bracknell) 10.15, 2 Ashley Kibblewhite (TVH) 9.40. **M50:** 1 Michael Small (E&E) 15.07, 2 Tim Saunders-Mullins (Stevenage) 9.74, 3 Mark Eaton (SCVAC) 8.81. **M55:** 1 Neil Griffin (WSE&H) 13.70, 2 Kenneth Prior (E&E) 9.83, 3 James Edgar (Bracknell) 9.20. **M60:** 1 John Gilbert (Invicta EK) 10.17, 2 John Howe (Rhondda) 9.94, 3 Bill Hudson (Basingstoke) 9.73, 4 Peter Shevlane (London Irish) 8.80, 5 Kevin Burnett (SOC) 6.547. **M65:** 1 Barrie Strange (Oxford) 9.39, 2 Norman Fullick (Has-B) 7.77. **M70:** 1 Gordon Hickey (B&B) 12.11, 2 Jaroslav Hanus (SCVAC) 9.54, 3 Jim Day (B&B) 8.71. **M75:** 1 Ian Briggs (RSB) 7.88. **W35:** 1 Jane Thrush (K&P) 10.11, 2 Catarina Hallden (Jersey) 7.75. **W40:** 1 Esther Augee (Woodford Green) 9.72, 2 Wendy Dunsford (SCVAC) 8.86. **W45:** 1 Anne Goad (Dartford) 9.47, 2 Jenny Earle (G&G) 8.72, 3 Beatrice Simpson (B&B) 7.64, 4 Jane Goatcher (Croydon) 6.53. **W50:** 1 Vilma Thompson (Bel) 10.77, 2 Bronwyn Carter (City of Portsmouth) 10.45, 3 Joylyn Saunders-Mullins (Stevenage) 9.55. **W55:** Liz Sissons (E&E) 9.95. **W65:** 1 Carole Derrien (Jersey Spartans) 6.87.



“Lady in red”: Liz Sissons, W55 Shot



Norman Fullick:M65 shot..

SCVAC T & F Champs.....even more photos!!



Kermit Bentham is “booked” for speeding in the M40 400m.!



Jaroslav Hanus auditions for “Swan Lake” Whilst winning silver in the M70 shot.

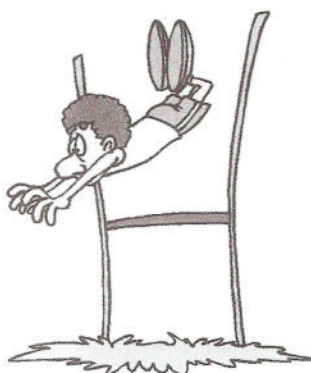


“Walking on Sunshine”-Paul Ray(M70, left) & Martin Yates(M55), 3000m.walk.



Maureen Miller winning the W40 800m.

SCVAC CHAMPIONSHIP BEST PERFORMANCES IN 2004.



Thanks to Derek Thomas, we now have an updated list of club Championship Best Performances. 2004 CBP's are as follows:-

MEN: M75 800m. Don Adie 3:01.67. M75 1500m. Don Adie 6:05.53.
M60 2000m steeplechase Frederick Bush 9:18.98.
M70 pole vault Jim Day 2.40.
M50 triple jump David Johnson 12.25.
M75 discus Ian Briggs 27.25.
M60 javelin Ashley Fox 44.15. M70 javelin Gordon Hickey 29.18.
WOMEN: W55 100m. Viv Bonner 13.51.(BR) W55 200m. Viv Bonner 27.43 (WR)
W45 800m. Lesley Felton 2:26.97.
W50 400m. Joylyn Saunders-Mullin 63.20
W45 2000m.steeplechase Gweneth Hueter 8:18.81.
W55 3000m walk Ann Lewis 16:55.28
W45 hammer Jenny Earle 36.01. W40 hammer Esther Augee 46.82.
W70 discus Marie Grant-Stevens 14.66.
W65 triple jump Jean Hulls 6.62



Please inform Derek Thomas of any corrections/ additions to the above list. His address is:- 3 Lindenfield, Chislehurst, Kent. BR7 5RG

The Road Race Secretary's Report For The Ted Pepper 10K in May and Dorking 10 Miles Champs in June.

A Personal View

On the 3rd May it rained and the rain became heavy at the end of the 10k Champs. This, however, did not deter SCVAC members and many achieved pleasing times in a very well organised promotion by Blackheath and Bromley AC.

I see no reason to change the venue for the 10k Champs, as all the Clubs needs are met by the promoters of this race. Next year I hope to see more names from the Club in the results.

Five weeks later the weather was totally different. Hot and a little humid for the Dorking 10. This is new venue for the Club's 10 Mile champs and I was not surprised by the low turnout. On evaluation this road race has always been popular as it provides a challenging 1-lap course over some very pleasant Surrey scenery. If we are fortunate enough to return there next year place this race in your diary.

I have enclosed results from both Races. Medals for the 10 Mile Champs will be posted.

Our next Championship Race will be the Marathon held at Abingdon on the 17-10-04. A fast course with an entry form available from

www.abingdonamblers.co.uk

Any queries, concerns or thoughts please e-mail me at walterhelen@tiscali.co.uk

SCVAC Championships results:-

The Ted Pepper Memorial 10K Road Race at West Wickham on Monday 3rd May, 2004.

M35 1 Mikhail Popov (Croydon) 38.31. **M40** 1 Terence Knightly (Ilford) 35.58. **M45** 1 Steve Smythe (Dulwich Runners) 35.59. **M50** 1 Michael Stacey (Invicta EK) 37.17, 2 Ken Daniel (Blackheath) 37.35, 3 Walter Hill (Crawley) 38.37, 4 Julian Spencer-Wood (Kent) 40.30, 5 John Wilkins (Invicta EK) 47.04. **M55** 1 Trevor Edgley (Invicta EK) 37.37, 2 Peter Hamilton (Blackheath) 37.53. **M60** 1 David Newlands (South London H) 39.31, 2 Mike Cronin (Blackheath) 41.41, 3 Andrew Johnson (Sevenoaks) 42.04, 4 Graham Williams (Ilford) 46.18. **M65** 1 Robert Heywood (Dartford) 49.52, 2 Trevor Crowhurst (Lingfield) 56.15. **M70** 1 Brian Shave (Herne Hill H) 49.19. **M75** 1 Donald Adie (Dulwich) 49.40, 2 Ron Hale (Kent) 53.51, 3 Ron Franklin (Barnet) 57.12. **W40** 1 Nicola Hopkinson (Ilford) 45.13. **W45** 1 Zoe Gaffen (Kent) 47.50. **W50** 1 Liz Bowers (Arena 80) 43.46, 2 Pat Halstead (Dartford) 45.03. **W55** 1 Sue Garner (Lingfield) 45.02, 2 June Johnson ((Sevenoaks) 48.05. **W65** Pam Jones (Ilford) 47.56.

The Dorking 10 miles Road Race on Sunday 6th June, 2004

M40 1 Mark Tennyson (Guildford) 58.35. **M50** 1 Walter hill (Crawley) 64.59, 2 Norman Hemming (Croydon) 72.33, 3 Jeremy Carmichael (Craewley) 73.35, 4 Chris Williams (Epsom Oddballs) 100.33. **M55** 1 Bill Crawley (Horsham Blue Star) 77.12. **M65** 1 Trevor Crowhurst (Lingfield) 98.30. **M70** 1 Derek Porter (Vets AC) 113.21. **W50** 1 Ann Bath (26.2 Road Running Club) 86.20. **W55** 1 Sue Garner (Lingfield) 78.23

Walter Hill

Road Running Secretary

Southern Counties Veterans Athletic Club

4th Club Indoor Pentathlon Championship

Events: 60 Metres Hurdles, Long Jump, Shot Putt, High Jump, 60 Metres
 At the Thames Valley Athletics Centre Eton, Berkshire
 Sunday 14th November, 2004

ENTRY FORM

From:-

Name: Number:

Address:

 Post Code:

Telephone: Day: Eve:

Age: Date of Birth: Age Group:

UKA Club:

Entry Fee: **£8.00 (MEMBERS ONLY)**

Closing Date: **30th October, 2004 NO LATE ENTRIES WILL BE ACCEPTED**

Entry Fee enclosed: Cheque payable to: **SCVAC**

Stamped addressed envelope enclosed for confirmation and travel directions to Track

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

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

TIMETABLE

13.30	60 Metres Hurdles	Women	3 Races
13.50	Long Jump	Women	
14.00	60 Metres Hurdles	Men 60 +	1 Race
14.10	60 Metres Hurdles	Men 35 to 59	2 Races
14.30	Long Jump	Men 60 +	
	Shot Putt	Women	
15.00	Long Jump	Men 35 to 59	
15.15	High Jump	Women	
	Shot Putt	Men 60 +	
16.00	High Jump	Men 60 +	
	Shot Putt	Men 35 to 59	
16.15	60 Metres Sprint	Women	
16.40	High Jump	Men 35 to 59	
	60 Metres Sprint	Men 60 +	
	60 Metres Sprint	Men 35 to 59	as High Jump is completed.

**"Mrs Derrien's Diary" - 6, by
Carole Derrien of Jersey Spartan A.C.**



Things don't get better in the house of Derrien;

treatment on the poor old back has been on going since Sindelfingen - so you can imagine how cheerful the lady of the house has been!!

By June, as the back improved, tennis elbow made an appearance - the result of taking my frustration out on any weeds that DARED to appear in the garden. Having already booked all our flights for the year, as usual, I thought it a good idea to try and bluff my way through.

The Jersey contingent enjoyed the Southern's at

Battersea, mainly because we caught up with all the chat - we certainly didn't perform well, having had only 3 hours sleep the night before! If we hadn't been competing, we would have

joined the party that kept us awake, as it was, we spent the day trying to look alive! My son paid his dues by coming over to officiate, and took all the banter in his usual good-natured manner.

The Nationals in Birmingham provided us with a good cross section of weather, and mixed results. At the end of day one, we were the only people left in the stadium, everybody else seemed to have gone to the meeting or made their way home to dry out. The second day saw Cat and I 'volunteered' to help out track side - an alien world to us throwers, but the day sped past - what a shame we had to go and do our events as well.



And so it was on to Denmark, where the throwers lot was not a happy one. We found most of our events were out at the 'other' stadium, so decided to check it all out. The journey took an hour from the main stadium, buses only leaving once an hour - all acceptable on the face of it. We went out, toured the venues - one throwing area was half grass and the other dirt and cinder - wonderful, and the shot/weight sectors were crammed in side by side. We shrugged - it was what we have learned to expect, and made our way back to the bus. Well, this was World War 3, it certainly wasn't for the faint hearted; bruises, pushing, man-handling - it all turned very nasty as 80 odd athletes tried to board one bus. Eventually the bus left with people sitting 3 to a seat and on the floor, whilst those left behind left nothing to the imagination as to their feelings. Evidently later buses were pummelled with sports bags and scenes got worse - thankfully 2 buses were eventually put on at peak times, but not before blood had been drawn.

As expected, the back did not stand up to the throwing, and a comprehensive demonstration of how to fall out of the circle in 5 different ways was the order of the day during a rain soaked Hammer competition. Thankfully the wonderful medical team were on hand to repair the damage - again! By the time my final event, the weights pentathlon, came along - I just didn't care any more - kept gritting my teeth and saying it is only pain - and managed a PB. So all was not lost! But almost decided to go back to running, I am obviously fine in a straight line - I'll just have to stop trying to turn! Then found that I was too late to volunteer for the relays - and adding insult to insult, wasn't needed anyway, so there! Where does this myth come from that throwers can't run?

As usual we had more than our share of laughs, and rumours that we are filming a 'Calendar Girls' could prove to be true! Volunteers have been easy to come by - especially from the male competitors - they don't want to strip of course, just help out, whatever that means - I dread to think! Did anyone tell Rosemary that she is Miss June?

SCVAC WEIGHT PENTATHLON CHAMPIONSHIPS

Ewell, July 3rd 2004

SECTA exists to promote the throwing events and this year the aim was on persuading regional bodies like SCVAC to promote championships in such as the weight pentathlon. The first SECTA/SCVAC weight pentathlon attracted an entry of 28 quite above expectations. This augurs well for the future and no doubt this event will now be added to the annual calendar.

The emphasis in SECTA organised events is enjoyment and participation and this was much to the fore on July 3rd at Ewell. There is much banter and comment on technique, attitude and demeanour but that is very much part of the competition and the enjoyment and we would be all the poorer without the continual discourse.

The throwers were divided into three groups, younger men and women, middle age group men and the mature men. Although it was warm, the strong wind ensured fast moving clouds and the occasional burst of rain which frequently turned into a squall. Thus the conditions were not the best for throwing - yet the distances attained indicated otherwise which shows the calibre of the competition.

There was some excellent returns in the hammer - Steve White [M40] closing in on 60 metres and Mike Small [M50] and Chirs Melliush [M55] close on 50 metres. Steve and Mike were to the fore in the shot where Neil Griffin [M55] and Gordon Hickey [M70] were also prominent. Mike believed he should have done better than the commendable 13,72 metre best he posted. Steve meanwhile improved in every round and returned the exceptional mark of 16,04 metres - a figure that does justice to any senior men's shot competition in the country.

Some ten athletes threw the discus in excess of 35 metres with Steve, Mike and Neil again very much to the fore and whereas neither of the 3 managed to break the 50 metre mark, all came within a metre or two of that excellent mark. Good to see that John Gilbert - recently returned from Cyprus - had lost none of his technique and posted a useful best of 36,74 metres. The javelin is an event which few throwers - in particular the multi eveners - accomplish with any great success. On this occasion, Mike managed to stay on his feet throughout the event - he is a noted faller when throwing the javelin at Ewell! - and he duly returned the best mark of the day - 49,70 metres and so was still on target for a new British record. So too was Neil Griffin whose 42,82 metre throw kept him in contention to break national figures. Gordon Hickey was non too pleased with his 29 metre best but he too was on course for new British figures overall.

David Burrell [M40] posted a 41 metre plus javelin mark as did Steve Whyte whose sights were not alone set on a new M40 British weight pentathlon record but also a world record! Steve is a modest individual and he need to be on this occasion - his first attempt in the javelin was outside the sector. His second attempt was a foul - not the ideal situation for an overall potential record breaking attempt. In the best traditions of Daley Thompson in a somewhat different multi eventer, Steve shrugged his shoulders and posted a useful mark of 41,76 metres with the third round effort. The British record was still on but only the computer operator, Colm Murphy, knew whether the world record was still a possibility.

Thus to the final event - the heavy hammer; eight athletes over 14 metres, five of these over 15 metres. Peter Barber's 15,43 metres was the highlight of the M70 category but Gordon Hickey finished in style posting 14,21 metres and a final overall total of 4,013 pts - a new British record. Neil Griffin had the better of Chris Melliush on this occasion - 15,97 metres to 15,29 metres - Neil's final total of 4,332 pts was also a new British record. Mike Small enjoyed the best mark of the day in the event - a phenomenal 17,82 metres - and his overall points total of 4,266 was also a new British record.

And what of Steve Whyte and his attempts on British and world records; his first attempt with the heavy hammer was just over the 17 metre mark, his second attempt of 17,55 metres was a new British record for the event itself and his best of the day. And yes, he did break the British record for the weight pentathlon with a total of 4,133 points which, for the record, was some 200 points in excess of the world record!

Congratulations to all - everyone did well despite the unusual and unseasonable weather and it must be added that all the record breakers were modest about their performances - the important factors were taking part and being a part of the day's proceedings. The latter point may seem out of date in this day and age but nonetheless remains the central ethos of such events and such clubs as SECTA.

SCVAC WEIGHTS PENTATHLON CHAMPIONSHIPS, 3RD JULY 2004, EWELL, SURREY.

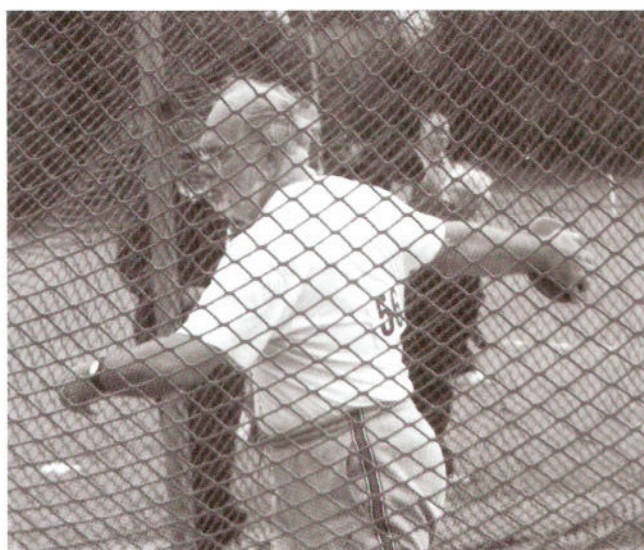
Men: M40: Steve Whyte (EVAC) 1st, 4133. David Burrell (EVAC) 2nd, 2921. Peter Todd (RSB) 3rd, 2561. Sean Butler (Hillingdon) 4th, 1372. **M45:** Colm Murphy (Med& M) 1st, 1824. **M50:** Mike Small (E&E) 1st, 4266. T. Saunders-Mullins (Stevenage) 2nd, 2142. **M55:** Neil Griffin (WSEH) 1st, 4332. Chris Melliush (Camb. H) 2nd, 3332. Ken Prior (E&E) 3rd, 3105. Jim Edgar (Bracknell) 4th, 2804.

M60: John Gilbert (SCVAC) 1st, 3069 pts. Brian Harlick (E&E) 2nd, 2404. Kevin Burnett (SCVAC) 3rd, 1667.

M65: Hamilton Thomas (Lewis A.C.) 1st, 3253. Norman Fullick (Hals. B), 2nd, 2059.

M70: Gordon Hickey (Blackheath) 1st, 4013. Jaroslav Hanus (SCVAC) 2nd 3360. Peter Barber (Camb. H.) 3rd 3341. Phil McEvoy (L.Irish) 4th 3149. Doug Birch (H.Heath) 5th, 1688.

Ladies: W40: Wendy Dunsford (SCVAC) 1st, 2189. **W55** Barbara Terry (Bromley) 1st, 2863.



Competitors at the SCVAC Weight Pentathlon, Ewell.

Top: l-r: David Burrell with Liam O'Hare.

Bottom: l-r: Ken Prior in the discus circle

Chris Melliush throwing the discus

Peter Todd with Liam O'Hare

Walking news from Martin Oliver (SCVAC Walking Secretary).

SCVAC walkers in the British Masters Athletic Federation 10kms walking championships, Enfield, Saturday 7th August 2004.

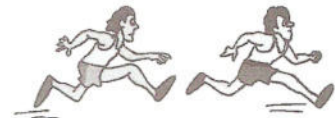


The event was held in conjunction with the Enfield League. BMAF positions are given, then age group positions.

3rd. Amos Seddon (Enfield) M60 1st. 57.06 8th Steve Allen (Steyning) M45 3rd. 60.47. 12th Ron Powell (Enfield) M65 1st 61.45. 19th Dave Sharpe (Ilford) M50 2nd 66.03. 22nd Brian Sturt (Enfield) M60 2nd, 1st novice, 68.09. 24th Paul Ray (Enfield) M70 1st 68.23. 26th Ann Lewis (Aldershot Farnham & District) W55 1st 69.07.

SCVAC Championship Fixtures (at Enfield): Sat. 9th October 5kms. Sat. 13th November 7miles.

Contact Martin Oliver at 74 Southfield Road, Waltham Cross, Herts. EN8 7HE.
Tel: 01992 626804. Mobile: 07974 872582.



EAST SURREY AMATEUR ATHLETIC LEAGUE

SCVAC has again affiliated to the above League for the 2004/2005 season.

Fixtures:-

Sat 2nd Oct, 2004 3.00 pm Cross Country Relay 4 x 1.95 miles at Parkside, Wimbledon Common.

Sat 30th October, 2004 3.00 pm Cross Country Race 5 miles at Lloyd Park, Croydon.

Sat 12th March, 2005 3.00 pm Road Relay, 412.1 miles at Box Hill, Dorking.

TUESDAY 5th April, 2005 7.00 pm Road Race 4 miles from Ewell Court Track, Lansdown Road, West Ewell.

Age groups (Men & Women) - Seniors and young athletes as at 31st August, 2004.

Veterans as at 2nd October, 2004

Scoring - Races 6 to run 4 to score.

Relays - 4 legs per team.

SCVAC members may run if not first claim to the following Clubs: 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, Reigate Priory AC and Striders of Croydon.

The League was established in 1935 and for many years was the premier event in Surrey and included Track & Field in the summer, but the advent of other leagues led to so much congestion of fixtures that the East Surrey Track & Field had to be abandoned.

I hope that we can turn out a team or teams this time around. Please contact me (see above) if you are able to represent SCVAC at any or all events. With a membership of over 900, surely a team of 4 should not be beyond our means! Don't all rush at once.

Ken Crooke

Treasurer SCVAC, Secretary/Treasurer ESAAL,

Cross Country Secretary Croydon Harriers etc...

Carole Derrien throwing the “short” hammer at the BMAF Championships, June 26th Birmingham, in the W65 weights pentathlon



Anne Goad about to launch herself in the W40 pole vault, SCVAC Champs, June 13th, Battersea.



Don Adie(121) passes Brian Shave in the SCVAC Champs. 1500m.



M50 200m SCVAC Champs: Tony Roker(72) Tom Phillips(68), Ian Hay(52)



“THE ITINERANT ATHLETE”: an extract from Stan Allen’s newly published book, *“If It’s Tuesday It Must Be Tooting”*, an amusing collection of running anecdotes & observations.

I reckon that it is a good idea, this business of finding a country to run for which does not have strength-in-depth in a particular event. I mean, look at our sprinters, any of them could compete for, say, the Decameron Islands. Old Jim Derham always said that he had been born in the wrong country and at the wrong time to get an international road running vest and I think that he did have a point.

Anyway, what I am trying to say is that it seems to be all changing now. All you have to do is find some tenuous link with another country and simply go for it. I mean look at the options available for myself.

My Mum was brought over by the Hugenots from France at the time of the religious persecution. Well, not mother in person, obviously, but her family, the De Goldsberrys were, and that should give me a toe hold into the French National team. As a younger man I always thought that I stood a good chance until they started to plough money into French athletics and turned them into a team that produced some reasonable performances.

Then I started to look at my father who was a fine athlete in his own right. He served in Germany with the Royal Irish Rifles after one of the world wars and that should be good for two more nationalities. German and Irish. I don’t really know if he was in East or West Germany but perhaps that doesn’t matter any more. And I was an evacuee from the horrors of bomb torn London to Lincolnshire during the 39-45 conflict. I actually wrote to the Lincolnshire County AAA to tell them that I was ready to compete for the them in the intercounties but they never bothered to answer. But it does show what can be done. After all Roger’s mother was Polish and so were

Keith’s and Fred’s. If you think about it that is three legs in a relay team.

Which reminds me, I was talking to Geoff the other day about this problem of getting due recognition for our obvious talents. Forgetting for a moment the International kit and all those free trainers and spikes or even the money on the side, he said that he had been thinking about it a lot and decided that he would not want to run for any country that had lowered its standards to that extent!

Takes all sorts, I told him. I would have gone like a shot, not that I am very good at the shot as I get my head in the wrong position. But I was the first man at Tooting Bec Track to try that Russian technique in a Wednesday evening local league match. You know the one, the style where you turn round in smaller and smaller circles and more or less turn yourself inside out.

No, I’ve got it, the perfect answer to my problem of getting due recognition. I remember now. My second great Aunt Mabel once flew over Lichtensteen as a young girl and had to land with some sort of engine trouble. Well, anyway, she got on really well with some sort of Crown Prince Thingie and then flew home with temporary citizenship. Now this has never been revoked so I’ll offer myself to Lichtensteen for a run in the Olympic half marathon. It’s Chariots of Fire all over again.



“The runner who hates to throw away his old kit meets fellow commuters”

Winter Fixtures 2004 - 2005

Club Championships

Track & Field

Sunday 14th November, 2004

SCVAC 4th Indoor Pentathlon.

(Members only): At the Thames Valley Athletics Centre, Eton, Berkshire at 13.00 hrs.
Entry Fee £8 to Jim Day, 22 Langland Gardens, Shirley, Croydon CR0 8DW C/D 30.10.04 **NO LATE ENTRIES.** Entry form on another page.

Sunday 27th February, 2005 (Provisional)

SCVAC Indoor T&F Championships.

At the Thames Valley Athletics Centre, Eton.
To be confirmed - entry forms etc. will be in the December Magazine.

Road Running

Sunday 17th October, 2004

SCVAC Marathon Championship with the **AKZO NOBEL Abingdon Marathon** from the Tilsley Park Athletics Track C/D 7th October, 2004 (Entry Limit 900) **NO ENTRIES ON THE DAY** Fee: £12 affiliated club members, £13 unattached. Forms/details available from Abingdon Marathon, PO BOX 57, Abingdon, Oxfordshire OX13 6XR. Tel: 01235 529558 www.abingdonamblers.co.uk **OR** send SAE to Ken Crooke.

2005 Provisional Road Races:-

Monday 2nd May - The Ted Pepper Memorial 10K organised by Blackheath Harriers at West Wickham Kent.

April: The Gatwick 1/2 Marathon OR:-

August: The Burnham Beeches 1/2 Marathon.

Gatwick is not certain to be held in 2005. Any views to our Road Secretary Walter Hill at Tain Cottage, Ifield Road, Charlwood, Surrey RH6 0OQ, Tel: 01293 862237 or email:- walterhelen@tirca.co.uk

5th June: The Dorking 10 miles

August: The Surrey 5K at Wimbledon, Surrey.

Road Walking

Saturday 9th October, 2004

5K Championships with the Enfield Road Walking League & VAC Championships from the Queen Elizabeth Stadium, Donkey Lane, Enfield at 2.30 pm.

Saturday 23th November, 2004

7 miles Championships with the Enfield Road Walking League - details see above.

Contact: Road Walking Secretary, Martin S. Oliver, 74 Southfield Road, Waltham Cross, Herts. EN8 7HE Tel: 01992 626804/ Mobile 07974 872582.

Cross Country

Saturday 5th March, 2005

Lloyd Park, Croydon. Entry form and details will be in the December Magazine. M35's welcome.

National & International Events

Sunday 19th September - Inter Area Track & Field at Stockwood Park Arena, Luton (Off Junction 10 of the M1).

SCVAC Members wishing to be selected for the Club Team should contact: a) Arthur Kimber, Team Captain, 22 Asquith Road, Wigmore, Gillingham, Kent ME8 0JD (Tel 01634 389554) or: b) Winston Thomas, 67A Waterside, Kings Langley, Herts. WD4 8HE. (Tel: 01923 269357). Members who recorded good performances in our T&F Championships at Battersea Park on 13th June will be contacted by Winston.

Other events see page 10 of "*Masters Athletics*"

20th November, 2004

British & Irish International Cross Country with open Races at Lloyd Park, Croydon.

Programme:-

12.00hrs W35+/M70 + 6K

12.45hrs M40-M69 8K

OPEN RACES:-

13.30hrs Open Race for Women U20 + 6K

14.30hrs Open Race for Men U20 + 8K

Send a 9 x 6.5in. Stamped addressed envelope for Entry Form **AS SOON AS POSSIBLE** to Ken Crooke, 8 Rylandes Raod, Selsdon, South Croydon, Surrey, CR2 8EA

Tel: 020 8657 4269

"The Southerner" 200 + Club

Prizes won:- April to July, 2004

April, 2004

1.	082	James Marples	£35
2.	113	Ann Lewis	£20
3.	039	Ken Crooke	£15

May, 2004

1.	256	Ruth Allcock	£35
2.	247	Fred Bush	£20
3.	230	Petewr Mulholland	£15

June, 2004

1.	237	Gary Capon	£35
2.	288	Pam Storey	£20
3.	113	Ann Lewis	£15
Special	130	John Collins	£100

July, 2004

1.	274	The Southerner	£35
2.	010	Arthur (Jack) Brooks	£20
3.	289	The Southerner	£15

The 200 + Club is still making a good contribution to the costs of Producing "The Southerner" but there are still a lot of shares available for members to purchase before we can re-name it "The 300 + Club". Shares cost £12 each and you get 12 opportunities to win the prizes indicated above, plus two chances of getting the top prize of £100 in the June and December Draws. Just what you need for a summer holiday or to boost your Christmas festivities. If you wish to join or renew your existing holdings, please use the form below.

If you have not yet paid your S.C.V.A.C. 2004 Subscription I have included space for you to bring your Membership up to date.

Ken Crooke Treasurer.

Southern Counties Veterans Athletic Club
Application/Renewal - 200 + Club Share(s)

To: Ken Crooke
8 Rylandes Road, South Croydon, CR2 8EA

FROM: _____ No. _____

Address: _____

I apply for _____ Share(s) @ £12: £ _____

Please renew my Share(s) £ _____

I enclose £ _____ Membership 2004 (£9)

Signature _____ Date _____

"The Southerner"

Advertisement rates:-

Full Page £90, Half Page £50, Quarter Page £30
Contact Ken Crooke (020 8657 4269)

Club Officers (Until the AGM)

Chairman: **Jim Day** (Blackheath Harriers)
22 Langland Gardens, Shirley, Croydon 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 CR2 8EA
Telephone: 020 8657 4269

Entries Secretary: **Steve Connolly** (Swindon Harriers)
64 Goddard Avenue, Swindon, Wiltshire SN1 4HS
Telephone: 01793 538245

Road Secretary: **Walter Hill** (Crawley AC)
Tain Cottage, Ifield Road, Charlwood, Surrey RH6 0OQ
Telephone: 01293 862327 email: walterhelen@trica.co.uk

Walking Secretary: **Martin Oliver** (Ilford AC)
74 Southfield Road, Waltham Cross, Herts. EN8 7HE
Telephone: 01992 626804

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

Contributions for the December edition of

"The Southerner"

to be sent to Rosemary by **Friday 19th November, 2004**

Club Records

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

**Jean Coker, 210 Chaplin Road,
Wembley, Middlesex HA0 4UT**
(Claim forms from Ken Crooke)

Send SAE to: "T&F Record", 8 Rylandes Road,
Selsdon, South Croydon, Surrey, CR2 8EA

Membership Renewals 2004

Are you up to date?

If you are not sure - check your Magazine envelope label, if not thrown away, which will indicate your **Subscriptions Status**. Phone Ken Crooke (020 8657 4269) for confirmation.

Renewal forms for 2005 Subs. will be included in the December Magazine.

The Annual General Meeting will be held at the Civil Service Recreation Centre, No. 1 Chadwick Sreet, London SW1 2EP on Monday 13th December, 2004 commencing at 7.00 pm

See Agenda on another page.

Owing to the current situation regarding Committee Membership, any members who may be willing to volunteer for Committee Vacancies are urged to attend. Please contact the Secretary, Chairman or Treasurer in advance.