

THE
Southerner

No. 43 January 2005

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS



Welcome

to our new

Chairman,

Arthur Kimber,

Secretary

Liz Bowers, and

Assistant Treasurer

Robert Murkin



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Southern Counties Veterans Athletic Club

Indoor Track & Field Championships

Sunday 6th February, 2005 at Sutton Arena Leisure Centre
Middleton Road, Carshalton, Surrey SM5 1SL

TIMETABLE

Track

Field

12.30 pm Registration and Warm-up

13.00	60m Sprints - 1st Round (M&W)	13.00	Pole Vault (M&W)
14.05	60m Sprints - 2nd Round (M&W)	13.30	Long Jump (M)
14.50	60m Hurdles - 1st Round (M&W)	13.45	Shot Putt (W)
15.15	60m Hurdles - 2nd Round (M&W)	14.20	Triple Jump (W)
		14.30	Shot Putt (M)
		15.05	Triple Jump (M)
		15.50	Long Jump (EW)
		15.50	High Jump (M&W)

Southern Counties Veterans Athletic Club

Cross Country Championships 2005

Saturday 5th March, 2005 in Lloyd Park, Croydon

CROYDON HARRIERS CHAMPIONSHIPS AND INTER-CLUB MATCH

also includes:

2.30 PM. START
1 1/2 LAPS = 5 Km

ALL START TOGETHER
SCVAC Women 35 Plus.

Croydon Harriers and others: WOMEN - all age groups
and Boys under 13 and under 15 plus men under 17

3 LAPS = 10 Km.

SCVAC Men 35 Plus.

Croydon Harriers and others: MEN -Seniors, Juniors and Veterans
and Senior and Junior Women scoring in the Inter Club Match.

SCVAC ENTRY FORM Indoor Track & Field Championships 2005

TO: Ken Crooke, 8 Rylandes Road, Seisdon, South Croydon, Surrey CR2 8EA

From:- Member
Name: Number:

Address:

Post Code:

Telephone: Day: Eve:

Age: Date of Birth: Age Group:

Events:

UKA Club:

Entry Fees per event: £4.00 (MEMBERS) £5.00 (GUESTS (No Medals))

Fees have been increased to cover the costs of Arena Hire and payments to Officials etc.

Closing Date: **AS SOON AS YOU GET THIS MAGAZINE**

Entry Fees enclosed: £ Cheque payable to: SCVAC

Stamped addressed envelope enclosed for confirmation and map etc.

Signature: _____ Date: _____

SCVAC Members must have paid their 2005 Subscriptions to the Treasurer before the date of Competition.
May be sent with this entry.

SCVAC ENTRY FORM CROSS COUNTRY CHAMPIONSHIPS 2005

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

From:- Member
Name: Number:

Address:

Post Code:

Telephone: Day: Eve:

Age: Date of Birth: Age Group:

UKA Club:

Entry Fees: £3.00 (MEMBERS) £4.00 (GUESTS (No Medals))

Closing Date: 19th February, 2005

Entry Fee enclosed: £ Cheque payable to: SCVAC

Stamped addressed envelope enclosed for confirmation and map etc.

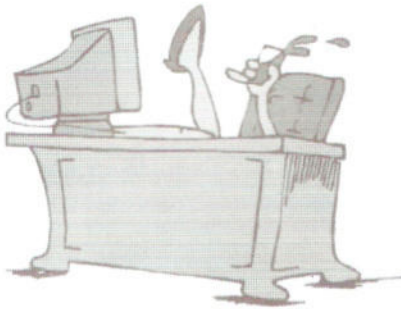
Signature: _____ Date: _____

SCVAC Members must have paid their 2005 Subscriptions to the Treasurer before the date of Competition.
Please do NOT send with entry.

From the Editor.

A Happy New Year to all of you. May you achieve the results you want to in 2005!

Once again, I am "slaving over a hot computer" - even more of a struggle this time as I've just got back from Christmas and New



Year in Lanzarote, during which I will admit to consuming a few litres of sangria.

It certainly looks like a brighter new year for the Southern Counties Athletics Club. The Committee would like to welcome the three volunteers who came forward to fill the vacancies. We hope that they will enjoy being involved with

the running of the Club in a closer way. Many thanks to the retiring chairman Jim Day, and to Eric Shirley who was Club Secretary for many years; they have contributed so much to SCVAC.

Our new Chairman, taking over from Jim Day, is Arthur Kimber. Arthur is an extremely well known athlete, who is no stranger to fulfilling other organisational roles, such as team manager, league manager and President of Dartford Harriers A.C. He has been a member of SCVAC since its beginning, and captain for the annual Inter Area T & F match, as well as coordinator of the Kent divisions of the SCVAC T & F league. Arthur is to be found competing mostly on the track, indoors and outdoors, at 400m, 800m. and 1500m. with the occasional road or cross country race.

Taking over from Eric Shirley as secretary is Edinburgh -born Liz Bowers of City of Portsmouth A.C.; Liz is second claim to Victory A.C. (Havant) and Fittleworth Flyers, and started running in middle distance races only three years ago with the encouragement of her partner walker Martin Yates. She has won W50 national track medals, and also Sussex county W35 gold medals in 2003 and 2004. In the same years she ran for Scotland in the home international Cross Country races. Liz has many business skills acquired through her career in educational marketing and hopes that these, in addition to a passion for athletics, will make her an efficient secretary for the SCVAC.

Robert Murkin, a member of Reigate Priory A.C., an accountant by profession, will assist treasurer Ken Crooke. Robert entered masters athletics only two years ago in the M35 age group, but has been involved in a large number of other sports including hockey, dinghy sailing, swimming, canoeing. He is also a qualified tennis coach, and in the last couple of years has competed in triathlons. In 2004, Robert competed in the sprints at the SCVAC Championships in Battersea Park.

Contact details for our new Club officials are:-

Arthur Kimber: 22 Asquith Road, Wigmore, Gillingham, Kent. ME8 0JD., Tel. 01634389554; Email: arthurkimber@v800.wanadoo.co.uk

Elizabeth Bowers 3b The Greenway, Emsworth, Hampshire, PO10 7SB ; Tel. 01243 371775; Email: martindy@supanet.com

Robert Murkin 10 Dents Grove, Tadworth, Surrey. KT20 7DX. Tel. 01737 225788. Email: murkinrg@hotmail.com



Contributions for the April edition of The Southerner should reach me by March 18th please. Send to: Rosemary Champion (Editor), 6 Woodlands Park, Bexley, Kent. DA5 2EL. Tel: 01322 522934: email: southern.veterans@ntlworld.com Photographs welcome, labelled on the back. Send SAE if return required.

Mrs Derrien's Diary - by Carole Derrien (Jersey Spartan A.C.)

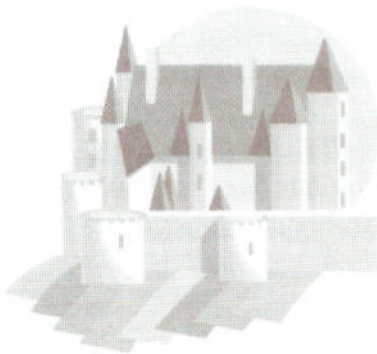
It has been a quiet time in the house of Derrien - the family have been away. Our house-sitter, Catarina, was busy sitting in the spa to make sure the water was the right temperature, and using the facilities in general - we are glad to report that there were no signs of wild parties nor irate neighbours complaining about the noise.

(Or so we believe!)

We rounded off our year by competing in the Weights Pentathlon at Copthall, an event we heard about whilst in Denmark - thank you Jenny and Vilma for sending on all the Information and making sure we attended! We had a great weekend and enjoyed being amongst all the throwers, some of whom were just people that passed us at competitions and others we have got to know very well over the years.

The atmosphere was great, everyone being an 'expert' on every throw- there were more coaches than in National's bus station! As we were competing with the same group, all be it different age groups, by the end of the day comments were becoming less helpful and more ribald, which all added to a highly enjoyable competition. Thank you very much, and well done the officials of SECTA, it is an event that deserves the support of all Master's throwers.

There is a 'down' side to this - we were asked about the feasibility of holding the event in Jersey, which would be absolutely great for us. We feel it is a viable idea, since there is a plethora of weekend deals to be had with airlines and boats. We haven't multi throwing areas, but this could be overcome by expanding the competition schedule. Also, as many of the throwers double up as officials, any shortcomings in that direction could easily be covered. As the rumour of the 'overseas' trip gathered pace, I found I was nearly crushed in the clamour for rooms 'Chez Derrien' - I will need elastic walls! But, of course there were those who immediately moaned about the travelling and cost etc.; do they never think how much it costs us to compete year in, year out? - **and** I can assure you all that Jersey is not populated by millionaires, despite how it appears in 'Bergerac'!



"CASTLE DERRIEN"

able to get me on the telephone, he e-mailed, as one does, and I had to tell him that I couldn't hear the phone as I was in Rio de Janeiro, passing a few days before going on to Buenos Aires, Uruguay and Paraguay! What a pain, now you will never believe what I told you about millionaires! But, I have had my just desserts; there I was, back at home and full of life, ready to go..... and twisted my ankle on the first hurdle of the first training session - what a bummer!!



Whatever transpires, we, and Jersey Spartan A.C. would love you to come and use our beautiful track, manicured within an inch of its life by our wonderful grounds-men - we even have flowerbeds on the infield! Of course, as most of you know, when the Lady of the House is in residence, anybody who wants to have a training break in Jersey, is more than welcome.

Just as a footnote, we managed to twist Steve Sammut's arm - right up his back, and he agreed to come over and do some coaching for us. Not being



SCVAC INDOOR PENTATHLON, ETON, NOVEMBER 14TH 2004 .

By Bruce Charles.

Thames Valley Indoor Centre, Eton, was again the host for the SCVAC Indoor Pentathlon championships on November 14th last year, with Jim Day as the chief organiser. This combined event meeting was as usual a most enjoyable and friendly competition with tight finishes in several age groups and a number of Championship Best Performances.

Amongst the men, new CBP's were recorded by Dan Luclinski in M55 with 3248 points, and Roger Bruck in M65 with 3121. In the M60's John Howe rescued a season dogged by injuries when he scored a victory with 3444 points, the best male score the day. Gary Capon won M40 with 2417 points and Duncan Talbot M50, with 2490. Somehow, organiser Jim day managed to find time to win M70 with an excellent 3211.

The outstanding lady was Anne Goad who posted the overall highest score of the day, winning W45 with a new CBP of 3544. She had an exciting competition with Teresa May on 3312 points. Lynn Ahmet set new figures for W50 with 3075, whilst Jackie Charles won W60 with 3457, a solid performance, and the second highest score of the day. To complete the picture, Chris Pates won M40 with 2795 and Pat Oakes, now showing signs of recovery from knee operations won the W55 with 2816.

On behalf of all the athletes, many thanks to the organisers and officials, who by their friendly approach added greatly to the enjoyment of the meeting.

Pat Oakes, W55 winner



THE ABINGDON MARATHON SCVAC CHAMPIONSHIP, 17th

October 2004:

a report from
Road Running Secretary, Walter Hill.



The Abingdon Marathon once again incorporated the SCVAC Championships and although only a small number of athletes competed in the Championships some fine performances were achieved.

I would recommend without reservation this event if you intend to compete in a Marathon next year. The race is led by a dedicated team who provide a fast and flat course without losing visual interest as you cover the miles. Road traffic is not a problem as the marshalling is excellent. Adequate drink stations, parking and changing facilities all add to the event. Afterwards you will receive detailed results and hopefully a free photograph to add to your collection.

Without doubt the performances of David Rayner, Mike Shipway, Gail Goldsmith and Patricia Seabrook must be recognised as excellent achievements. In the team competition Crawley AC finished 2nd and all the athletes are members of the SCVAC.

David Rayner M40	Crawley AC	2:48 :48
Walter Hill M50	Crawley AC	2:58:00
Mike Shipway M60	Woodstock Harriers	3:02:13
David Beattie M50	Crawley AC	3:03:36
Jeremy Carmichael M50	Crawley AC	3:19:29
Alan Roberts M50	Vale Of Aylesbury	3:31:15
John Gaade M60	SCVAC	3:40:11
Gail Goldsmith W55	Bracknell Forest R.	3:49:07
Patricia Seabrook W60	Finch Coasters	4:34:39

Results obtained from the official results sent to me

LETTERS

-to the Editor:



Ian Briggs, Croydon.

Your article "History of the Flying Disc" (published in *Masters Athletics* No. 69 Autumn 2004) was much appreciated- it was good reading, for which please accept my sincere thanks. You gave comprehensive coverage to the mens' event without taking anything away from the womens' contribution to this classic of the ancient Greek games.

It may interest you to know that as a level 3 Performance Coach in the discus, I have in the last 20 years had a leaning towards dabbling in the heel turn, which you highlight as being the technique favoured by the great German athlete Ilke Wyludda. Are you aware that, some five years before her time, an equally proficient world class thrower from Russia Fiona Melnik made use of the same heel turn, although NOT for the same reason as Wyludda. In other words, injury was not the reason she embarked on this wholly unorthodox turn. Thanks once again, Rosemary.

I am pleased you enjoyed it Ian, and thanks for your interesting comment! -Editor.

-to the treasurer:

George Eastwood.

Due to advancing age and lack of mobility I have regretfully decided to resign from the club. I appreciate all that you and your fellow officers have done for us "old guys", and for the sake of those still active, I hope that the current "portents of doom" do not materialise.

I am glad to have been of some financial support in the past, but we octogenarians have to rein-back our expenses according to income.

Very best wishes for the future, and I hope that you are still managing to remain active.

Michael Hutchings.

As promised over the phone, I enclose my cheque in payment for my sub. for the current year. I also, regretfully, confirm my resignation from membership of the club, due more to home commitments than advancing years.

May I add that I greatly miss that admirable vet. Jack Fitzgerald, whom I used to meet annually at the Cabbage Patch 10. Perhaps, when you see either of them, you will give my kindest regards and best wishes to Pat and Brenda Green who introduced me originally to the club.

My best wishes to you all, and for the ongoing future of SCVAC.



*If The Southerner
looks a bit lean,
With twelve pages
instead of sixteen,*

*It's because we were rather short
Of our readership's "food for thought"!
YOU can help us to put on weight
(Which we would appreciate)
By scribbling an odd ode or two
Or a little story about you!
We're waiting for your contribution
Which will be the ideal solution
(Much better than writing this verse
Which is going from bad to worse!!)
Perhaps you would like to be
Our next Club Cameo? Feel free
To provide us with "ammunition"
In time for the April edition!
So get writing NOW- no procrastination
We're waiting here in Great Expectation!!*



WALKING NEWS from walking secretary *Martin Oliver*
(*Enfield & Haringey A.C.*)

**“ENFIELD
LEAGUE EXTRA”:-
JANUARY 2005.**

**Result of the 5 miles
road walk held on
Saturday 4th
December 2004**

1 Nick Silvester
(Aldershot) 39.37
2 Trevor Jones
(Hillingdon) 39.47
3 Allan Ellam

(Colchester) 42.53

4 Olly Browne (Ilford) 43.32
5 Sarah Foster (Dartford) 43.52 1st lady
6 Carl Lawton (Belgrave) 44.08
7 Peter Cassidy (Loughton) 45.10
8 Andy Cox (Enfield H.) 45.49
9 Amos Seddon (Enfield/H) 45.49
10 Tony Bell (Lancs WC) 46-46
11 Dave Sharpe (Ilford) 46-53
12 Mike Hinton (Ilford) 46-55
13 Ann Belchambers (Hillingdon) 46-58 2nd Lady
14 Alan O'Rawe (Ilford) 47-06
15 Ann Lewis (Aldershot) 47-22 3rd Lady
16 Ken Ballam (Loughton) 48-17
17 Fiona Bishop (Aldershot) 48-20
18 Keith Phillips (Ilford) 48-21
19 Ron Powell (Enfield/H) 48-56
20 Ted Holmquist (Chiltern) 49-23
21 Costa Michael (Enfield/H) 50-03
22 Doug Fotheringham (Belgrave)
23 Brian Sturt (Enfield/H) 51-54
24 John May (U/A) 52-05
25 John Godber (Cambridge H) 52-46
26 Paul Ray (Enfield/H) 53-18
27 Eric Hall (Belgrave) 53-29
28 Diana Braverman(L)(Enfield/H) 53-31
29 John Short (Loughton) 54-08
30 Keith Mitchell (DEFRA) 54-53 1st Novice
31 Mick Barnbrook (Ilford) 55-40
32 Bernie Hercock (Enfield/H) 56-00
33 Jo Miles (Hillingdon) 56-01
34 Terry Braverman (Enfield/H) 56-06
35 Dave Neagle (Ilford) 56-20

36 Ken Livermore (Enfield/H) 56-22
37 Dave Ainsworth (Ilford) 59-40
38 Philip Prashner (Loughton) 59-54
39 Pauline Kates(L) (Ilford) 62-19
40 Simon Butler (Hillingdon) 62-22

1 mile young age groups.

1. Chelsea O'Rawe-Hobbs (L) (B&B) 8-18 (1st Girl),
2. Mike Silvester(AF&D) 9-04
(1st Boy), 3. Justine Allcroft (L) (AF&D) 12-16 (2nd
Girl), 4. Helen Croft (L) (Ilf) 14-27
(3rd Girl) (+2DNF, 1 DQ) (47 Starters)

TEAMS : 1. Hillingdon - 23, 2. Ilford - 27, 3- Aldershot-
33, 4. Enfield/H- 49, 5. Loughton-52
6- Belgrave - 55, 7. Ilford'B'- 63, B. Enfield'B' - 77,
9. Enfield 'C'- 102, 10. Ilford'C' -111

**Result of Enfield Boxing Day (Dec. 26th) 5kms.
Walk.**

1 John Hall (Belgrave) 25.16. 2 Steve Utley (Ilford)
25.43, 3 Andy Cox (Hillingdon) 26.46. 4 Don Cox
(Colchester) 26.54. 5 Peter Cassidy (Loughton) 28.14.
6 David Sharpe (Ilford) 28.54 .7 Alan O'Rawe
(Ilford) 30.31. 8 Paul Ray (Enfield) 32.36. 9 Francois
Fernandez (Loughton) 34.07. 10 Ron Wallwork
(Enfield) 34.34. 11 Dave Ainsworth (Ilford) 35.12.
Team - Ilford 15.

Girls 2.5 kms. 1 Justine Allcroft (AFD) 18.30.
(My grateful thanks to Sharpie for providing me with
these results.)

Final result of the Enfield League 2004.

1st, Ilford A.C., 1882 (O'Rawe, Sharpe, Uttley,
Hinton, Barnbrook, Allen)
2nd, Enfield & H. A.C., 1857 (Seddon, Powell,
Michael, Ray, Pender, Livermore)
3rd, Aldershot F&D, 1572 (Silvester, Lewis, Bishop,
Spellman, Davies, Deacon)

**Printed & Published by : The Hon. Walking
Section Secretary (Enfield & Haringey AC):**

**Martin S. Oliver, 74, Southfield Road, Waltham
Cross. Herts EN8 7HE (Tel: 01992-626804)**

MADE ANY 2005 FITNESS RESOLUTIONS? This story is definitely for you!! Read what happened when Stan Allen decided to visit his local gym. Somehow, if this were a contest, then I think the final score might be "Stan -1, Gym Instructor-0."

This extract is reprinted from "If Its Tuesday it Must Be Tooting" by Stan Allen.

"FOR A BETTER LIFE", by Stan Allen.



"Your Local Gym for a Better Life," said the anonymous voice at the other end of the phone. "Er, excuse me, but you have left a card in my front door saying that I can get a full and free physical check-up if I get in touch with you. It reads, 'Come to your local physical health centre for a better life'." And so the appointment with the local "gym" was made. I had started running some five years earlier and had competed on track and road with a best marathon time in the London of 3 hours 18 minutes, I wondered what it was that the local gym people thought they could do for me to give me a better life. Anyway, I went at the appointed hour. The small foyer of the establishment was overshadowed by a huge wall-mounted display cabinets containing, presumably, all the equipment I should have to buy in my quest for a better life.

The sign over a display of pink shoes, shorts, tights, leg warmers, headbands and wristlets indicated that these were for the 'Ladies' whilst the sign reading 'Gentlemen' was guardian to a collection of similar odds and ends in a shade of powder blue. At least, I thought, at least I shall be able to tell one from t'other when we are all exercising away. A third, smaller cabinet was dedicated to Scrummy bars of instant food, tins of Scrummy diet additives, Scrummy Muscle Builder and some small capsules which were individually stamped with the legend "Towards a Better Life".

I passed through the portals at the end of the foyer, entered the reception area and reported to a young man with a golden tint in his hair, a tee shirt proclaiming "Towards a Better Life", tight yellow tracksters, red leg warmers and a red head band. "Ah ha," I thought, "He is not wearing blue. Perhaps there is a reason!"

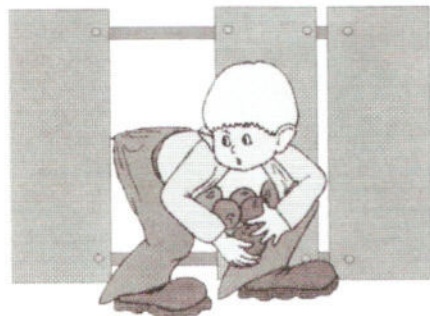
"First," he exclaimed, "We'll checkout your fatness quotient." I looked round to check out the "we" but it seemed that he was going to do it all by himself. He stuck a pair of callipers into my calf, my thighs, my buttocks (Ouch, please be careful) under the arms, front of the tummy, back and neck. "Oh dear!" he said with an interested look, "It seems that you are least 20% overweight and most of it is fat." My training regime of an average 70 to 80 miles per week came into mind and I wondered what the figure would have been without those miles of training in all weathers.

"Just jump on the bike and give the pedals a whirl," he intoned. Obviously still marvelling at the news that he had discovered a body with 20% excess fat on it. I was on the bike for less than a minute, as he manipulated some weights which made it harder and harder to push the pedals round. He then checked my pulse rate and compared the reading with the one he had taken before I had jumped on his bike. I rested for a moment, well actually I was still in a state of shock with that 20% fat news.



"FOR A BETTER LIFE" (cont.)

He then straightened up, looked me in the eye and said "We would recommend...". Once again I found myself looking round for the others in his team but saw nobody, perhaps I was still in 20% fat shock? "Well," he said, "We would recommend that you take a course of gentle aerobic exercise with weights, under strict supervision, here in the gym." "What about a bit of running?" I enquired. "Oh no!" he responded, "You see, you have got what we call a slight, heart condition, the beat is just a little irregular so that running really is out of the question. What you need is



weight training, here in the gym, under supervision".

My life flashed past. I could see myself at eight, up the Vicar's fruit tree, at eleven with big Maggie from next door, at fourteen slipping into the backdoor of the local picture house as Jim, who had paid, held the emergency bar down with fag desperately gripped between my teeth. "But I run everyday," I managed to stutter. "Running is right



out of the question until you have seen your family doctor," said the honey-haired one. "Do you mean," I snarled between clenched teeth, "that my planned bleed-out run over 18 miles this weekend for the Nottingham marathon is now out of the question?"

"How long have you been trying to run?" he asked with his eyebrows leaping several feet into the air. "About five years," I sneered back. "Never seen a doctor about it?" he asked with his eyebrows slowly coming back down again.

"No never felt the need, I am proud of my heartbeat at rest of 49, it is not slightly irregular, unusual perhaps but not irregular, never." I mentally checked the pulse I could feel pounding at my temples. Perhaps there was a slight miss in the rhythm. Perhaps he was right, perhaps I should go and visit my doctor. "I really cannot recommend running under strain at the moment, not until you have been cleared by a doctor," he went on. "What you need is a set of planned aerobic exercises under strict control here in the gym."

I staggered through the swing doors in the foyer, past the now menacing displays of kit and wandered off into the cold night air as his cooing voice followed me from his empty gym- "Don't forget to see your doctor about that running now."

Stan Allen, 2003.



Fixtures

Early 2005

Club Championships

Sunday 6th February, 2005

Indoor Track & Field

at Sutton Arena Leisure Centre, Carshalton, Surrey.

Entry Fees: Members £4, Guests £5 (No Medals) To Ken Crooke.

Entry Form on another page.

ENTER BY RETURN OF POST

Saturday 5th March, 2005

CROSS COUNTRY at Lloyd Park, Croydon, Surrey. Entry Fees: Members £3, Guests £4 (No medals). To Steve Connolly.

See entry form on another page **C/D 19.02.05**

Monday 2nd May, 2005

10K Road Race - with Blackheath Harriers "**Ted Pepper Memorial Road Race**" from Langley Park Boys School, South Eden Park Road, Beckenham, Kent. Full details will be included in the April Magazine.

Sunday 12th June, 2005

Track & Field Championships at The Millenium Stadium, Battersea Park, London SW11 4NJ. Timetable and entry form will be in the April edition of "**The Southerner**"

OTHER ROAD RACES

Provisional information - full details in the next Magazine:-

10 Miles with the Dorking "10" in early June

1/2 Marathon to be arranged.

5K with the Surrey 5K in August, 2005

National Championships 2005

As on page 20 of the Christmas Edition of "**Masters Athletics**".

12th February: BMAF Cross Country Relays Earlham Park, Norwich. Details on Page 24 of Masters Athletics.

19/20 February: BMAF Indoor T&F at Cardiff - see Advert on Page 25 of M.A.

12th March: BMAF Cross Country Champs at Bangor, Co. Down, Northern Ireland. Page 26 of M.A.

International Events

13-15 May: European (VEM) Non-Stadia Championships, Vila Real de San Antonio, Portugal. Entry Booklet now available from Wendy Dunsford - see below

26 June 2nd: World Masters 100K Non-Stadia Championships.

22-31 August: World Masters Athletics T&F Championships at San Sebastian, Spain.

Entry Booklets and forms available from the BMAF Overseas Co-ordinator Wendy Dunsford.

Send 4 x 1st Class Postage stamps (NO SAE'S) for every Championship entered to Wendy at

12A Salisbury Road, Grays, Essex RM17 6DQ. Tel: 01375 391895 **Before 10 pm.**

EAST SURREY AMATEUR ATHLETIC LEAGUE

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

Remaining fixtures:-

Sat 12th March, 2005 3.00 pm Road Relay, 4 x 2.1 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.

I hope that SCVAC turn out a team or teams for the last two events. Please contact Ken Crooke for full details & maps if able to represent your Club.

Ken Crooke

Please complete in CAPITALS

Membership Number

Title (Mr/Mrs/Miss/Ms etc.)

Newsletter label indicates Subscription Status

Surname

Forename(s)

Address

in RED if any change

Post Code

Telephone

Home

Work

Date of Birth

Day:

Month:

Year:

If photocopying this form for a NEW MEMBER a copy of Birth Certificate, Driving Licence or Passport is required

Club(s)

1st Claim:

Other:

Please do not leave blank. If not a member of another club you are 1st Claim to SCVAC.

Athletic Events etc.	Sprints	Other Track	Throws	Jumps	Multi	Official (T&F)
Please tick as appropriate.	Road	Cross Country	Walks	Official (RD/XC)	Other - please indicate (i)	

I HEREBY DECLARE

1. That I will abide by the Rules & Regulations of the Club.
2. That the above particulars are complete and correct.

Signature

Date

Annual Subscription etc. to be sent with this form to:

Ken Crooke SCVAC Treasurer, 8 Rylandes Road, Selsdon, South Croydon, Surrey, CR2 8EA (Tel: 020 8657 4269)

Annual Subscription 2005 (SCVAC £4.60, BMAF £4, VAAE 40p)

£9.00

Cheque enclosed for:-

Arrears 2004 (SCVAC £4.60, BMAF £4, VAAE 40p)

Delete as applicable

£9.00

£.....

Arrears 2003 (SCVAC £4.70, BMAF £3, VAAE 30p)

£8.00

OR
Paid by Direct Credit:-

£.....

Donation to Funds

£

200 + ClubShare Renewals @ £12 p a. (Application - See below)

£

Other - details:.....

£

DATA PROTECTION -Details are held on the Club Database for Newsletter distribution etc.

S.C.V.A.C. The Southerner 200+ Club

APPLICATION

TO: Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey, CR2 8EA

FROM:

Member No:

ADDRESS: AS ABOVE

I have paid £..... in respect of shares in the 200 + Club payable to SCVAC (£12 per Share) (Monthly Draws) Subscription runs for 12 months from date joined.

Signature

Date

Standing Order Mandate. This may be used for Membership Subscriptions and/or 200+ Club payments. Please return to Ken Crooke so that your intentions are known. It will be sent to your Bank.

TO: (Name of your Bank).....

Sort Code

Address: Post Code.....

Please pay to **BARCLAYS BANK PLC, Selsdon & Sanderstead Branch, The Croydon Group, PO Box 95, 1, North End, Croydon, Surrey, CR9 1RN.** (Sort Code: 20-24-61) the sum of £..... (..... POUNDS ONLY)

on the 10th day of JANUARY.....(Month) each year commencing 20..... until cancelled by me, for the credit of:

Southern Counties Veterans AC Account Number: **80037249**

Reference:.....

PLEASE DEBIT MY ACCOUNT NUMBER:

NAME:

ANNUAL PAYMENT

Signature

Date

"The Southerner"

200 + Club

Prizes won:- August to November 2004

August 2004

1.	173	John Exley	£35
2.	080	Arthur Brooks	£20
3.	120	John Hepner	£15

September, 2004

1.	114	The Southerner	£35
2.	221	Mark Butler	£20
3.	120	John Hepner	£15

October, 2004

1.	098	Eric Shirley	£35
2.	236	Alan Harvey	£20
3.	060	George Eastwood	£15

November, 2004

1.	056	The Southerner	£35
2.	275	Stephen Langford	£20
3.	104	Tom Horne	£15

The 200 + Club made a surplus of £1040 in the year to 30th September, 2004 and this went towards to cost of the four issues of *"The Southerner"* in that period. Shares are 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 December and June Draws. Just what you need to boost your Christmas festivities.

If you wish to join, or renew your existing holdings, please use your Membership Renewal form for 2005, which includes sections for this purpose.

Ken Crooke Treasurer.

"The Southerner"

Advertisement rates:-

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

SCVAC Kit for Sale:-

Vests (Yellow/Green Trim)	£12 each
Shorts (Green)	£12 each
Vest Badges	£1 each
Vest Badges (Sold with Vest)	50p each
Prices include postage & Packing.	

Contact: **Jim Day**, 11 Langland Gardens,
Shirley, Croydon Surrey CR0 8DW
(Tel: 020 8776 1736)

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

Club Officers elected at the AGM

Chairman: **Arthur Kimber** (Dartford Harriers)
22 Asquith Road, Wigmore, Gillingham, Kent ME8 0JD
Telephone: 01634 389554
email: a_rthurkimber@v800.wanadoo.co.uk

Secretary: **Elizabeth Bowers** (Havant AC)
36 The Greenway, Emsworth Hampshire PO10 7SB
Telephone: 01243 371775

Vice Chairman: **John Dunsford** (Belgrave Harriers)
71 Hillside Crescent, South Harrow, Middlesex HA2 0QU
Telephone: 020 8537 9610

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

Assistant Treasurer: **Robert Murkin** (Reigate Priory AC)
10 Dents Grove, Tadworth, Surrey KT20 7DX
Telephone: 01737 225788

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

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

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

New Members: **Vilma Thompson** (Belgrave Harriers)
18 Albury House, Boyfield Street, London SE1 0SB
Telephone: 020 7928 9577

Contributions for the April, 2005 edition of

"The Southerner"

to be sent to Rosemary by

Friday 18th March, 2005

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