

The

No 58, Dec. 2009

SOUTHERNER

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



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Indoor
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Tom Phillips' SCVAC Outdoor Championships 2009 collage.



From the editor:

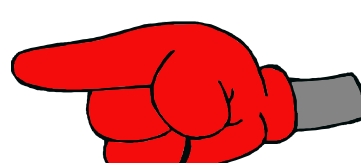
Welcome to the December 2009 edition of *The Southerner*. Once again Southerners have been having a very successful season, in many different disciplines. We have a report from Pat Oakes from the Sydney World Masters Games in October, where she and Paul competed with distinction. More recently, there was the British & Irish Masters Cross Country in Birmingham, and I couldn't imagine running in that terrible weather!

Better late than never! We have included the results from the SCVAC Track & Field Championships at Kingsmeadow in June. Along with this, you will see one of Tom Phillip's excellent collages.....see how many athletes you can name!

Looking ahead- don't forget to enter the **SCVAC Indoor Championships on Sunday February 14th at Lee Valley**. If you're feeling fit, why not try the World Indoor Championships in Kamloops Canada from March 1st - 6th? Most of all, don't forget to have fun, whatever you do!!

Rosemary Champion.

NOTICES:



1. Congratulations to our Road Running Secretary Water Hill who has been awarded the Club place in the 2010 London Marathon.
2. **David Lipscomb** our Club Secretary is also now, temporarily, **Membership Secretary**.
3. Our thanks are due to Jeannette Holder for the work she did on the SCVAC website; we welcome **Mike Peel** in that role.
4. **Ken Crooke**, our assistant Treasurer, would like to remind all who have a **Bank Mandate** to upgrade it, to ensure you are paying the correct amount! If he has to write letters to remind you, it involves a lot of time, and money!
5. Could members contact David Lipscomb if they have copies of *The Southerner* No. 43, to scan into the website?
(Ed.- confession- there was a Jan. 2005 No 43 and an April 2005 No 43, as I inadvertently put the same number on each)



Southern Counties Veterans Athletic Club Committee 2008-2009

OFFICERS

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Webmaster: Mike Peel - mike@mikepeel.co.uk

Veterans website is: www.scvac.org.uk

Contributions for the April 2010 edition of The Southerner should be sent to Rosemary Champion by March 25th 2010.

Club Records. Records may be set anywhere and claims should be sent to: Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HAO 4UT.

The Southerner "200 Club"- if you would like to buy shares, please contact Ken Crooke, Assistant Treasurer, tel. 020 8657 4269; 8 Rylandes Road, Selsdon, South Croydon, CR2 8EA.

CONTRIBUTIONS TO THE Southerner Magazine are welcome, preferably emailed in Word format. Otherwise, typed copy will be fine, and can be sent via the post to the above address.

SCVAC Track and Field Championships held at Kingston on 14th June 2009

100m

1	M35	Mark Collins	11.57
2	M35	Matthew Richards	11.66
3	M35	Leon Braithwaite	11.88
4	M35	David Olusanya	12.34
5	M35	Nick Lauder	12.83
6	M35	Ty John Roberts	13.36
1	M40	Rohan Samuel	11.52
2	M40	Andy Lewis	11.94
3	M40	Scott Dorset	12.24
4	M40	Julian Smith	12.55
5	M40	Keith Palmer	12.97
1	M45	Pat Logan	11.92
2	M45	Fauso Furlotti	12.10
3	M45	Masakatsu Kondo	12.24
4	M45	Kwei Sankofa	12.28
5	M45	Jeremy Phillips	12.36
6	M45	Petros Anastasi	12.59
7	M45	Michael May	14.02
1	M50	Dave Martindale	12.71
2	M50	Rod Davies	13.08
3	M50	Clement Leon	13.25
4	M50	Trevor Wade	13.42
5	M50	Stephen Langford	13.50
1	M55	John Browne	12.53
2	M55	Tom Phillips	12.88
3	M55	Ray Watkins	13.31
4	M55	Tim Carter	13.40
5	M55	Geoffrey Kitchener	13.87
1	M60	Vic Novell	13.67
1	M65	Terry Bissett	13.66
2	M65	Charles Issets	14.65
1	M70	Colin Field	15.38
1	W35	Sara Stanton	15.00
2	W35	Penelope Barber	15.25
3	W35	Nurari Merry	15.65
1	W40	Abi Onatabe	15.47
2	W40	Lesley Richardson	15.92
1	W45	Kirstin King	13.75
1	W50	Joan Trimble	14.52
2	W50	Lynn Talbert	14.70
1	W55	Helen Godsell	13.98
2	W55	Anne Nelson	15.67
3	W55	Sue Dassie	16.22
1	W60	Pat Oakes	19.07
1	W65	Mary Axtell	16.62
2	W65	Iris Holder	16.92

200m

1	M35	Mark Collins	23.03
2	M35	Leon Braithwaite	23.83
3	M35	David Olusanya	25.11
4	M35	Nick Lauder	25.71
5	M35	Ty John Roberts	27.08
1	M40	Rohan Samuel	23.6
2	M40	Andy Lewis	24.1
3	M40	Scott Dorset	24.77
4	M40	Keith Palmer	25.52

5	M40	Julian Smith	25.55
1	M45	Pat Logan	24.33
2	M45	Kermit Bentham	24.60
3	M45	Fauso Furlotti	24.79
4	M45	Petros Anastasi	25.85
5	M45	Leroy Gould	27.13
6	M45	Michael May	28.87
1	M50	Rod Davies	26.92
1	M55	Tom Phillips	26.30
2	M55	Ray Wilkins	26.63
3	M55	Tim Carter	27.44
1	M60	Vic Nowell	28.02
2	M60	Ian Edwards	32.31
1	M65	Terry Bissett	27.21
2	M65	Charles Issets	29.94
3	M65	John Garber (G)	32.27
1	M70	Colin Field	31.34
1	W35	Melanie Brown	27.42
2	W35	Penelope Barber	31.75

110m Hurdles

1	M50	Brian Slaughter	16.61
1	M55	Duncan Talbot	19.24
2	M55	Geoffrey Kitchener	21.08

400m Hurdles

1	M45	Leroy Gould	66.6
1	M55	Geoffrey Kitchener	74.77
1	W35	Sara Stanton	80.38

400m

1	M40	Gary Palmer	55.94
1	M45	Kermit Bentham	53.34
1	M50	Stuart Condie	61.55
1	M55	David Hayward	61.17
2	M55	Tim Carter	61.81
1	M65	John Garber (G)	71.54
1	M70	Arthur Kimber	77.17
1	M75	John Seymour	81.45
1	M80	George Hopcroft	112.80
1	W35	Melanie Brown	62.67

800m

1	M40	David Blackman	2.08.62
1	M60	Peter Hamilton	2.37.20
1	M65	John Garber (G)	2.38.06
1	M75	John Seymour	3.08.93
2	M75	Brian Shave	3.28.00
1	M80	George Hopcroft	4:07.66
1	W50	Jane Searle	2.58.98

1500m

1	M40	Chris Daniels	4.21.90
1	M45	Scott Smith- Bannister	4.28.88
1	M60	Peter Hamilton	5.34.12
2	M60	Alan Davidson	5.50.5
1	M65	John Garber (G)	5.38.91
1	M75	Brian Shave	6.50.82
1	W40	Judith Orr	5.19.21
1	W65	Cecilia Morrison	5.54.48

3000m Steeplechase

1	M40	Stephen Norris	9.57.40
1	M50	Colin Oxlade	11.48.00

SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

INDOOR TRACK AND FIELD CHAMPIONSHIPS Lee Valley Athletics Centre,
61 Meriden Way, Picketts Lock, London N9 0AS Sunday 14th February 2010

Track 60m,200m,400m,800m,1500m,3000m,60m Hurdles, 3k walk Field LJ,TJ,PV,HJ,SP

Full timetable will be in programme. Closing Date January 23rd

LATE ENTRIES WILL NOT BE ACCEPTED

Send to STEVE CONNOLLY, 64 GODDARD AVENUE, SWINDON, WILTS SN1 4HS

PLEASE USE BLOCK CAPITALS Name

Membership No

Address.....Post Code.....

Telephone No. Day Evening

Date of Birth..... Age Group..... Age

First Claim Club.....

Events Entered.....

Entry fees : Members £5 first event, £4 subsequent events, Guests £7/£5

Cheque Payable to SCVAC for £ enclosed

Signature Date

Please enclose SAE, A5, 23 x 16cms for competition numbers, programme and map.

MEMBERSHIP SUBSCRIPTION FOR 2010 (£12) MUST BE UP TO DATE. DO NOT SEND THIS WITH ENTRY FORM.

3000m Walk

1	M55	David Sharpe	17.44.17
1	M80	Jack Fitzgerald	30.30.16

5000m

1	M50	Colin Oxlade	18.33.69
1	M65	T Brackstone	20.56.32
2	M65	Tony Merritt	25.48.19
1	W35	Sian Brown	22.38.87
1	W55	Pat Halstead	21.20.07
1	W65	Bridget Cushen	29.59.95

Long Jump

1	M35	Neil Lincoln	6.08
2	M35	Steve Lake	5.98
1	M40	Eldon Lake	5.84
2	M40	Richard Buckingham (G)	5.64
1	M45	Masakatsu Kondo	6.24
2	M45	Allan Leiper	5.08
1	M50	Trevor Wade	5.63
2	M50	Brian Slaughter	5.15
3	M50	Stephen Langford	5.06
4	M50	Rod Davies	4.82
5	M50	Clement Leon	3.92
1	M55	David Blunt	4.54
1	M65	Robert Ruff	4.14
1	W40	Alison Duke	4.21
1	W45	Amanda Rowley-James	4.03
1	W50	Anne Goad	4.05
2	W50	Teresa Eades	3.97
1	W55	Linda Harrison	2.53
1	W60	Pat Oakes	2.89
2	W60	Daphne Marler	2.49
1	W65	Iris Holder	2.89

Javelin

1	W35	Sue Lawrence	31.51
1	W40	Camilla Thrush	24.61
2	W40	Janet Smith	18.15
1	W45	Julie Wilson	24.58
1	W50	Jennifer Ibbitson	24.47
2	W50	Anne Goad	14.14
1	W55	Vilma Thompson	28.31
2	W55	Linda Harrison	26.68
1	M35	Leon Braithwaite	19.98
2	M35	Mark Collins	18.50
3	M35	Steve Lake	16.37
1	M40	Stuart Earl	36.85
2	M40	Peter Evans	30.18
1	M45	Anthony Tipping	39.65
1	M50	Guy Perryman	32.80
2	M50	Michael Bale	24.43
1	M55	Joe Eastwood	38.98
2	M55	Anthony Richards	34.33
1	M60	Brian Yeomans	30.82
1	M65	Ashley Fox	29.96
2	M65	Brian Harlick	26.22
3	M65	John Gilbert	24.60
4	M65	Kevin Burnett	19.00
1	M70	Vic Adock	34.22
1	M75	Gordon Hickey	25.35

Discus

1	M40	Peter Evans	25.00
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1	M45	Anthony Tipping	36.85
2	M45	Allan Leiper	32.17
3	M45	David Lipscomb	25.82
4	M45	David Shields	21.32
1	M50	Jan Drzewiecki	40.69
2	M50	Guy Perryman	38.75
3	M50	Brian Slaughter	32.26
4	M50	Michael Bale	28.82
1	M55	Anthony Richards	35.24
2	M55	Joe Eastwood	23.94
1	M60	Neil Griffin	43.65
1	M65	Peter Gaber (G)	43.65
2	M65	Brian Harlick	31.60
3	M65	John Gilbert	31.35
4	M65	Garry Negus	27.06
5	M65	Kevin Burnett	18.19
1	M70	Hamilton Thomas	29.01
2	M70	Norman Fullick	17.03
1	M75	Peter Barber	24.03
2	M75	Jaroslav Hanus	23.00
1	M80	Ian Briggs	19.90
1	W35	Sue Lawrence	35.07
1	W40	Camilla Thrush	30.00
2	W40	Janet Smith	29.90
1	W45	Julie Wilson	31.56
2	W45	Wendy Dunsford	26.30
1	W50	Jennifer Ibbitson	28.16
1	W55	Gwen Bird	28.16
2	W55	Vilma Thompson	21.63
3	W55	Linda Harrison	15.05
1	W60	Barbara Terry	22.42
2	W60	Liz Sissons	17.37

Shot Put

1	M35	Steve McCourt	10.53
1	M40	Stuart Earl	8.90
1	M45	Allan Leiper	12.19
2	M45	Anthony Tipping	12.12
1	M50	Guy Perryman	12.59
2	M50	Jan Drzewiecki	10.59
3	M50	Michael Bale	7.97
1	M55	Anthony Richards	11.35
2	M55	Nick Phipps	10.76
1	M60	Neil Griffin	14.21
2	M60	Brian Yeomans	8.16
1	M65	Garry Negus	11.37
2	M65	John Gilbert	9.82
3	M65	Peter Gaber (G)	9.76
4	M65	Kevin Burnett	6.64
1	M70	Norman Fullick	6.84
1	M75	Gordon Hickey	10.79
2	M75	Jaroslav Hanus	8.18
3	M75	Peter Barber	7.15
1	W35	Sue Lawrence	11.23
1	W40	Camilla Thrush	10.57
2	W40	Janet Smith	8.53
1	W45	Julie Wilson	9.81
2	W45	Wendy Dunsford	9.34

1	W50	Jennifer Ibbitson	11.15	
2	W50	Angela Morgan	8.44	
1	W55	Vilma Thompson	10.36	
2	W55	Gwen Bird	10.23	
1	W60	Liz Sissons	9.32	
2	W60	Barbara Terry	8.95	
1	W75	Marie Grant-Stevens	5.91	

High Jump

1	M40	Ian Bridgeman	1.70	
2	M40	Stuart Earl	1.40	
3	M40	Richard Buckingham (G)	1.60	
1	M50	Trevor Wade	1.50	
2	M50	Brian Slaughter	1.45	
1	M55	Duncan Talbot	1.54	
2	M55	David Blunt	1.45	
3	M55	Geoffrey Kitchener	1.25	
1	M60	Allan Cheers	1.25	
1	W45	Amanda Rowley -Jones	1.25	
1	W50	Teresa Eades	1.30	
1	W60	Pat Oakes	1.00	

Pole Vault

1	M35	Ben Radcliffe	3.40	
1	M45	Alan Easey	3.00	
1	M50	Wayne Martin	3.00	
1	M55	Allan Williams	3.70	
2	M55	David Blunt	3.40	
3	M55	Nick Phipps	3.20	
1	M65	Brian Harlick	2.50	
1	W40	Alison Duke	2.60	
1	W50	Jennifer Ibbitson	2.90	
2	W50	Teresa Eades	2.20	
1	W55	Sue Yeomans	2.30	

Hammer

1	M45	Anthony Tipping	38.33	
1	M50	Guy Perryman	45.83	
2	M50	Michael Bale	33.11	
1	M55	Clive Thomson	38.04	
2	M55	Nick Phipps	35.14	
1	M60	Chris Melliush	44.77	
1	M70	Hamilton Thomas	36.07	
2	M70	Norman Fullick	23.82	
1	M75	Peter Barber	34.15	
2	M75	Jaroslav Hanus	27.71	
3	M75	Phil McEvoy	20.27	
1	W35	Sue Lawrence	36.12	
1	W40	Janet Smith	39.68	
2	W40	Camilla Thrush	37.86	
1	W45	Julie Wilson	34.26	
2	W45	Wendy Dunsford	29.80	
1	W50	Jennifer Ibbitson	40.53	
2	W50	Angela Morgan	28.37	
3	W50	Jenny Piercy	28.02	
1	W55	Vilma Thompson	31.22	
2	W55	Linda Harrison	20.24	
1	W60	Rosemary Hutton (G)	33.25	
2	W60	Barbara Terry	30.04	
3	W60	Liz Sissons	29.53	
1	W65	Yvonne Miles	18.80	

Triple Jump

1	M35	Steve Lake	12.53	
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1	M40	Ian Bridgeman	12.03	
1	M45	Rez Cameron	12.46	
2	M45	David Shields	9.71	
1	M50	Trevor Wade	11.25	
2	M50	Stephen Langford	10.04	
1	M55	David Blunt	9.84	
1	M60	Allan Cheers	9.46	
1	W50	Teresa Eades	8.96	
1	W55	Sue Yeomans	8.73	
2	W55	Joylin Saunders-Mullins	7.27	
3	W55	Linda Harrison	5.64	
1	W60	Pat Oakes	6.83	
2	W60	Daphne Marler	5.56	

British and Irish Masters **International, Perry Park,** **Birmingham November 14th 2009:** **Report from Cross Country Secretary** **Ann Bath.**

This was hosted by Birchfield Harriers at Birmingham's Alexander Stadium, where the athletes were able to shelter and get hot drinks as the weather was atrocious – gale force winds and driving rain.

The course was mostly grass with some tracks, and mildly undulating but with a hill at the end of each lap. The winding 2K laps were very spectator friendly, and the support of those who braved the stormy weather was much appreciated.

The competition for places in the England team was very tough this year, and we had less selected or given reserve places than usual. Maybe the late change from the Isle of Man to much more central Birmingham encouraged more applications.

W35 Cara Oliver reserve

W45 Sara Gee selected

W45 Sharon Hawkins reserve

W50 Leslie Hall reserve

W65 Pam Jones selected

M50 Bill Foster reserve

M60 John Stephen Exley selected

The ladies and men over 65 ran 6K (three laps) with four running, three to score. Sara Gee was 7th overall and just missed getting the fastest W45 medal by one second, but got the gold team medal. She admits to preferring longer races (was first W45 in the London Marathon!)

Amazing Pam Jones who still has such enthusiasm to compete, ran well to get a Gold

team medal in W65, even though she is over 70! Although she admitted feeling very cold on the last lap.

Ann Bath ran in the W60 team for Scotland, but on the day only two ran, so there was no chance of contesting the medals!

Unfortunately we did not have any SCVAC men running on the day in the men's four lap 8K race. In the open race, over the same distances:- Sharon Hawkins W45 ran very well to finish 7th lady. Leslie Hall W50 also had a good performance to finish 12th lady.

Results on www.bvaf.org.

Well done to everyone who ran in such awful conditions! However the Dinner Dance and prize presentations held in the National Motorcycle Museum was a wonderful way to end the day, with most people still having the energy to enjoy dancing to the live band!

Next year the race will be in Dublin, Republic of Ireland.

BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS 2010

These will be held on Saturday 13th March 2010 at Stormont Estate, Belfast, Northern Ireland

Women and men over 70 at 12.00

Men 50-69 at 12.45

Men 35.49 at 14.00

Entry form is on www.bmaf.org.uk click on cross country, closing date March 1st.

This is a wonderful venue and great for supporters, anyone who did the British and Irish Home Counties International Cross Country there will testify what a good venue it is. If you feel this is too far to travel then worth considering the SEAA championships below.

SOUTH OF ENGLAND ATHLETIC ASSOCIATION MASTERS CROSS COUNTRY CHAMPIONSHIPS 2010

These will be held on Sunday 14th March 2010 at Trent Park, Cockfosters, the day after the BMAF championships.

Further information on www.seaa.org.uk

REMINDER.

The SCVAC Cross Country Championships are on Sunday December 20th



in Reigate Priory Park. As usual, there will be refreshments available. Go to www.hollyrun.com for details.

***Road Racing* - with Road Running Secretary
Walter Hill.**



The results of the SCVAC Marathon Champs at Margate which incorporated the BMAF Champs have already been published in the autumn edition of Masters Athletics. However, we need to celebrate a number of very good performances.

First home for the club was Viustus Dude- Vet Male 45 in a very good time of 2hrs 50mins. Viustus and I train together and he has become an outstanding athlete. Not far behind was David Worcester who was first Vet Male 55 home in an impressive time of 3hrs 03 mins. David was followed by Trevor Edgeley who ran the race of the day. Trevor and I ran together for twenty miles and when he raised the pace for the last 10k I found that I could not run with him any more. Trevor ran 3hrs 05 mins as a Vet 60 which in my opinion equates to a sub 3hr performance had he run at London. The day was windy, but this did not spoil what was a great event.

All the SCVAC women did the club proud and returned home with well deserved BMAF Medals. I was impressed with Victoria Talbot Rosner time of 3hrs 33mins, Carol Emery's time of 3hrs 40mins and Ann Bath's 3hrs 56mins which was 13 minutes faster than her time last year at Anglesey.

SCVAC Half Marathon Results

Viestus Dude	M Vet 45	2-50-32
David Worcester	M Vet 55	3-03-04
Walter Hill	M Vet 55	3-09-33
Ivon Whitmore	M Vet 55	3-29-38
Trevor Edgeley	M Vet 60	3-05-10
Roger Low	M Vet 65	3-58-52
Victoria Talbot Rosner	F Vet 45	3-33-40
Karen Samuel	F Vet 45	4-23-41
Carol Emery	F Vet 50	3-40-18
Miriam Dorrity	F Vet 55	4-38-01
Ann Bath	F Vet 60	3-56-52

The race was an excellent event but I am always sensitive in case I have missed a SCVAC member from the results. Apologies recorded in advance if I have made a human error.



I aim to have the results of the Epsom 10 recorded on the updated SCVAC Web Site and will also publish the dates of the forthcoming Road Race Club Champs when they become available.

HOT OFF THE PRESS: EPSOM 10 MILE RESULTS

Viestus Dude	M Vet 45	58-18
Walter Hill	M Vet 55	65-15
Geoff Newton	M Vet 60	66-26
John Taylor	M Vet 70	77-16
Ann Bath	F Vet 60	84-56

All 5 runners fulfilled their potential and were a credit to the club. Yes it was a tough day, however Viestus, Geoff and John walked away with the classification prizes. Well done.

BURNHAM BEECHES HALF MARATHON RESULTS

Hopefully I am not too late for the print of the Burnham Beeches Half Marathon results which incorporated our half Marathon Champs on the 23-08-2009:

Name	Age	Time
Sarah Gee	F45	1-19-29
Walter Hill	M56	1-29-48
Geoff Newton	M64	1-30-00
Lesley Whiley	F49	1-30-50
Joy Noad	F50	1-36-32
Dave Beattie	M62	1-38-23
Alan Roberts	M45	1-39-00
Marion Rayner	F59	1-41-20
Russell Devitt	M60	1-43-20
Michael Hooker	M67	1-46-05
Ann Bath	F61	1-53-32
James Fitzmaurice	-late start-	

M672-00-42

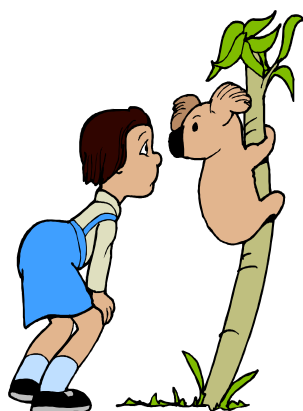
Karen Samuel	F48	2-04-43
Matthew May	M42	2-09-45

14 members finished the 29th Burnham Beeches Half and we were led home by Sarah Gee. Sarah's time of 1-19-29 was outstanding and the full results show that there were only fourteen men in front of her, and only one of these was older than Sarah. I was chased as usual by Geoff Newton and on this occasion I out sprinted him. Geoff is eight years older than me and usually manages to beat me! Well done Geoff; you have had an excellent season on the roads in Surrey. Again all the ladies showed outstanding ability with Lesley, Joy, Marion and Ann producing performances of a very high standard.

The Burnham Half is a very well organised race and I cannot fault the promotion. I was also delighted that so many members were present at the prize giving and I was honoured to be able to present you with your medals, assisted by my good friend Dave Beattie. In less than two weeks is the SCVAC Marathon Champs incorporated within the Thanet Marathon. Entries now closed.



World Masters Games Sydney:



*Pat
Oakes
goes
“down
under” !*

In October , several SCVAC members flew to Sydney to compete in the biggest multi-sports event on Earth, the 7th World Masters Games in which over twenty eight thousand sportsmen & women from ninety five nations competed in one or more of a choice of twenty eight sports. It was by far the most attended and highly competitive of these four-yearly Games with entrants including hundreds of former Olympians, many world record holders and an assortment of fascinating characters such as oldest participants Reg Trewin (101) in the lawn bowls and Ruth Frith (100) who competed impressively in the throws.

The TV cameras keenly followed Crown Prince Frederik of Denmark who capsized in the sailing and Santa Claus, a versatile athlete who ran in the 10K & 100m on the same day and of course was easily recognized by his flowing white beard and all-red kit. Santa had changed his name by deed poll – from Elvis! Then there was sprightly Canadian Olga Kotelka aged 90 (and 7 months she insisted) who was another favourite of the media as she contested her many track and field events to an extraordinarily high standard; but Olga nearly missed her triple jump because she had stayed too long in the call room - applying her make-up!

Celebrities from around the world mingled

with competitors and street entertainers helped keep the festive atmosphere alive. Paul and I arrived at Olympic Park on the first morning of registration to collect our complimentary rucksacks emblazoned with the motto ‘Fit, Fun and Forever Young’ and within ten minutes we were setting off with our free travel passes to explore. By the time we returned early evening to visit the large Health and Lifestyle Expo, such a long queue had built up that participants, many with suitcases in tow, had waited over three hours. Later in the week, the wait for accreditation had increased to over five hours despite photographing for ID cards having been abandoned. Our travel passes covered rail, bus and ferry allowing us to take day trips for miles around. The only drawback was the weather. The day we arrived we encountered a hail storm, lightening and very low night temperatures. Although it rained just about every day that week we had a great time visiting the sights and meeting up with old friends from when I lived in Sydney many years ago.



The spectacular opening ceremony on 11th October began with a two hour parade of competitors categorized by sport rather than nation. The 2K route meandered from the Show Ground to the ANZ Olympic Stadium where the 2000 Olympics cauldron had already been re- lit. As the competitors filed in, many in entertaining fashion, the 45,000 crowd soaked up the atmosphere of friendship

and festivity in keeping with the Games Oath which was recited as follows:

“We gather here from the four corners of the earth, united as one in celebration of the spirit of sport. We recognise no borders within that spirit. We commit ourselves to creating a World Masters Games, where everyone can happily compete-regardless of age, race, creed or ability. We vow to run , jump and throw- as fast, as far and as well as we can- and to applaud and admire all of our fellows who have come to do the same. We come to compete, to strive, to befriend. We come to play. Let’s play.” (Written by Peter FitzSimons)

Formal speeches were then followed by a lively evening of music, dancing and fireworks.

October 11th was also the first day of competition for our club members. Tied to the fencing in clear view of the approaching sprinters was a banner reading ‘Godsel for gold! and, true to form, Helen did not disappoint. Not satisfied with just the 100m title Helen went on to make it a double with a fine victory in the 200m. Meanwhile other members were taking their turn on the podium. In the 80m Hurdles I lined up next to multi world record holder Phil Raschker so was very happy to take the silver behind her. Glen Reddington went one better and claimed gold in his sprint hurdles. He also reached the final of the 200m while Scott Dorset made the final of the 100m where he finished 4th. Out on the field New Zealand based Daryl Brand enjoyed glory in the javelin with yet another gold for SCVAC athletes. Paul Oakes, unable to compete in his usual javelin event following shoulder surgery, opted for the horizontal jumps and with considerable success. After coming 4th in the long jump he achieved his first international medal in the triple jump. He had been in 2nd place till the final round when a 5.7mps gust of wind blew the 4th placer to an

extra 54cms displacing Paul to bronze. Silver medallist Allan Williams was perhaps the



Janet Smith with Paul Oakes

unluckiest Southerner. He had a frustrating and expensive experience getting his vaulting poles to Australia by courier then had to compete in conditions so blustery that an upright elsewhere in the stadium blew over and the javelins in my event were behaving like boomerangs. Consequently Allan couldn’t repeat his record breaking performances of the domestic season.

Our busiest athlete was Janet Smith who contested four individual throwing events and qualifying rounds as well as the throws pentathlon. She looked very happy when I photographed her wearing two medals, then on the final day she won her third. Towards the end of the week I was struggling with injuries after a fall in the pentathlon, though I did pick up both myself and another silver medal. Dave Beattie also had a busy week in the distance events where he placed well in the 10K (9th) half marathon (6th) and 8K cross-country (5th). Martin and Anne Lippitt ran well for 10th & 15th respectively in the 5K and Alan Roberts was well placed with 13th in the 10K.

SCVAC member Teresa Eades, who was assisting husband David in the filming of a documentary, saw more of the Games than anyone else. Between visiting many of the other 71 sports venues they managed several appearances at the Athletics Centre to cheer on fellow Brits and capture some of their performances on camera. It did seem strange though not having Tom Phillips or Lesley Richardson peeping out behind a lens!

The main track was the Olympic warm up track and was of the same standard as the best in the UK. There was also a good standard third track used mainly for warm ups. The organization during competition was excellent with great emphasis on compliance with the rules. In the call room for high jump our spikes were checked not only for spike length but for heel thickness with each shoe being measured with callipers. After each event all competitors were led by an official to an area where the official result was announced, then the medallists were taken straight to the podium so there was no delay in presenting awards.

One bonus was the accessibility of medical treatment. First aid, chiropractic services and physiotherapy were free at all venues and massages were available for a small fee. The 600 volunteers, as at the Sydney Olympics, were there to be helpful and cheerful and the friendliness between participants in different sports and from so many different nations made for an enjoyable and interesting social time. There were organized social events but I think most people found their own entertainment in Australia's beautiful and vibrant city.



There was a huge party following the closing ceremony at Darling Harbour but Paul and I gave that a miss because we had an

early flight the next morning to Alice Springs where we watched a lesson in progress at The School of the Air, visited the Flying Doctor Service and went hot air ballooning as the sun rose over the desert (the highlight of this trip). We travelled on to Melbourne to visit friends before taking the train back to Sydney. On our final day there were many special events staged in Sydney including closure of the Harbour Bridge for a picnic breakfast, a seven bridges walk, dragon boat racing and Open Day at The Opera House. We were lucky to have priority tickets into The Opera House because soon after we entered this famous building the flash floods came and those still queuing ran for shelter elsewhere.

The rain was so heavy that Bridge climbers were brought down and even the charity water events were cancelled. So most of our last day in Oz was spent drying out not only the clothes we were wearing but the laundry we'd left on the washing line ready to pack. We didn't want Sydney rainfall as excess luggage on the journey home. With a 10 hour wait at Hong Kong airport we were very tired after the long haul flights home, but what a wonderful experience we had had in Australia.

Results M40 Scott Dorset 100m 4th 11.78.
M45 Glen Reddington 100m 12.10 in heat,
200m 5th 24.50, 110mH 1st 17.12 Daryl Brand
JT 1st 57.17 Alan Roberts 10K 13th 40:40,
8KXC 14th 33:44, 5K 16th 20:05.6
M55 Martin Lippitt 1500m 6:19.19 in
heat, 10K 44th 49:53, 8KXC 36th 40:10 5K
10th 23:09.5, Allan Williams PV 2nd 3.50 Paul
Oakes LJ 4th 4.80, TJ 3rd 10.39 M60 Dave
Beattie 10K 9th 40:51, 8KXC 5th 32:36 HM
6th 89:57 W45 Janet Smith shot 10th 8.75,
DT 5th 32.11 (32.73 in Pent), HT 3rd 40.59
(43.40 in Pent), WT 2nd 13.61, Wt. Pent. 3rd
3985 W50 Anne Lippitt 10K 27th 55:37,
8KXC 14th 43:30, 5K 15th 24:16.8
W55 Helen Godsell 100m 1st 13.78, 200m
1st 29.15 W60 Pat Oakes 80mH 2nd 18.24, HJ
6th 1.12, TJ 5th 7.23, JT 5th 17.29, Pent 2nd
2356

"The Southerner" 200 Plus Club

Prizes Won : April to October, 2009

April 2009: 1: £35 Share 115 The Southerner, **2: £20** 076 Robert Burton 0463, **3: £15** 126 Julie Wilson 3653. **May 2009: 1: £35** 108 The Southerner, **2: £20** Derek Thomas 0258, **3: £15** 007 John Howe 2641, **June 2009: 1: £35** 037 William Hudson 3219, **2: £20** 241 David Willcock 3459, **3: £15** 247 The Southerner, **Special Prize £100:** 243 Trevor Crowhurst 3485, **July, 2009: 1: £35:** 013 Gwen Cunningham 2762, **2: £20** 127 The Southerner, **3: £15** 049 James Leith 0411, **August, 2009: 1: £35** 272 Ken Jacobs 3566, **2: £20** 245 Raymond Pearce 3396, **3: £15** 001 Arthur Kimber 0132, **September, 2009: 1: £35** 114 Carol Dawkins 3034, **2: £20** Jack Braughton 0174, **3: £15** 024 Kio Vejdani 3003. **October, 2009: 1: £35** 043 Douglas Birch 0962, **2: £20** 086 The Southerner, **3: £15** 057 Edna Roe 2846.

New Shareholders are welcome to join at any time and will be eligible to win any of the Prizes as indicated above. Shares run for 12 months from when payment is received at a cost of £12. Note the "Specials" drawn in June and December of £100. Payment may be made by cheque or by Direct Credit/ Standing Order – see Remittance form and Bank mandate below.

SCVAC Club Membership Renewal for 2010 is due from 1st January, 2010 and remains at £12.

Note for Members already paying by Direct Credit or Standing Order:-

Members who have not increased their payments in line with any rise in Membership fees will now owe arrears as detailed here:-

Year	Subscription due.	Paid	Balance owed	
2005	£9	£_____	£_____	Insert the amounts of your payments
2006	£9	£_____	£_____	If not sure please contact Ken Crooke
2007	£10	£_____	£_____	Telephone: 020 8657 4269
2008	£11	£_____	£_____	Email: ken.crooke@talktalk.net
2009	£12	£_____	£_____	
TOTALS	£_____	£_____	£_____	

Examples: 5 Payments of £8 will owe £11, 3 of £9 will owe £6, 3 of £10 will owe £3.

Please send me a cheque for the balance owed, payable to SCVAC: (See Remittance form) and complete a new Bank Mandate to increase payments from 10th January, 2010. Please forward the Bank Mandate to me for information purposes and I will forward it to your Bank.

Ken Crooke Assistant Treasurer

Remittance Advice for Cheque Payments

For Membership Subscriptions only – send to David Lipscomb (Membership and General Secretary) , 120 New Road, Croxley Green, Hertfordshire WD3 3EP Tel: 01923 448852 email: lippy@serpentine.org.uk

For 200 Plus Club (including Membership if convenient) – send to Ken Crooke (Assistant Treasurer) 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA Tel & Email – see above.

FROM: _____ Member No. _____

Telephone(s): _____ (Mob) _____ Email : _____

Address: _____

I HEREBY DECLARE 1. That I will abide by the rules of the Club

2. That the above particulars are complete and correct

ANNUAL SUBSCRIPTION 2010 £12.00.

Arrears if applicable Year(s) from 200____ £_____.

Donation to Funds £_____.

200 Plus Club ____ Shares @ £12 per Share £_____

Cheque enclosed for £_____

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

Bank Mandate

TO: _____ (Bank Name). Sort Code _____

Branch Address: _____

Please pay to Barclays Bank plc, Selsdon Branch, The Croydon Group PO BOX 95, 1 North End Croydon, Surrey CR9 1RN the sum of £_____ (_____ POUNDS ONLY) on the 10th day of _____ (Month) each year commencing 2010 until Cancelled by me, for the CREDIT of SOUTHERN COUNTIES VETERANS ATHLETIC CLUB Account Number 80037249
Please DEBIT my Account number _____ NAME (As on cheques)_____

Please complete this statement if applicable:-

PLEASE CANCEL EXISTING ORDER FOR £_____

**ANNUAL
PAYMENT**

Signature _____ Date _____

FIXTURES

INTERNATIONAL

Mar 1/6 2010 World Masters Indoor Championships - Kamloops, Canada
Closing date: 9th Jan. 2010 - Last safe posting date; 6th Jan
Jun 19/20 2010 Transatlantic Trophy - Decathlon/heptathlon match - Joplin, Missouri USA
Jul 15/24 2010 European Track & Field Championships - Nyiregyhaza, Hungary
C.D:31st May 2010 - Last safe posting date; 28th May 2010
Mar 16/20 2011 European Indoor Championships - Ghent, Belgium
May 20/22 2011 European Road Races/Walks - Thionville, France
Jul 7/17 2011 World Masters Track & Field Championships - Sacramento, USA

NATIONAL

Jan 24 2010 BMAF Indoor Pentathlon Championships - Lee Valley (incorporating EVAC and VAC champs) C.D. 7th Jan.
Mar 13 2010 BMAF Open Cross Country Championships - Stormont Estate, Belfast
Mar 27/28 2010 BMAF Indoor Track & Field Championships - Lee Valley (includes winter throws)
Apr 18 2010 BMAF Marathon Championships - Fort William (Lochaber)
May 15 2010 Sutton Park, Birmingham - BMAF Road Relays.
Jun 20 2010 BMAF 5k Road Championships - Horwich (tbc)
Jul 31/Aug 1 2010 BMAF Track & Field Championships - Birmingham (tbc)
Aug 22 2010 BMAF Half Marathon Championships - Burnham Beeches, nr Slough

NORTH

Dec 6 2009 11:00 Christmas Handicap road - Irlam

MIDLAND

Jan 24 2010 11:30 MMAC Cross Country Championships - Droitwich
Feb 7 2010 Centurion 5 mile incorporating MMAC Handicap - Kingshurst, Birmingham
Jun 13 2010 MMAC Track & Field Championships - Leicester

EAST

Jan 24 2010 EVAC Indoor Championships - Lee Valley

SOUTH

Jan 2 2010 Lauriston 5M Road - Wimbledon
Jan 16 2010 2:30 VAC CC Champs M&W - Wimbledon
Jan 24 2010 VAC Indoor Championships - Lee Valley
Feb 14 2010 SCVAC Indoor Track & Field Championships - Lee Valley
Jun 6 2010 SCVAC Track & Field Championships - Julie Rose Stadium, Ashford
Sep 5 2010 SCVAC Track & Field League Final - Julie Rose Stadium, Ashford

Mrs Derrien's Diary.....

more confessions from Carole Derrien of Jersey Spartan A.C.



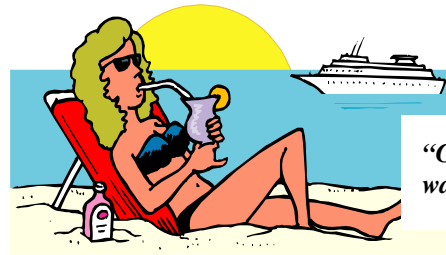
I could tell you the good news – or would you prefer the bad – who really cares? I have been for a bone scan and passed with flying colours, my bones are as good as a 40 year old – does she know I have pinched them? However, I seem to have picked up something serious

in my knee – told the Doctor that I can't use any more excuses, but what sympathy do I get from him, he spent two days in a shop window cycling a static bike (with A.N.other) – for charity, I hasten to add, and has then cycled across Ecuador! Despite this obvious inherent madness, I really will have to go and speak to him at some point but at the moment I am trying to soldier on.

Winter training – yuck – especially for throwers, we go down to the track with all the implements of torture, a sack of towels, changes of socks (marvellous how you can kid yourselves that your feet haven't turned blue and in danger of falling off) and various waterproofs etc. We then pretend we are sprinters, we are actually up to 10 x 100m sprints – OK, not sprints by your standards, more of a hobble, shifting ourselves along at what seems to us break neck speed – no wonder bits fall off. Then we pretend we are kids again, jumping into the sand pit, getting pulled muscles in the stomach area and getting loads of wet sand in our shoes. Roll on summer when we can shed the layers of clothes and like butterflies, emerge from the chrysalis, hopefully becoming the throwers we thought we ought to be. Dream on, we have to spend a lot of hours in the gym – in my case across the yard – pumping iron, or twiddling weights on cords to try and get the arm muscles back in working order, again – in my case! Oh that it would all be that simple.....

Here in Britain's South Sea Island, life goes

on – we don't get the floods because basically we live on a rock – stand up the man who said 80,000 alcoholics were clinging to it!!!



"Go away- I don't want to be rescued!"

The rain has at last arrived, we were in nearly drought conditions, the reservoirs down to puddles, but please turn the wind machine off – the gales funnel up the English Channel and never seem to stop.



Those of us that consider ourselves part of the greater picture that is Jersey Spartan A.C. are 'requested' to marshal for those people who like stripping down to basics and go out running various distances. Actually both Cat (Catarina Hallden) and

myself have in the past suffered from this complaint, and are only too happy to help – nothing like standing on a corner in a bib saying 'Marshal' in big letters and making really fatuous remarks to the suffering runners. I am sure they are used to us by now, we are a fixture, and we would not have it any other way! So then we have no excuse, other than having been drowned like the proverbial rats, from trying a little gentle cross country or at least a power walk (don't laugh – we are throwers!)

So, where are we now? Trying very hard to get ready for Kamloops – I have to confess that I have been there – and here comes the boastful bit – we stayed overnight when on the 'Rocky Mountaineer', arrived late and needed a walk, so managed quite a tour of the locality, our impression was of a quiet town, despite the obvious drug dealing going on – happened to be in the 'right' place' at the wrong time, or other way round, but the Canadians are the most hospitable people. I for one can't wait to revisit, might be with two arms this time but maybe on one leg!!

Southern Counties Veterans Athletic Club

Membership Renewal Form - 2010

**IMPORTANT! THIS FORM IS ONLY FOR EXISTING MEMBERS
TO RENEW THEIR ANNUAL SUBSCRIPTION.**

NEW MEMBERS WISHING TO JOIN SHOULD USE THE MEMBERSHIP APPLICATION FORM.

MEMBERSHIP NUMBER

TITLE

SURNAME

FORENAMES

ADDRESS

.....

.....

DATE OF BIRTH

TELEPHONE NO

E-MAIL ADDRESS

FIRST CLAIM CLUB

OTHER 2nd CLAIM CLUBS

I agree to abide by the clubs rules & regulations

Signed

Date

Annual Subscription - 2010	£12.00
Donation	£
Total Cheque enclosed for	£

Please return to:- David Lipscomb, Secretary SCVAC, 120 New Road, Croxley Green, Nr Rickmansworth, Hertfordshire. WD3 3EP

WOULD MEMBERS PLEASE BE AWARE THAT YOU ARE REQUIRED TO BE FULLY
PAID UP FOR 2010 BEFORE BEING ALLOWED TO COMPETE IN ANY BMAF
NATIONAL OR INTERNATIONAL COMPETITIONS