

The

NO.64 January 2012

SOUTHERNER

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



**Trevor Edgley & Sharon Hawkins in the
Abingdon Marathon Oct 16th 2011.
PHOTO: sussexsportsphotography.com**

CLUB NOTICES

From the Editor:



Welcome to the Spring 2012 edition of The Southerner! Many thanks to the contributors to this edition, David Beattie, Ann Bath, Carole Derrien and Arthur Kimber. Also welcome to new committee members Lesley Richardson and David Beattie.

In this London Olympics year, I wonder how many of you have managed to get tickets (if you wanted them)? Personally, I'd rather view the whole thing from the comfort of my own lounge. O.K. - some would say, probably with good reason, that you can't really beat the atmosphere of the live event. However, I think we will trade that for the ability to watch the repeats, and the repeats of the repeats. Then of course, one has all the conveniences of one's home. You won't get stuck in traffic jams!

I have noticed a recent increase in the popularity of cross country running in my area, and more especially from members of my own club. It seems to be recovering from the over - regulation which has caused extra headaches for organisers of these events. Whilst health and safety are indeed important, road and cross country events were adversely affected by the amount of paperwork required.

SCVAC TRACK AND FIELD FIXTURES .

11.03.12 INDOOR CHAMPIONSHIPS LEE VALLEY
03.06.12 OUTDOOR CHAMPIONSHIPS NORMAN PARK, BROMLEY
02.09.12 LEAGUE FINAL ASHFORD
09.09.12 ENGLAND ATHLETICS MASTERS INTER AREA

CHALLENGE

SOLIHULL

EVENING LEAGUE

HERTS AND NORTH

MIDDLESEX

DIVISION

30.04.12 LEE

VALLEY

28.05.12 COPTHALL

18.06.12 HEMEL

HEMPSTEAD

16.07.12 LEE

VALLEY

HANTS AND

SURREY DIVISION

30.04.12 PORTSMOUTH

14.05.12 BASINGSTOKE

11.06.12 WINCHESTER

09.07.12 ALDERSHOT

KENT DIVISION

27.04.12 SUTCLIFFE PARK, ELTHAM

14.05.12 CANTERBURY

25.05.12 DARTFORD

15.06.12 NORMAN PARK, BROMLEY

02.07.12 ASHFORD

16.07.12 ERITH

MID LONDON DIVISION

14.05.12 BATTERSEA

11.06.12 TWICKENHAM

25.06.12 HILLINGDON

16.07.12 BATTERSEA

WESTERN DIVISION

07.05.12 HORSPATH

28.05.12 TILSLEY PARK

11.06.12 BRACKNELL

02.07.12 TILSLEY PARK

SOUTH LONDON AND SUSSEX DIVISIONS TO FOLLOW



A MESSAGE FROM THE CHAIRMAN

As you may have noticed from the AGM report, Dave Sharpe has resigned from the post of Race Walking Secretary.

Please contact me if you would like to volunteer to take up the post. It is not a particularly arduous job, as there are only a small number of walkers in the club.

FACEBOOK PAGE: Rob Murkin has started a Club group on Facebook which he hopes would be useful in promoting Club results and events. Type in the full Club name, not just initials.

Southern Counties Veterans Athletics

Club committee 2011- 2012

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Club Webmaster

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Blackheath & Bromley Harriers AC

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Southerner 200 Club: to buy shares please
contact Ken Crooke- details above.

Club Records can be set anywhere-please send
claims to Jeanne Coker- details above.

Southerner contributions welcome preferably
emailed in Word format, or typed copy sent to
Rosemary Champion- details above. **Closing
date for April Southerner** is Friday March
30th 2012.

Ted Pepper Memorial 10k Race – includes SCVAC Off Road 10k Championship
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 7 May 2012:

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: £10.00 Affiliated

£11.00 Non-Affil.

£12.00 Late Entry

Add £1.00 SCVAC Champs.

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.

Cut -----

MEMORIES OF THE 1948 LONDON OLYMPICS.

Do you remember 1948 and the London Olympics? We at the Southerner want to hear from you!

Did you attend the event at Wembley, or the other venues? Did you watch it on TV or listen on the radio?

Where were you living at the time? Were you at school?

Just write a few lines.

We will print it in the next Southerner, and of course, it will be put on our website- www.scvac.org.uk for many others to read!

So come on Southerners- get reminiscing.

You can post your story to me at: Rosemary Champion, 6 Woodlands Park Bexley. DA5 2EL. Or email to southern.veterans@ntlworld.com

“The Austerity Games”....the 1948 London Olympics., part 1, by Rosemary Champion.

There had been a twelve year gap whilst Europe was ablaze with World War Two. The last Olympic Games were the 1936 Berlin Games. The 12th and 13th Games were never held; Japan relinquished the right to hold the 1940 Olympics, as it was at war with China. It handed the Games to Finland, but by 1940, Finland had been over run by Russia, so the 1944 Games were cancelled. The Olympic Committee decided to offer the 14th Olympiad to London for the second time. Japan and Germany, the two countries held responsible for World War Two, were excluded, and the Soviet Union decided to abstain.

Auguries did not look good for the 14th Olympiad, though Britain had emerged from the war victorious. The country was sapped in strength, with food supplies short and rationing still in effect. It seemed to be a recipe for disaster. Everything was in short supply- food , housing, building materials. There was little public enthusiasm and almost no prior publicity. Yet, somehow the city of London managed to deliver what is regarded as one of the friendliest Games of the modern era, and to create a success out of a potential disaster.

The unenviable task of heading the British Olympic Association, with the responsibility of organizing the games, fell to the lot of Lord Burghley. His name, apart from his title, was David Brownlow Cecil, and he had won the gold medal in the 400m hurdles at Amsterdam in 1928.

No new building was attempted, and Wembley Stadium in which a temporary cinder track was laid provided a venue for the 6,000 athletes, from 59 nations. No Olympic village was built and foreign athletes were accommodated in old wartime barracks and schools. British athletes lived at home, and competitors were transported to events in London buses.

King George VI presided at the opening ceremony on July 29th, at which 7,000 doves were released, in the presence of 80,000 spectators. Despite the frugal conditions, the 1948 Olympics featured some technological innovations. These were starting blocks for runners and a photofinish, normally used for horse racing. There was, however, no use of automatic timing at Wembley.



The photo finish of the 100m: from left- E.McDonald Bailey, GBR 6th, Mel Patton, USA 5th, Alastair McCorquodale, GBR 4th, Lloyd La Beach, PAN 3rd, Barney Ewell USA 3rd, & Harrison Dillard, USA 1st.

To follow, in the next Southerner, some of the Sporting heroes of the 1948 Games- Fanny Blankers-Koen: four gold medals, Emil Zatopek, “superman Czech distance runner”; Arthur Wint, Jamaican mid. distance runner, Bob Mathias, youngest gold medalist- age 17, decathlon winner, Adolfo Consolini- discus gold; Harrison Dillard- 100m gold.

ROAD RUNNING CLUB CHAMPIONSHIPS CALENDAR FOR 2012:

by David Beattie, Road Running Secretary.

10k – new Multi Terrain Championship May 7th. The Ted Pepper Memorial 10k has been forced to move off road in 2012. The committee agreed that Blackheath and Bromley have been great hosts to us over the years, and have organised a traditional club race – a refreshing contrast to today's mass fun runs. Members have indicated, in response to my questionnaire, that they still wish to support this race. We have therefore agreed to stage a "multi-terrain" 10k within the Ted Pepper. Race director Andy Tucker describes the surface as good paths and tracks, starting and finishing at the Norman Park track.

10k Road SCVAC are to host the BMAF Championship in 2012. Our provisional plan is to use the Givaudan Ashford 10k on October 14th.

10 Miles I propose to continue to use the Epsom 10 in November – exact date to be confirmed, but probably November 18th .

Half Marathon Having considered alternatives, I propose to stay with the Burnham Beeches Half Marathon in 2012, as it ticks most of the boxes – good parking, changing, scenic traffic free course, chip timing. I will investigate other races to provide variety for future years. Race date is August 19th.

Marathon Abingdon provides a safe course and fast times, the only drawback is that it is too popular, and entries fill up very fast. I propose we return to the Thanet Coastal Marathon in 2012 – a good number of our marathon runners are from Kent, and Thanet Road Runners organise a good race. The race is on September 2nd .

| | | | | | |
|-----------------|-------------------------|---------------------------|-----|------|--------|
| Summary: | 10k offroad | Ted Pepper 10k, Beckenham | May | 7th | 10am |
| Half Mar. | Burnham Beeches | | Aug | 19th | 10am |
| Marathon | Thanet Coastal Marathon | | Sep | 2nd | 9:30am |
| 10k road | Givaudan Ashford 10k | | Oct | 14th | 10am |
| 10 Mile | Epsom 10 | | Nov | 18th | 9:30am |

I will publish entry forms and details of online entry procedures as soon as these are available, to encourage a good number of entries for all SCVAC road championships in 2012.

Road Race Questionnaire Responses

I would like to thank those SCVAC members who responded to the questionnaire included in the September edition of the Southerner. A summary of the responses is set out below.

1. How far are you prepared to travel to a Championship Race?

Most responses indicated willingness to travel to all Southern Counties, including the Isle of Wight. A couple of athletes limited their travel preferences to Kent, Sussex, Surrey and Bucks.

2. Are you happy to pay a small fee to cover SCVAC admin /medal costs? ___ Yes (100%)

3. Should age graded performances be included in the results? ___ Yes (100%)

4. Should we introduce an overall Merit Table based on age graded performance at SCVAC Championship Races? ___ Mixed Response, some Yes, some No

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)? ___ Mostly "Yes", with 2 "No" responses from athletes who only run on road and never run cross country or multi terrain races.

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

Most athletes were happy with things as they are, but here are some of the constructive suggestions I received:

- a) Announce Fixtures well in advance.
- b) For those who do not use the internet, include an entry form in the Southerner magazine.
- c) Incorporate SCVAC entry details (tick box and SCVAC number) in main race entry form.
- d) Personal preference for races with less than 1000 entrants.

I am grateful for this feedback, and will try to accommodate SCVAC athletes' preferences as far as possible in planning our future SCVAC road championship races.

ROAD RUNNING - with David Beattie.



Epsom 10 mile road race, November 20th 2011 : photos by Jeremy Hemming.

For some reason I had never entered this race (probably the challenging climbs), but I have been converted to an enthusiastic supporter after my first taste. The Epsom 10 has all the essentials for the club runner: no frills or goody bags, no fancy dress, a varied and interesting route, plenty of friendly marshals, and a prompt presentation ceremony. Oh, I must also mention the superb changing rooms and showers with lots of hot water, normally reserved for the jockeys at

this classic race course.

As I parked in front of the magnificent Grandstand, the early mist was starting to clear. It lingered in the hollows, but by the start, the Epsom Downs were bathed in sunshine. The first mile was downhill, and some scary mile splits were recorded, before the first climb reduced the pace to a more sensible one.

From mile 2 to mile 4 is mainly uphill, but steady running is possible, before the second half, along Headley Common, through Walton on the Hill and Tadworth, allows those who have paced their effort to pour on the pace. A couple of undulations remain, before the field swings for home at Tattenham corner.

As Derby followers know, it is all downhill from there to the finish, alongside the Grandstand. Veterans AC also held their championship at Epsom, so there was plenty of competition and friendly rivalry. I chatted to Vets AC member Liam O'Hare after the race, and learned that he was a little disappointed as he "only" ran 64.39, and aged 63, had been trying to "run his age" i.e. 63 minutes.

SCVAC member Geoff Newton was the highest placed M65 in the open race, shaking off the after effects of a cold to record 66:32 for a most impressive Age Graded score of 87.45%. Geoff always starts steadily – he moved smoothly past me on the long climb after around 20 minutes, and put 2 minutes between us by the finish. Other club members who were first in their category in the open race were Graham Williams (M70) and Roy Webb (M75). New SCVAC members performed well – welcome to M35 Mickael Hegesippe of Fleet and Crookham, 14th overall in 61:44, and M40 Paul McKay, 36th overall in 65:22.

The toughness of the course is reflected in the open race winner's time of 55.31. The winner, Justin West of Stragglers, is aged 39. As I was compiling the age ratings in the table below, it struck me that it would be interesting to calculate equivalent performances for the top veterans mentioned above. This website allows easy comparisons to be made, based on current age and distance effort tables:

<http://www.marathonguide.com/fitnesscalcs/ageequivalent.cfm>

Geoff Newton (age 66), ran 66:32 - the age 39 equivalent time is: 52:50

Liam O'Hare (age 63) ran 64:39 - the age 39 equivalent time is: 53:04

In a "race on paper" Geoff and Liam are way out ahead. My own (age 64) time of 68:22 shows an age 39



Paul McKay (206) leads a group in the first mile of the Epsom 10

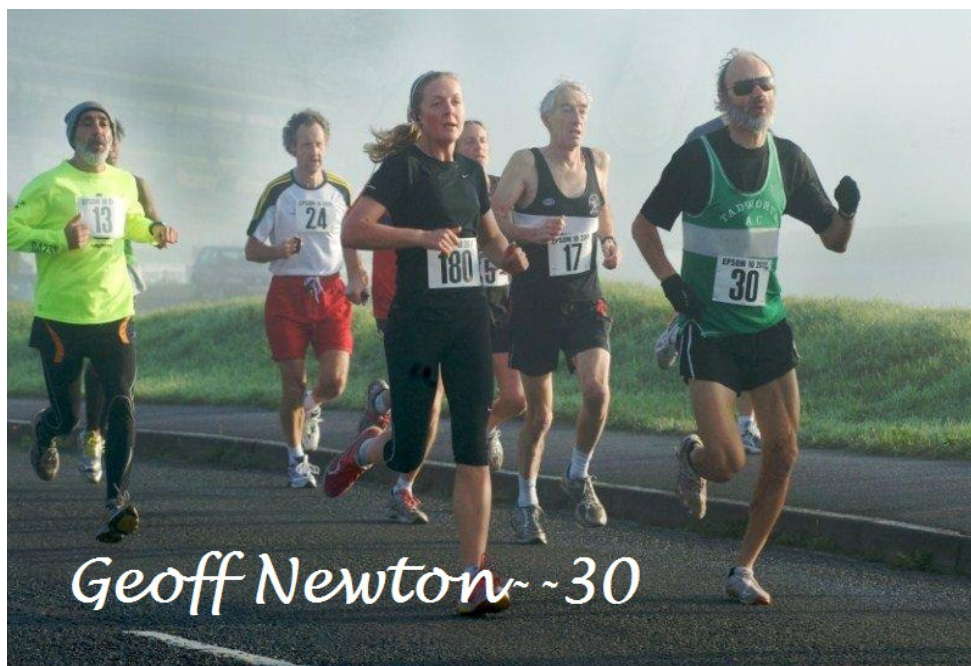


PHOTO: Jeremy Hemming.

equivalent time of 55:30 – "beating" the winner by one second!

Twenty five years ago I could run 55 minutes for ten miles – but as several of my fellow veterans agree, it is not only one's age, it also has a lot to do with the miles on the clock!

| POS. | TIME | NAME | CLUB | CAT. | AGE | AGE RELATED SCORE. |
|------|----------|-------------------|--------------------------|------|-----|--------------------|
| 14 | 01:01:44 | Mickael Hegesippe | Fleet&Crookham AC | M35 | 39 | 74.77 |
| 36 | 01:05:22 | Paul McKay | SCVAC | M40 | 40 | 71.16 |
| 45 | 01:06:32 | Geoff Newton | Tadworth AC | M65 | 66 | 87.45 |
| 52 | 01:07:02 | Melvyn Bird | Tone Zone | M55 | 59 | 81.31 |
| 65 | 01:08:22 | David Beattie | Crawley AC | M60 | 64 | 83.50 |
| 72 | 01:09:42 | Deborah Hall | Portsmouth Joggers | F35 | 35 | 71.97 |
| 83 | 01:11:09 | Vanda Caulfield | Epsom and Ewell Harriers | F45 | 47 | 76.41 |
| 89 | 01:11:49 | Peter Watts | Swanley & District | M60 | 60 | 76.58 |
| 115 | 01:15:03 | Jeremy Carmichael | Crawley AC | M55 | 58 | 71.97 |
| 187 | 01:22:34 | Graham Williams | Ilford AC | M70 | 71 | 74.20 |
| 224 | 01:29:58 | Roy Webb | Tone Zone | M75 | 78 | 76.30 |
| 273 | 02:07:58 | Kio Vejdani | Lingfield RC | M70 | 73 | 49.15 |



Geoff Newton ~30

SCVAC Marathon Championships at Abingdon - 16th October 2011

I must thank Walter Hill for attending the Abingdon Marathon and for providing this report, particularly as Wally had an unfortunate accident four days before the race, falling from his bicycle on the way home from work, and cracking some ribs against a concrete bollard. He could only watch with envy as the athletes left Tilsley Park for a 26.2 mile journey along a mainly flat tour of Abingdon on a perfect day for running.

It is understandable why this race is oversubscribed within a few days of being advertised. Its strengths are a PB accurately measured safe course, excellent marshalling, a fair price, access to showers, baggage drop and refreshments all within the entry fee. Plus if you finish within 5hrs a technical T-Shirt and a finisher's medal. All this led to a relatively small number of SCVAC members getting their entry in before the race was full. Those who did were rewarded with a perfect day as the results below validate.

Paul Fernandez won a closely contested M35 race in 2:36:42, with Mark Greenwood less than one minute behind. Clear victories were recorded by Keith Dowson M45 2:47:45, Trevor Edgley M60 3:08:39, Sharon Hawkins F45 3:11:34, Vicky Talbot Rosner W50 3:28:22, Susan Cooper F50 3:51:33.

I have calculated age rated performances below, based on the runner's age on the day of the race. An asterisk indicates that the athlete has not entered their date of birth on the Power of 10 website: in these cases I have made an educated guess at their age. Well done to you all, especially Trevor Edgley with the top age graded performance.

| | Surname | Club | A ge | Cla ss | Chip Time | Age Grade | |
|---------|---------------|---------------------|---------|-----------|--------------|--------------|---|
| Paul | FERNANDEZ | Abingdon Amblers AC | 37 | M3 | 02:36:4 | 80.04 | |
| Mark | GREENWOOD | Army Athletic | 37 | M3 | 02:37:3 | 79.58 | |
| Keith | DOWSON | Sevenoaks AC | 48 | M4 | 02:47:4 | 81.67 | |
| Mark | CURTIS | Andover AC | 45 | M4 | 02:55:1 | 76.15 | * |
| Trevor | EDGLEY | Invicta East Kent | 63 | M6 | 03:08:3 | 83.66 | |
| Sharon | HAWKINS | Invicta East Kent | 47 | F45 | 03:11:3 | 80.82 | |
| Vicky | TALBOT-ROSNER | Invicta East Kent | 51 | F50 | 03:28:2 | 78.20 | |
| Alan | ROBERTS | Vale of Aylesbury | 47 | M4 | 03:38:2 | 62.18 | |
| Melvyn | BIRD | Portsmouth Joggers | 59 | M5 | 03:39:0 | 69.22 | |
| Steve | ROONEY | Vale of Aylesbury | 46 | M4 | 03:42:3 | 60.48 | * |
| Susan | COOPER | Invicta East Kent | 51 | F50 | 03:51:3 | 70.37 | * |
| Julie | DEADMAN | Serpentine Running | 45 | F45 | 03:54:3 | 64.39 | * |
| Patrici | WILSON | Abingdon Amblers AC | 54 | F50 | 03:54:5 | 72.20 | |
| Janice | MOOREKITE | Invicta East Kent | 54 | F50 | 04:36:4 | 61.30 | |
| Ann | BATH | 26.2 Road Runners | 63 | F60 | 04:39:4 | 69.13 | |

Note: The following were listed in the official results from Abingdon, but we could not find evidence of their SCVAC membership. Please contact me with your membership number if I have omitted you from the above table in error:

| First Name | Surname | Club | Cla | Chip Time |
|------------|------------|------------------------|-----|-----------|
| Gavin | KITCHINGHA | Orpington Road Runners | M4 | 02:52:29 |
| Harry | ABRAHIM | Paddock Wood AC | M4 | 03:13:20 |
| Anthony | CURTIN | Datchet Dashers | M6 | 03:19:05 |
| Phil | BEVIS | Banbury Harriers | M6 | 04:00:14 |

"The Southerner" 200 Plus Club

Prizes Won : September to November, 2011

September, 2011: 1st £35 Share 005 The Southerner, 2nd £20 014 Iris Holder 3748,
3rd £15 145 David Ives 2329.

October 2011: 1st £35 058 John Fenton 3654, 2nd £20 174 Gerald Cuning 2007,
3rd £15 102 The Southerner,

November, 2011: 1st £35 034 Vilma Thompson 0775, 2nd £20 143 Margaret Clark 0613,
3rd £15 154 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 you wish: £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. (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 the amount printed above is a change:

PLEASE CANCEL EXISTING ORDER FOR £_____

ANNUAL
PAYMENT

Signature _____ Date _____

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

SCVAC AGM AND PRESENTATION EVENING : Dec. 12th 2011.

-report by Arthur Kimber

At the meeting most of the officers were reelected, but there were three key changes. David Lipscomb stood down as Membership Secretary and was replaced by Lesley Richardson. Walter Hill, having been elected as BMAF Road Running Secretary, resigned from the SCVAC Road Running Secretary post and Dave Beattie replaced him. Dave Sharpe has resigned as Race Walking Secretary, but has not been replaced. I would like to thank the outgoing officers for all their hard work over several years and to welcome Lesley and Dave, who, I am confident, will be very worthy successors.

Following the AGM the annual trophies for best performances, based on age grading, were presented.

The Norman Martin Memorial Trophy for the best performance by an athlete over 70 at the club track and field championships was won by Cecilia Morrison for her 800m. time of 3:18.22, 89.8%. The two Jim Day Memorial Trophies were presented, one for the best pole vault performance at any time in 2011, to Sue



LEFT TO RIGHT - John Batchelor, Cecilia Morrison, Liz Sissons, Imeta Barauskiene, Sue Yeomans

Yeomans, for the fourth successive year, with 2.80m. at age 58, 96.88%, the highest percentage of the evening, and the second for the best performance at the SCVAC 10k. road championship to 70 year old John Batchelor, who ran 42:25 for 85.89%. Of the eight Alf Woods Memorial Trophies for best performances at the club track and field championships, the first, for the best female distance performance went to Cecilia Morrison for her above mentioned 800m, while Martin Kelk took the male trophy for his 4:43.48 1500m. at age 45, 80.10%. Kirstin King won the best female sprinter trophy for a 13.41 100m. at age 49, 90.82%, and Ray Watkins the male trophy for 100m. in 12.55, 92.82%. Imeta Barauskiene won the female jumps trophy with a 1.50 high jump at age 46, 88.75%, and Anthony Roker won the male trophy with a 10.08 triple jump at age 61, 81.95%. In the throws Liz Sissons won the female trophy for the second year running with a 9.60 shot, 84.95% at age 66 and Neil Griffin, at 62, the male trophy with 13.20 in the same event, 84.29%.

Southern Counties Veterans Athletic Club

Membership Renewal Form - 2012

**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 - 2012 | £15.00 |
| Donation | £ |
| Total Cheque enclosed for | £ |

Please return to:- Lesley Richardson, 1 Puttenham Close, South Oxhey, WD19 7BJ

WOULD MEMBERS PLEASE BE AWARE THAT YOU ARE REQUIRED TO BE FULLY
PAID UP FOR 2012 BEFORE BEING ALLOWED TO COMPETE IN ANY BMAF
NATIONAL OR INTERNATIONAL COMPETITIONS

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

INDOOR TRACK AND FIELD CHAMPIONSHIPS 2012

Lee Valley Athletics Centre, 61 Meridian Way, Picketts Lock, N9 OAS

Sunday March 11th

Track 60m, 200m, 400m, 800m, 1500m, 3000m, 3000mWalk 60m hurdles, 3k walk

Field LJ, TJ, PV, HJ, SP

Full timetable will be in programme

.....
SCVAC Indoor Track and Field Championships 2012 Entry Form

Sunday March 11th Closing Date Saturday February 18th

LATE ENTRIES WILL NOT BE ACCEPTED

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

PLEASE USE BLOCK CAPITALS

Name..... SCVAC Membership No.....

England Athletics Registration No.....

Address.....

.....Post Code.....

Telephone No. Day.....Evening.....

Email Address.....

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

First Claim Club.....

Events Entered.....

Entry fees : members £6 first event, £4 subsequent events, guests £8/£6(no medals)

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

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

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

MEMBERSHIP SUBSCRIPTION FOR 2012 MUST BE UP TO DATE. DO NOT SEND WITH ENTRY FORM

FIXTURES: INTERNATIONAL

Apr 3/8 2012 World Indoor Track & Field Championships - Jyvaskyla, Finland
Online entry ONLY. Previous instructions have now been changed. This online entry system is now acceptable to the BMAF. Please go to the specified link to enter direct with the organisers. Medical Form is an optional form for declaration of medicines being taken. Medical Information Letter is your opportunity to join the BMAF Injury cover scheme.

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

Paper Entries for Track and Field Championships:
Submit requests, with 2 No. 220mm x 110mm SAE's per championship to Maurice Doogan, 5 Stadium Street, London SW10 0PU [only accepted for BMAF affiliated athletes]

Feb 5 2012 BMAF Indoor Pentathlon Championships - EIS Sheffield

Incorporated within NoEAA Masters Open Meeting.
Closing date for Entries: Paper - 7th January. On-Line - 22nd January

Feb 19 2012 BMAF South of England Masters Indoor Champs - Lee Valley ON-LINE ENTRY, Unofficial, incorporating EVAC and VAC Indoor Championships. Closing date for Entries: Paper - 21st January. On Line - 5th February

Mar 17/18 2012 BMAF Indoor Championships - Lee Valley ON-LINE ENTRY Hotel Information
Closing date for Entries: Paper - 18th February. On-Line - 4th March.

Mar 25 2012 BMAF Cross Country Championships - Bath University ON-LINE ENTRY

May 12 2012 BMAF Road Relays - Sutton Park, Birmingham [confirmed]

May 27 2012 BMAF Pentathlon, 10k Track

Run/Walks - Horspath Track, Oxford [PROVISIONAL]

Jun 10 2012 BMAF Marathon Championships - Tenby [confirmed]

Jun 17 2012 BMAF 5k Road Championships - Horwich [confirmed]

Jul 1 2012 BMAF Throws Pentathlon Championships - Copthall Stadium

Jul 21/22 2012 BMAF Track & Field Championships - Moorways Stadium, Derby

Aug 4/5 2012 BMAF Decathlon/Heptathlon Championships - Horspath Track, Oxford
Incorporating the GB v USA Challenge

Oct 7 2012 9:00 BMAF Half Marathon Championships - Neil McCover Memorial, Kirkintilloch

Oct 14 2012 BMAF 10k Road Championships - Ashford [confirmed]

Oct 28 2012 BMAF 10 Mile Championships - Tiptree [confirmed]

Nov 17 2012 BMAF Cross Country Relays - Derby [PROVISIONAL]

EAST

Feb 19 2012 EVAC Indoor Championships - Lee Valley

SOUTH

Feb 19 2012 BMAF South of England Masters Indoor Champs - Lee Valley .Unofficial, incorporating EVAC and VAC Indoor Championships. Closing date for Entries: Paper - 21st January. On=Line - 5th February

Mar 11 2012 SCVAC Indoor Championships - Lee Valley

Jun 3 2012 SCVAC Track & Field Championships - Norman Park, Bromley

Sep 2 2012 SCVAC Track League Final - Julie Rose, Ashford Phone: 01633 881608

WMA REGIONAL EVENTS

Aug 9/12 2012 North American Track & Field Champs - Saint John, New Brunswick, Canada Contact: Bill MacMackin Email: SaintJohnTrack@Yahoo.ca
The North-Central American, Caribbean & Canadian Masters Track & Field Champs, are open to any registered athletes from other countries.



CROSS COUNTRY RUNNING - with Ann Bath.

**SCVAC Cross Country
Championships Sunday December
18th 2011**

Once again we held these at the popular Holly Run, and thank Reigate Priory Athletic Club for letting us use their race for our championships.

After last year's snow and travel disruptions, we were treated to a very cold day, with huge black clouds and the threat of rain that luckily did not materialise (we did have a spectacular double rainbow after the race!)

We had a good turn-out of 9 men and 3 women and after the race we had refreshments and mulled wine as usual! Thanks too to Robert Murkin, his wife and son for their support and cheers. Nearly everyone was able to stay for the medal presentations which was great. Men ran 6 miles and Women 3 miles.

| | |
|----------------|----------------------|
| Gareth Robb | Paddock Wood AC |
| M35 | 32.45 Gold |
| Ian Johnson | Shettleston Harriers |
| M40 | 33.59 Gold |
| Colin Oxlade | Croydon Harriers |
| M50 | 37.30 Gold |
| Andy De Nero | Croydon Harriers |
| M40 | 38.13 Silver |
| Dave Beattie | Crawley AC |
| M60 | 40.41 Gold |
| Steve Connolly | Swindon Harriers |
| M55 | 41.07 Gold |
| Patrick Dobbs | Thurrock Harriers |
| M70 | 43.28 Gold |
| James Fitzmoy | SCVAC |
| M65 | 46.44 Gold |
| Ken Shephard | SLH |
| M75 | 58.54 Gold |
| Helen Godsell | Blackheath & Bromley |
| W55 | 22.46 Gold |
| Gill Tree | Paddock Wood |
| W45 | 25.57 Gold |
| Ann Bath | 26.2RRC |
| W60 | 27.27 Gold |

**BMAF Cross Country Championships
Sunday March 25th 2012 Bath
University**

Full details and entry form on www.bvaf.org.uk
Women 35+ and Men 65 + at 12 noon, 6K
Men 35 – 64 at 13.00, 8K

Those wishing to be selected for the British and Irish International Cross Country being held in November 2012 at Belfast are strongly recommended to take part. The selectors will be looking at the results of the BMAF championships. Closing date is 20th March 2012-01-18

If anyone takes part it would be most helpful to email me as I like to write up a report, but only first claim clubs are listed on the results, and unless I recognise your name I may miss you! madshus@btinternet.com

***British and Irish Masters
International Cross Country,
Bellahouston Park, Glasgow 26th
November 26th 2011.***

SCVAC members travelled to Scotland to compete in this high profile race. Over the years it has really become a highlight of the master's season although of course it takes part at the beginning of the cross country season! It has grown in popularity as it is so great to catch up with friends (and rivals!) and the competition to be selected seems to get tougher each year. It is the first time this course has been used for this event, it is very hilly and the conditions were atrocious – gale force winds and torrential rain made the very steep downhill sections treacherous to say the least.

With the weather conditions it was thought to be one of the hardest courses ever used. Several competitors fell on the steepest downhill section and the gale-force winds caused porta-loos to blow over and spectators and marshalls were completely drenched. It also meant that Gazebos to store the team's spare kit could not be used. However this did not detract from the quality of the racing and camaraderie the event inspires as always. Scottish Veteran Harriers Club hosted the event and regular coaches took athletes to and from the venue which had an excellent café with much-needed hot drinks. In the evening the dinner was followed by the prize presentations and then a Ceilidh, which was preceded by Bacon or sausage butties at midnight.

Teams of 4 raced, with 3 to count. Women 35+ and men 65+ ran 6k and men 35-64 ran 8k.

We came away with many medals: M35 Bronze, M50 Gold, M60 Silver, M65 Gold, W65 Gold.

Of particular note, great to have a M35 team where Alex Gibbons was the highest scorer in 8th place overall in the race.

In the Ladies and men 65+ 6k race:-

| | | |
|--------------|-----|--------------|
| Geoff Newton | M65 | 24.57 (Gold) |
| Brenda King | F65 | 34.42 (Gold) |

| | | |
|---------------------|-----|-------|
| Ann Bath (Scotland) | F60 | 35.41 |
|---------------------|-----|-------|

In the Men 35-64 8k race:-

| | | |
|-----------------|-----|----------------|
| Alex Gibbons | M35 | 26.18 (Gold) |
| Mark Greenwood | M35 | 26.37 (Gold) |
| David Benton | M45 | 26.33 (Gold) |
| Paul Fernandez | M35 | 26.48 (Gold) |
| Graham Saker | M50 | 27.17 (Gold) |
| Desmond Michael | M60 | 33.16 (Silver) |

It was great to see 5 reserves take place in the open race of 6k which took place after the main races in even muddier conditions and still torrential rain.

| | | |
|------------------|-----|-------|
| John Exley | M60 | 24.32 |
| Caroline Wood | F50 | 24.53 |
| Nicola Blandford | F35 | 24.59 |
| Sharon Hawkins | F50 | 27.27 |
| Leslie Hall | F60 | 29.13 |

Well done to you all and commiserations to those not selected.

This year, this event will take place at Stormont, Belfast on Saturday November 10th 2012 with the reception and main accommodation at the Europa Hotel.

***Extreme track runningMy
first 24 hour running race - Self
Transcendence Track Race
17/18th September 2011, by Ann
Bath***

I ventured into the Ultra world 2 years ago and have done 3 events. Mid July, 2 weeks after my 24 hour Bike time trial at the end of June, I wondered how I would get on running for 24 hours! So I entered the very local Tooting Bec 24 hour. Speaking to the organiser I realised I had no guarantee of even getting in as had no 24 hour distance, as my previous longest race (in 2010) was the 32 mile Dartmoor Discovery.

What could I feasibly be able to do? The first lady in 2010 did 104 miles, but she also did a 3.14 marathon that year – thereby qualifying for the elite start at the London Marathon. Naturally I'd love to do 100 miles but it seemed beyond my wildest dreams. Also the organiser said gently that women peak for ultras between 40 and 50 so my age could be a bit against me (I have a bus pass- say no more!) – however I think her comment was a bit like a red rag to a bull as my final distance will show!

Still, I decided to start training as I had only about 9 weeks to the race. My aim was to incorporate power walking into running to and from work (9 miles) on Tuesdays and Weds (the days I work). Steve my partner didn't question why I was leaving home at 6.15am in my running gear, rather than leaving later and cycling to work. I always had a rucksack that varied in weight, once it was nearly 3kg with clothes, food, drinks etc. In hindsight I think this made me stronger without really realising. We were away a lot of weekends in August so most training had to be mid-week. I incorporated a pre-entered 12 hour cycle time trial but my focus was the running training so did not back off for it, (so naturally did less miles than predicted). Even in this short time span I felt I was getting stronger and able to run continuously when I did a third run of the day with my club on a Wed after a few weeks. My longest day of running was 34 miles, spread over 3 sessions, and the longest week nearly 60 miles. However I also did do a lot of cycling, but that's normal for me.

Two weeks into the training I was part of my club's relay team in the 24 hour off road Thunder run, and did 4 x 10K laps including one at night – I adored it and was already planning doing 2012 as a solo!

During the training I spent hours thinking “if I did ...miles in ... hours - for example < 5mph for 10 hours = 50, maybe 4 1/2mph for 10 = 45, leaving 4 hours to do 9 miles to reach my dream goal of 104 miles. It was as if I was drifting into a fantasy world of imagining being first lady – but no harm was done by this and it made the training hours go quicker! When I was a child my Mum said I often lived in a bit of a fantasy world at times. I repeated this so much that I completely forgot that last year's first lady was an elite sub 3.15 marathon runner, it was as if my brain was saying it's best to forget that bit of information, as mine is more like over 4 hours currently.

I only heard about 2 weeks before the race that I was on the reserve list, so I had started tapering for a race that I didn't even know I was going to do! Then finally told that I actually had a place, I was thrilled.

I kept it very low key, told no-one (except

my sister who came up from Penzance to help) not even my running mates. I only told my partner Steve the day before as he is concerned I do too many crazy things and doesn't want to encourage me. He has seen a friend of ours do too much and end up with over-training syndrome and having to have a complete rest. We do so much cycling together he doesn't want that to happen to me. He also told me our little –used car's MOT runs out on the Saturday “you don't need it do you?”. So I loaded up my huge “round the world” rucksack with folding chair, tent, sleeping bag etc for my sister (I had no intention of sleeping) she couldn't carry it as she has a dodgy hip. We got a train to Wimbledon then a taxi to the track. The programme indicated there were 7 women, I only recognised one, she had beaten me hollow at the Dartmoor Discovery Ultra.

Soon we settled in and I realised what a huge amount of organisation there was for us – a track-side table with energy drinks, electrolyte drinks, water, coke, fruit, crisps, sandwiches etc. Then there were 4 meals! I didn't have the first one but had soup early evening followed by jacket potato and cheese, later sponge and custard. The lap counters were super and very encouraging too.

I soon settled into a routine of taking drinks at the half hour and eating something solid on the hour. Every hour the result board was updated with your miles and this made the time go quickly and unbelievably I saw my name slowly moving up from being nearly last. The camaraderie was great and the hours seemed to fly by. There was some heavy rain overnight and I added warm clothes, I wore compression tights for the whole race, but never changed my shoes or socks. Then I was over the moon when I appeared on the first half of the results! I was actually able to keep jogging for about 11 hours, apart from walking to eat. I've never eaten solid food and meals in a running race before and did have a couple of hours where I required rather too many loo stops. But considering I didn't get blisters, cramp, sickness or anything else I was expecting to have some problems! So then I did a lot of power walking as well so as to avoid shaking up my insides. Concerned my pace was slower I also tried to have minimal time off the

track. Friends who live nearby were walking their dog and actually heard my name on the tannoy so came in, it was a lovely surprise! Lizzie was fantastic handing up my drinks, and managed a good sleep in the tent too.

As planned, I had a strong coffee with a croissant to dunk, in the early hours when I first felt a bit sleepy and it did the trick. Hearing the dawn chorus was great and so enjoyed a breakfast of porridge and stewed apple. I was getting the art of eating while walking. Shankara the organiser was there the whole time and nothing was too much trouble – “would you like your sponge and custard warmed up?” You really were made to feel like a super-star!

Then in the morning I realised that the French lady whom I was convinced would beat me was struggling and off the track, (the lady that beat me at Dartmoor I caught asleep in the rest room,) and I suddenly realised I was in first female place. I also could hardly believe it when I reached 100 miles in 23.02 hours! I was still motivated to do as much as possible, my friends came back again I think they were amazed, and I finally did 103.1 miles and was utterly flabbergasted, the French lady was 2nd with 93 miles and so friendly to me afterwards.

So after a lovely post-race meal I received a huge cup for being first lady – I suppose I proved that age is no barrier and also it really did show the power of the brain in helping you achieve your dreams even when they at first seem impossible. I enjoyed it so much I really can't wait to do another one so roll on the next one!

Ann's nine week training schedule:

(“Ultra Running” suggest a 30 week schedule to train for 100 miles, including 11 weeks of 60 – 75 miles)

Week 1 July 18th total 37.5 miles, cycle 155

Tues am Run/walk 9, pm run/walk 3.3

Wed am run/walk 9, pm run/walk 5, evening run hills 5 with club

Sat 10k race

Week 2 July 25th total 31 miles, cycle 133

Tues run 6, Weekend: 24 hour relay Thunder Run

Sat 1pm 10k cross country, 8 pm 10k cross country

Sun 4am 10k cross country, 11am 10k cross country

Week 3 August 1st total 50.6 miles, cycle 36

Tues powerwalk 9

Wed am powerwalk 9, pm run 6.5

Sat run 18.5 followed by powerwalk 2.5

Week 4 August 8th total 46

Mon pm run 6

Tues am run/walk 9, pm run/walk 9

Wed am run/walk 9, pm run/walk 9

evening run 5 with club

Week 5 August 15th NIL (9 day cycle touring 634 miles)

Week 6 August 22nd total 50.3 plus 6 miles social walk, cycle 18

Tues run 27.5

Wed am run 9, pm run 13.8

Week 7 August 29th total 59.6, cycle 215

Tues am run 9., mid morning run/walk 16, pm run 9

Wed am run 9.5, pm run 9, evening run 7 with club

Sun 12 hour cycle time trial: 168 miles

Week 8 September 5th total 31, cycle 160

Tues am powerwalk 9, pm run/walk 9

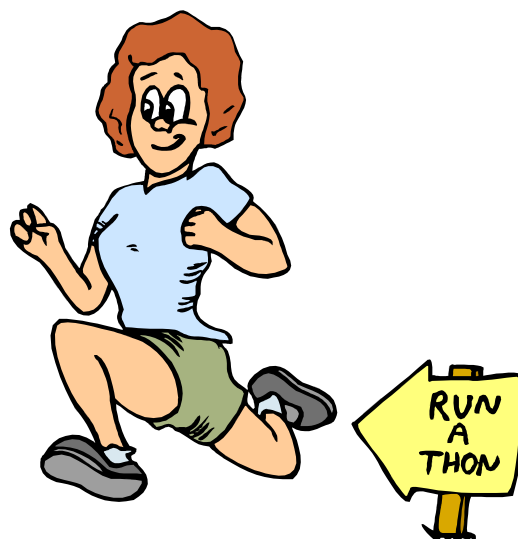
Wed am run/walk 9, pm walk 4

Week 9 September 12th total 109.1 including 24 hour race (cycle 42)

Mon run 3

Wed run 3

Sat/Sunday run/walk 103.1 miles



**MRS DERRIENS DIARY, by
Carole Derrien, Jersey
Spartan A.C.**



You just know that you can always rely on me to tell you a tale of misery; oh woe is me, etcetera, etcetera.

Never mind – it will make you all feel a lot better, I promise.....

It has been a busy year with competition, sorting out builders, electricians, plumbers and all who come to work on the refurbishment of our next door property – I am not sure that they really take any notice of me, and, I am not sure that I know what I am talking about when it comes to dealing with tradesman, but we are staggering along, with some occasional input from my son – how come they listen

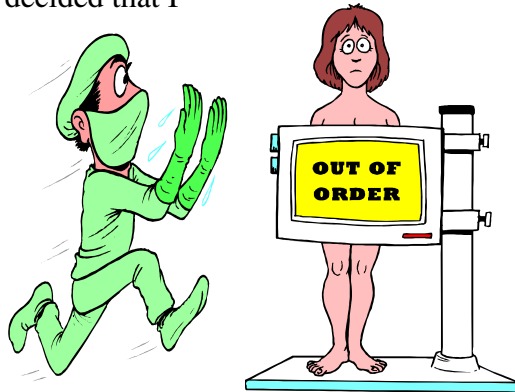


to him – I really don't know what he knows about building either, but he is young and male – that helps a lot I suppose.

The competition season was coming to the final gasp – Part 2 of the Channel Islands Championships was to take place over the second weekend in September and somehow most of the Jersey Spartan A.C. athletes had disappeared from the scene. Thankfully, my coach Bron Carter and good friends Camilla and Gill came visiting, and I, in my capacity of Field Referee, was able to press them into service – Bron helped to get the equipment up to scratch, and on the first day, they all came and helped us out with officiating. Of course the weather turned sour, it lashed with rain, and we were playing host to over 60 athletes from our sister Island Guernsey. How embarrassing was that, many of the races and field events were contested by only Guernsey Island athletes, and the high jump had to be cancelled because of the weather – lack of volunteers (unsurprisingly) made it necessary for me to help out officiating on the throws or we would have still been there when it got dark!! The next day the sun came out, we dried out everything and got sorted early in the morning, not sure that the Field Referee is supposed to clean the clubroom out, didn't see that in the job description, but after the awful weather of the Saturday, the sodden athletes had sheltered in there between events, and it resembled a pigsty. What could go wrong, checked all the officiating crews, checked the work sheets, handed out equipment – ah yes, there is another tape measure in the office, rushed in and nearly collided with someone coming out of the door, as I went

to side step, a broken plastic laundry basket which was lurking under the a table decided to stab me in the leg – obviously it didn't have any give and as I fell against the door jamb, it decided to penetrate my lower leg!

I only asked for a plaster but the wonderful mothers who had done the first aid course decided that I



should go to the hospital – I won't bore you with the day I had, suffice to say I didn't get out until after 5.0 in the evening. In Jersey A&E on a Sunday is a magnet for people who don't want to pay to go to the Doctor, and if they have children, they jump the queue! Bless Gill and Camilla, they had cooked a lovely roast for us to come home to, I hadn't as much as had a cup of tea all day!!

The real problem with this injury was the fact that we were going on our sponsored cycle ride in France the following weekend, and as organiser I felt I needed to at least cycle some of the way. A quick trip to my own Doctor, inspection of the wound, antibiotics and a promise that I could have a large glass of wine every evening convinced me I could go – and cycle – as long as I didn't get the wound wet and I had someone to do the dressings. The first day was great, sunshine and a following wind, so we decided to press on to Mt. St. Michel the next day. Of course the weather wasn't too bad when we left,

but. decided to turn really awful just as we were leaving to cycle back to Dol de Bretagne – some 20 odd miles away. Our back-up car had left to take one of the crew to hospital in St Malo, so there was nothing for it - I had to get back on my bike! Thankfully I had packed my wet weather trousers and Catarina managed to secure them round the ankle below the wound – well, it poured, hail stones, squally wind – the lot. We were a very



bedraggled bunch when we got back to the hotel, but I hadn't suffered any major damage.

I have lived to tell the tale and by default I managed to cycle the whole 100 miles, but least said about the leg the better, it ulcerated, granulated and all things in between – but at last I have been discharged from the hospital clinic. There is nothing that can be done about the lack of feeling in the foot, probably there is nerve damage, and the prognosis - both my own Doctor and the Orthopedic Surgeon have implied that crossing my fingers is as good as it gets!! I am starting light training this next week – Cat has taken me for some walks and I am managing, Vilma has booked for me to go to Finland, so now I am going to formulate a way of throwing – you know me, I like a challenge.

