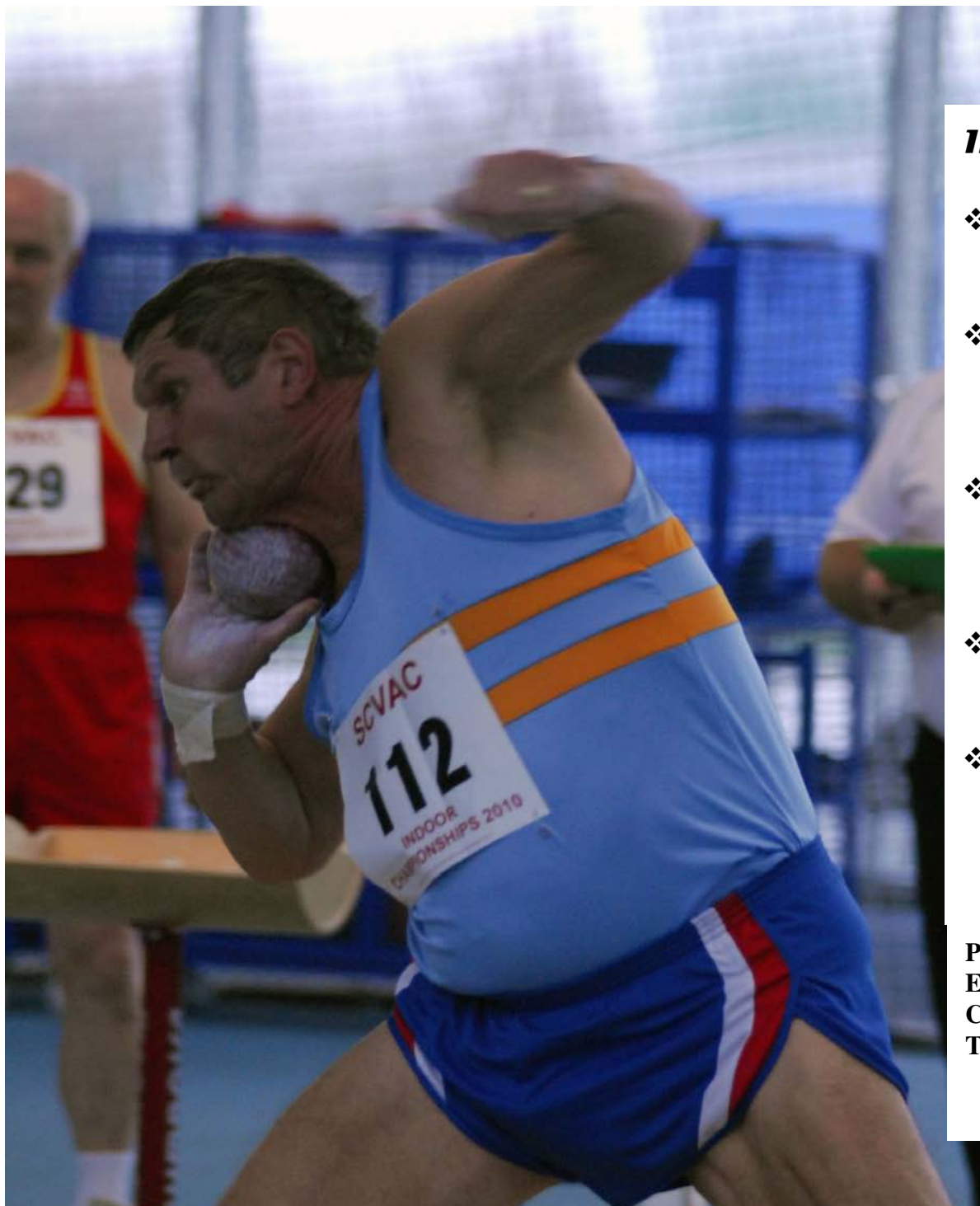


The

No 59, April 2010

SOUTHERNER

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



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champs
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**PHOTOS IN THIS
EDITION
COURTESY OF
TOM PHILLIPS.**

**Griffin launches M60 indoor
shot UK Record of 14.25m.!**



Nick Silvester (81) leads the 3k Walk from John Hall (113) & Steve Uttley (83)

SCVAC Indoor Championships, Lee Valley, February 14th 2010.



Brian Harlick (M65) pole vaulted 2.40m for gold.

Southern Counties Veterans Athletic Club Committee 2009/2010.

OFFICERS

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Officials Secretary Arthur Kimber as above

Entries Secretary Steve Connolly 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS. Swindon Harriers 01793 538245 steve.connolly@ukgateway.net

Club kit & medals- VACANCY.

WEBSITE INFORMATION:

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

Veterans website is: www.scvac.org.uk

Contributions for the September 2010 edition of The Southerner should be sent to Rosemary Champion by August 27th 2010.

Club Records. Records may be set anywhere and claims should be sent to: Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HA0 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.



From the editor:

Welcome to the April 2010 edition of "The Southerner". What a winter it has been! It certainly hasn't made training very pleasant. I hope it hasn't impacted too much on your preparations for

the summer. At our track, the throwers had to resort to the old trick of soaking their discoi & shot in buckets of hot water.

Has your club been swamped by a flood of children inspired by London 2012? Despite my own club's best efforts, local schoolchildren seem underwhelmed. Actually, there aren't enough coaches to cope with a large influx. CRB police checks have dealt the final blow to volunteering. Some masters athletes are willing to hand on their expertise, but there is always room for more!

Letter from 200 Club prize winner, Sue Lowry.

Earley, Reading, Feb 16th 2010.

Dear Ken,

Wow! What a surprise to await me on my return from a skiing holiday!

As ever, I am somewhat embarrassed to have won a 200 Club prize, let alone a 'special' one. As you know, my intention is to support The Southerner, rather than win prizes.

However, a couple of weeks ago, I finally got round to replacing an ancient pair of trainers, and so, on this occasion, I will allow myself to indulge in the treat of a gift from the SCVAC, timely as it is! Please do, though, process the enclosed balance for me as a donation to Southerner funds.

Receiving the magazine is as enjoyable as winning draws, and I appreciate all the work that others put into it- and the SCVAC in general.

Many thanks for this, and for your considerable effort on behalf of all

the members. I wish you well, and enjoyment of the Club and athletics! May 2010 be a good one for you.

Yours in sport, Sue Lowry.

ON THE ROAD with Road Running Secretary Walter Hill



Last year when I provided a short article for the news letter I stated that it would be light in the evenings

when the Southerner dropped through your letter box. Light enough I hoped for all aspiring road runners to be able to train and at the same time see what terrain their feet were running on.

I also hoped the newsletter would be delivered before the next SCVAC Road Race Fixture.

Both as expected became true.

For the future I am delighted to record that we have been invited to return to the same set of races as last year.

The first of the series of four will be the 10K which as in the past will be incorporated into the TED PEPPER on 03/05/2010, promoted by Blackheath and Bromley AC. Any problems check out their Website.

In the past we have been able to enter on the day without a problem.

For many years this race has provided:

1. A flat fast safe course of 3 laps.
2. A1 timekeeping.
3. Refreshments provided by the club.
4. Changing facilities.
5. An interesting memento.
6. Easy parking.
7. A prestigious SCVAC medal if you are in the top 3 of your race category.

This fixture will be followed by the:

· 30TH BURNHAM BEECHES HALF MARATHON. 22nd AUGUST

This race incorporates the British Masters

Athletic Federation National Champs.
Therefore, you have a unique opportunity to participate in both Championships on the same day. This race is an excellent promotion and I have no reservation in rating it as 10 out of 10.

· **THANET MARATHON. 5TH SEPTEMBER**

· **EPSOM 10 MILE. 21st NOVEMBER.**

I recommend you check the promoting clubs web site for details. Entering in the past has never been a problem.
I am hoping to introduce a system to recognise any members who participate in all four races this year. Further news to follow.



SCVAC Indoor Track & Field Championships, Feb. 14th 2010, Lee Valley.

60m M35 - Final 1 4 Mark Collins 7.28				
2	2	Leon Braithwaite	7.33	
3	5	Peter Davey	7.62	
4	6	Tomas Griffin (G)	7.64	
5	7	Justin Hundley-Appleton (G)	7.69	
6	1	Stephen Bass (G)	8.51	
M40 - Heat				
	20	Jason Carty	7.25	Q
2	30	Barrington King	7.89	Q
3	35	Gary Palmer	8.15	
M40 Heat 1				
	32	Andrew Lewis	7.40	Q
2	33	Will MacGee	7.43	Q
3	39	Julian Smith	7.74	q
4	37	Ben Redcliffe	7.82	q
5	19	Richard Buckingham (G)	8.09	
M40 FINAL 1				
	20	Jason Carty	7.30	
2	39	Julian Smith	7.72	
3	30	Barrington King	7.84	
M45 Final 1				
	47	Lincoln Campbell	7.54	
2	59	Pat Logan	7.58	
3	63	Glen Reddington	7.77	
4	54	Peter Ilo	8.10	
5	55	Glasford Jones	8.21	
M50 Final 1				
	e 73	Ricky Huskisson (G)	7.73	
2	77	Dennis Minn	8.16	
3	82	Brian Slaughter	8.20	
4	68	Roderick Davis	8.85	
M55 - Final 1				
	100	Alasdair Ross	7.99	
2	105	Ray Watkins	8.01	
3	98	Tom Phillips	8.21	

4	104	Ian Turner	9.44	
M60, M65 1				
	121	Terry Bissett	M65	8.46
2	117	Geoff Kitchener	M60	8.47
3	134	Vic Novell	M65	8.49
4	132	Charles Isetts	M65	9.01
5	109	Thomas Clinton	M60	9.36
M70,75 1				
	138	Roger Bruck	M70	9.60
2	140	Colin Field	M70	9.62
3	141	John Godbeer	M70	10.60
4	152	Colin Sheppard	M75	10.93
5	150	Roy Grubb	M75	17.66
W35 1				
	159	Kirstie Taylor	W35	8.46
2	156	Nurari Merry	W35	9.19
3	154	Penelope Barber	W35	9.65
W40,W45 1				
	168	Gaye Clark	W45	8.93
2	164	Shirley Rowbotham	W40	9.21
3	174	Amanda Rochester	W45	9.29
4	161	Alison Duke	W40	9.33
5	163	Lesley Richardson	W40	10.18
W50,W55 1				
	191	Helen Godsell	W55	8.74
2	197	Joan Trimble	W55	8.94
3	185	Christine Salvary	W50	9.59
4	181	Anne Goad	W50	9.62
5	195	Annel Nelson	W55	9.90
6	189	Fiona Argent	W55	10.47
W60, 65 1				
	200	Brenda Fee	W60	9.80
2	208	Dorothy McLennan	W65	12.87
3	202	Daphne Marler	W60	13.07
60H M35,M40,M45 1				
	32	Andrew Lewis	M40	8.50
2	5	Peter Davey	M35	8.92
3	63	Glen Reddington	M45	9.27
4	3	Kevin Byrne (G)	M35	10.26
5	18	Peter Benedickter	M40	10.78
M50,M55,M60,M65 1				
	82	Brian Slaughter	M50	9.65
2	103	Duncan Talbot	M55	11.23
3	117	Geoff Kitchener	M60	11.81
4	129	Brian Harlick	M65	13.89
200m M35 - Final 1				
	4	Mark Collins		23.57
2	6	Tomas Griffin (G)		24.92
3	1	Stephen Bass (G)		27.84
M40 Heat 1				
	22	Lance Croft (G)		26.28 Q
2	30	Barrington King		26.67 Q
3	27	Peter Godwin		26.93
M40 Heat 1				
	33	Will MacGee		23.68 Q
2	18	Peter Benedickter		25.18 Q
3	39	Julian Smith		25.45 q
4	35	Gary Palmer		25.99 q
M40 Final 1				
	18	Peter Benedickter		25.18
2	39	Julian Smith		25.61
3	35	Gary Palmer		26.49
4	30	Barrington King		26.90
M45 Final 1				
	59	Pat Logan		24.23
2	47	Lincoln Campbell		25.26
3	60	Michael May		28.75
M50 Final 1				
	73	Ricky Huskisson (G)		25.20
2	77	Dennis Minn		26.93
3	68	Roderick Davies		28.54
M55 Final 1				
	100	Alasdair Ross		25.95

2	105	Ray Watkins	26.21	M65,M70 & All women	1 167	T Burrows W45	
3	98	Tom Phillips	26.74	2.33.40			
4	106	Paul Wignall	29.48	2 124	Mike Dixon	M65	2.36.20
5	95	Robin Mumford	30.39	3 186	Carole Smith (G)	W50	2.40.78
6	104	Ian Turner	30.46	4 126	John Garber (G)	M65	2.42.67
M60	1 87	Philip Bell	M55 27.99	5 193	Sue James	W55	3.10.68
2	117	Geoff Kitchener	M60 28.15	6 153	George Hopcroft	M80	4.13.53
3	109	Thomas Clinton	M60 29.16	1500m	1 13	Chris Symonds	M35 4:27.87
M65,M70	1 121	Terry Bissett	M65 27.53	2 76	Keith McLlenan	M50	4.52.53
2	134	Vic Novell	M65 28.01	3 85	Dickie Wythe (G)	M50	4.54.12
3	132	Charles Isetts	M65 30.46	4 78	Colin Oxlade	M50	4.57.82
4	140	Colin Field	M70 33.20	5 90	Ken Daniel	M55	5.00.92
5	136	Allan Sowden	M65 34.61	6 158	Cara Oliver	W35	5.07.26
W35,W40	1 159	Kirstie Taylor	W35 28.82	7 173	Jane Pidgeon (G)	W45	5.10.06
2	166	Michele Wakefield	W40 30.19	8 114	Peter Hamilton	M60	5.19.08
3	164	Shirley Rowbotham	W40 30.86	9 124	Mike Dixon	M65	5.54.93
4	156	Nurari Merry	W35 31.41	10 146	J Taylor	M70	6.21.38
5	154	Penelope Barber	W35 33.52	11 139	Robert Carter	M70	6.53.24
W45,W50	1 187	Lynn Talbert	W50 30.05	3k Walk	M50,M55, M60	1 81	Nick Silvester
2	174	Amanda Rochester	W45 30.77	M50	13.58.35		
3	185	Christine Salvary	W50 32.92	2 113	John Hall (G)	M60	15.00.28
W55,60,65,70	1 191	Helen Godsell	W55 29.36	3 83	Steve Uttley (G)	M50	15.35.14
2	197	Joan Trimble	W55 30.79	4 102	Dave Sharpe	M55	17.37.03
4	195	Annel Nelson	W55 33.42	5 74	Gary Macdonald	M50	18.58.21
5	189	Fiona Argent	W55 35.46	6 108	David Ainsworth (G)	M60	DQ
400m	M40	1 18	Peter Benedickter M40 55.34	M65,M70,M75 All Women	1 172	Helen Middleton	16.41.92
2	22	Lance Croft (G)	M40 57.47	(G) W45			
3	27	Peter Godwin	M40 1.00.48	2 128	Peter Hannell	M65	17.14.07
M45	1 65	Jonathan Tilt	M45 54.70	3 201	Ann Lewis	W60	19.33.23
2	54	Peter Ilo	M45 58.02	4 130	Peter Howard (G)	M65	19.50.09
3	62	Keith Palmer	M45 58.02	5 199	Susan Barnett (G)	W60	19.54.36
4	60	Michael May	M45 1.07.84	6 142	Bernard Hercock (G)	M70	23.12.90
M50 - M80	1 82	Brian Slaughter	M50 58.63	3000m M&W 35-55	1 71	Bill Foster	M50
2	66	Robert Bigger (G)	M50 1.01.16	9.43.76			
3	87	Philip Bell	M55 1.06.11	2 85	Dickie Wythe (G)	M50	10.16.61
4	124	Mike Dixon	M65 1.07.15	3 76	Keith McLlenan	M50	10.16.82
5	94	Malcolm McCausland (G)	M55 1.09.17	4 86	Kevin Archer	M55	10.16.91
6	151	John Seymour	M75 1.20.66	5 78	Colin Oxlade	M50	10.21.
W35- 45	1 167	T Burrows	W45 1.06.79	6 178	Gail Duckworth (G)	W50	11.02.37
2	160	Jayne Anscombe	W40 1.07.33	7 96	Alan Newman	M55	11.09.16
3	166	Michele Wakefield	W40 1.08.89	8 93	Martin Lippitt	M55	13.40.50
4	174	Amanda Rochester	W45 1.10.70	1 12	Robert Palmer (G)	M35	9.00.69
5	168	Gaye Clark	W45 1.16.90	2 29	Ian Johnson	M40	9.23.35
W50,55	1 187	Lynn Talbert	W5 0 1.07.02	3 61	Declan McCarthy	M45	10.03.86
2	191	Helen Godsell	W55 1.10.64	4 23	Andrew Del Nevo	M40	10.29.05
3	193	Sue James	W55 1:24.88	3000m M&W 55-70	1 111	Terry Eakin (G)	
800m	M35, M40	1 16	Steven Baldock M40	M60			10:55.99
2.02.29				2 114	Peter Hamilton	M60	11.14.55
2	13	Chris Symonds	M35 2.05.63	3 137	Russell Williams	M65	12.22.44
3	25	Geoff Gallagher	M40 2.10.91	4 146	J Taylor	M70	13.26.26
4	40	Grant Stenhouse	M40 2.14.48	5 194	Anne Lippitt	W55	14.22.35
5	15	Stephen Winter	M35 2.24.04	TJ W55	1 198	Sue Yeomans	7.64
M45,M50,M55	1 65	Jonathan Tilt	M45 2.09.11	2 192	Linda Harrison		5.21
2	50	Andy Gannaway (G)	M45 2.10.85	W60	1 202	Daphne Marler	5.42
3	86	Kevin Archer	M55 2.16.48	M35	1 8	Steve Lake	11.68
4	66	Robert Bigger (G)	M50 2.16.93	2 10	Neil Lincoln		11.35
5	67	Ray Daniel (G)	M50 2.17.53	M45	1 64	Dave Shields	9.54
6	99	Fred Pidgeon (G)	M55 2.23.03	M55	1 104	Ian Turner	8.61
7	56	Paul Kent	M45 2.26.03	M60	1 117	Geoff Kitchener	8.46
8	94	Malcolm McCausland (G)	M55 2.43.05				

M65	1	123	Allan Cheers	8.98
M701	139		Robert Carter	6.51
M75	1	152	Colin Sheppard	6.27
HJ W45	1	175	Amanda Rowley-Jones	1.30
W55	1	189	Fiona Argent	1.10
M35	1	3	Kevin Byrne (G)	1.65
2	5		Peter Davey	1.60
M40	1	21	Philip Chalke	1.65
2	38		Mark Roach (G)	1.65
3	36		Robert Peers	1.40
M50	1	82	Brian Slaughter	1.50
M55	1	103	Duncan Talbot	1.55
M60	1	117	Geoff Kitchener	1.35
M65	1	123	Allan Cheers	1.25
2	131		John Howe	1.20
3	129		Brian Harlick	1.15
M70	1	138	Roger Bruck	1.20
M75	1	150	Roy Grubb	1.05
PV W40	1	161	Alison Duke	2.50
W50	1	182	Jennifer Ibbotson	2.40
PV W55	1	198	Sue Yeomans	2.60
W70	1	208	Dorothy McLennan	1.60
1	37		Ben Redcliffe	3.40
2	24		Simon Eastwood (G)	3.30
3	42		Richard Waterhouse	3.10
4	23		Andrew Del Nevo	2.50
5	36		Robert Peers	2.40
M45	1	48	Alan Easey (G)	3.00
M50	1	82	Brian Slaughter	3.10
2	75		Wayne Martin	3.10
M55	1	107	Allan Williams	3.70
M65	1	129	Brian Harlick	2.40
M75	1	150	Roy Grubb	1.40
SP W35	1	155	Sue Lawrence	10.91
W40	1	165	Camilla Thrush	11.08
W45	1	176	Julie Wilson	9.41
2	169		Wendy Dunsford	8.61
W50	1	182	Jennifer Ibbotson	10.02
2	181		Anne Goad	9.42
3	183		Lucy Moore-Fox (G)	8.74
4	184		Angela Morgan	8.11
W55	1	196	Vilma Thompson	10.78
2	190		Sue Dassie	8.56
W65	1	205	Elizabeth Sissons	9.84
M40	1	32	Andrew Lewis	12.32
2	26		David Glendower	8.15
M45	1	46	David Burrell (G)	12.09
2	57		Allan Leiper	11.78
M50	1	79	Guy Perryman	13.03
2	70		John Fenton	11.21
3	82		Brian Slaughter	10.80
M55	1	104	Ian Turner	9.33
2	101		Tim Saunders-Mullins	8.85
M60	1	112	Neil Griffin	14.25
M65	1	129	Brian Harlick	9.08
2	131		John Howe	8.98
M75	1	150	Roy Grubb	6.81
LJ M35	1	10	Neil Lincoln	5.96
2	6		Tomas Griffin (G)	5.65
3	8		Steve Lake	5.62

4	3		Kevin Byrne (G)	5.21
M40	1	31	Eldon Lake	5.77
2	37		Ben Redcliffe	5.62
3	19		Richard Buckingham (G)	5.28
4	28		Ian Hawtin (G)	4.46
M50	1	84	Trevor Wade	5.48
2	82		Brian Slaughter	5.19
3	68		Roderick Davies	4.82
M55	1	104	Ian Turner	4.14
M65	1	123	Allan Cheers	4.20
2	135		Robert Ruff	3.94
M70	1	138	Roger Bruck	3.73
2	139		Robert Carter	2.86
M75	1	152	Colin Sheppard	3.43
2	150		Roy Grubb	2.10
W40	1	161	Alison Duke	4.33
1	168		Gaye Clark	4.42
2	175		Amanda Rowley-Jones	3.82
W50	1	185	Christine Salvary	3.51
W55	1	198	Sue Yeomans	3.71
2	192		Linda Harrison	2.44
W60	1	202	Daphne Marler	2.42



Sue Yeomans is presented with her award by Jack Fitzgerald.



A plea from Steve Connolly, Entries Secretary.

A couple of times a year my postman wonders what is going on, when the volume of my mail increases substantially for a month or so at a time, as the entries for the next SCVAC event arrive.

What you can do to help both me and yourself:

- Make sure your entries envelope has the correct postage on it. If you don't it could be held up in the postal system for a few weeks. I will then get a card from the Royal Mail and this means a visit to the local mail centre (a 4 mile round trip)! If you are posting close to the closing date this could mean I don't get your entry until after the event. Envelope sizes can be deceptive so please double check as it's in your best interests.
- You will not get confirmation of receipt until your race numbers and programme are sent approximately 10 days before the event. If you want immediate acknowledgement, enclose a second sae (small size is fine) or send me an email and I will respond electronically.
- Make sure you complete the form legibly (block capitals if possible) and make sure you complete all sections. The events section is often left blank or two events are paid for and only one entered. When you give your name do include a first name (John Smith looks so much better than J Smith in the programme)
- Please make sure your cheque is signed/dated and if someone else is paying for you please put your name on the reverse of the cheque. The same applies to postal orders.
- Make sure you include a return envelope and it is the correct size (A5 21 x 15cms unless otherwise stated). The envelope should again have the correct postage. With well over 200 envelopes to send out it really is a nuisance to have to supplement postage on envelopes. It would also help if I can seal the envelope easily and not have to resort to selotape.
- Make sure your membership is up to date but please do not send it with your entry! If you try to compete on the day with a lapsed membership you will have to pay the "Guest" supplement and will only be allowed to participate as such and will not be eligible for medals.

All of these points may seem trivial but put them together and they really are a major annoyance. I really do get entries that include all the above problems.

We all make mistakes, myself included, but hopefully you can appreciate my request. The final point I would make is that the closing date is exactly that. I don't enjoy turning people away and I realise that there may be seemingly very good reasons why the entry arrives a week late but at the end of the day the date is published well in advance and it is the responsibility of the individual athlete to get their entry in by that date. Post it in good time and remember the issue over envelope size. We will then hopefully have a happy entries secretary and more importantly some very happy athletes.

From Sally Gandee, NUTS compiler, veteran women.

The 2009 UK Veteran Women's Track & Field Rankings book is now ready.

It can be obtained from Mrs Sally Gandee at 4 Westfield Road, Hertford, Herts, SG14 3DJ

The cost is £3.50 for the book (cheques payable to Mrs S Gandee please) with an A5 envelope with a 47p (large 2nd class) stamp.

"The Southerner" 200 Plus Club

Prizes Won : November 2009 to February, 2010

November, 2009: 1st £35 Share 259 John Swannell 0398, 2nd £20 173 John Exley 1145, 3rd £15 141 Peter Field 0209. **December, 2009:** 1st £35 058 John Fenton 3654, 2nd £20 151 William O'Connor 0491, 3rd £15 009 The Southerner, **Special Prize £100 059** Susan Lowry 0660. **January, 2010** 1st £35 292 Kenneth Jacobs 0937, 2nd £20 300 Yvonne Miles 0668, 3rd £15 087 The Southerner. **February, 2010** 1st 001 £35 Arthur Kimber 0132, 2nd £20 147 Ron Franklin 0004, 3rd £15 083 Carole Derrien 1139.

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.

Ken Crooke Assistant Treasurer

Remittance Advice for Cheque Payments

For 200 Plus Club (include Membership if not yet paid - £12 for 2010) – 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: _____

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 OEDER FOR £_____

ANNUAL
PAYMENT

Signature _____ Date _____

May be used for annual payments for Membership Renewals and/or 200 Plus Club shares

NOTICES



Welcome to new members.

The following individuals have joined SCVAC this year:-

Joshua Wood, Mark Thomas, Richard Weaver, Robin Mumford, Amanda Rochester, Shirley Rowbotham, John Donaghey, Stuart Lenton, Dr Andrew Agona, Anne Brenchley, Brenda Fee, Michael O'Reilly, Jacquelin Montgomery, Michaela McCallum, Glasford Jones, Jim Bennett, Kirstie Taylor, Peter Evans, Joanna Stringer, Susan Francis, Timothy Auty, Peter Warbuton, Gillian Wraight, Dennis Wraight, Martin Kelk, Grant Stirling, Jonathan Hamblen.

Congratulations to Ken Crooke,

who was recently elected to act as President of the Surrey Amateur Athletic Association for the forthcoming year.

Well done to Brian Shave of Herne Hill Harriers, who won the M75 age group in the British Masters Cross Country Championships at Stormont Estate, Belfast, Ireland. He timed 33min. 25 secs. in the event, which was held on 14th/ 15th March.

Standing Order/Direct Credits

The club is grateful to those members who pay their membership fees by Standing order or Direct Credit.

However over the last few years as membership fees have slightly increased, some Individuals Standing Orders/Direct Credits have remained the same and not been altered despite Ken Crooke writing to that those Individuals asking that they change their standing order in line with the Current Membership Fee.

At the moment there are 28 Members who are affected in this way. We will be writing or phoning AGAIN those members shortly and if you are one of these Individuals would welcome your assistance.

Would you be happy to receive your copy of The Southerner Electronically?

At a recent Committee Meeting the question of the cost of The Southerner was raised, in light of the proposed increase in postal charges.

As a Committee it was decided that we would ask all SCVAC Members to seriously consider whether they would be prepared to receive their copy of The Southerner electronically.

We realise that not all members will want to receive The Southerner in this way, but if you are willing to receive the Southerner in this format please e-mail David Lipscomb (Lippy@serpentine.org.uk). We thank you for your assistance in this respect.



SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

TRACK AND FIELD CHAMPIONSHIPS

Julie Rose Stadium, Willesborough, Ashford, Kent, TN24 OQX

Sunday June 6th 2010

**Track 100m, 200m, 400m, 800m, 1500m, 5000m, 80/100/110m hurdles, 300/400m hurdles,
2000/3000mSC, 3k walk**

Field LJ, TJ, PV, HJ, SP, DT, HT, JT

Full timetable will be in programme

SCVAC Track and Field Championships 2010 Entry Form

Sunday June 6th Closing Date Saturday May 15th

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, £3 subsequent events, guests £7/£5(no medals)

Cheque payable to SCVAC for £.....enclosed

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

Please enclose SAE, A5, 23x16cms for competition numbers, programme and map

**MEMBERSHIP SUBSCRIPTION FOR 2010 MUST BE UP TO DATE. DO NOT SEND WITH ENTRY
FORM**

Going downhill fast? - Tom Phillips fears a slippery slope.

A while back, I questioned in these pages some of the more bizarre aspects of the Olympic Games, when compared to our own ethically and morally pure, nonsense-free arm of sport. At time of writing this, it's been hard to ignore the glossy, glitzy farce that is the Winter Olympic Games. Sorry, no, it's the Olympic Winter Games now, isn't it? What's behind that name change, then? I haven't been able to discover anything at all. Which sounds better to you: World Masters Athletics Championships, or Masters World Athletics Championships?

These Winter Games seem to have brought out the worst in the world's press – and if you read widely about this, there seems to be a view that it has brought out the worst in the UK press in particular. Loading their quills with bile in practice for 2012, no doubt. And from what I can see, in truth much of the world's media has stayed at home, and has simply reported what it has seen on the telly.

And exactly what has it seen on the telly? A



fantastic lack of variety for a start. The BBC has played it safe, and clearly only bid for broadcasting rights only for the sports in which Team GB has medalled before – even if, as in the case of figure

skating and ice dancing, up to 30 years before. Even to a hardened sport-watcher like me, the lack of variety was staggering. Do the viewers really feel their licence fee is well spent when it goes on coverage of every jump of every round of ski jumping, every anonymous, lycra-clad descent of an athlete on a carbon fibre tea-tray, and so on? OK, ski-cross was fun, in the way that “Jeux sans Frontières” used to be fun on the TV in the 1970's, and it was refreshingly free of BBC jingoism. But did we need so much curling, if it came at the expense of proper coverage of anything but the last few seconds of the occasional cross-country ski race, or completely token reportage of speed skating?

I raised these issues with the BBC a number of years ago. At the time, I was a reasonably good cross-country skier, and dismayed at the scant BBC coverage of my sport. “Our audience research has failed to show a significant UK market for coverage of cross-country skiing” was the reply. A better example of a self-fulfilling prophesy you would be hard pressed to find. Reminds me a bit of when my local sports shop once told me “You'd be amazed how many people we have to tell – there's no demand for running spikes”.

My regular readers will now be ahead of me – he's going to make a parallel with the lack of TV coverage of Masters athletics, isn't he? Well, actually not, or at least not straight away. Nor am I going to examine why our own sport has a programme of races in all of which athletes run facing forwards, when the Winter Olympians have skeleton bob and the luge. What it made me think about was how TV used the canvas of what we used to be able to call the Winter Olympics to dumb sport down even further.

I've spent enough time on or near ski slopes to know that doing “Moguls” is at best an occasional sideshow. How then does it become an Olympic sport? Am I being too cynical to suggest that because it is short and compact, and thus relatively easy to cover with a few cameras, someone saw it as a “natural” for TV? Is the fact that there are no 500m speed skating arenas in the UK a reason not to cover a graceful, fast and exciting event? Would the BBC give up coverage of F1 Grand Prix motor-racing if Britain lost its own Grand Prix? Why does the media continue to portray cross country skiing as skiing for those incapable of doing downhill, when the reality is that its top sports men and women number amongst the finest, fittest athletes in the world, by any standard you can name? I have mused on these



and several other conundrums lately, before even getting to the regular debates about “is ice-dancing

really a sport?”, “Does Paul Dickenson have to

tell us the age of every competitor?" and "What on earth is the doubles luge competition about?"

But did I reach any conclusion? Well, yes. I concluded from all of this that the likes of Masters athletics should give up now any vestiges of hope that might still remain that we will ever achieve worthwhile coverage of our sport in the "mainstream" media (press, TV, radio, web sites of large media bodies). It's no longer just that we're too old, not sponsored by the big money, insufficiently gullible, etc. We're no longer "media friendly" in the modern sense. Our media future lies on-line, with hosts like YouTube. If you doubt this, and have not seen the wide range of video from Ancona, Lahti and Sydney last year on YouTube, you should.

My conclusions conveniently dovetail with some issues I am looking at in my (real) working life, and social media is/are a theme I will return to at a future opportunity.

**SCVAC CROSS COUNTRY
CHAMPIONSHIPS 20/12/09
REIGATE PRIORY PARK
Report by Ann Bath, Cross
Country Secretary.**

Once again we were delighted to host these within the Holly Run, so many thanks to Reigate Priory A C for letting us use their race. As usual it was impeccably organised and we were greeted with freezing temperatures, about 3-4 inches of soft snow but wonderful sunny weather! Due to so many people enjoying the conditions and sledging down our normal start, the organisers altered the course but it still had the traditional hills of course! It meant that the distances were a bit shorter than those advertised, but I'm sure everyone found it a bit slower in the snow anyway! So armed with trail shoes or spikes it made for lovely conditions to run in.

Many thanks for Robert Murkin for providing the tent and we all enjoyed cakes and mulled wine to warm us up – it is surprising how quickly you get cold after running hard! Then the medal ceremony and nearly everyone stayed for it. It was good to see a better turn-out than last year and great to catch up with everyone. It was appreciated, considering the weather conditions, that many made long journeys to

take part, so well done.

I was delighted that in the results section of Athletics Weekly they printed everyone, not just the first in each age group! If anyone would like a copy of their name in lights please ring me 0208 398 2775.

MEN 6 miles

M40 1. Tim Sutton

Invicta East Kent 35.11

2. Andy Del Nevo Croydon Harriers
38.50

M501. Colin Oxlade Croydon Harriers 36.30

M551. Walter Hill Crawley A C 38.12

2. Steve Connolly Swindon Harriers 38.56

M601. Geoff Newton Tadworth A C 38.42

M651. Dave Newlands SLH
41.37

2. James Fitsmaurice Sevenoaks
46.47

WOMEN 3 miles

W451. Julia Austin Vale of Aylesbury 17.44

2. Vicky Talbot Rosner Invicta East Kent 19.59

3. Karen Samuel Kent A C 24.47

W501. Annette Morris Reigate Priory A C
20.05

W601. Ann Bath 26.2RRC 23.15

2. Jane Dicker Hastings A C 24.14.



**BARRIE STRANGE
MEMORIAL THROWS
COMPETITION**



SATURDAY 29TH MAY 2010

COMMENCING AT 10:00AM

HORSPATH ROAD ATHLETICS TRACK

HAMMER, DISCUS, SHOT, JAVELIN

All events 6 throws

U15, U17 - £7.00 for three throws or £3.00 per event

U20, Senior Vets - £10 for four throws or £3.00 per event.

Medals to top 3 in each age group

CLOSING DATE FOR ENTRIES 22ND MAY 2010

NO LATE ENTRIES ACCEPTED

ENTRIES TO

Barry Symonds

54 Ringwood Road, Headington, Oxford, OX3 8JA

Queries to : barry.symonds@virgin.net

Name : Male / Female

Email :

Club :

Date of Birth Age Group

Events Entered : Hammer.....Discus.....Shot.....Javelin.....

Please make cheques payable to OCAC

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:- Tom Richards, 59 Dinsmore Road, London, SW12 9PT

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

**BLACKHEATH AND BROMLEY HARRIERS AC
PRESENT
THE TED PEPPER
MEMORIAL ROAD RACE
AN OPEN ROAD RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS
UNDER UK ATHLETICS RULES**

MONDAY 3 MAY 2010, 11.00AM START

**UKA LICENCE NO: 2010-100543
COURSE MEASUREMENT
CERTIFICATE NO: SEAA 02/036r**

Venue: Langley Park Boys School
South Eden Park Road, Beckenham, Kent
Course: 3 laps, accurately measured and almost flat.

Awards: Winner: **TED PEPPER MEMORIAL TROPHY**

MEMENTO ALL FINISHERS

Prizes: 1st, 2nd & 3rd Man and Woman

Individual Vet Prizes according to entry

SCVAC, individual medals in 5year age groups

Fee: £7.00 BAF Affiliated Clubs, £9.00 Non Affiliated, Additional £1 SCVAC Members, £10.00 Late
Entries, including on the day (on the day also accepted for SCVAC)
Cheques payable to "Blackheath and Bromley Harriers AC", enclosing
Entry Form and large (A5) SAE for acceptance and details to:
Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent
(E-mail: andy.tucker@chartisinsurance.com)

Closing Date: For postal entries Monday 26 April 2010 or race limit of 250

ENTRY FORM – BLOCK CAPITALS PLEASE – PHOTOCOPIES & STANDARD ENTRY FORM ACCEPTED

Surname: Forename: Male/Female

Address:

Postcode:

Affiliated club, if any:

Member of SCVAC entering Club Championships: Yes/No Membership No, if known:

Date of Birth:

Age on 3 May 2010 (minimum 15 years old):

Telephone No. (including STD code):

I certify that I will not take part in the race unless I am medically fit to run and I will in no way hold the Organisers responsible for any injury, illness, accident, loss or damage resulting from my participating in the event. I will abide by UKA rules governing this event.

Signature:

Date:

Fee: £7.00 Affiliated

£9.00 Non-Affil.

£10.00 Late Entry

Add £1.00 SCVAC Cheques: "Blackheath and Bromley Harriers AC"

Entries to: Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent, BR2 7QQ

PLEASE DON'T FORGET YOUR FEE & LARGE (A5) SAE

Official Use Only
RACE NO.

**BLACKHEATH AND BROMLEY HARRIERS AC
PRESENT**

THE TED PEPPER MEMORIAL ROAD RACE

**AN OPEN ROAD RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS
UNDER UK ATHLETICS RULES
MONDAY 3 MAY 2010, 11.00AM START
COURSE MEASUREMENT CERTIFICATE NO: SEAA 02/036r
UKA LICENCE NO: 2010-100543**

Venue: Langley Park Boys School
Hawksbrook Lane, South Eden Park Road, Beckenham, Kent, BR3 3BP

The race recalls Ted Pepper, a Blackheath Harrier (as we were previously called) who died in the 1978 Three Peaks race in North Yorkshire, having represented his club with distinction on the road, track and cross country.

The race is directed under UK Athletics rules. Referee: Richard Coles

Course records:

- Men: 30.37
- Women: 34.45

Number allocated: Your number will either be sent to you prior to the race or can be collected on the day. SCVAC members only will have age-group numbers on their backs.

Travel:

By Road – Note: Car access to the school is only available from South Eden Park Road.

- From West Wickham Station, take Station Road, Beckenham Road to South Eden Park Road
- From Westerham/Biggin Hill, A233 to Keston Mark, turn left onto A232 to West Wickham.
- From Bromley or Beckenham to Chinese Garage.
- From Croydon, A232 East to West Wickham.
- From Orpington, A232 West to West Wickham
- From M25, Junction 4 (A21) to Farnborough, then west onto the A232 to West Wickham.

Parking: There is limited parking available within the school grounds although this will limit access/egress during the race. Additional street parking is available in surrounding streets but please do not park on the route.

By Train:

Hourly from London Charing Cross on the Hayes Line to Eden Park Station.

Changing: Changing, toilets and showers are provide by kind permission of Langley park School for Boys. Langley Park Boys School are in the process of undertaking a massive rebuilding programme of their main school buildings so there is the possibility of some disruption on race day. The following extract from the schools website gives an indication as the extent of their rebuilding project:

‘In broad terms, the phases of the project are as follows: Phase I, construction of the new main building, will take place between April 2010 and Autumn 2011. Phase II, demolition of most of the old buildings, refurbishment of the Phythian and Raeburn buildings, and construction of the new Sports Hall will take place between Spring and Summer 2012. Phase III, demolition of the last of the old buildings and completion of the landscaping works, will take place in Autumn 2012. It may seem early but planning is already under way to ensure the handover of the buildings to the School is as smooth and co-ordinated as possible and, again, that impact on students’ education is minimised.’

Whilst we will do everything we can to ensure this has the minimum of effect on the facilities available, we cannot guarantee that the regular changing, showering and refreshment facilities will be available. The reconstruction work should have no effect on the course so will not effect the chance to run that PB time you want to achieve....

Further details of the schools rebuild programme can be found at their website:

<http://www.lpbs.org.uk/index.phtml?d=85932>

The Start: is at 11.00 AM in Hawksbrook Lane (see map), 2-3 minutes walk from the school. Please be there, ready by 10.50 so that the starting section of the lane is clear.

The Course: Road 10km: 3 laps (see the map), almost flat, marshalls, mile markers, water station at the 2m/4.25m and finish.

- Start in Hawksbrook Lane running back towards St Dunstons Lane
- Along St Dunstons Lane.
- Turn left into Wickham Way. Please be careful of traffic.
- At the end of Wickham way, past Mile markers 1, 3 and 5, turn left into Hayes Way.
- Turn left again at the Chinese Garage roundabout into South Eden Park Road.
- Along South Eden Park Road, staying on the left hand pavement.
- Turn left back into Hawksbrook lane past Mile markers 2, 4 and 6.
- Continue along Hawksbrook lane and rejoin the course at St Dunstons Lane.
- On the final lap runners turn left at the water station to finish at the school.

Awards: Prize presentation will take place at 1 PM at the school

- Winner: Edward Pepper Memorial trophy (Perpetual Trophy)
- Prize categories: Overall/Vets – M & F
- Note; No runner will receive more than one such prize
- SCVAC Members only: Individual medals in 5 year age groups.

PLUS: MEMENTO TO ALL FINISHERS

Results: Displayed on Race day and available afterwards on the Blackheath & Bromley Harriers AC website at www.bandbhac.org.uk.

Water: The water station is situated at the 2m/4.25m and finish.

Refreshments will be available at the school.

Baggage: can be left within the main registration area at your own risk. Blackheath & Bromley Harriers AC and Langley park School for Boys cannot accept any responsibility for any items left.

SAFETY

We hope that you have an enjoyable race and wish to remind you that your safety is paramount. The course includes roads with traffic – please take care and keep to the side of the road. Please ensure that you obey all race officials instructions – they are there for your safety. Please do not wear earphones at any time during the race. Dogs are not permitted to take part in the race. The course is not suitable for wheelchairs.

Race Director

For enquires and any comments on the race please contact the race director:

Andy Tucker, 78 Constance Crescent, Hayes, Bromley, Kent, BR2 7QQ.

E-mail: andy.tucker@chartisinsurance.com

MRS DERRIEN'S DIARY: ***by Carole Derrien, Jersey*** ***Spartan A.C.***



Despite all good intentions to get a lot of quality training in, it was the weather that conspired against us this winter, although a 3 week stay in England over the Christmas period didn't help my own case – that is an excuse, not a reason! I came

back to the Island ready to go, a lot of niggles had enjoyed the warmth and good food that go along with the season and I could not find any reasonable cause for not getting stuck in. I put the heater on in the weights room a whole hour before we used it, put all my layers of clothes on the radiators before going to the track – even turned the car seat heater to maximum so that I was thoroughly warmed through by the time I got there. It was all cosmetic and eventually the bitter winds found a way to get one frozen half way through a session – so many times we resolved to become runners or jumpers, anything but throwing cold steel around – we must be mad. Worse was to happen – it snowed in Jersey – what happened to Britain's South Sea Island? It is such a rare occurrence that a dusting of the white stuff brings the Island to a standstill, schools close, buses don't run, offices close early – we just can't cope with it. We thought positive thoughts, we are being acclimatised for Kamloops, but remembered that the nice man on the promotion stand had told us that the golf courses open on March 1st in B.C.

The weekend before going to Canada I had to go back to London for the wedding of the century, my beloved son was at last getting married, much to the delight of his three children, the girls, Sophia and Grace, were bridesmaids and James was the ring bearer, Granny scrubbed up

well too, forsaking her trainers and lycra for stilettos and a fascinator. It was a wonderful occasion, a truly great family day – worth the



wait.

A full emergency landing at Jersey

Airport literally brought me down to earth – didn't know the Island possessed that many fire engines and ambulances, and it was a three day wash and brush up before returning to London for the flight to Canada. All was uneventful until we realised that our luggage was being left behind in Calgary, the small plane was overloaded en route Kamloops, but when we saw the proximity of the beautiful snow clad Rockies, we were glad we weren't over weight. Provision of an emergency over-night bag made us feel a lot better, the reception at Kamloops was the best ever and before we knew, we were whisked away to the University to register, not that our jet-lagged brains were functioning! Duly deposited at our hotel, we snacked at Denny's and rolled thankfully into bed. My Dad always told me that 'it will all look better in the morning', and indeed it did, a call from reception to tell us that our cases had arrived, they had been trucked overnight from Calgary; a wholesome breakfast back in the on-site Denny's and we were ready to take on the world. Once the competition started, it seemed that we were always on the go, the throws were in a dip running alongside the campus hall that accommodated the 200 metre track, which didn't tempt the indoor competitors to come

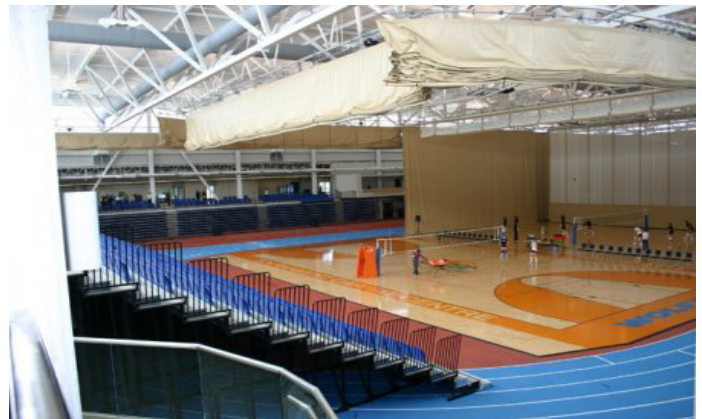


outside and cheer us on, so as usual, we tried to support each other, a theme that was to run through all the teams. The Canadians won the cheering stakes, they

turned out in force to support their own, bless! The throwers did well, I lacked competition in my Discus but had to make 'whatever' standard to get 'whatever' medal – Camilla told me to beat all the younger group who were competing along side, and this did the trick, I picked off all but one, so didn't have to 'just turn up' to get a Gold, as was suggested to me!! With my usual luck I picked up a cold, which a friendly official said would only last a day in Canada – he lied to me, but seriously, the officials were wonderful, right on top of their game, so full of fun and support for us all. Well done the Field Crews – you were marvellous, spending hours out in the cold and never once losing your smiles.

The last day relay teams were probably not as competitive as the GB Team would have liked, but Team Manager, John Hall, cooked all the books and managed to field the impossible – Half Marathons runners, walkers, throwers – basically, if you were still breathing – you were in! Who will ever forget the new, slimline, Wendy Dunsford running 200 metres and complaining her arms hurt – not her legs or lungs, and Linda Harrison, so worried that she would let people down, turning in such a respectable time. I didn't have much voice when I arrived and lost what was left of it, we were the official and very noisy, cheer leaders, I mean, Bill Gentleman running with the younger guys – we had plenty to be shouting about.

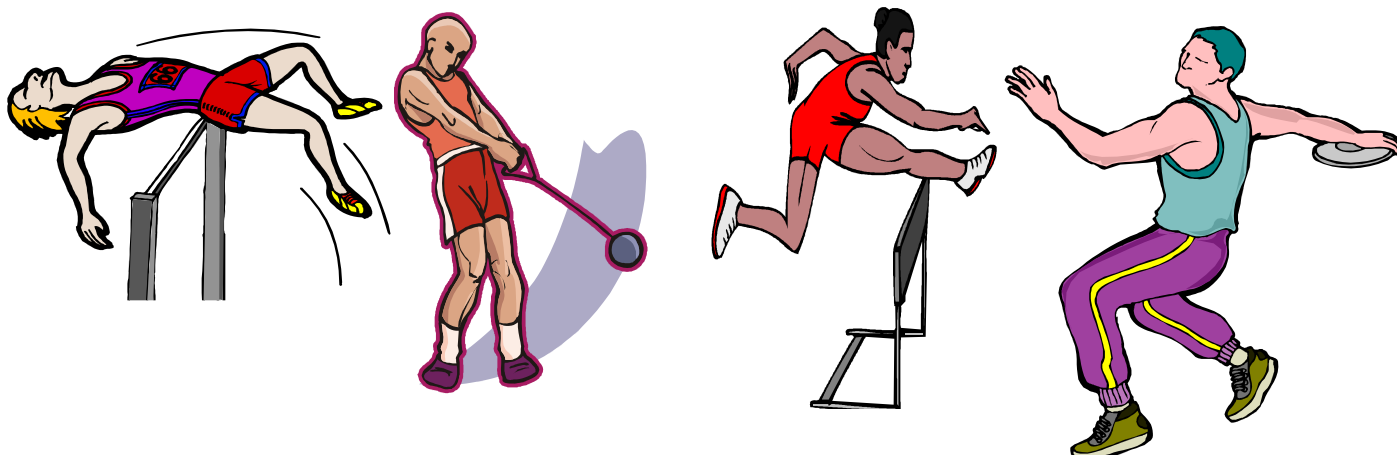
It might have been a small team that went to Kamloops, but we were treated like royalty, the locals were so welcoming, as those who went to the Ice Hockey will know. Even staff, in the local shops, were interested to know where we came from, and most had distant relatives from Europe. For myself, I met up again with my 'best' friend Peggy from Canada – we met in Lahti – and resumed our chatter as if it were yesterday, exchanging 'wedding photos' of our children, and generally ending up in stitches over triviality - Camilla gave her a London 2012 pin and you would have thought it was the Crown Jewels – we are so blessed to meet so many lovely people and able to share so much. Roll on Sacramento when we should all meet up again!



Some views of Kamloops Stadium



FIXTURES 2010



INTERNATIONAL

Jun 19/20 2010 Transatlantic Trophy - Decathlon/heptathlon match - Joplin, Missouri USA

Jul 15/24 2010 European Track & Field Championships - Nyiregyhaza, Hungary

CLOSING DATE FOR ENTRIES 17th MAY 2010 - Last safe posting date; 14th May 2010

NO LATE ENTRIES WILL BE ALLOWED.

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

Apr 18 2010 BMAF Marathon Championships - Fort William (Lochaber)

May 15 2010 BMAF Road Relays - Sutton Park, Birmingham

May 23 2010 BMAF Pentathlon + 10k Track Run & Walk Champs - Oxford

CLOSING DATE IS MAY 8th

Jun 20 2010 BMAF 5k Road Championships - Horwich (TBC)

Jun 20 2010 BMAF Weight Pentathlon - Milton Keynes

CLOSING DATE IS JUNE 12th

Jul 3/4 2010 BMAF Track & Field Championships - Cardiff

Aug 22 2010 BMAF Half Marathon Championships - Burnham Beeches, nr Slough

Sep 11/12 2010 BMAF Decathlon/Heptathlon Championships - Oxford

Sep 12 2010 BMAF 10k Road Championships - Wolverhampton (Goodrich)

Oct 3 2010 BMAF 10 Mile Championships - Oldbury Power Station, Bristol

ALL ROAD RUNNING CHAMPIONSHIP ENTRIES CLOSE AT LEAST SEVEN DAYS BEFORE THE EVENT.

SOUTH

Jun 6 2010 SCVAC Track & Field Championships - Julie Rose Stadium, Ashford

Sep 5 2010 SCVAC Track & Field League Final - Julie Rose Stadium, Ashford

For further details and entry forms, please visit www.bvaf.org.uk

CLUB RECORDS

<u>HIGH JUMP</u>				<u>POLE VAULT</u>				<u>LONG JUMP</u>				<u>TRIPLE JUMP</u>			
W35	J. Brown	1.72	94	M. Newton	3.00	01	J. Brown	5.35	94	J. Brown	11.36	94			
W40	C. Drewry	1.55	86	S. Yeomans	2.72		J. Wills	5.35	91	M. Austin	10.43	07			
W45	J. Hulls	1.4	87	S. Yeomans	2.82	02	E. McMahon	4.86	98	P. Oakes	10.18	94			
	I. Marti	1.4	90												
W50	J. Charles	1.26	92	S. Yeomans	2.91	03	E. McMahon	4.66	00	P. Oakes	9.39	96			
	E. McMahon	1.26	00												
W55	E. McMahon	1.25	05	D. McLennan	2.10	94	C. Graham	4.10	92	P. Oakes	9.03	01			
W60	J. Charles	1.21	01	D. McLennan	2.10	97	C. Graham	3.99	96	C. Graham	8.48	96			
	J. Charles	1.21	02												
W65															
W70										M. Williams	5.23	88			
W75															
W80															
M35															
M40	M. James	1.8	88	N. Phipps	3.80	92	M. James	7.15	90	B. Hull	13.84	91			
M45	E. de Andre	1.65	88	M. Edwards	3.60	89	A. Treacher	6.05	86	J. Vernon	12.37	91			
	G. Long	1.65	90												
M50	D. Talbot	1.61	04	J. Howe	3.20	92	F. Taylor	5.95	86	M. James	11.95	01			
M55	D. Talbot	1.57	09	A. Woods	3.39	86	R. Ruff	5.19	97	T. Chapman	10.64	93			
M60	A. Woods	1.40	90	A. Woods	3.30	89	A. Kalirai	5.11	88	L. Williams	10.58	86			
				A. Woods	3.30	90	A. Lovett	4.58	87						
M65	L. Williams	1.35	91	A. Woods	3.10	95	A. Kalirai	4.66	92	A. Kalirai	9.66	94			
M70	R. Grubb	1.24	05	A. Woods	2.70	98	A Lovett	4.52	88	A. Kalirai	9.31	98			
M75	S. McSweeney	1.18	87	A. Woods	2.20	03	A. Kalirai	3.52	03	A. Kalirai	8.17	03			
M80	J. Searle	1.05	85				K. Crooke	1.91	08						
	J. Searle	1.05	88												
<u>SHOT</u>				<u>DISCUS</u>				<u>HAMMER</u>				<u>JAVELIN</u>			
W35	J.Kerr	13.48	85	J. Kerr	40.72	85	E. Augee	51.5	01	V. Thompson	34.06	90			
W40	J. Kerr	13.04	87	J. Wright	44.86	97	J. Davison	50.11	04	A. Goad	28.75	01			
W45	J. Kerr	11.50	91	J. Wright	34.29	01	P. McNab	40.84	90	D. Morris	32.14	90			
W50	E. Williams	12.13	92	G. Bird	38.10	07	R. Alexander	39.04	97	C. Graham	34.46	89			
W55	E. Williams	13.22	93	E. Williams	31.04	97	E. Williams	45.02	94	E. Williams	39.52	97			
W60	E. Williams	12.13	98	E. Williams	30.45	98	E. Williams	43.90	99	E. Williams	36.06	98			
W65	J. Ogden	9.08	92	J. Ogden	18.26	92	J. Ogden	29.52	92	J. Ogden	32.30	92			
W70	M. Williams	7.01	87	M. Grant-Stevens	16.21	05									
W75	M. Grant-Stevens	6.37	07							M. Williams	9.86	92			
W80															
M35															
M40	M. Fenton	14.62	96	C. Ellis	46.86	86	M. Fenton	61.35	98	K. Turnbull	60.22	89			
M45	M. Small	14.03	02	C. Ellis	48.44	87	M. Fenton	62.13	02	K. Turnbull	58.14	93			
M50	M. Small	15.45	04	M. Small	48.30	04	D. Bayes	52.56	86	R. Bartlett	53.78	91			
M55	G. Hickey	12.57	89	I. Briggs	41.30	85	D. Bayes	50.98	91	R. Bartlett	50.48	95			
M60	A. Woods	11.87	89	I. Briggs	41.82	92	P. McAvoy	39.58	92	V. Adcock	40.83	01			
M65	J. Hanus	11.12	95	I. Briggs	41.08	93	P. Barber	44.94	99	C. Brand	41.20	3			
M70	J. Hanus	10.70	01	J. Hanus	38.38	00	P. Barber	43.82	03	B. Metcalfe	24.50	89			
M75	J. Hanus	9.74	05	J. Hanus	31.73	05	J. Hanus	36.03	05	A. Rawlinson	24.22	92			
M80	W. Baker	7.04	86	I. Briggs	20.24	09				B. Baker	23.14	88			
<u>100m</u>				<u>200m</u>				<u>400m</u>				<u>800m</u>			
W35	A. Mullinger	12.7	93	S. Woodman	26.10	89	J. Bigos	59.03	89	J. Bigos	2:15.50	89			
W40	J. Vernon	12.76	86	B. Blurton	26.5	92	B. Blurton	58.38	91	B. Blurton	2:19.9	88			
	R. Allcock	12.7	87												
W45	H. Godsell	12.86	00	V. Bonner	26.1	97	E. Roe	61.75	00	B. Blurton	2:16.22	96			
W50	V. Parsons	13.30	96	V. Bonner	26.6	99	E. Roe	61.44	02	J. Hulls	2:30.2	92			
W55	V. Parsons	13.58	02	V. Parsons	28.66	01	P. Oakes	81.3	01	P. Jones	2:49.63	90			
W60	V. Parsons	14.13	07	V. Parsons	29.79	07	J. Ogden	76.1	88	J. Ross	2:57.2	90			
W65	J. Ogden	14.84	92	J. Ogden	31.34	92									
W70	M. Williams	19.2	86	J. Waller	41.95	92									
W75	M. Williams	20.7	90												
W80															
M35	D. Scott	10.77	06	D. Scott	21.15	08	D. Scott	49.35	08						
M40	D. Scott	11.0	09	D. Scott	22.22	09	R. Bush	50.0	87	P. Browne	1:51.25	91			
	A. Ross	11.19	95												
M45	J. Browne	11.0	01	A. Ross	23.14	97	D. Elderfield	50.23	01	A. Kimber	2:00.85	82			
M50	W. Franklyn	11.60	02	W. Franklyn	23.70	02	D. Elderfield	52.21	07	B. Bartholomew	2:04.1	87			
M55	C. Williams	11.62	87	W. Franklyn	24.38	07	C. Williams	53.98	87	D. Thomas	2:11.0	85			
M60	C. Williams	12.7	91	C. Williams	25.5	91	A. Kimber	63.4	97	J. Charman	2:17.99	89			
							T. Bissett	63.50	07						

<u>1500m</u>			<u>5000m</u>			<u>10000m</u>			<u>SPRINT HURDLES</u>		
W35	S. Young	4:33.14	91	S. Young	16:53.01	91	A. Fletcher	35:43.9	97	J. Vernon	14.7 85
W40	M. Statham	4:53.0	93	A. Fletcher	17:05.76	02	A. Fletcher	35:10.3	02	J. Vernon	11.78 86
W45	D. Farnham	4:52.33	02	M. Govender	19:05.15	91	M. Govender	39:10.5	91	P. McNab	12.65 89
W50	J. Smith	4:58.74	92	J. Smith	18:51.3	92	P. Jones	45:17.1	90	J. Hulls	14.04 91
W55	P. Jones	5:39.4	92	P. Fletcher	20:27.63	87	P. Fletcher	42:12.8	88	E. McMahon	13.52 04
W60	J. Ross	5:51.6	91	J. Ross	21:02.3	89	J. Ross	43:01.1	89	E. McMahon	13.61 05
W65	J. Ross	6:10.2	93	J. Ross	21:57.1	93	J. Waller	46:52.2	89		
W70	J. Waller	6:55.8	92	J. Waller	23:21.1	92	J. Waller	48:33.8	92		
W75											
W80											
M35											
M40	C. Thomas	3:59.88	89	B. Foster	14:40.9	98	B. Foster	30:14.47	98	M. Coker	14.9 98
M45	P. Molloy	4:02.4	94	M. Duff	15:20.82	89	M. Duff	31:55.0	89	B. Ferguson	16.1 90
M50	B. Bartholomew	4:14.2	87	J. Dear	16:11.0	92	L. Presland	31:59.6	89	B. Ferguson	14.58 94
M55	L. O'Hara	4:24.8	85	L. Foster	16:25.6	85	E. Richardson	34:13.7	90	B. Ferguson	15.18 97
M60	L. O'Hara	4:42.3	93	L. O'Hara	17:10.9	92	G. Brindley	37:01.0	86	G. Daborn	16.61 92
										G. Daborn	16.6 94
M65	E. O'Bree	5:00.28	86	S. Charlton	17:52.7	91	S. Charlton	37:39.3	90	L. Williams	17.9 87
M70	E. O'Bree	5:30.5	90	L. Jones	20:52.0	85	R. Hale	44:15.1	97	L. Williams	14.73 92
M75	D. Adie	6:06.9	03	J. Cleverly	23:07.4	92	L. Jones	47:13.88	91	R. Evans	20.2 87
M80	W. Chapman	7:39.5	89	W. Chapman	27:24.41	87	W. Chapman	57:22.25	89		

<u>400/300m Hurdles</u>			<u>3000/2000m Steeplechase</u>			<u>3000m Walk</u>			<u>5000m Walk</u>		
W35	S. Staples	66.96	00			G. Cann	19:37.5		J. Bleach	29:34.4	86
W40	J. Farry	67.8	85			C. Bean	15:58	87	S. Brown	25:01.0	92
	S. Stagles	67.8	03								
W45	S. Stagles	68.8	07			C. Bean	15:53.2	89	A. Lewis	27:02.3	96
W50	J. Hulls	50.29	89			A. Lewis	15:57.7	98	A. Lewis	27:09.1	98
W55	E. McMahon	51.94	05			A. Lewis	16:55.28	04	A. Lewis	29:10.0	03
W60						I. Hazle	21:03.0	86			
W65									I. Hazle	34:37.0	90
W70											
W75											
W80											
M35											
M40	M. Coker	54.57	98	M. Dixon	09:31.6	85	P. Hannell	13:16.1	85	P. Hannell	22:38.4 85
M45	M. Coker	56.29	02	M. Dixon	09:53.2	89	D. Stevens	12:54.1	85	D. Stevens	22:25.0 85
M50				J. Lowden	10:41.40	07	D. Stevens	13:23.6	87	D. Stevens	23:28.4 87
M55	A. Roker	62.91	05	J. Wood	12:36.9	88	D. Stevens	13:57.4	91	D. Stevens	23:08.1 91
M60	G. Daborn	47.6	93	G. Brindley	7:46.2		D. Fotheringham	15:31	90	D. Fotheringham	26:23.0 90
M65	L. Williams	50.85	87	G. Brindley	8:18.49		H. Jaquest	18:37.6	92	H. Jaquest	32:29.1 90
M70	L. Williams	55.77	92				C. Megnin	17:08.7	86	C. Megnin	28:06.3 86
M75	R. Evans	74.0	87								
M80											

<u>PENTATHLON</u>			<u>HEPTATHLON</u>		
W35					
W40			P. Oakes	4057	86
W45	J. Charles	3119	90	J. Charles	4131 90
W50	J. Charles	3253	92	J. Charles	4213 92
W55	J. Charles	3174	98	E. Williams	5388 95
W60	J. Charles	3714	02	J. Charles	4596 02
W65	K. Koppel	3582	01	K. Koppel	4516 01
W70					
W75					
W80					

<u>DECATHLON</u>					
M35					
M40	B. Slaughter	3384	00	B. Slaughter	6166 00
M45	B. Slaughter	3505	02	B. Slaughter	6659 06
M50	B. Slaughter	3649	08	B. Slaughter	7096 07
M55					
M60					
M65			D. Haines	6051	06
M70					
M75					
M80	K. Croke	1063	8		

Corrections and additions to

jeannecoker@yahoo.co.uk

More photos from Tom Phillips of the SCVAC INDOOR CHAMPIONSHIPS AT LEE VALLEY ON FEBRUARY 14TH.



Clockwise from top left: Andy Garraway(50) Jon Tilt(65) Kevin Archer(86) Dick Wythe(85) Vic Novell(134) Barrington King(30) Lance Croft(22) Peter Godwin(27)



*LEFT:
Mike Dixon
winning the M65
400m*

*BELOW:
John Garber
(guest) in the M65
800m*

