

The

No. 63 Sept. 2011

SOUTHERNER

**THE MAGAZINE OF THE SOUTHERN COUNTIES
VETERANS ATHLETICS CLUB**

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PAT GREEN : 1930-2011:

By Arthur Kimber.

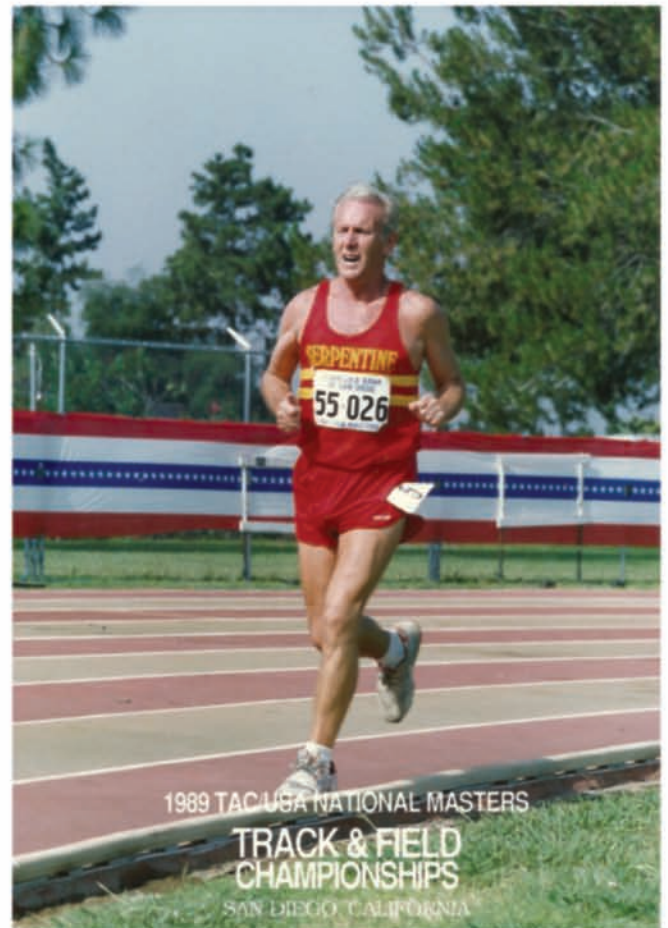
Pat Green, a stalwart of SCVAC, died on August 15th. As a pupil at Hendon County Grammar School he was keen on sport and became a good footballer and on leaving school in 1946 he took up employment in insurance with Legal and General. The company had a thriving sports club with up to eight football teams at some times, and at the tender age of 16 Pat was recruited straight into the first team, and continued to play, later in the veterans' team, until the age of 57. He became captain of the company's sports club, holding the post for 25 years, playing football and cricket, and organising many fixtures, including some tours abroad, football tours to Europe and a cricket tour to South Africa.

Pat also took up athletics, joining Serpentine and, as a veteran, SCVAC. He tried sprinting and was quite fast, but settled into distance running for most of his races. He competed on the road and track, running a total of 16 marathons at various venues around the world, including London and New York, and in many WMA and EVAA championships as far afield as Canada, USA and Japan.

After his retirement from Legal and General in 1988 he had more time for his running and took up athletics administration, becoming a member of the SCVAC committee, and in the 1990s the track and field secretary and so organiser of the newly created evening league. He was still busy at the same time travelling to regional, national and international masters track

and field meetings to compete and as support to his wife Brenda, in her sprinting career.

Sadly in recent years ill health forced him to give up running and resign from the SCVAC committee and he became unable to travel as Brenda's support. The large attendance at his funeral was a clear indication that he will be missed very much, of course by his family, Brenda, his son Chris, his four grandchildren and by his many friends and colleagues from his Legal and General and football days, and from Serpentine and SCVAC.



Pat Green

Southern Counties Veterans Athletic Club Committee 2011

OFFICERS AND COMMITTEE

Chairman Arthur Kimber 22 Asquith Road, Wigmore, Gillingham Kent ME8 OJD Dartford Harriers. 01634389554 arthur.kimber@talktalk.net

Vice chairman Tom Richards 59 Dinsmore Road, London SW1 29PT. Tel: 0208 673 0073 tfrichards@btinternet.com

Treasurer Tom Richards - as above.

Assistant Treasurer Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey. CR2 8EA. Croydon Harriers. 02086574269. ken.crooke@talktalk.net

Club Secretary David Lipscomb, 120 New Road, Croxley Green, Herts., WD3 3EP. 01923448852. lippy@serpentine.org.uk

Membership Secretary David Lipscomb as above.

Asst. Membership Secretary Vilma Thompson 18 Albury Road, Boyfield Street, London. SE1 0SB. Belgrave Harriers 020 7928 9577 020 8871 7542 (Day) villythompson18@gmail.com

Minutes Secretary Ron Franklin 23 Boundary Road, Wood Green. London. N22 6AS Barnet and District AC 02083768452 rgfranklin@blueyonder.co.uk

Road Running Secretary Waiter Hill Tain Cottage, Ifield Road, Charlwood, Surrey. RH6 000. Crawley AC 01293 862327 walterhelen@tiscali.co.uk

Walking Secretary Dave Sharpe 56 Bonham Road, Dagenham, Essex RM8 3BD. 02085995153.

Cross Country Secretary Ann Bath, 61 St Mary's Road, Long Ditton, Surbiton, Surrey. KT65HB. 26.2 Road Runners. 02083982775. madshus@btinternet.com

T & F League Secretary Arthur Kimber (as above)

Newsletter Editor Rosemary Champion 6 Woodlands Park, Bexley, Kent. DA5 2EL Dartford Harriers A. C. 01322522934 southern.veterans@ntlworld.com

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 December 2011 edition of The Southerner should be sent to Rosemary Champion by Friday November 25th 2011.

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.

**AN IMPORTANT MESSAGE FROM THE
CHAIRMAN:**

Club secretary needed.

Changes are pending in the composition of the committee. Walter Hill, Road Running Secretary for many years, was elected in June as BMAF Road Running Secretary and will be stepping down from his SCVAC post in December at the AGM. David Beattie has volunteered to replace him and we hope to elect David formally at the AGM. Walter is already working with David to introduce him to the job. I would like to thank Walter for his excellent work for SCVAC over many years and send best wishes to him in his new post, and to welcome David to the committee.

David Lipscomb, our secretary, is stepping down from his post at the AGM. He is very busy as an athlete, official and administrator in his club, Serpentine, and has important family responsibilities. **We need a volunteer to replace him.** The post entails the usual work of a secretary, and there are six committee meetings a year, held in London. A secretary unable to attend a committee meeting may, of course, send a written report. David will be very helpful in introducing a new secretary into the job.

If you are interested or would like more information, please contact me as soon as possible.

SCVAC cannot function without a secretary.

**We would like to welcome the
following new SCVAC members .**

Mark Curtis, Murray Hilborne, Terry Eves, Simon Hewitt, Sarah Hewitt, Douglas Gray, Margaret Coombe, Gareth Robb, Graeme Saker, Bernadette Harrop Stephen Hesketh ,Louise Taylor ,Ken Mackenzie Neville Hargreaves, Louise Kelly, Moyna Lee, Peter Watts, Peter Morrison, Stephen Beak,

Alex Gibbins, Stephen Timmins, Carl Nanton, Caroline Heaney, Antony Tilney, Scott Ware, Samuel Bobb, Caroline Wood, David Sutcliffe, Sharon Elder, Keith Dowson, Christopher Griffith, Kim Pullen, Nigel Rackham, Mark Greenwood, Tony Hyde, Mark Parry, Cynthia Godwin, Simon Barrett, Tyrone Weaving, Jason Dronfield, Fario Marismari, Deborah Hall.

INCREASE TO MEMBERSHIP FEES

Unfortunately, due to the increased cost in running the club the committee has decided to raise the annual subscription fees from 2012 to £15.00. As the fees since 2009 have stayed at £12.00 we believe

that the £3.00 increase is in order. We would like you all to know that we are aware of the rising living costs and we are doing everything that we can to keep the running cost of the club down where every possible

Tom Richards, *Club Treasurer.*

**SOUTHERN COUNTIES VETERANS
ATHLETIC CLUB – ANNUAL GENERAL
MEETING, VICTORY SERVICES CLUB, 63-79
SEYMOUR STREET, LONDON SW1 2EP.
FRIDAY 2ND DECEMBER 2011 6.30 P.M.**

AGENDA

1. Apologies for absence
2. To receive and confirm the minutes of the AGM held on 28th January 2011
3. Matters arising from that AGM
4. To receive the report of the chairman
5. To receive the report of the secretary
6. To receive the report of the membership secretary
7. To receive the report of the treasurer and annual accounts for the year
8. Amendments to the constitution (to be received by the secretary by 18th November)
9. Election of officers

Current officers

Chairman Arthur Kimber

Vice Chairman Tom Richards

Secretary David Lipscomb (retiring at the AGM)

Membership Secretary David Lipscomb (retiring at the AGM)

Assistant Membership Secretary Vilma Thompson

Treasurer Tom Richards

Assistant Treasurer Ken Croke

Minutes Sec. Ron Franklin

Track and Field Sec. Arthur Kimber

Road Running Sec. Walter Hill (retiring at the AGM)

Cross Country Sec. Ann Bath

Race Walking Sec. Dave Sharpe

Entries Sec. Steve Connolly

Officials Sec. Arthur Kimber

Editor, The Southerner Rosemary Champion

Medals and Kit vacant

10. AOB (to be received by the secretary by 25th November)

11. Date of 2012 AGM

12. Presentation of annual trophies

*A meeting of the Track and Field League
Divisional Coordinators will follow the AGM.*

ABINGDON MARATHON ENTRY FORM

Sunday 16th October 2011 at 9.00am

Closing date for entries is 16th September 2011 or when entry limit is reached if earlier.

Surname
First name(s)

Date of birth	D	D	M	M	Y	Y	Age on race day		Sex	M	F
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FULL NAME of affiliated club
Team (if not an affiliated club)

Address - Building & Street	Please complete at least one of the contact details below in case we need to contact you
Locality	
Town	
County	
POSTCODE	
Country (if not UK)	
Tel (mobile)	
Tel (home)	
Email (write clearly!)	
Please also provide your England Athletics registration number:	

Do you wish to enter the following Championships? (tick box required)					
Oxon	Middlesex	Berks	Army	SCVAC	BMAF <input type="checkbox"/>
					BMAF area club registration no.

First marathon?	(Tick)	Expected time:	Hr	Min	Best time	Hr	Min	Year
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I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws and rules of competition of UK Athletics. I declare that I will run entirely at my own risk. <input type="checkbox"/>	
In the unfortunate cancellation of the event through circumstances beyond the control of the race organisers, I understand, and accept, the rules and terms of the entry, including that there will be no refund of race fees. <input type="checkbox"/> (Both boxes must be ticked for entry to be accepted)	
Signed	Date
I enclose a cheque payable to "Abingdon Marathon" to the value of: (£30 Affiliated club members, £32 non-affiliated and Army runners.)	£30 £32

Tshirt size (please circle)	S: (32"-34")	M: (36"-38")	L: (40"-42")	XL: (44"-46")
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Return to: Abingdon Marathon, PO Box 57, Abingdon, Oxon, OX13 6XR

Data protection: Your details will be held in a database. We will not pass your details on to any third party unconnected with the race.

ON THE ROAD: with David Beattie, Road Running Secretary.



Burnham Beeches Half Marathon, August 21st

This well organised and popular event once again hosted our SCVAC Championship. Overall entries were down on last year (perhaps due to the recession) but SCVAC entries held up to their usual level. Burnham Joggers put a huge amount of work into the race, providing hordes of marshals and helpers – and the most efficient baggage storage system one could wish for, but this year they faced some extra challenges. Keith Scudamore has stepped down as Chairman through ill health, and Club Secretary Liz Annetts and Race Director Alan Watson had to cope with the portable toilets failing to turn up as ordered. To ensure all runners were “comfortable” the start was delayed 15 minutes, after which all ran smoothly.

The course is traffic free and follows a scenic forested route, with a few testing climbs. The weather was humid but overcast and the slower runners enjoyed a refreshing shower in the last few miles. SCVAC members put in some fine performances – these are listed below in finishing order. I have added age graded percentages, as this highlights some excellent efforts. Nigel Rackham was 3rd overall, and Dave Parsons won the open M60. Tony Brackstone was first M65 in the open race.

forename	surname	age	club/team	Time	Age
NIGEL	RACKHAM	M 49	METROS	01:14:1	89.52
DAVE	PARSONS	M 64	OXFORD CITY AC	01:24:2	90.09
TONY	BRACKSTONE	M 68	SCVAC	01:31:4	86.25
MELVYN	BIRD	M 59	PORTSMOUTH JOGGERS	01:32:5	78.17
LOUISE	TAYLOR	F 39	HAILSHAM HARRIERS	01:36:1	70.84
JEREMY	CARMICHAEL	M 57	CRAWLEY AC	01:38:0	72.70
DAVID	BEATTIE	M 64	CRAWLEY AC	01:38:1	77.40
PATRICK	DOBBS	M 73	THURROCK HARRIERS	01:39:0	84.60
DEBORAH	HADEN	F 35	PORTSMOUTH JOGGERS	01:39:2	67.07
ALAN	ROBERTS	M 47	VALE OF AYLESBURY	01:39:5	65.43
VICKY	TALBOT ROSNER	F 51	INVICTA EAST KENT	01:40:2	77.42
JOHN	CLARKE	M 60	BARNET & DISTRICT AC	01:45:0	69.70
HEATHER	MARTINGELL	F 46	RANELAGH HARRIERS	01:48:4	67.18
JOHN	TAYLOR	M 72	HAILSHAM HARRIERS	01:50:2	74.88
ROY	WEBB	M 78	TONE ZONE RUNNERS	01:55:4	78.91
SUE	COOPER	F 51	INVICTA EAST KENT	01:56:0	66.93
BRENDA	KING	F 67	1ST CHILTERN HARRIERS	01:56:1	84.20
TERRY	EVES	M 70	HANDY CROSS	01:56:4	69.22
KAREN	SAMUEL	F 50	KENT AC	02:07:0	60.41

Several runners took advantage of the swimming pool to ease their aches and pains, and we enjoyed the usual excellent refreshments while waiting for the results. Thanks again Burnham Joggers.

?????????????? **QUESTIONNAIRE** ??????????????????

I have been recently appointed Road Race Secretary for SCVAC and I need to know what members want from the road race scene. Please help me by answering this simple and short questionnaire.

1. How far are you prepared to travel to a Championship Race? (Please tick all that apply)

Kent Sussex Surrey Hampshire Berkshire Buckinghamshire Oxfordshire
Isle of Wight

2. Are you happy to pay a small fee to cover SCVAC admin /medal costs? _____ 3. Should age graded performances be included in the results? _____

4. Should we introduce an overall Merit Table based on age graded performance at SCVAC Championship Races? _____

5 Would you be interested in participating in off road races (for example the Ted Pepper 10k if it moves off road for safety reasons)? _____

6. Finally, do you have any suggestions on how the SCVAC could improve future races?

Many thanks for your time. David Beattie Road Race Secretary, SCVAC 64 Lumley Road, Horley, Surrey RH6 7JL Tel. 01293 412625 Email: beattieruns@blueyonder.co.uk

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FIXTURES

INTERNATIONAL

Nov 26 2011 British and Irish Cross Country International - Bellahouston Park, Glasgow
Apr 3/8 2012 World Indoor Track & Field Championships - Jyvaskyla, Finland

Aug 16/25 2012 European Veterans Track & Field Championships - Zittau (Ger),
Bogatynia (Pol), Hradek (Cze)

Jul 24/Aug 4 2013 World Masters Track & Field Championships - Porto Alegre, Brazil

Aug 15/24 2014 European Veterans Track & Field Championships - Izmir, Turkey

NATIONAL

Oct 2 2011 BMAF 10k Road Championships - Exmouth

Oct 16 2011 BMAF Marathon Championships - Abingdon

Mar 25 2012 BMAF Cross Country Championships - Bath University

NORTH

Oct 9 2011 11:00 NVAC Monthly Run, paths - Edgeworth

Oct 16 2011 11:00 NVAC 10,000m Championships - Leigh Sport Village

Nov 6 2011 11:00 NVAC Monthly Run, road and paths - Leigh Sport Village

Dec 4 2011 11:00 NVAC Christmas Predictor road - Leigh Sport Village



CROSS COUNTRY RUNNING

*With cross country secretary
Ann Bath.*



BRITISH AND IRISH INTERNATIONAL CROSS COUNTRY
Sat 26th November 2011
Bellahouston Park, Glasgow

For selection for the England team please see link below:-

<http://www.bvaf.org.uk/fix/xcintletter.pdf> and note that the closing date for receipt of applications is 30th September 2011.



I will be attending the selection meeting on Sunday October 9th for this hotly contested event, so if for any reason anyone has missed the closing date just make sure you get your entry to me to take to the meeting (address details under SCVAC Committee, Cross Country Secretary) on the official forms (not emailed).

I'm sure this will be a very exciting event as usual, and the Scottish Veterans Harriers Club are putting on an excellent event, with the usual dinner and awards presentations on the Saturday night. I would encourage anyone not selected to do the open race, over the same course, and enjoy the atmosphere of the weekend.

SCVAC CROSS COUNTRY CHAMPIONSHIPS

Priory Park, Reigate
Sunday December 18th 2011

Once again these will be held within the Holly Run, hosted by Reigate Priory Athletic Club. Timings are not available yet but usually the seniors / vets races start from midday. Look out for the SCVAC banner and HQ tent / gazebo where we will be having seasonal refreshments afterwards and presenting the medals.

It would be helpful to come along and see me before the races start so I know who has entered, or email me madshus@btinternet.com Enter in advance via <http://www.rpac.org.uk/index.php> although at the time of writing the date is confirmed but no details yet on their web site. Entries on the day are also available. Being the weekend before Christmas this is a great antidote to the stressful Christmas shopping!

OTHER CROSS COUNTRY FIXTURES

SEAA London Championships 19/11/11 Parliament Hill Fields
SEAA Masters and Inter Counties Championships 10/12/11 Lloyd Park, Croydon
SEAA Main Championships 28/1/12 Stanmer Park, Brighton
Further details when available on their web-site
<http://www.seaa.org.uk/information/index.htm>

"The Southerner" 200 Plus Club

Prizes Won : May to August, 2011

May 2011: 1st £35 Share 004 Jim Rayner 2402, 2nd £20 170 The Southerner, 3rd £15 178 Patricia Stanley 3022,
June 2011: 1st £35 064 Dorothy McLennan 0238, 2nd £20 125 Pam Jones 0076, 3rd £15 225 The Southerner, Special Prize £100 012 John Curtin 0931.
July, 2011: 1st £35 024 Ko Vejdani 3003, 2nd £20 170 The Southerner, 3rd £15 025 Jack FitzGerald 0006.
August, 2011: 1st £35 178 Patricia Stanley 3022, 2nd £20 231 Don Adie 3458, 3rd £15 003 Mike Caudwell 2800.

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 - £15 for 2012) – send to Ken Crooke (Assistant Treasurer) 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA
Tel: 020 8657 4269. Email: ken.crooke@talktalk.net

FROM: _____ Member No. _____
Telephone(s): _____ (Mob) _____ Email : _____
Address: _____ Post Code _____

ANNUAL SUBSCRIPTION 2012 £15.00. (Note new amount)
Arrears if applicable Year(s) from 200__ £_____
Donation to Funds £_____
200 Plus Club ____ Shares @ £12 per Share £_____ Cheque enclosed for £_____

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

Bank Mandate

Please send to Ken Crooke at above address. The form will be sent on to your bank

TO: _____ (Bank Name). Sort Code _____

Branch Address: _____ Post Code _____

Please pay to Barclays Bank plc, Selsdon Branch, The Croydon Group PO BOX 95,
1 North End Croydon, Surrey CR9 1RN the sum of £_____ (_____
on the 10th day of _____ (Month) each year commencing 20__ until Cancelled
by me, for the CREDIT of SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
Sort Code: 20-24-61 Account Number 80037249

Please DEBIT my Account number _____ NAME (As on cheques) _____

Please complete this statement if you wish to change the amount you pay:-

PLEASE CANCEL EXISTING ORDER FOR £_____

ANNUAL
PAYMENT

Signature _____ Date _____

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

EVACNS, Thionville & Yutz, 13-15 May 2011 : Geoff Newton says it is never too late!!

This is a personal account of my “international” debut at the age of almost 66. Hopefully this will encourage others to take the plunge. The European Non Stadia Championships take place every two years. Two years ago, when I looked at the results of the previous non stadia championships at Aarhus in Denmark, I realised that if I could hold my form for another couple of years, I could do quite well in the half marathon. The venue for 2011 was conveniently situated in France close to the borders with Luxembourg, Belgium and Germany, so I could give it a try with no great financial commitment.

I decided to take the opportunity of the relatively near venue to drive there, self-cater and camp rather than use hotels. The cost of the ferry from Dover to Dunkirk was no more expensive than to the Isle of Wight and travelling through Belgium avoided motorway tolls. In May, I reasoned, the campsites would be open, generally quiet, and there would be no need to book in advance. Camp sites in France and Belgium are generally reasonably priced and of a very high standard when compared with the UK. Camp sites are also generally well signposted. Tony Brackstone and his wife, I heard later had pre-booked a hotel in Thionville, but drove all around town without being able to find it, and in the end had to book in elsewhere. Town plans were given out in the registration pack, so it would seem to be a good move to register first if you can, before booking in to accommodation.

I spent the night of the 12th at Han Sur Lesse in the Belgian Ardennes and Friday 13th as a Tourist in the Ardennes, visiting the Grottes de Han caves, (highly recommended) and the old town of Rochefort before proceeding to Thionville and the municipal campsite, situated

on the banks of the Moselle next to a park, right on the Half Marathon Course. I was tempted to enter the 10Km race on the Friday instead, but road races leave me with stiff calves for a few days and as the half marathon was my best event of those on offer, I thought it wise to save myself for that. As events unfolded the first four in the Half made a similar decision to me. I could have made the opening ceremony if I had checked the details, but I erroneously assumed that this would take place before the first event.

On the Saturday I visited the event HQ to register and get my race numbers and info pack and take the opportunity to talk to a lot of the other Brits, some of whom I knew. I did have to move camp sites, as the EVACNS had ensured that the municipal site was full on the Saturday night, but I found another site in the surrounding countryside, beside a lake about 15 minutes’ drive from Thionville and once I had settled in there, I spent the afternoon touring the nearby Hackenburg Fort, part of the Maginot Line; a real eye opener and well worth the effort.

Conditions on race day, Sunday, were quite favourable for running, with a cooling breeze, sunshine and showers later on. The Half Marathon was held in conjunction with an open race with around 2000 participants. The latter were supposed to start behind the EVACNS competitors but a lot of them ignored that and added considerably to congestion at the start. They were easily recognisable, wearing T shirts and equipped with pulse monitors, drinks bottles and other clutter and had a tendency to run in groups in line a breast. I suppose the congestion cost me 10-20 seconds at the start, but after the first kilometre the congestion eased a little and the route left the streets and ran along the a path through grassland close to the banks of the Moselle river.

I was able to move steadily through the field and after about 8 km I passed a group containing Peter Giles, together with two other M65’s, a

German and a Spaniard. The German tried to stay with me but soon lost contact. I passed Mike Mann, M60, at about 10km but he bravely gave chase and hung onto me right until the final Km. Generally we were still moving through the field, but we must have slowed a bit and disconcertingly we were passed by the leading W60 at about 16km. Mike used his superior speed in the final kilometre to burn me off and save face. To be fair to Mike he had previously run in the 10k and the cross country relay.

Not being familiar with the competition, you never really know if there are other faster runners in front, it was necessary to wait until the results were posted to learn if I had a medal place. I was eventually pleased to find I had won "gold" and that SCVAC member Tony Brackstone and Vets AC member Peter Giles had finished 4th and 5th respectively, making GB first M65 Team. The opposition was perhaps not as strong as in some other categories but we are not complaining.

The award ceremonies had all the trappings of a major games, with the podium, anthems, girls carrying medals on tray etc, etc, which had a slightly surreal feel for me, as I had not experienced any of this before. The downside of this is that with all the various categories, not to mention the awards for the open race, the proceedings took some time. Presentations started for the open race at 12.00pm and proceedings carried on without a break for nearly 4 hours! We got our team medals at 3.35pm. However it was possible to use the time spent waiting watching the Race Walking, the other awards presentations and to take on food and drink. A lot of GB runners, relatives and officials stayed patiently to cheer us on. The support was much appreciated.

GB had quite a good championships picking up more medals than at Aarhus, two years earlier. Although the Germans as always take

things very seriously and together with the host country France, tended to dominate. Fiona Matheson was, I suppose, the star runner for us doing a double in the 10k and the Half, and as usual GB did well in the Race Walking, where there was a GB M75 record for Arthur Thomson. Our success was mainly in the older age groups; our best runners in the younger age groups were more often than not absent.

Of course with more distant or remote venues (for example the World Masters in Central Finland in 2012) it would be difficult to drive or combine it with being a tourist. This would be an incentive to become more involved with events and the GB team socially and as a spectator, as well as a competitor, which has its upside. However now that we are going through what appears to be a long term recession, I hope that in future events the organisers and package providers will try to provide a range of travel and accommodation options, so that participation and results are dominated by athletic ability rather than the depth of one's pockets. It won't always be possible to do it on the cheap as I did at Thionville.

INTER AREA TRACK AND FIELD CHALLENGE - SOLIHULL - 07.08.11.

Report by Arthur Kimber.

Southerners win men's and overall trophy!

British record for Cecilia Morrison.

SCVAC men stormed to their fourth consecutive victory and with strong support from the women took the overall Bill Taylor trophy. In an extremely competitive match, the men, scoring 418 points, just held off MMAC on 409. The women were in an even tighter race, finishing third, just behind MMAC on 322.5 and

EVAC on 320, scoring 316. These scores gave SCVAC a total of 734, just 2.5 points clear of MMAC on 731.5, the closest finish in the history of the event.

Peter Davey got SCVAC off to a good start, winning the first event, the M35 110m. hurdles in 17.0.

The flat sprints were dominated by record breaker Darren Scott's double victory; he took the M35 100m in 11.3 and 200m. in 22.2, with good support from Pat Logan, second in the M50 100m. in 12.1, M50 Bob Lewis, second with a 55.60 400m. and M60 Terry Bissett a 27.6 200m. for another second place. The middle distance men kept up the pressure, Steve Baldock ducking under the two minute barrier, 1:59.3, to win the M35 800m, David Wilcock winning the M50 in 2:13.1, Adrian Haines the M35 1500m. in 4:21.6 and Des Michael the M60 3000m. in 10:36.4, while M50 Steve Allen took maximum points in the 2000m. walk in 10.36.2.

In the throws M60 Neil Griffin, scored a double, throwing a long 49.72 to win the discus and 12.35 to take the shot, with further wins from Colin Brand, M70 shot, 9.87, Allan Leiper M50 shot in 12.68 and Steve Langdon's 45.45 in the M50 javelin. M35 long jumper Neil Lincoln won with 6.32 and Keith Newton took the triple jump with 12.80, while pole vaulters Chris Mills, M35, 4.20, and Nick Phipps, M50, 3.00, each scored 9.5 points in exciting tied finishes. High jumpers Duncan Talbot, M50, 1.50 and Roger Bruck, M70, 1.15, took second places with Roger taking another second in the long jump with 3.77. An exciting finish was provided by the medley relays, where Southerners showed their class, scoring 38 points out of a maximum 40, winning the M50 and M70, and placing second in the M35 and M60 races.

For the women's team W70 Cecilia Morrison, took second place in the W60 3000m, in a new British record time of 13:36.0, beating her own

record by a huge 20.6 seconds. SCVAC women were otherwise most successful in field events. Imeta Barauskiene, in the W35 group, last year's points top scorer for SCVAC, retained her position scoring 36.5 points out of a maximum 40 and then ran a 200m. relay leg for the W35 team. She won the triple jump with 10.14, tied a long jump win with 4.90, took second with a 1.45 high jump and third running a 13.8 80m. hurdles. W60 Liz Sissons scored a fine double win in the shot, 9.44 and javelin, 25.80. W50 Vilma Thompson threw 10.95 to take the shot, and W35 Sue Lawrence scored two seconds, a 9.67 shot and a 32.71 discus. In the jumps W50 Teresa Eades won triple with 9.09, W60 Emily McMahon the high with 1.17 and Louise Kelly the W35 pole vault with 2.50.

On the track the 2000m. walks were dominated by Julie Howard, winning the W35 in 11:44.8 and W50 Noel Blatchford placing second in 11:43.6. In the 100m. races W50 Joan Trimble and Emily McMahon took second places, running 14.4 and 16.0 respectively and W60 Sue James took a further second place in the 400m, 81.3. Sharon Hawkins added to Cecilia's middle distance success with an 11:15.3 3000m. in the W35 race. The most successful relay team was the W60s in second place.

A very pleasant and rewarding day for the SCVAC teams was not even marred by the torrential rain during the men's 3000m. races. Well done, Southerners. Thanks to you all. Every point counts, especially when it's so close.

COMPLETE SCVAC RESULTS – MEN

M35 110m. hurdles 1. :Peter Davey 17.0

M50 100m. Hurdles 4. Duncan Talbot 20.5

M35 100m. 1. Darren Scott 11.3

M50 100m. 2. Pat Logan 12.1

M60 100m. 3. Vic Novell 13.9

M70 100m. 3. Colin Field 16.2

M35 200m. 1. Darren Scott 22.2

M50 200m. 5. Pat Logan 26.6

M60 200m. 2. Terry Bissett 27.6

M35 400m. 7. Geoff Gallagher 57.7
 M50 400m.2. Bob Lewis 55.6
 M60 400m.3. Geoff Kitchener 63.8
 M70 400m. 4. John Seymour 82.8
 M35 800m.1. Steve Baldock 1:59.3
 M50 800m.1. Dave Wilcock 2:13.1
 M60 800m.3. Ken Daniel 2:27.9
 M70 800m.5. John Seymour 3:30.6
 M35 1500m.1. Adrian Haynes 4:21.6
 M50 1500m 3. Dave Wilcock 4:33.9
 M60 1500m. 5. Des Michael 5:20.5
 M35 3000m.5. Adrian Haines 9:57.4
 M50 3000m. 7th Colin Oxlade 10:55.0
 M60 3000m.1. Des Michael 10:36.4
 M70 3000m.4. Bob Carter 15:16.2
 M50 2000m. Walk 1. Steve Allen 10:36.2
 M60 2000m. Walk 6. Ron Powell 13:01.7
 M35 discus 5. Tony Tipping 32.45
 M60 discus1, Neil Griffin 49.72
 M35 shot 5. Tony Tipping 10.64
 M50 shot1. Allan Leiper 12.68
 M60 shot 1. Neil Griffin 12.35
 M70 shot 1. Colin Brand 9.87
 M35 javelin 4. Mike Dobbelsstein 49.33
 M50 javelin 1. Steve Langdon 45.45
 M50 hammer 3. Allan Leiper 30.17
 M35 long jump 1. Neil Lincoln 6.32
 M50 long jump2. Trevor Wade 5.10
 M60 long jump 3. Geoff Kitchener 3.45
 M70 long jump 2. Roger Bruck 3.77
 M35 high jump 4. Peter Davey 1.60
 M50 high jump 2. Duncan Talbot 1.50
 M70 high jump 2. Roger Bruck 1.15
 M35 triple jump 1. Keith Newton 12.80
 M50 triple jump 3. Trevor Wade 10.72
 M35 pole vault 1= Chris Mills 4.20
 M50 pole vault 1= Nick Phipps 3.00
 M35 medley relay2. Peter Davey, Geoff Gallagher,
 Darren Scott, Steve Baldock 3:49.8
 M50 medley relay 1. Bob Lewis, Pat Logan, Tom Phillips,
 Dave Wilcock 4:07.5
 M60 medley relay 2. Geoff Kitchener, Vic Novell, Terry
 Bissett, Ken Daniel 4:30.9
 M70 medley relay1. John Seymour, Colin Field, Roger
 Bruck, Bob Carter 6:22.9
WOMEN
 W35 80m. Hurdles 3. Imeta Barauskiene 13.8
 W35 100m. 4. Louise Kelly 15.4
 W50 100m. 2. Joan Trimble 14.4
 W60 100m. 2. Emily McMahon 16.0
 W35 200m. 4. Michele Wakefield 29.2
 W50 200m. 3. Joan Trimble 31.0

W35 400m. 5. Michele Wakefield 67.1
 W50 400m. 4. Teresa Eades 79.5
 W60 400m. 2. Sue James 81.3
 W35 800m.6. Cara Oliver 2:41.7
 W60 800m.3. Sue James 3:10.3
 W35 1500m. 6. Cara Oliver 5:19.4
 W50 1500m. 5. Lesley Hall 5:59.9
 W35 3000m.2. Sharon Hawkins 11:15.3
 W50 3000m. 3. Lesley Hall 12:22.4
 W60 3000m. 2. Cecilia Morrison 13:36.0
 W35 2000m. Walk 1. Julie. Howard 11:44.8
 W50 2000m. Walk 2. Noel Blatchford 11:43.6
 W35 discus 2. Sue Lawrence 32.71
 W50 discus 3. Vilma Thompson 19.95
 W35 shot 2. Sue Lawrence 9.67
 W50 shot 1. Vilma Thompson 10.95
 W60 shot 1. Liz Sissons 9.44
 W35 javelin 3. Sue Lawrence 24.72
 W60 javelin 1. Liz Sissons 25.80
 W50 hammer 3. Vilma Thompson 34.21
 W35 long jump 1= Imeta Barauskiene 4.90
 W50 long jump 4. Sue Yeomans 3.78
 W60 long jump 3. Pat Oakes 3.13
 W35 high jump 2. Imeta Barauskiene 1.45
 W50 high jump 2=. Teresa Eades 1.25
 W60 high jump1. Emily McMahon 1.17
 W35 triple jump 1. Imeta Barauskiene 10.14
 W50 triple jump 1. Teresa Eades 9.09
 W35 pole vault 1. Louise Kelly 2.50
 W35 medley relay 4. Julie Howard, Michele Wakefield,
 Imeta Barauskiene, Sharon Hawkins 5:27.8
 W50 medley relay 4. Noel Blatchford, Joan Trimble,
 Teresa Eades, Lesley Hall 5:54.6
 W60 medley relay2. Sue James, Emily McMahon, Pat
 Oakes, Cecilia Morrison 6:17.5

TEAM RESULTS.

CLUB	MEN	WOMEN	TOTAL
SCVAC	418	316	734
MMAC	409	322.5	731.5
EVAC	368	320	688
WMAA	304	256.5	560.5
NVAC	284	195	479
SWVAC	227	113	340
VAC	143	40.5	183.5
VAA-NE	97	57	154
NIMAA	9	0	9

"The older I get, the faster I was"..... David Beattie in a thoughtful mood.



I am a happy-go-lucky sort, but this Sunday morning finds me in reflective mood. I am out for a solo

ramble, simply because I can no longer stay with the regulars on the Sunday morning social run. At an early landmark, I note from my watch that I have taken 5 minutes longer to reach it than 20 years ago. Pursued by the lengthening shadows of my own mortality, I shuffle along leafy bridle paths and follow a dry earth track through fields of wheat, ripe in the heat of an August morning. My legs ache from yesterday's half-decent run, and sweat runs into my eyes despite my slow pace, but I feel more cheerful within minutes as the familiar endorphins kick in. I resolve to forget the watch and enjoy being alive, jogging along with no deadlines to meet.

We talk about athletes reaching a new level of performance as they develop, and each new plateau is a step up to a new level of ability and confidence, which further motivates the athlete to chase the next level. As I have aged, I find the same applies in reverse. My decline in performance has not followed a gradual curve, but has been a series of steps. Other athletes have said the same thing, remarking that they held onto a performance level for a few years before experiencing a noticeable drop to a lower



step. The cycle of growth and decline is inevitable – an upstairs / downstairs world – but we need not be downhearted by it. Thanks to the rise of veterans / masters athletics, we have

two reasons to remain happy and motivated in the face of the brutal honesty of the stopwatch and the tape measure. The first is the five year age groups. In the last year of one age group, most of us are being beaten by the new kids on the block, but can anticipate placing higher as soon as our next birthday arrives. Happy people tend to live longer, and having plans for the future is a key part of this. Ask a veteran athlete about their plans for next year, and the enthusiasm in their response is far removed from many (often younger) sedentary types who moan about feeling old.

The second weapon in our armoury against gloom as our physical abilities decline, is the wonderful age graded percentage. No doubt there are a few anomalies in these measures, but we can strive against our current percentage, knowing that if we can run even a slightly slower time or throw or leap a slightly shorter distance after our next birthday, that performance might well represent an "improvement" on our effort when we were younger.

At a recent 10k road race, I ran slower than last year, was nearly a minute behind the first M60, and a similar time in front of the first M65. Chatting afterwards, I found our ages were 60, 64, and 66 respectively. When the results were posted, the age grading actually reversed our positions, showing that the 66 year old had put in an intrinsically superior performance. Now, if I can slow by less than a minute in the next two years...

I guess this is a long winded way of saying that we athletes can rightly take the "glass half full" view of life, and hang onto the belief that the best is yet to come!

Hold onto your dreams, and good luck with all those future targets.



Mrs Derrien's Diary-
the ongoing adventures of
Carole Derrien, Jersey Spartan
A.C.



It has to be said that once the competitions start it becomes pretty hectic, thank goodness for my good landladies who pick me up and take me back to Gatwick – and all things in

between! We started in Milton Keynes with the Weight Pentathlon – we started and so did the rain and wind. I suppose we should have been thankful that most of the ladies competed in the morning slot, but foolishly we volunteered to officiate in the afternoon – there should have been an extra medal for fortitude, as the ground got wetter the larger implements landed like bombs and we began to



drip mud as well. I actually filled in a form for expenses, maybe they thought a flight from Jersey was too much to ask, never mind – Camilla managed to dry my meagre wardrobe of clothes over night before I got back on the plane.

The British Champs were back in

Birmingham and we were wondering what would be in store for us with all the reports of the stadium having a refit, but despite things not being finished, the organisers had managed to cater for the field events as best they could. Not many heavy hammer throwers enjoyed the wooden circle out in the park, nor shot putters the uphill sector – but, as usual we muddled through with a blend of stoicism, shoulder shrugging and good humour. Thank goodness the majority of field eventers have these qualities in - built as we would have to dig deep for them once again in Sacramento!

There was only a week back home before we made the long flight to San Francisco, picked up our transport and headed up country to Sac., and what a shock when we got out of the car at our accommodation, the heat was stifling – 106 – and this was the evening!! The next day was Independence Day – we checked in and wandered round the area – as one does! We weren't allowed into the field where the throws were to be held despite Camilla wanting to leave implements, so had to press our noses against the fence along the main road to try and make sense of it all. We decided on a meal in Old Sac., watch some of the re-enactment, then got an early night before going back to SF to get away from the heat and see some sights. We did the usual things, Alcatraz, Fisherman's Wharf, rode the street cars but didn't see the bridge, it remained under the clouds for the two days! Thankfully we had alternate plans and went to Muir Woods to walk in the cool of the Redwoods – with a little retail therapy at the outlets on the way home. Competition started and the short comings of the lay out immediately showed their hand – the men's heavy hammer winged over the boundary fence into the main road and

unfortunately this was the only area for spectators watching either the hammer or weight throws! I managed to miss out on a medal in the last round it was 'stolen' from me – that's my story anyway! Then we had a gap which meant we could do some trips. As my family live on the bay, I have been to most places of interest in California, but I am always ready for visits to Yosemite, and Napa Valley, but the girls excelled themselves by finding somewhere I hadn't been – Jelly Belly's – to see multicoloured jelly beans being made!!!!



We enjoyed all the competitions the next week, my brother and sister in law came to add weight to the Brits. as we cheered each other on, and the lucky ones collected medals. It was quite an eye-opener for them, my brother had always known I was the one who would always be out 'doing something', with an inability to sit quietly and a love for sport, but to see a few thousand more such characters really blew him away.

Reflecting on the American experience – we had a ball, the officials were excellent – making the best of the poor lay out on the field – we had expected better! Our accommodation was perfect and central to our needs, the company was great, but, it is a big country and we were very scattered which was a shame. Never mind, we lucky ones went back to SF, went to my family for a farewell meal and the lucky two, Cat and myself stayed on for a glorious week, no training, no athletics talk and a refreshing G&T



each evening as the sun went down, a wonderful end to our time away.

Team results from the Track & Field League Final, Sept 4th, Julie Rose Stadium, Ashford.

Men

Herne Hill	266
Blackheath and Bromley	265
Enfield and Haringey	234
Oxford City	232
Cambridge Harriers	173
Southampton	172
Epsom and Ewell	96
Eastbourne and Hailsham	91

Women

Epsom and Ewell	230
Blackheath and Bromley	226
Winchester	217
Dartford	204.5
Radley	200
Serpentine	162
Eastbourne and Hailsham	158.5
Enfield and Haringey	152