

THE  
**Southerner**

No. 43 April 2005

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THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

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# Scintillating Southerners Go West for Gold!



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## **BMAF Indoors Championships, Cardiff**

from left: Pam Jones, W65 3,000m : Denise Farnham, W45 1,500m & 3,000m  
Peter Molloy, M55 1,500m : Emily McMahon W50 60m & 60 hurdles

**Southern Counties Veterans Athletic Club**

**MEMBERSHIP RENEWAL 2005**

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)	<b>£9.00</b>	Cheque enclosed for:- £.....
Arrears 2004 (SCVAC £4.60, BMAF £4, VAAE 40p)	£9.00	
Arrears 2003 (SCVAC £4.70, BMAF £3, VAAE 30p)	£8.00	OR Paid by Direct Credit:- £.....
Donation to Funds	£	
200 + Club .....Share 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:

Signature ..... Date .....

**ANNUAL PAYMENT**

## **MESSAGE FROM THE CHAIRMAN ARTHUR KIMBER**



I am very pleased to report that the crisis of shortage of officers facing the club last Autumn has been overcome. All post except one, Officials secretary, have now been filled. Many thanks to those who came forward and

offered their services. But we still have problems. We have a membership of about eight hundred but only twelve came to the AGM in December. A large majority of the officers are over seventy. They can't go on for ever, but there are few signs of younger members coming forward to replace them.

Membership provides many benefits, such as the right to compete in club championships, copies of "The Southerner" magazine, affiliation to the BMAF and copies of its magazine "Masters Athletics" And all for £9 a year.

So I would like to appeal to all members for their help. As I've said, we still need someone to take over a Officials Secretary. If you can help with the work of the club in any other way, however small, I would be pleased to hear from you.

Many thanks,  
Arthur.

***You can contact me at: 22 Asquith Rd, Wigmore, Gillingham, Kent. ME8 0JD. Tel. 01634 389554.***

***Email: arthurkimber@v800.wanadoo.co.uk***

### **Suggested Committee meetings for 2005, on Mondays.** **May 16th, July 18th, Sept 26th, Nov. 11th.**

#### ***From the Editor.***

*Once again, members of the Southern Counties Veterans Athletics Club have had a winter of activity, competing internationally as well as at various UK venues. It seems to be the best way of ignoring distinctly unpleasant weather! Some even went willingly into the worst of it, braving minus 18 degrees Celsius in Sweden! In this edition, you can read Arthur Kimber's account of the European Indoor Championships in Eskilstuna, Sweden.*

*But the reward for all your hard work is not far away as we move into the spring and summer competitive season. The obvious benefits to taking regular exercise are health related; lower blood pressure, lower body weight and more lean muscle mass! The downside to winter training is freezing winds and icy rain, with the attendant pulled muscles. Sometimes I think we must be mad to do it! However, with current national concerns regarding obesity etc. in a largely inactive population, perhaps the mad ones are those sitting in front of the television, eating a microwaved processed meal!*

*So get entering some of the meetings we have listed for you towards the end of the magazine! You might even dare to try a new event, and find you enjoy it!*



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**Contributions for the next edition of The Southerner should reach me by Mon. 15th August. Send to The Editor, 6 Woodlands Park, Bexley, Kent. DA5 2EL. Email:southern.veterans@ntlworld.com Photographs welcomed, labelled on the back. Please enclose SAE for return if required.**

# Southern Counties Veterans Athletic Club

## 14th Indoor Track & Field Championships 2005

After last years Championships scheduled for Eton were cancelled, owing to not enough officials, the 2005 version went ahead at the Sutton Leisure Centre, Carshalton, Surrey on Sunday 6th February, 2005. We again had problems due to officials calling off during the week with health problems. (The flu bug strikes again). Thanks to Barbara Dunsford's efforts and encouragement we managed to cope, and help came from competitors. Barbara herself was not too well and husband John insisted on getting up from his sick-bed to help with Track results. On behalf of the Club's Membership the Committee thanks all Officials and Helpers who contributed to the success of the meeting.

Championship Best Performances were achieved in many events and Jaroslav Hanus set a British M75 record in the Shot Putt with a mighty heave of 9.58 metres. He was so pleased and excited that he forgot to claim his Gold Medal, but this was posted to him later.

The message that SCVAC provides competition in the M35 category does not seem to have been widely recognised, but we did have two competitors at Sutton. Official approval is dependant on the I.A.A.F.

### RESULTS

*Ken Crooke*

#### 60 Metres Sprint (Best of two Rounds)

**W35** Catherine Goddard (Milton Keynes - Guest) 8.4, Lesley Richardson (Newham & Essex Beagles) 12.2.  
**W40** Kirstin King (Bracknell AC) 8.0. **W50** Helen Godsell (Blackheath & Bromley) 8.2 **CBP**  
**W55** Val Parsons (WSE & H. AC) 8.7 **W60** Iris Holder (Woking AC) 9.8  
**W75** Brenda Green (Serpentine RC) 12.8 **CBP** **M35** Robert Murkin (Reigate Priory AC) 8.3 **M40** Anthony Noell SCVAC) 7.1 **CBP**, Lincoln Campbell (Kent AC) 7.5, Mark Baker (Hercules Wimbledon AC) 7.5, Glen Reddington (Leeds City) 7.6, Kermit Bentham (TVH) 7.6, Peter Ilo (Barnet & District) 7.6, Des Wilkinson (Luton - Guest) 7.8, Anthony Cameron (Herne Hill Harriers) 7.9. **M45** Kwei Sankofa (Herne Hill Harriers) 7.5 = **CBP**, Trevor Wade (TVH) 7.9, Rod Davies (Team Southampton) 8.6, John Ryan (Veterans AC) 9.1. **M50** Ray Watkins Wycombe Phoenix) 7.7 = **CBP**, Tom Phillips (Blackheath & Bromley) 8.0, Duncan Talbot (Abingdon Amblers) 8.4. **M55** Anthony Roker (Aldershot, Farnham & Dist.) 8.0, Geoff Kitchener (Sevenoaks) 8.2. **M60** Terry Bissett (Epsom & Ewell Harriers) 8.2, Charles Isetts (Kingston AC & Polytechnic H) 8.8. **M65** Jeff Rozelaar (SCVAC) 9.0, Kevin Burnett (Striders of Croydon) 10.2.  
**M70** Cliff Taylor (Belgrave Harriers) 10.0.

#### 60 Metres Hurdles (Best of two Rounds)

**W35** Catherine Goddard (Milton Keynes - Guest) 9.5. **M40** Des Wilkinson (Luton - Guest) 8.7, Glen Reddington (Leeds City) 9.1 **CBP**, Mikhail Popov (Croydon Harriers) 12.0. **M50** Duncan Talbot (Abingdon Amblers) 11.0.  
**M55** Anthony Roker (Aldershot, Farnham & Dist.) 9.6, Geoff Kitchener (Sevenoaks) 11.8. **M60** Brian Harlick (Epsom & Ewell Harriers) 12.7. **M70** Jim Day (Blackheath & Bromley) 12.4

#### Pole Vault

**W50** Susan Yeomans (Watford Harriers) 2.70 **CBP** **W65** Dorothy McLennan (WSE&H AC) 2.30 **CBP**.  
**M35** Robert Savage Aldershot, Farnham & District AC) 3.40 **CBP**. **M40** John Andrews (Epsom & Ewell H.) 4.00 **CBP**.  
**M50** David Blunt (Epsom & Ewell Harriers) 3.20 **CBP**. **M55** Gerry Olson (SCVAC) 2.80. **M60** Mike Edwards (Guest) 2.90. Maurice Joyce (Kingston AC & Polytechnic H) 2.60 **CBP**, Brian Harlick (Epsom & Ewell Harriers) 2.50.  
**M70** Jim Day (Blackheath & Bromley) 2.50 **CBP**.

#### High Jump

**M45** Trevor Wade (Thames Valley Harriers) 1.61. **M50** Duncan Talbot (Abingdon Amblers) 1.58 **CBP**, David Blunt (Epsom & Ewell H) 1.50. **M55** Geoffrey Kitchener (Sevenoaks) 1.35 **M70** Jim Day (Blackheath & Bromley) 1.15.

#### Long Jump

**W60** Iris Holder (Woking) 3.84 **CBP**. **W65** Dorothy MacLennan (WSE & H AC) 2.83 **CBP**  
**M40** Peter Ilo (Barnet & District AC) 5.40. **M45** Trevor Wade (TVH) 5.94 **CBP**, Rod Davies (Team Southampton) 4.46. **M55** Geoff Kitchener (Sevenoaks) 4.04 **CBP** **M65** Kevin Burnett (Striders of Croydon) 3.07.  
**M70** Colin Sheppard (Basingstoke & Mid-Hants AC) 3.74, Jim Day (Blackheath & Bromley) 3.52.

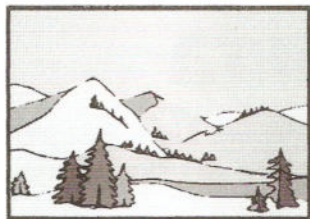
#### Triple Jump

**M55** Geoffrey Kitchener (Sevenoaks) 8.81. **M60** Allan Cheers (Basingstoke & Mid-Hants AC) 9.73 **CBP**.  
**M70** Colin Sheppard (Basingstoke & Mid-Hants AC) 7.69.

#### Shot Putt

**W35** Camilla Thrush (Kingston AC & Polytechnic H) 10.75. **W55** Barbara Terry (Bromley Vets AC) 8.78.  
**W60** Liz Sissons (Epsom & Ewell H) 9.85. **W65** Dorothy McLennan (WSE&H AC) 5.49, Rae Boxall (Haslemere Border) 4.99. **M40** Jeremy Davis (Walton AC) 11.16. **M50** Mike Small (WSE&H AC) 15.17. **M55** Neil Griffin (WSE&H AC) 14.25 **CBP** **M60** Garry Negus (SCVAC) 12.05, Christopher Melliush (Cambridge Harriers) 9.54, Brian Harlick (Epsom & Ewell Harriers) 8.24. **M65** Kevin Burnett (Striders of Croydon) 6.47. **M70** Gordon Hickey (Blackheath & Bromley) 12.12 **CBP**, Cliff Taylor (Belgrave - Guest) 10.26, Norman Fullick (Haslemere Border) 8.08.  
**M75** Jaroslav Hanus (SCVAC) 9.58 **CBP and British M75 RECORD**.

## JOTTINGS FROM ESKILSTUNA by Arthur Kimber.



I arrived in Eskilstuna for the European Indoor Championships on the Thursday evening just before 10 o'clock, rather tired and quite

hungry. I checked in at the hotel in the centre of town, but their restaurant was already closed. The receptionist pointed out that there were plenty of restaurants, which would still be open, within a few minutes walk. I went out again into the cold and sleety Swedish night. The centre of town was very quiet, hardly any body around apart from the occasional lone walker and the odd couple or small group. I hurried past several closed restaurants and when I had almost given up, came across one with diners inside that looked open. I walked in confidently and asked whether they spoke English and had an English menu. 'Yes' to both questions. My spirits rose. 'But please come back tomorrow, sir, we're closing now.' Weekends as well seem to be very quiet in Sweden. Most of the shops were closing by mid-afternoon on Saturday and very few opened at all on Sunday and then for very restricted hours like 12 to 4.

On Friday morning I set off for the indoor athletics arena, apparently a few minutes walk from my hotel, to register. I took a short walk along the main road and across the river via two short bridges. But it looked as if I was walking into a rather shabby early to mid-20th century industrial estate with no sign of the arena. I asked a bystander, who happened to be English(!) for directions, but he couldn't help. Three others, Swedes who spoke English, couldn't help either. Wondering whether I was in completely in the wrong area, I noticed in the distance at that point a familiar figure in a British tracksuit, Barry Ferguson. He would know. And he did. We were in an industrial estate, but a large warehouse had been converted into an indoor athletics arena, although you wouldn't have known it from the outside of the building. The entrance was a typical industrial estate warehouse entrance.

Inside the difference was marked and the conversion immediately obvious. On the main floor a four lane track, although unusually short, measuring 194 metres (not ideal for running 200, 400, or 800 metres, and what about 4x200m. relay!), a 60m. straight, a jumping and throwing area, a declaration hall, a results hall, and plenty of space for information, clothing and other stands. Downstairs was the registration area and changing facilities and upstairs an excellent warm up area. Organisation of the championships was very efficient, with proficient and friendly officials, events running on time in a tight programme, speedy production of results and well organised medal ceremonies. The temperature in the whole building was ideal. One thing that Sweden seems to excel at is keeping warm. When it's freezing outside, and it snowed quite a bit during my three days in Eskilstuna, the change in temperature hits you as soon as you walk into a hotel, a shop, a railway station, a train or any other building. Quite a few SCVAC athletes gained medals in the championships. W50 Helen Godsell was the star with two golds, 8.61 for 60m. and 28.50 for 200m. and a 400m. silver in 69.35.

### Other SCVAC medallists were

W35: Colette Hurley,	400m. bronze	64.26
W50: Sue Yeomans,	PV gold	2.80
W55: Val Parsons,	60m. silver	8.82
M35: Terence Stamp	60m. gold	6.98
M35: Michael Osunami	400m. gold	54.04
M35: Martin Rossiter	TJ gold	14.90
M45: Trevor Wade	LJ bronze	6.12
M50: Alan Williams	PV silver	4.00
M50: Wally Franklin	200m. bronze	24.80
	400m. bronze	55.08
M55: Neil Griffin	SP gold	14.07
	WT gold	16.00
M60: Terry Bissett	200m. gold	26.82
M60: Barry Ferguson	60H gold	9.72
M65: Arthur Kimber	800m. bronze	2:34.57
M70: Jim Day	PV bronze	2.50
M75: Jaroslav Hanus	SP bronze	9.74
	WT bronze	11.72

## Seventeen Fly South to Spain!

*L-R: Alan Champion, Rob Peers, Teresa May(SCV) Ray Daniel (SCV) Anne Goad(SCV) Dennis Thacker (SCV) & Rosemary Champion(SCV)*

Club La Santa is the kind of place you might easily hate.....if you are not a sports lover! You may be awoken at 8 a.m. by the music accompanying the gymnastics which takes place round the Leisure Pool. Several times a day, funky dance music and the amplified voices of aerobics instructors echo across from the open air arena. Early morning swimming or triathlon squads head for the Olympic Pool. This could all be your idea of HELL!

However, thousands of sports people every year think that the purpose built sports centre is absolute HEAVEN. Many make an annual pilgrimage to Club La Santa, and think they have found the sports equivalent of the Holy Grail! The "Hall of Fame" bears witness to the international athletes who have used the centre for warm weather training.

Husband Alan and I "discovered" La Santa Sport in 1997, and this year was our seventh visit, though we have now started to take groups of athletes there. This years group included seven adults and ten young athletes. All were from Alan's coaching group of county & national standard athletes from Dartford Harriers A.C., apart from Cambridge Harriers coach Ray Daniel who brought with him county champion distance runners Joe and Dean.



Early Thursday morning Feb. 3rd found the seventeen of us at Gatwick Airport awaiting our flight to Arrecife, Lanzarote. We formed a rather

# Club La Santa



conspicuous group, since Rob had decided to bring his newly acquired pole, despite having to pay extra for the privilege.

Club La Santa lies on the North West coast of Lanzarote, in an isolated position, and resembles a white painted Moorish castle at first sight. Designed by a Spanish architect and built in 1972, it was taken over in 1983 by a Danish tour operator, who also had the idea for the Club La Santa concept. The Canary Islands with its all year round mild climate is perfect for such a centre, though it has never been imitated anywhere. The complex offers over thirty different sports, along with group instruction and entertainment, all free of charge.

The self-catering apartments vary in size, from 2 - to 10 - person size, with the larger apartments providing two bathrooms and two or more bedrooms. All have a patio with chairs, table and washing line.

Feeding the inner athlete is no problem, as not only is there a supermarket with its own bakery, but there are four restaurants on site, and an excellent Take Away service. Add to this a couple of bars, one equipped with an impressive collection of pool tables, which makes it easy to keep an eye on younger athletes in the evening!

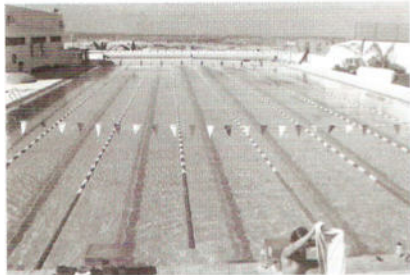
Popular for daytime meals is the open air Pool Bar, which serves a delicious, healthy and inexpensive menu. We had our own version of "Jamie's School Dinners" on the first day! Determined to ensure that younger athletes should eat properly, we insisted everyone should meet for lunch every day. A little "gentle persuasion"

ensured that the under 18's ate a variety of food from the extensive menu.

The Green Team, mostly blond and Danish, are qualified instructors, who organize all the activities, and also turn their hand to an evening cabaret show on stage in "The Square". They can help you with your golf, tennis, swimming, wind surfing, scuba diving etc. There are morning runs of various distances, and also triathlons, road races, and a weekly Volcano Ridge Run.

Mountain and racing bikes are available, and one can try the Beginners 12.5 km or Advanced 50 kms Mountain Bike Tour. We found the Beginners Tour scary enough, following gritty trails, over the nearest volcanoes and rutted farm tracks.

If you overdose on all the tempting activities, don't worry- there are massage and physiotherapy clinics, and a visiting doctor!



*Olympic Pool,  
8-lane, 50 metres*

CLS is ideal for sports persons of any age or ability as there are Theme Weeks throughout the year. Large groups turn up for the pre London Marathon Week. There are weeks devoted to cycling, aerobics and golf. The Walking Week is very popular and one can enjoy the unusual stark volcanic landscape in the company of a qualified instructor. Also, all track and field events, apart from hammer, are possible and equipment is provided near the synthetic track.

It has to be said that the rain in Spain fell mostly in Lanzarote in the month of February. Fortunately, it was mostly at night, though torrential. On such a dry island, it proved that architects of Club La Santa did not take rain into their calculations! The rain oozed under our patio doors, and soaked the open air corridors and staircases. Daytimes were cloudier than usual, which meant that our group spent less time on sunbathing and more time on the other activities. After the morning track session, they further exhausted themselves with tennis, badminton,

basket- and football and gym sessions. Some of the more intrepid lads had a impromptu diving competition in the (unheated) leisure pool, emerging somewhat blue and shivering.

Rob, still a mere 39, could be classed as "hyperactive", since he managed to do mini triathlons on two mornings and still turned up at the track, asking what the day's training was! Anne, Dennis and 15 year old Tom and 16 year old Joe decided to tackle the Green Team kayak race, across the wind surf lagoon. Joe and Tom were first and second, and Anne was the ladies' winner.



*Flexibility test  
supervised by a  
member of the  
Green Team*

The well equipped gym was a popular venue, with most of the group taking advantage of the free Fitness Test (height, weight, BMI, fat percentage, bike endurance test, press ups, situps etc). There is also, if you feel competitive, a weekly Club La Santa Fitness Challenge, which is timed.

Alan lost his bet when some of the boys in the group tried Beginners aerobics! They had their first experience of "step", Latin American, and Thaibo. Thaibo, a dance form of Thai kick boxing, ensured that I had trouble negotiating the three flights of spiral stairs which led to our top floor apartment!

We are already "under pressure" to organise a Club La Santa warm weather training week for next year.



*Hurdles  
at the all  
weather  
track*

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

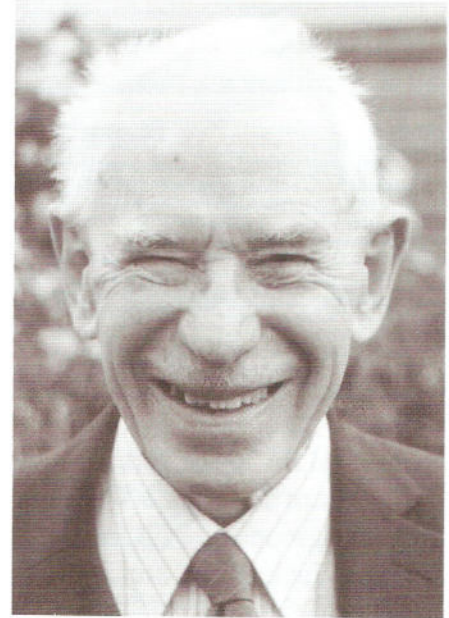
**Result of Enfield League 5 Miles Walk ,Donkey Lane, Enfield - Saturday 27th March 2004**

**Mixed 5 Mile**



1	Nicholas Silvester	Aldershot Famham & District	39:59
2	Timothy Watt	Steyning Athletic Club	40:04
3	Graham Chapman	Headington Road Runners	40:17
4	Allan Ellam	Colchester Harriers	41:15
5	John Hall	Belgrave Harriers	41:36
6	Carl Lawton	Belgrave Harriers	42:18
7	Amos Seddon	Enfield & Haringey AC	45:17
8	Sean Pender	Enfield & Haringey AC	45:26

9	Alan O'Rawe	Iford Athletic Club	45:52
10	Anthony Bell	Spectrum Striders	46:05
11	Costa Michael	Enfield & Haringey AC	46:07
12	Kenneth Ballam	Loughton Athletic club	46:20
13	Alexander Ross	Cambridge Harriers	46:40
14	Paul King	Belgrave Harriers	46:53
15	Michael Hinton	Iford Athletic Club	46:58
16	Ann Lewis (L)	Aldershot Farnham & D.	47:04
17	Laurence Dordoy	Iford Athletic Club	48:05
18	Ronald Powell	Enfield & Haringey AC	48:44
19	Douglas Fotheringham	Belgrave Harriers	48:50
20	Brian Keegan	London Vidarians	49:21
21	Maureen Noel(L)	Belgrave Harriers	49:42
22	David Gulliver	London Vidarians	50:19
23	John Short	Loughton Athletic Club	52:33
24	Paul Ray	Enfield & Haringey AC	53:45
25	Michael Barnbrook	Iford Athletic Club	53:45
26	Ronald Wallwork	Enfield & Haringey AC	54:34
27	Maureen Spelman (L)	Aldershot Farnham & D.	54:57
28	John O'Connor	Watford Joggers	55:05
29	Kenneth Livermore	Enfield & Haringey AC	55:05
30	David Ainsworth	Iford Athletic Club	58:45
31	Harvey Jaquest	Enfield & Haringey AC	60:16
32	Edward Trotter	Iford Athletic Club	60:23
33	Pauline Kates (L)	Iford Athletic Club	62:35
34	Jack Fitzgerald	Surrey Walking Club	69:46
35	Kevin Macy	Unattached	69:46
36	Leslie Brown	Enfield & Haringey A.C.	72.26



***Jack Fitzgerald, over 80 years young but still out there on the road & walking strongly!***

***2005 ENFIELD LEAGUE PROGRAMME. All races start from Queen Elizabeth Stadium, Donkey Lane, Enfield, unless otherwise stated. All proceeds from the March race will go to the Leamington Bid for the Euro 2007 Race Walking Cup. There will be a Grand Raffle- please bring a raffle prize if at all possible.***

5. Wed. 11th May	3kms. Track	7.00p.m.	
6. Sat. 18th June	Moulton 5 miles	2.30p.m.	(see Ron Wallwork)
7. Sat. 2nd July	5 miles	2.30p.m.	11. Sat. 12th Nov. Open 7 miles 2.30p.m.
8. Sat. 20th August	5 miles	2.30p.m.	12. Sat. 10th Dec. 5 miles 2.30p.m.
9. Sat. 17th Sept.	5 miles	2.30p.m.	
10. Sat. 8th October	5kms.	2.30p.m.	(SCVAC Championships)







## **Mrs Derrien's Diary- by Carole Derrien** **(Jersey Spartan A.C.)** **“Who wants to Coach?”**

Heaven help us, or maybe heaven bless us - we are simply coaches in love with a sport that gives us a lot of grief, I am sure that most coaches relate to our sentiments. I got up at 5.00 on Saturday, it was a miserable morning, digging Him-in-Doors out of bed was a major problem - needed to be at the airport for 6.00! Cat (Hallden) was up and ready at pick up time- bless, so no more major problems at this end. Flybe or as we locals call it ‘Maybe’ turned up trumps also - we actually went on time, and that meant we had time for a ‘Big Breakfast’ before our mentor, Bron Carter picked us up from Southampton Airport. And then, it was off to Bassett Park for the ‘Coaching the Coaches’.

Having been an athlete who had competed at the park, I expected that the venue would not be welcoming - and in that respect, I was NOT disappointed! I have to give full marks to the coaches in charge, making do with a Portakabin. I can't imagine what would have happened if it had rained! They had just as much enthusiasm as we had. We had four disciplines to cover in one day, that was hard! Bill (Bushnell) was really up-front with javelin, and we all had a go despite the biting wind. The young athletes put us all to shame, showing off their undoubted skills. It was then on to shot where Dave (Calloway) enthused about his discipline, encouraging us non-shot putters to feel that maybe we could just get the hang of it. His undiminished love for his sport shone through. We left for the lunch break wanting to know more, but time was pressing on.

After the lunch break we went to discuss - Bron was her usual inspirational self, but again, with not enough time explaining to us idiots where we might be going wrong, or what we are doing right - we think we know really, but it is good to be reminded! Cat and I came into our own with hammer. It is my love, silly thing for a woman well past her prime, but who accounts for taste and a son who is also a hammer thrower and coach! Watch out when my eldest granddaughter (who at this moment, wants to be a fairy) gets into her stride, she is lethal!!

I have to take my hat off to the coaches that were there, we had a great day - they really worked their socks off, making us welcome, sharing knowledge, talking to us all - and making the tea. (Perhaps their finest hour!) We have a friend who travels to support all the Masters competitions, he is an ex-thrower who is seriously contemplating a comeback - he turned up to see what it was all about - and, in his words, had a really brilliant day! That says it all.

We had the benefit of an extra day with Bron, down at her gym - catching up with Janis Kerr, generally living and breathing athletics as it should be - exchanging knowledge and views, enjoying so many memories, making plans, just sharing time with people who are genuinely in love with the sport.

So Mrs D. is back in the fold tonight, washing to be done, trying to get motivated whilst weary from the weekend - despite all that - God Bless - there are people out there as dedicated as we feel we are, coming up against as many ‘amateurs’ who always know better, and all the other problems we encounter. We sometimes feel out on a limb, but the weekend has restored our faith - thank you to all who made our trip worthwhile.



## SCVAC INDOOR CLUB

### CHAMPIONSHIP:

new

### Championship Best Performances

*Compiled by Derek Thomas.*



60m.

M35 R. Murkin 8.3

M40 A. Noel 7.1

M45 K. Sankofa (eq. W Franklyn)

W40 K.King (eq. H. Godsell)

W50 H.Godsell 8.2

W55 V.Parsons 8.7

W75 B.Green 12.8

60 hurdles

M40 D.Wilkinson 8.7

M55 A.Roker 9.6 (eq. J.Howe)

High jump

M50 D.Talbot 1.58

W35 C.Goddard 1.64



Pole vault

M35 R.Savage 3.40

M40 J.Andrews 4.00

M50 D.Blunt 3.20

M70 J.Day 2.50

W50 S.Yeomans 2.70

W65 D.McLennan 2.30

Long jump

M45 T.Wade 5.94

M55 G.Kitchener 4.04

W60 I.Holder 3.84

W65 D.McLennan 2.83

Triple jump

M60 A.Cheers 9.73

Shot

M55 N.Griffin 14.25

M70 G.Hickey 12.12

M75 J.Hanus 9.58



## CLUB CAMEO



**Sarah Heath, born on 6th January 1962,** has had a long and illustrious career in middle distance running. Now in the W 40 age group, she nevertheless made her start in the sport whilst still at school. Encouraged by her father who ran as a schoolboy and her mother who played hockey, she herself played hockey and was a competitive swimmer. Fortunately, she was asked if she would like to compete for her school in cross country, which she did with some success. Sarah also at this time tried some of the longer track distances.

The result was selection for the English School Cross Country, from which Sarah came back as the Senior age group champion. She added to this the English Schools silver for the 800m., and achieved a time of 2:07.3 whilst representing the South.

Despite these earlier achievements, Heath gave up running for fifteen years. However, when she rejoined the sport, none of the old magic had disappeared! She is now World indoor, and European outdoor Champion, for 800m. and 1500m., and holds the British 800m and 1500m. indoors and outdoors.

In addition, Sarah still turns out for her club, Shaftesbury Barnet in the UK Leagues, as well as doing some Winter cross country. She prefers to compete at 800m. and 1500m on the track, with the occasional 400m.

And are there still some ambitions? Heath would love to add to her gold medal collection by winning the World 800m. and 1500m., and wants to get under 2:10.0 and 4:30.0!

# "The Southerner"

## 200 + Club

### Prizes won:- December, 2004 to March, 2005

#### December, 2004

1.	091	The Southerner	£35
2.	066	The Southerner	£20
3.	060	George Eastwood	£15

#### Special Prize

105	John Hepner	£100
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#### January, 2005

1.	047	Jim Rayner	£35
2.	031	Barry Fisher	£20
3.	112	The Southerner	£15

#### February, 2005

1.	243	Trevor Crowhurst	£35
2.	029	The Southerner	£20
3.	049	The Southerner	£15

#### March, 2005

1.	283	The Southerner	£35
2.	077	Andrew Hutton	£20
3.	130	John Collins	£15

If you are interested in joining the 200 + Club, each share costs £12 per annum for chances to win any of the prizes as indicated above. The £100 Special Prizes are drawn in June and December each year. Send the form below the Track and Field Entry Form on another page.

If you have not yet paid your 2005 Membership Renewal you can do this at the same time.

*Ken Crooke* Treasurer

### "The Southerner"

#### Advertisement Rates

Full Page **£90**, Half Page **£50**, Quarter Page **£30**

Contact: Ken Crooke (020 8657 426)

### Club Records

Records may be set anywhere and claims should be sent to:-

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

For a claim form - send a self addressed stamped envelope to:-

"T&F RECORD"

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

### Club Officers 2004/05

**Chairman:** Arthur Kimber (Dartford Harriers)  
22 Asquith Road, Wigmore, Gillingham, Kent MER8 0JD  
Telephone: 01634 389554

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

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

**Mew Members Secretary:** Vilma Thompson (Belgrave H.)  
Telephone: (H) 020 7928 9577 (W) 020 8871 7524

**Track & Field League:** Pat Green (Serpentine RC)  
2 McAdam Drive, Enfield, Middlesex EN2 8PS  
Telephone: 020 8372 538245

**Road Running Secretary:** Walter Hill (Crawley AC)  
Tain Cottage, Ifield Road, Charlwood, Surrey RH6 0OQ  
Telephone: 01293 862327

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

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

Contributions for the September 2005 edition of

### "The Southerner"

to be sent to Rosemary Champion by

**Monday 15th August, 2005**

### SCVAC Kit for Sale

Vests (Yellow/Green trim) £12 each

Shorts (Green) £12 each

Vest Badges £1 each

Vest Badge sold with Vest 50p each

Prices included postage & packing

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

Telephone: 020 8776 1736

# Summer Fixtures 2005

## Club Championships

### Road Races:-

**Monday 2nd May, 2005 at 11.00 am.**

**10K Road Race** - with Blackheath Harriers  
"Ted Pepper Memorial Road Race" from  
Langley Park Boys School, South Eden Park  
Road, Beckenham, Kent. Entry: **£5, PLUS  
£1 for SCVAC Championship.** Cheque to  
"Blackheath & Bromley Harriers" with entry  
form from: Event Secretary, 122 Romsey  
Avenue, Fareham, Hants PO16 9SZ Closing  
date for postal entry: 25th April, 2005 (On the  
day £7, SCVAC £2)

**Sunday 5th June, 2005 at 10.45 am.**

**"Dorking TEN Miles Road Race"**

Entries: **£7** attached, **£9** unattached.  
Cheques payable to Dorking & Mole Valley AC.  
TO: Event Secretary, 4 Henfold Cottages,  
Henfold Lane, Newdigate, Dorking, Surrey RH5  
5AG. Enclose one A5 SAE for Race details  
and number, two if results required. Entries after  
1st June 2005, collect number and details on the  
day. **SCVAC Championship** contact Walter  
Hill - email: [walterhelen@tiscali.co.uk](mailto:walterhelen@tiscali.co.uk) ,  
Telephone: 01293 862237 or send £1 entry to  
him at: **Tain Cottage, Ifield Road, Charlwood,  
Surrey, RH6 0OQ.**

**Sunday 14th August, 2005**

**5K Road Race with the Belgrave Harriers  
Open, Surrey Championship & Road League.**  
Race HQ: Belgrave Hall, Denmark Road, off  
Ridgeway, Wimbledon. Entries: **£3 PLUS £1  
for SCVAC Championship** TO: Derek  
Crookes, 209 Lymnouth Avenue, Morden,  
Surrey SM4 4RX (Tel: 020 8395 1582)

**Saturday 16th October, 2005**

**SCVAC Marathon Championship in  
conjunction with the Abingdon event.**  
Details will be in the September edition of "The  
Southerner", but as it was oversubscribed in  
2004, you are urged to enter in August to secure  
a place. Online entry details will be in Runners  
World, or contact Walter Hill (see above)

## Track & Field

**Sunday 12th June 2005**

**SVCAC Championships**

**The Millenium Stadium, Battersea Park  
London SW11 4NJ**

See details and entry form on another page.

**SCVAC Outdoor Pentathlon.** This has not yet  
been arranged, but will probably be in August.  
To get Entry Form and details send an A5 self  
addressed stamped envelop to **Jim Day, 22  
Langland Gardens, Shirley, Croydon, Surrey  
CR0 8DW** Telephone 020 8776 1736

## County Championships

### Surrey

**Saturday 28th May, 2005**

at Kingsmeadow Stadium, Kingston, Surrey.  
Information obtainable from Maurice Joyce,  
39 Seymour Buildings, Seymour Place, London  
W1H 4PR Telephone: 020 7723 6351

**Monday 2nd May, 2005**

**Hertfordshire** at Stevenage. (Some open  
events). Details from Sally Gandee, 4 Westfield  
Road, Hertford, Herts SG14 3DJ  
Telephone: 01992 582208

**Sunday 11th September, 2005**

**Middlesex.** There will be no County Veterans  
Championship this year due to the small number  
of competitors in 2004. However the **Open  
Veterans Track & Field Meeting, at Barn  
Elms Track, Rock Lane, London SW13** will  
take place as usual. M35's included. For Details  
contact: **John Curtin, 6 Silverdale Drive,  
Sunbury-on Thames, Middlesex TW16 6HD**  
Telephone: 01932 787658

## International Championships

**22nd August to 3rd September, 2005**

**World Masters Athletics Championships  
Donostia - San Sebastian, Spain**

Entry booklet and full details from **Wendy  
Dunsford, 12A Salisbury Road, Grays, Essex,  
RM17 6DQ** Tel: 01375 391895 (NOT after  
10.00 pm)

**New email: [wendy@tigger12.wanadoo.co.uk](mailto:wendy@tigger12.wanadoo.co.uk)**  
Send 4 first class stamps. Closing date to  
Wendy is **23rd May, 2005.** NO LATE  
ENTRIES

## NATIONAL & INTERNATIONAL DATES FOR YOUR DIARY.

**1st May** BMAF 1/2 Marathon at Exeter, to be run in conjunction with The Great West Run  
Entry Forms available from: The Great West Run: Tel. No. 01392 493800 or email:  
mail@thegreatwestrun.co.uk or visit the website: www.thegreatwestrun.co.uk

On the same day also will be a 1.5 miles Junior Run & a Family Fun Run of 1.5 miles.

**21st May** BMAF Open Road Relay's at Sutton Park, Birmingham.

**25th June** INTERLAND at Julie Rose Stadium at Ashford, Kent. Teams are GBR., Belgium & France.  
(Write to Maurice Doogan if interested in being in GBR team.)

**16th & 17th July.** BMAF Track & Field Champions at Birmingham (AGM on evening of 16th)

**6th August.** INTER-AREA Track & Field Challenge at Solihull, Birmingham.

SC Vets details from A. Kimber our Chairman)

**9th October.** BMAF Marathon at Cardiff

**29th/30th October** BMAF Cross-Country Relays at Cardiff

## **RACE-WALKING DATES.**

**16th April:** VAAofE Road Walk, match v IRELAND Open at Leamington Spa.

**30th April:** BMAF Road Walk, 20 km., in with Birchfield Open at Sutton Park, Birmingham.

**19th June:** BMAF Track Walk, 10km., at Milton Keynes.

**26th June:** VAAofE 3km Road match v Ireland (Open) in Ireland.

**16th/17th July:** BMAF - 3km & 5km in with Track & Field Championship in Birmingham.

**30th July:** BMAF 30km road, Coventry.

**10th Sept.** 10km road, Leicester.

Details of all walks from Eric Horwill, BMAF Walks Secretary.

**FOR SALE: 3 cast iron 6kg. Shot £18 each. 1 4kg shot-  
£15. Please contact Jim Day, on Tel 020 8776 1736.**

**Club members can use this space to advertise goods for sale, or  
services. Just contact one of the Committee members if interested!**



## **SCVAC WEBSITE**

### **WEBMASTER WANTED!**

**DO YOU have web design/ building knowledge or skills?**

**The Committee is actively seeking someone to act as Club webmaster, or  
someone who can give some advice on getting it started.**

If you think you can help, please contact:

Robert Murkin, on 01737 225788, or email: murkinrg@hotmail.com

**Eastern Vets A.C. TRACK & FIELD CHAMPIONSHIP, CHELMSFORD**

**SATURDAY JULY 2nd 2005 ENTRY FORM**

Events

1st ..... 2nd ..... 3rd .....  
4th ..... 5th ..... 6th .....

Male/ female. SURNAME ..... FIRST NAME .....

DATE OF BIRTH ..... AGE ON THE DAY .....

ADDRESS .....  
TOWN ..... POST CODE .....  
TELEPHONE ..... E MAIL .....

EVAC MEMBERSHIP No..... OR  
BMAF AFFILIATED CLUB MEMBERSHIP NO .....  
FIRST CLAIM CLUB .....

MALE 35 - 39 - PROOF OF AGE ENCLOSED.  
ENTRY FEE £5 FIRST EVENT - £1.50 EACH ADDITIONAL EVENT  
PAYABLE TO E.V.A.C. - ENTRY FEE £ .....

Please include SAE. ONLY if you need acknowledgement or directions to the track.  
Numbers will be issued on the day.

**To : Alan Sparshott E.V.A.C., 67, LUTON ROAD, DUNSTABLE BEDS LU5 4LW**

DECLARATION - I am an AMATEUR as defined by U.K. Athletics Rules  
I agree to participate entirely at my own risk, the organisers not being responsible for any injury of loss sustained during the event.  
DATA PROTECTION ACT - These details may be entered and held on a club Database.  
Please indicate I AGREE/DISAGREE please delete as appropriate.  
Signed ..... Dated.....

**TIMETABLE**

TIME	TRACK	CATEGORY	FIELD - ALL CAT.
1030	300 mH FINAL	M60 & W50	Pole.V & Hammer.
1045	400 mH FINAL	M&W	
1105	1500m FINAL	ALL Categories	
1135	200m HEATS	ALL	Long J. & Shot.
1215	3000m WalkFINAL	ALL	
1245	200m FINAL	ALL	
1300	3000m S/ChaseFINAL	ALL	
1325	400m HEATS	ALL	High J. & Discus.
1345	110mH FINAL	M40 & M50	
	100 mH FINAL	W35, M60 & M65	
	.80 mH FINAL	W40 &M70	
1415	5000m FINAL	M40 & M45	
1445	400m FINAL	ALL Categories	Triple J. & Javelin.
1500	5000m FINAL	W35+& M50+	
1530	100m HEATS	ALL Categories	
1600	800m FINAL	ALL	
1620	100m FINAL	ALL	

- a) if entries do not justify heats, straight finals will be held at time stated for heats
- b) should there be insufficient entries for any event EVAC reserves the right to cancel
- c) all competitors must be members of EVAC to win an EVAC award.\*
- d) Open Competitors - awards for finishing in the first three of an event
- e) Awards will be made in the five year age groups M35 = & W.35+