

The SOUTHERNER

THE MAGAZINE OF
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

Issue no. 69

Autumn 2014



Track & Field League Final

Photos by Tom Phillips



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Officials Secretary: Arthur Kimber - as above

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Medals & Kit: VACANT*

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

Southerner 200 Club: to buy shares please contact Tom Richards - details above.

Southerner contributions welcome preferably emailed in Word format, or typed copy sent to:-
Jeremy Carmichael – details as above.

***SITUATIONS VACANT:** If you are interested in helping out with any of the vacant positions shown above please contact Arthur Kimber for more details.

From the Editor:

Congratulations to all those who noticed the deliberate mistake in the last issue and emailed me with correct page order. Some articles finished before they had started which, if translated to the track, would mean that some of our members would be beating Mr Bolt by 12 seconds!

This issue shows some terrific performances by our members, including some British records. Unfortunately I am not able to include pictures of all the major performers due to space restrictions.

Our Chairman, Arthur, has scribed some eloquent reports on the track and field events, in between all his other duties, for which I am very grateful.

For the Road Runners amongst you, please see Dave Beattie's proposed list of events for 2015 and let him have some feedback on the venues. If you don't email him you could have the same event, at the same venue year after year after year after..... If you are happy with that please email him as well.

AN IMPORTANT NOTICE

To all members who are paying their annual subscriptions by means of standing orders, will you please contact your bank and cancel the payment.

The reason for this is that from next year, 2014/2015, all club subscriptions will have to be paid by credit card using the PayPal system. You can find this procedure by going onto the club website, and under the heading of membership/joining follow the links.

Some of you are also members of the 200 Club Sweep. If so, do not include this payment with your subscriptions but send it to me by means of a cheque. For further information contact Lesley Richardson, the membership secretary, on 07958459123 or richarlg99@aol.com or me on 02086730073 or thomasrichards@talktalk.com.

Thank you, **Tom Richards, Club Treasurer**

All Pictures shown in this issue have been provided by:

Tom Phillips

www.tomphillipsphotos.co.uk

Jodi Hanagan

www.jodihanaganphotography.com

please visit their websites for more pictures of these and other events

Southern Counties Veterans Athletic Club

ANNUAL GENERAL MEETING

VICTORY SERVICES CLUB
63-79 SEYMOUR STREET, LONDON SW1 2EP

FRIDAY 5TH DECEMBER 2014 6.30 P.M.

AGENDA

- Apologies for absence
- To receive and confirm the minutes of the AGM held on 6th December 2013
- Matters arising from that AGM
- To receive the report of the Chairman
- To receive the report of the Secretary
- To receive the report of the Membership Secretary
- To receive the report of the Treasurer and the Annual Accounts for the year
- Amendments to the Constitution
- Election of Officers
- Current Officers:

Chairman	Arthur Kimber
Vice Chairman	Tom Richards
Secretary and Minutes Secretary	Terry Barnes (candidate for election)
Membership Secretary	Lesley Richardson
New Members Secretary	Vilma Thompson
Treasurer	Tom Richards
Track and Field Secretary	Arthur Kimber
Road Running Secretary	David Beattie
Cross Country Secretary	Ann Bath
Race Walking Secretary	Walter Hill
Entries Secretary	Chris Reed
Officials Secretary	Arthur Kimber
Editor, The Southerner	Jeremy Carmichael
Medals and Kit	vacant

- AOB
- Date of next AGM
- Presentation of annual trophies

SCVAC TRACK AND FIELD LEAGUE FINAL

ASHFORD – 7th September 2014

Words – Arthur Kimber Pictures – Tom Phillips

In ideal conditions, a warm and sunny day, with almost no wind, the winners of each division gathered to compete for the title of SCVAC team of the year.

In the men's match Cambridge Harriers led from the start, chased closely by Southampton, last year's winners, and Abingdon and Dartford Harriers, but pulled away to win by a substantial margin of 22.5 points over Abingdon in second place.

The sprints were dominated by Cambridge Harriers. Tony Noel won all three M50 events, 100m, 12.0, 200m, 24.3, and 400m, 54.14, with Dean Durant taking two M35 events, 100m, 12.0 and 200m, 24.9, and Doug Lucas winning the M60 200m. in 27.3. Simon Ciaravella won the M35 400m. for Southampton in 55.12.



Dave Wilcock

Herne Hill and Barnet were the key players in the distance events. Herne Hill's M35 Simon Coombes won the 1500m. in 4:15.46 and the 3000m. in 9:06.78, Gary Ironmonger the M50 800m. in 2:16.1 and Mike Mann the M60 3000m. in 11:14.15. For Barnet Dave Wilcock easily took the M60 800m. in a fast 2:14.7, Richard McCormick the M50 3000m. in 9:43.64 and Steve Allen the M50 2000m. walk in 10:40.84. Jon Grainger won the M50 1500m, 4:50.90 for Southampton and Craig Sharp the M35 800m, 2:05.2, for Dartford.

Honours were more widely shared in the jumps. Southampton's Mark West won the M35 high jump, 1.55 and Vic Novell, the man who clinched the title for Southampton last year, the M60 long jump with 4.25. Epsom and Ewell's David Blunt, M60, won the high jump, 1.40, and the M50 pole vault, 3.00, with his colleague John Andrews winning the M35 event with 3.70. Cambridge Harriers' M35 Dean Durant

won long and triple jumps, 6.22 and 12.03 and Pete Stepney for Abingdon took the M50 triple, 10.22.

In the throws Cambridge Harriers were outstanding, with two double winners, M35 Andy Kruszenski winning discus and shot, 39.02 and 11.19 and Tony Tipping, M50, taking the hammer and shot, 44.94 and 11.24. Chris Melliush added the M60 hammer in 30.87. Dartford prevailed in the javelin, Richard Nash taking the M35 with 42.54 and John Fenton the M50 with 43.24, while for Abingdon Steve McCourt won the M35 hammer with 31.63 and Ron Jones the M60 shot with 9.84. Herne Hill's Garry Power scored their only field event win in

the M50 discus, 41.89. Southampton won both relays, holding off Dartford, but not quite by enough to hold on to third place in the final table.



Julia Machin

In the sprints Diana won the 400m. A race in a fast 60.49 with Julia taking the B race in 62.68 and the B 100m. in 14.1. Sue Wisdom won the W50 200m, 31.7, to complete Epsom and Ewell's victories. Cambridge Harriers' Xanine Powell, W35, won both 100m. and 200m. races, 13.7 and 28.5, while for Blackheath and Bromley M60 Helen Godsell took the W50 100m, 14.7 and the W60 200m, 30.4. Catkin Shelley from Serpentine won the W50 400m. in 71.26.

The distance events were dominated by Cambridge Harriers, with W50 world record holder Claire Elms easily winning three events, 800m, 2:48.91, 1500m, 5:10.06 and 3000m, 11:11.87, while another international star M60 Ros Tabor again easily won her age group races, 800m, 2:58.39 and 3000m, 12:36.19. Back with Epsom and Ewell Diana Norman won the 800m. and 1500m., 2:15.5 and 5:12.58 and added a second place in the 3000m, 11:42.17. The 2000m. walk produced victories for Serpentine's Pam Rutherford, W35, 13:13.9 and Blackheath and Bromley's Anne Cilia, W50, 13:53.0.

Epsom and Ewell and Blackheath and Bromley were the most successful clubs in the jumps, Julia Machin winning high and triple jumps, 1.65 and 10.34, Diana Norman the long jump,

In the women's match Cambridge Harriers took an early lead, but were soon overhauled by Epsom and Ewell, last year's winners. Cambridge and Blackheath and Bromley kept close to Epsom and Ewell for most of the match, but in the final stages Epsom and Ewell extended their lead to a significant 17 points.

W35 sisters Julia Machin and Diana Norman played a leading role in Epsom and Ewell's victory. Each sister competed in six events, with five wins and one second place, so contributing 41 points each to the team total. And by competing in the relays, both won by Epsom and Ewell, the pair helped to add further team points.



Diana Norman



Helen Godsell

5.12, and Charmaine Johnson the W50 high jump, 1.40, while for Blackheath and Bromley Jackie Montgomery and Helen Godsell won two events apiece, Jackie taking the W35 pole vault with 2.60 and the W50 long jump, 4.03, and Helen Godsell the W60 high and long jumps, 1.07 and 3.57. Avis Cowley put Herts Phoenix in the picture with her 6.29 triple jump to win the W50 category.

The six victories in the throws continued the Epsom and Ewell supremacy, a clean sweep in all shot events, Julia, W35, 10.01, Charmaine, W50, 10.83 and Liz Sissons, W60, 8.60. The club also won both javelin events, Diana with 32.37 and Charmaine with 24.91, while Wendy Dunsford won the W50 hammer, 29.62. The other throws successes came from Serpentine in the hammer, W35 Mary Davies, 21.57 and W60 Jan Farmer, 22.75, from Cambridge in the discus, Helen Daniel, W35, 28.92 and Lynn Atkinson, W50, 20.08 and from Jackie Montgomery for

Blackheath and Bromley in the W35 hammer, 15.51.

Team results:

Men:

Cambridge Harriers	225
Abingdon	202.5
Dartford Harriers	189
Southampton	187
Herne Hill	172.5
Barnet	169
Epsom and Ewell	54

Women:

Epsom and Ewell	264
Cambridge Harriers	247
Blackheath and Bromley	229
Serpentine	208
Herts Phoenix	124

Full results can be found on the SCVAC website, www.scvac.org.uk



Southampton relay final change over

EAMA INTER AREA CHALLENGE SOLIHULL – 21st July 2014

Four British records and 31 CBPs

Words – Arthur Kimber Pictures – Tom Phillips

In ideal warm and sunny conditions, with almost no wind, the match again this year was held in a highly competitive, but very friendly atmosphere, with some performances of a very high standard. Four British records were set. Four Southerners set two, Moira West beating Angela Copson's mark to break the W65 400m. with 73.48, and Moira, with Helen Godsell, Linda



Ahmet and Viv Bonner clocking 59.78 to break the long standing W60 4x100m. record set by the British team in the 2001 world championships in Brisbane. SWVAC's Neil Tunstall reduced his own M50 100m. hurdles record by one hundredth of a second to 14.39 and Kevin Murch, MMAC, also improved his own M50 javelin mark with 54.47. There were 31 CBPs, the successful SCVAC athletes being Terry Bissett (2), Ray Watkins, Dave Wilcock, John Batchelor, Diana Norman, Helen Godsell, Liz Sissons and two relay teams, W60, of course, and M60. A closely contested match led finally to a win for MMAC in the men's match, for SCVAC in the women's match and an overall victory for MMAC.

In the men's match SCVAC were dominant in the sprints. Joshua Wood won the M35 100m. and 200m, 11.38 and 23.45, Ray Watkins the M60 200m. and 400m, 26.16 and 57.38, Terry Bissett the M70 200m. and 400m, 29.73 and 66.81 and the M60 team took the 4x100m. relay. M35 Mensah Elliott added the 110m. hurdles in 15.72. The distance men were most successful at 800m. and 1500m. In the 800m. Craig sharp ran a fast 2:02.29 to win the M35 race easily. Dave Wilcock took the M60 race in 2:18.73 and John Batchelor won the M70 in 2:46.04. Dave scored a double by winning the



1500m. in 4:38.4 and M35 Adrian Haines was only narrowly beaten by EVAC's Luke Humphries, taking second place in 4:16.32. To complete the track successes Chris Hobbs won the M50 2000m. walk in 10:02.24.

In the long jump Andy Lewis won the M35 in 6.34, Trevor Wade, returning from a lengthy period of injury, took the M50 category with 4.72, while Keith Newton won the triple, 12.27 and M50 decathlete Allan Leiper vaulted a winning 3.32. Thrower Neil Griffin, M60, won both shot and discus, 12.23 and 43.06, M35 Peter Mayfield took the javelin with 40.10, and was only narrowly beaten in the discus, recording 37.11, and M70 Brian Harlick scored a shot victory with 8.32.

In the women's match also the team scored well in the sprints. W35 Diana Norman won the 400m. in 59.25 and added the 80m. hurdles in 12.8, W50 Euphemia Scott won the 100m. in 14.18 and just lost out in the 200m, running 29.85 for second place. W60 Viv Bonner won the 100m. easily in 14.71 and W60 Helen Godsell the 200m. with 30.61. In



the distance races W50 Caroline Wood had a very satisfactory day, winning the 3000m. in 11:31.52 and, stepping down from her best distance, took second places in the 800m, 2:44.99 and 1500m, 5:30.07.



In the field SCVAC athletes performed best in the jumps, with Linda Ahmet tying for first place in the high jump with 1.10, Jackie Montgomery winning the W50 pole vault, 2.62, Amanda Rowley-Jones taking the W50 triple jump, 9.23 and Diana Norman scoring a double win to add to her track successes, high jump, 1.55 and triple jump, 10.03, plus another second place, in the long jump, 5.02. The team were weaker in the throws, with only a solitary victory, Liz Sissons, now 70, taking her age group shot with 8.16.

Diana Norman deserves congratulation as the athlete, male or female, gaining most points in the match, 46, four first places and two seconds.

Team results	Men	Women	Overall
MMAC	338	269.5	607.5
SCVAC	310	283.5	593.5
WMAA	271	236	507
NVAC	217	232	449
EVAC	202.5	223	425.5
VAC	170	113	283
SWVAC	56	-	56

Complete results can be found on the EAMA website:
englandathleticsmastersassociation.org.uk



SCVAC TRACK AND FIELD CHAMPIONSHIPS LEE VALLEY – 8th June 2014

British Record for John Seymour

Words – Arthur Kimber Pictures - Tom Phillips

John Seymour, just into the M80 category, ran a fine 400m. in 87.63 to break the British record by a large margin. 10 CPBs were set, John's, of course, and the rest by Teresa Eades (3), Sue Yeomans (2), Amanda Rowley-Jones, Neil Griffin, Barry Ferguson and Allan Leiper.

In the sprints the best performances in the 100m. races came from M60 Ray Watkins, a fast 12.82, M35 guest Stuart Channon, 11.80 and M70 Terry Bissett, 15.00. In the 200m. Ray again stood out, with 25.99, with Stuart clocking 23.80 and Terry 30.29. In the 400m. races John



John Seymour

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triple, with W50 Amanda Rowley-Jones reaching 9.34 in the same event. W60 European record holder Sue Yeomans vaulted 2.70 in her main event and jumped 8.54 in the triple. In the men's events M50 Allan Leiper vaulted 3.50, CBP, M40 Neil Lincoln jumped a long 6.33 and was narrowly beaten by Steve Lake in the triple, Steve's 12.10 to Neil's 11.90. M50 Allan Leiper also high jumped 1.51 and M35 Chris Mills vaulted 4.00. The throws were another CBP area, Neil Griffin, M65, throwing the discus 44.51 and adding two other good performances, shot, 12.41, and hammer, 39.57. Tony Tipping, M50, had a successful day, with a 38.29 javelin throw, a 41.19 discus and a 13.06 shot. M70 Garry Negus recorded two impressive performances, 11.18 short and 38.01. hammer. M60 Tony Richards, threw a 34.77 discus and a 11.23 shot and Michael Bennett, also M60, a 38.29 javelin.

W60 Ann Bath, an ultra distance walker, turning to running events, had a very busy day, competing in 400m, 800m, 1500m, and 3000m, probably a doddle for someone who can keep walking for 24 hours in a track race!

Seymour was the outstanding athlete, and Ray put in a third excellent performance in 57.98. Good performances in the women's sprints came in the 100m. from W45 Michele Wakefield, 14.64, W50 Kirstin King, 14.35, W55 Joan Trimble, 14.88 and W60 Helen Godsell, 14.78. Joan, 31.26 and Helen, 30.69, kept up the good work in the 200m, while in the 400m. races, W50 Euphemia Scott ran 68.20, and W55 Lynn Talbot, 71.16.

In the distance events, Andrew Coleman, M45, ran a fast 800m. in 2:08.94, M60 Chris Reed a 5:45.29 1500m. and M65 Alan Davidson 3000m. in 23:48.69. M55 Malcolm Martin clocked 16:38.63 in the 3000m. walk and notable hurdles times came from M70 Barry Ferguson with his 80m, 15.46, CPB, M40 Peter Davey in the 110m, 16.81, Barry again in the 300m, 57.56 and M60 Geoff Kitchener, 54.56.

The jumps produced seven of the CBPs. On top form Teresa Eades, W55, long jumped 4.10, high jumped 1.30 and achieved 9.49 in the



Secretary Chris Reed

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Complete results can be found on the SCVAC website www.scvac.org.uk

SCVAC Half Marathon Champs 2014

Burnham Beeches - August 27th 2014

Words – Dave Beattie Picture - Jodi Hanagan

Burnham Joggers kindly hosted our half marathon championship, and provided a well organised event featuring a challenging but pleasant traffic-free course, and good changing and shower facilities. In contrast to recent years, the runners enjoyed cool conditions on August 17th, and most finished before a sharp downpour sent spectators diving for cover.



Barbara Ralph

©www.jodihanaganphotography.com

SCVAC entries were down, with injuries ruling out some of our “regulars”. Nine members finished, their performances helped by the weather. Competition was lacking for the SCVAC medals – only one runner took home a silver medal, the rest won gold! First SCVAC man was M45 Mark Champion of Istead and Ifield in 1:24:08 – I clocked Mark at the halfway point, and he ran a swifter second half by a couple of minutes. Tony Brackstone, who has battled knee problems, returned to take the M70 honours in the open race, in a new course record of 1:36:40. Tony achieved our best age rated performance of 84.46%. Barbara Ralph (pictured below) took the F60 honours with 1:43:40 for an age rated 82.06%.

Many Thanks to Alan Watson and his enthusiastic band of helpers, who staged a great event – I particularly enjoyed watching a red kite circle lazily above the school playing field while the runners below sprinted for the finish!

The full SCVAC results are set out below, with age

rated percentages.

Photo by Jodi Hanagan

Pos	Name	Club	Category	Age	Finish Time	Age Rated %
24	Mark Champion	Istead & Ifield Harriers	M45	46	01:24:08	76.96%
85	Heather Fitzmaurice	Sevenoaks AC	F40	44	01:33:42	76.06%
107	Tony Brackstone	Southern Counties Veterans AC	M70	71	01:36:40	84.46%
148	Alan Roberts	Vale Of Aylesbury AC	M50	50	01:41:08	66.21%
181	Barbara Ralph	Chiltern Striders	F60	60	01:43:40	82.07%
287	Peter Godbee	Swanley & District AC	M60	63	01:53:16	66.49%
366	Patrick Dobbs	Thurrock Harriers	M75	76	02:01:55	72.02%
402	James Fitzmaurice	Sevenoaks AC	M70	72	02:06:48	65.17%
462	Karen Samuel	Bromley Veterans AC	F50	53	02:15:29	58.82%

BMAF and SCVAC Marathon Championships

Thanet - September 7th 2014

Words – Dave Beattie

Pictures - Jodi Hanagan

Thanet Roadrunners organisation of this event was excellent – at the Race HQ, runners were

efficiently processed through a taped off route of tables issuing race numbers, timing chips, age group numbers etc. Marshalls and feed stations were plentiful, and the enthusiastic announcer kept spectators entertained throughout the event.



Steve Suttle M55 Gold

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The marathon runners started with those running half the distance, and the winning half marathon time of 1:19 illustrates the hilly nature of the first half of our championship course. There is also a testing hill two miles from the finish, climbing from Margate seafront up onto the clifftop path. Most finish times were 8 or 9 minutes slower than the runner's London Marathon result.

BMAF runners dominated the open race: M40 Peter Dimbleby of Birchfield was 1st, and M50 Keith Dowson of Sevenoaks was 3rd.

Walter Hill won the open prize for M60, and Barbara Ralph of Chiltern Striders won F60, narrowly shading Keith and Walter for the best age graded performance by a Southern Counties Veterans AC member. The best BMAF age graded score was 82.94%, by Ann Doherty of Forres Harriers, aged 69 who ran 4:19:39.

SCVAC results in full: our members accounted for 50% of the BMAF finishers, and recorded some good performances in quite humid conditions for marathon running. Well done to you all – I enjoyed handing you your hard-won BMAF and SCVAC medals!



Keith Dowson M50 and 3rd overall

© www.jodihanaganphotography.com

First name	Surname	Age	Club Name	Pos.	Chip time	Age Grade
Keith	Dowson	51	Sevenoaks AC	3	02:59:13	78.52%
Walter	Hill	61	Crawley AC	15	03:22:30	76.39%
Andrew	Noble	50	Folkstone Running Club	20	03:25:11	67.97%
Jack	Chivers	35	Haywards Heath Harriers	22	03:27:52	60.09%
Stephen	Suttle	56	Thanet Road Runners AC	30	03:36:57	67.93%
Barbara	Ralph	60	Chiltern Harriers AC	60	03:52:18	79.02%
Ann	Bath	66	26.2 Scottish Veterans	122	04:31:59	74.63%
Peter	Godbee	63	Swanley and District AC	133	04:42:21	55.90%
Karen	Samuel	53	Kent AC	168	05:01:51	55.10%
John	Gaade	70	SCVAC	183	05:22:09	52.73%

Proposed SCVAC Road Race Championships 2015

10k Multi Terrain Championship May

The Ted Pepper Memorial 10k is an enjoyable race – the course uses good paths and tracks, starting and finishing on the Norman Park athletics track. It is an accurately measured 10k, which offers a different race experience to our members.

10k Road

We have used the **Givaudan Ashford 10k in October** for the last few years. This is a good traffic free course, starting and finishing on the track in the Julie Rose stadium. I am happy to stay with Ashford, unless members would like a change – *please email your thoughts*.

10 Miles

The SCVAC Championship will be at the **Epsom 10 in November**. A good club race, showers and changing facilities in the Epsom Grandstand, and prompt presentation afterwards. However, if members prefer, we could stage our championship within the **BMAF** championship at **Sidcup in March** – a faster course – *please email your thoughts*.

Half Marathon

Although the **Burnham Beeches Half Marathon** ticks most of the boxes – good parking, changing, scenic traffic free course, chip timing – it is held in **August**, which can be hot. Are members happy to return in 2015, or would you prefer a cooler month? *Please email your thoughts*.

Marathon

I plan to stay with the **Thanet Coastal Marathon** in 2015 – a good number of our marathon runners are from Kent, and Thanet Road Runners organise a good race. The race is the first Sunday in **September**.

Once I have reviewed your emails, I'll confirm the program for 2015: then I will provide details of online entry procedures as soon as these are available, to encourage a good number of entries for all SCVAC road championships.

Dave Beattie

Road Running Secretary

Cross Country Championships 2014

Once again we will be holding these at Reigate Priory Park, within the Holly Run which is very well organised by Reigate Priory Athletic Club. This has proved a successful venue for the last few years.

The confirmed date is Sunday December 14th but the details about entering are not currently on their web site but will be in due course!

<http://www.rpac.org.uk/index.php?p=hollyrun>

Do come and join us for a sociable gathering, we meet by the SCVAC banner near the start, by the fence, and plan to give out medals after the races along with refreshments.

Any queries do contact me and it would be good if you could email me if you have entered, with your age group.

Ann Bath madshus@btinternet.com 0208 398 2775 or 07751 308105

200 CLUB

Recent Winners:

Prize	June	August	October
£30	Robert Heywood	Dorothy McLennan	Pam Jones
£20	Vilma Thompson	David Beattie	Sally Staggles
£10	Ken Crooke	Carole Derrien	Mike Cantwell

*If anyone is interested in buying a share in the 200 Club, please contact Tom Richards.
Shares cost £12 per year.*

FIXTURES SUMMARY 2014/15

SOUTHERN

2014

December 14 th	SCVAC Cross Country Championships	Holly Run, Reigate, Surrey
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2015

February 22 nd	SCVAC Indoor Championships	Lee Valley
March 1 st	Inter Area Indoor Challenge Match	Lee Valley
April 26 th	Virgin London Marathon	Blackheath, London
May 4 th	Ted Pepper Memorial 10k, Norman Park	Bromley, Kent
June tbc	SCVAC Track & Field Championships	Lee Valley,
June tbc	Jack Fitzgerald Memorial Races	Tilgate Park, Crawley, W. Sussex
August tbc	SCVAC Half Marathon Championship	Burnham Beeches, Berkshire
September 6 th	SCVAC Track & Field League Final	Ashford, Kent
September 6 th	SCVAC Marathon Championship	Thanet, Kent
October tbc	SCVAC 10k Road Championships	Ashford, Kent
Tbc	SCVAC 10 Miles Road Championships	tbc

N.B. For any events which do not have full details, please check our website: scvac.org.uk

NATIONAL

2014

October 19 th	BMAF Half Marathon Championships	Salisbury
October 25 th	BMAF Cross Country Relays	Moorways Stadium, Derby
November 29 th	BMAF 20km Road Walk	Hayes Cycle Circuit, Hillingdon

2015

February 15 th	BMAF Indoor Pentathlon	Lee Valley
March 7 th /8 th	BMAF Indoor Championships	Lee Valley
March 8 th	BMAF 10 Miles Road Race Championships	Sidcup, Kent
March 14 th	BMAF Cross Country Championships	Ruthin, North Wales
May tbc	BMAF 10 Kilometres	Kings Lynn
May tbc	BMAF Road Relays	
June tbc	BMAF 5 Kilometres	
July tbc	BMAF Multi Terrain	
September tbc	BMAF Marathon Championships	
October tbc	BMAF Half Marathon Championship	

INTERNATIONAL

2014

November 22 nd	International Cross Country	Wollaton Park, Nottingham
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2015

March 23 rd -28 th	European Veteran Indoor Championships	Torun, Poland
May 15 th -17 th	European Non Stadia Championships	Grosseto, Italy
August 4 th -16 th	World Masters Track & Field Championships	Lyon, France

2016

Oct 26 th -Nov 6 th	World Masters Track & Field Championships	Perth, Australia
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