

# The SOUTHERNER

THE MAGAZINE OF  
THE SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

ISSUE NO. 73

Autumn 2016

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## SCVAC/VAC Track & Field Championships Kingston.

Above

**Neil Lincoln, M45, Holland Sports  
AC. Triple Jump.**

Left

**Victor Novell, Southampton AC,  
gold medal winner leading Alan  
Long, Herne Hill Harriers, M70  
100m**

*Photos Tony Rea*



## **Club Officers for 2016**

**Chairman:**

Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD. Dartford Harriers 01634 389554: arthur.kimber@gmail.com

**Vice Chairman:**

Tom Richards 101 Doulton Place, Macmillan Way, Tooting, London, SW17 6AT :  
020 37594389 thomasrichards@talktalk.net

**Secretary & Minutes Secretary:**

**VACANT**

**Treasurer:**

Tom Richards as above.

**Membership Secretary:**

Lesley Richardson 1 Puttenham Close, South Oxhey, WD19 7BJ: 07958459123  
richarlg99@aol.com

**New Members Secretary:**

Vilma Thompson 18 Albury Road, Boyfield Street, London, SE1 0SB Belgrave Harriers  
02079289577 villythompson18@gmail.com

**Road Running Secretary:**

David Beattie 64 Lumley Road, Horley, Surrey RH6 7JL Crawley AC 01293 412625:  
beattieruns@blueyonder.co.uk

**Race Walking Secretary:**

Walter Hill, Tain Cottage, Ifield Rd, Charlwood, Surrey RH6 000 Crawley AC 01293 862327.  
walterhelen@tiscali.co.uk

**Cross Country Secretary:**

Jeremy Carmichael, 1 Tintern road, Gossops Green, Crawley, West Sussex, RH11 8NG,  
Crawley AC, 01293 547855, untraslow@blueyonder.co.uk

**Newsletter Editor:**

Tony Rea, 75 Maxwell Drive, Maidstone ME160QH, Dragons Running Club, 01622 758489  
tonyrea@tinyonline.co.uk

**T & F League Secretary:** Arthur Kimber - as above.

**Officials Secretary:** Arthur Kimber - as above

**Entries Secretary:** VACANT\*

**Medals & Kit:** VACANT\*

**Club Records:**

Jeanne Coker 210 Chaplin Rd, Wembley, Middlesex, HA0 4UT jeanne.coker@hotmail.com

**Club Webmaster:**

Mike Peel Blackheath & Bromley Harriers AC 07970101871: [mike@mikepeel.co.uk](mailto:mike@mikepeel.co.uk)

**Club Records:** please send claims to Jeanne Coker - details above

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

**Southerner contributions welcome,** please send to Tony Rea- details above

# ANNUAL GENERAL MEETING

Victory Services Club 63-69 Seymour Street, London SW1 2EP

Friday 2nd December 2016, 6.30 PM.

## AGENDA

- 1 Apologies for absence
- 2 To receive and confirm minutes of AGM held 4th December 2015
- 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 the annual accounts for the year
- 8 Amendments to the constitution
- 9 Election of officers

|                  |                         |                   |
|------------------|-------------------------|-------------------|
| Current officers | Chairman                | Arthur Kimber     |
|                  | Vice Chairman           | Tom Richards      |
|                  | Secretary               | <b>VACANT</b>     |
|                  | Treasurer               | Tom Richards      |
|                  | Membership Secretary    | Lesley Richardson |
|                  | New Members Secretary   | Vilma Thompson    |
|                  | Road Running Secretary  | David Beattie     |
|                  | Race Walking Secretary  | Walter Hill       |
|                  | Cross Country Secretary | Jeremy Carmichael |
|                  | Newsletter Editor       | Tony Rea          |
|                  | T&F League Secretary    | Arthur Kimber     |
|                  | Officials Secretary     | Arthur Kimber     |
|                  | Entries Secretary       | <b>VACANT</b>     |
|                  | Medals & Kit            | Arthur Kimber     |
|                  | Club Records            | Jeanne Coker      |
|                  | Club Webmaster          | Mike Peel         |

- 10 Future of the Southerner
- 11 AOB
- 12 Date of next AGM
- 13 Presentation of trophies

## NOTES FROM OUR CHAIRMAN ARTHUR KIMBER

**Secretary.** Owing to pressure of other work Terry Barnes has resigned from the post. We thank him for all his work and wish him well in all his future competitions.

**Organiser of the outdoor SCVAC Championships.** Owing to the pressure and timing of other organisational work I will be unable to organise this fixture in 2017.

If you can help SCVAC by taking over either of these posts, please contact me for a preliminary discussion and more detail.

# Thanet Marathon Sunday 4th September 2016

Words & Photos Tony Rea

This well established, well organised and well supported fixture lived up to its high standards on a windy and challenging day on the north Kent coast.

The race shares its first half with the half marathon event run at the same time. The runners head out from Cliftonville and around the headland to Ramsgate through Broadstairs. They then retrace their steps and return to Cliftonville leaving the half marathon runners to finish their race there. The marathon runners then commence the gruelling second half of their race out along the north Kent coast through Margate into a strong headwind to Minnis Bay and back.

Highlights include Dickens' Bleak House, the Viking and Joss Bays, the financially troubled classic adventure park of Dreamland and the Turner Contemporary which coincides with a short sharp hill shortly before the finish.

While SCVAC only had six entrants, this lack of numbers was more than made up with the performances achieved. Gavin Kitchingham, MV45 from Orpington Road Runners, ran 3.11.52 to be our first runner home and the eighth overall. Our first lady was Marian Povey, FV60, in a time of 4.35.45 narrowly beating her husband Terry. (SCVAC results below).



**Marian and Terry Povey**



## SCVAC Thanet Marathon Results

|               | Name              | Time    | Age | Cat. | Club                      | Age Grade | Medal  |
|---------------|-------------------|---------|-----|------|---------------------------|-----------|--------|
| <b>1(8)</b>   | Gavin Kitchingham | 3.11.52 | 48  | M45  | Orpington Road Runners    | 71.4%     | Gold   |
| <b>2(33)</b>  | Steve Suttle      | 3.47.10 | 58  | M55  | Thanet Road Runners       | 66.12%    | Gold   |
| <b>3(88)</b>  | Marian Povey      | 4.35.45 | 61  | W60  | Dartford                  | 68.01%    | Gold   |
| <b>4(89)</b>  | Terry Povey       | 4.35.46 | 58  | M55  | Dartford                  | 54.47%    | Silver |
| <b>5(124)</b> | Karen Samuel      | 5.11.54 | 55  | W55  | Kent AC                   | 55.13%    | Gold   |
|               | John Gaade        | DNF     | 72  | M70  | Southern Counties Vets AC |           |        |



**Steve Suttle MV55 Gold**



**Karen Samuel FV55 Gold**

## SCVAC CHAMPIONSHIPS – KINGSMEADOW – 28.08.16

**Words Arthur Kimber: Photos Tony Rea**



**Caroline Wood. Arena 80 AC.  
W50 5000m**

This year the championships were combined with the VAC championships as it was not possible to hold a separate meeting. 18 Championship Best Performances were set or equalled, three by Diana Norman, and two each by Joe Appiah, Colin Field and Pam Jones. Other notable performances came from SCVAC gold medallists in many events.

In the M35 events two athletes stood out, Joe Ashley with a fine run in the 800m. in 2:08.04 and a CBP in the 1500m. in 4:30.75. Charles Romito set a new CBP in the 400m. hurdles in 64.97. In the M40 events Ciaran Harvey ran a fine double to take the 100m. in 11.83 and 200m. in 23.97, while Darren Dods clocked 16.03 in the 110m. hurdles and jumped 6.17 in the long jump. In the M45 group Will McGee won the 100m. in 12.05 and 200m. in 24.33, while Joe Appiah ran a fast 110m. hurdles for a CBP in 15.51 and long jumped 6.24 for his second CBP. Simon Byway set a new CBP in the 400m. hurdles with 66.58. Jonathan Tilt in the M50 category set a CBP in winning the 400m. hurdles in a speedy 61.89 and took the flat event in 56.89. In the throws Trevor Ratcliffe threw a long 52.15 to set a javelin CBP and Tony Tipping won the shot, 12.49, discus, 38.37 and hammer, 41.11. In the M55 events there was a well contested 200m. won by

Pat Logan in 25.62, just edging out Peter Ilo, with Mark Woods taking the bronze. Peter won the 400m. in 59.63 and Mark the 100m. in 13.01, while Gary Capon won the M50 high jump with 1.55. In the M60 group Tom Phillips had a good day, taking the 100m. in 13.25 and the 200m. in 27.56, while Bob Bradbury clocked a 2:31.65 800m. and a 5:08.96 1500m. Allan Williams vaulted 3.05. Neil Griffin stood out in the M65 events with a 12.06 shot and a 41.55 discus. In the M70s Vic Novell scored a sprint double with a 14.23 100m. and a 29.16 200m, Tony Rea a 6:15.68 1500m. and Tony Brackstone a 22:02.21 5000m. and John Gilbert took a throws double, 8.94 shot and 28.25 discus. John Batchelor was outstanding in the M75 category with a CBP 800m, 2:56.45 and a 6:07.03 1500m and Roger Bruck equalled the CBP with his 1.15 high jump. M80 Colin Field set two CBPs, 100m. 17.75 and 200m. 40.42.

In the women's events the best performances in the W35 group came from Debbie McCaw, 9.75 shot, 30.51 discus and particularly a long 4.66 in the hammer. The multi talented Diana Norman



won seven events in the W40 group. with three CBPs, 400m, 60.29, 800m, 2:18.28, 80m. hurdles, 12.41, CBP, high jump, 1.60, CBP, triple jump, 10.87, CBP, shot, 10.71 and javelin, 28.37. Penny Cummings won the 3000m. walk, clocking 17:06.25. A good range of performances in the W50 group came from Kirstin King's double, 100m. in 13.77 and 200m. in 28.41, Caroline Wood a 20:18.52 5000m, while Julie Wilson won all four throws, 10.01 shot, 29.07 discus, 34.73 hammer and 20.40 javelin.

It was good to see the return of Mandy Rowley-Jones after a long period of injury and surgery coming back to win the triple jump with 7.95. Teresa Eades won three events in the W55 group, 100m. in 15.61, pole vault 2.50 and triple jump 9.12. Vilma Thompson and Helen Godsell were the stars in the W60 group, with Viima taking all the throws, shot 9.37, discus 19.50, hammer 28.05 and javelin 18.39 and Helen the 100m. in 14.60 and the 200m. in 31.40. W65 Hendricke White clocked 16.20 to set a CBP in the 100m and ran 200m. in 34.00, while Emily McMahon equalled the CBP with a 1.15 high jump.

Liz Sissons won all four throws in the W70 group, shot 8.28, discus 19.52, hammer 21.16 and javelin 20.12. Pam Jones, now in the W80 group set two new CBPs, 4:23.37 for 800m. and 8:59.52 for 1500m.



### **Men's M55 100m**

**From left to right:**

**Roderick Davies, Southampton AC;**

**Emil Tomczyk, Poland;**

**Shane Sheridan, Dundrum South Dublin AC and**

**Mark Woods, Paddock Wood AC.**

## **CLUB SUBSCRIPTIONS FOR 2017**

**WILL ALL MEMBERS PLEASE NOTE THE SUBSCRIPTIONS ARE DUE ON THE 1<sup>ST</sup> JANUARY 2017 AND THAT THE FEE FOR THE YEAR WILL BE £18.00 , WHICH IS THE SAME AS LAST.**

**ANY MEMBER WHO IS MAKING THEIR PAYMENT BY STANDING ORDER WILL YOU PLEASE CONTACT YOUR BANK AND CANCEL THE PAYMENT.**

**ALL MEMBERSHIP FEES ARE TO BE PAID BY THE ONLINE SYSTEM AND ANY MEMBER WHO HAS A PROBLEM WITH THIS SHOULD CONTACT LESLEY RICHARDSON, WHO IS THE MEMBERSHIP SECRETARY ON 07958459123.**

**IF ANY MEMBER WOULD LIKE TO JOIN THE 200 CLUB YOU PLEASE CONTACT ME ON [thomasrichards@talktalk.net](mailto:thomasrichards@talktalk.net) and I will send them an application form for 2017 and the date of the first draw which will take place at the first committee meeting of 2017.**

**Thank you**

**Tom Richards Club Treasurer and 200 club secretary  
020 37594389.**

### **The Icosathlon.**

Bored with the pentathlon or even the decathlon how about the icosathlon? Adrian Essex, SCVAC member, MV 65 London Heathside, has written to us extolling the virtues of this twenty event competition.

At the recent IAUM European Championships held over two days at the Wilberforce Road track in Cambridge, Adrian achieved a number of world bests within the icosathlon and won the gold medal. Adrian commented that "as much as I have enjoyed taking part in the decathlon and pentathlon recently, this has really fired me up. Turning out for a 10,000m in the dark at the end of the second day is a proper challenge."

More details of the event can be found at <http://www.icosathlon.com/>



**EAMA OUTDOOR INTER AREA TRACK AND FIELD CHALLENGE  
SOLIHULL – SUNDAY 17<sup>TH</sup> JULY 2106**

**Words - Arthur Kimber**

**Southerners win women's and overall matches**

The match again provided performances of a high standard and high level competition between eight area clubs. MMAC won the men's match, narrowly beating SCVAC, 312 points to 304, but SCVAC took the women's match by a larger margin from MMAC, 295.5 to 264.5, ensuring that SCVAC won the combined match. Ten CBPs were set, two by Carole Filer, one British record, in the high jump by Steve Linsell and one British best performance in the 2000m. walk by race Anne Wheeler.

For SCVAC Peter Davey got the club off to a good start with his 17.02 run to take the 110m. hurdles and the club scored heavily in the sprints, with winners M35 Joshua Wood, 11.41 and M60 Wally Franklyn, 13.44, taking the 100m. races and M70 Vic Novell gaining good points with a second place in 14.30. M35 Adam Bellis won the 200m. in 23.33 and took second place in the 400m. in 51.39 and Simon Barrett, M60, 61.09 and Terry Bissett, M70, 69.98, won their 400m. races. M60 Dave Wilcock was the only middle distance victor with 4:56.24 in the 1500m. and Tony Brackstone was placed second in the M70 event with 5:56.40. Chris Hobbs, M60, took the 2000m. walk in 10:09.49 and Steve Allan, now also 60. was second in the M50 race in 10:49.96. The club won three of the 4x100m. relays, M35, M60 and M70. In the throws M35 Mark Wiseman easily won the discus, 47.19, and shot, 12.25, and was third in the hammer, 41.47 and Richard Nash took the M35 javelin, 41.42. Victories in the jumps came from M35 Ian Parkinson, 4.00 in the pole vault, while John Andrews took second place in the M50 event with 3.40. Andy Lewis won the M35 long jump with 6.23 and Vic Novell the M70 with 4.17. Roger Bruck, won the M70 high jump with 1.23 and Duncan Talbot was just beaten into second place on countback in the M60 event, jumping 1.44. Richard Nash scored further valuable points with a second place in the triple jump, 10.11.

VAC's Aaron Brown set a CPB in the M35 800m. with a fast sub two minutes clocking, 1:58.79, NMAA's Steve Linsell, M50, set a British record and CBP with a 1.77 high jump and Dean Storry, MMAC, set a CBP in winning the M35 high jump with 1.98.

In the women's match SCVAC scored heavily in both track and field. Diana Norman was outstanding in the W35 events winning on the track the 80m. hurdles, 12.61, the 800m. 2:21.17, the high jump, 1.59 and triple jump, 10.95 and added to her points with a second placed 1500m. in 5:03.59 and moving beyond her usual range for a fifth placed 3000m. in 11:51.89. In the sprints newcomer Claire Spurway won the W35 200m, 25.82 and Joan Trimble, W60, the 100m, 15.64, while Kirstin King was second in the W50 100m. in 14.14 and Moira West second in the W60 200m, 32.48. Rose Webb, W70, was the best placed SCVAC athlete, second, in the distance events, 8:39.02 in the 1500m. The club won all three 4x100m. relays, W35, W50 and W60. The W35 team of Sharon Dooley, Diana Norman, Kathryn Miles and Claire Spurway set a CBP with 52.32. In the field Teresa Eades won the W50 pole vault, 2.30 and was second in the triple jump, 8.88. In the throws Debbie McCaw won the W35 shot, 9.83 and took second places in the discus and hammer, 31.14 and 46.19, W50 Julie Wilson also took two second places, hammer 31.97 and discus 28.47 and Liz Sissons, W70, won the shot.

W60 Carole Filer worked hard for EVAC, competing in six events and winning four, with two CBPs, long jump, 4.49 and high jump 1.35. Her other two victories came in the 200m, 30.98 and the 400m, 72.46. W70 Pat Gallagher, WMAA, set a CBP with her 6:48.43 1500m, Alison Murray, also WMAA, won the W35 pole vault, 3.20, a CBP, and W50 Wendy Laing took the high jump for NMAA, with a 1.45 CBP .

#### **Team scores**

| <b>Men</b> |     | <b>Women</b> |       | <b>Overall</b> |       |
|------------|-----|--------------|-------|----------------|-------|
| MMAC       | 312 | SCVAC        | 295.5 | SCVAC          | 599.5 |
| SCVAC      | 304 | MMAC         | 264.5 | MMAC           | 576.5 |
| WMAA       | 228 | EVAC         | 216   | WMAA           | 438   |
| VAC        | 206 | WMAA         | 210   | EVAC           | 410   |
| NMAC       | 198 | NMAC         | 178.5 | NMAA           | 376.5 |
| EVAC       | 194 | VAC          | 168.5 | VAC            | 374.5 |
| SWVAC      | 181 | SWVAC        | 51    | SWVAC          | 232   |
| SVHC       | 71  | SVHC         | 26    | SVHC           | 97    |

### **SCVAC TRACK AND FIELD FINAL – ASHFORD - 04.09.16**

#### **Words – Arthur Kimber**

The match was held in quite warm and almost still conditions and was very closely contested, especially by the women's teams.

In the men's match winners Southampton were very impressive in both track and field. M50 Jonathan Tilt scored a fine double with a 25.48 200m. and a 57.82 400m. and John Grainger, also M50, took the 1500m. in 4:41.20, and the club won the 4x400m. relay. In the field Mark West, M35, won both long and triple jumps, 5.47 and 10.70, M60 Mike Ferne won both discus, 42.59 and shot, 9.89, while M35 Graham Lay won shot, 12.28 and javelin, 40.10. On the track second placed Herne Hill swept the board in the 800m. event, with victories from Mohammed Ismail in the M35 A string in a fast 2:04.70, in the B string Lloyd Collier in 2:08.96 and M50 Gary Ironmonger, 2:20.67. Gary added a 10:13.18 3000m. and Simon Coombes, M35, scored a double with a 4:14.37 1500m. and a 9:15.70 3000m. M60 Valdis Pauzers won the 2000m. walk in the M35 category with 10:47.01 and Giuseppe Minetti, M45, won the M35 100m. in 12.32. Three successes in the field came from Garry Power, M50 discus, 39.07, Stuart Thurgood, M35 hammer, 49.26 and M60 Garth Francis, 1.25 high jump.

Other good performances from athletes from other clubs came from M45 Dom Bokor-Ingram, Hercules Wimbledon, winning a double in the M35 races, a 24.54 200m. and a 53.94 400m. while M50 Mark White ran a 12.76 100m. In the field M65 Charles Lawrie won the M60 long jump with 4.04 and Dean Cheeseman the M35 high jump, 1.50. International star Dave Wilcock, M60, won three events for Barnet, 100m. 13.89, 400m. 62.70 and 1500m 4:58.73, while M60 Steve Allan took the M50 2000m. walk in 10:44.61. M55 Gary Capon stood out in the field for Dartford, winning three events, a 1.58 high jump, a 5.02 long jump and a 10.20 triple jump, while Paul Searing won the M50 javelin, 35.35. M50 Tony Tipping won two throws for Cambridge Harriers, hammer 42.71 and shot 12.36, while Andy Kruczewski won the M35 discus with 38.44.

In the women's match, Epsom and Ewell won for the eighth successive year. The key athletes were sisters Diana Norman and Julia Machin, each winning five events. Julia set a W45 British record in the high jump with 1.65 and won triple jump, 10.40, shot 9.98, 200m. 28.75 and B string 400m, 62.43. Diana won the B string 100m. in 13.35, A strings 400m. in 60.33 and 800m. in 2:20.64, long jump 5.17 and javelin 31.60. Emily Alden won the B string 800m. in 2:32.79 and the A string 1500m. in 5:10.18. W70 Liz Sissons won the W60 discus with 19.49 and shot with 8.57, while W55 Wendy Dunsford took the W35 hammer with 25.03.

On the track runners up Dartford had wins from Kirstie Taylor, 100m. in 14.12 in the W35 race and Anoushka Johnson a double in the W35 B strings, 1500m. in 5:19.97 and 3000m. in 11:50.09, while Hannah Roberts took the A string in 11:39.84. The club won the 4x100m. relay. Dartford scored more highly in the field with a triple victory for W50 Anne Thacker in the throws, discus 22.86, hammer 24.05 and javelin 23.45, a double from Christine Clements in the W60 high jump, 1.20, and long jump, 3.65, and a pole vault win for Teresa Eades, 2.10, in the W50 event.

Victories for other clubs came from W60 Joy Radford for Winchester, a 6:22.73 1500m, a 11:17.48 2000m. walk from W35 Harriet Hyde and a 26.22 discus from Heather Mballa, W35. For Stevenage valuable points were scored by four times winner W50 Monica Brown, 100m. in 15.01, high jump 1.30, long jump 4.28 and triple jump 9.05, with Sandra Reed taking the W35 200m. B string in 29.96. For Blackheath and Bromley W50 Clare Elms won the 800m. in 2:48.88, the 1500m. in 5:26.88 and the 3000m. in 11:16.80, while W60 Helen Godsell won the 100m in 15.35 and the 400m. in 74.93. Maureen Miller won the W50 400m. in 71.10 and in the field W50 Jackie Montgomery won the W35 pole vault with 2.50. Abingdon had one winner, W60 Noel Blatchford taking the W50 2000m. walk in 13:01.32 and Herne Hill's Sharon St. Luce won the W50 shot, 9.21.

### Team scores

#### Men

|                    |       |
|--------------------|-------|
| Southampton        | 250   |
| Herne Hill         | 213.5 |
| Hercules Wimbledon | 185   |
| Cambridge Harriers | 179.5 |
| Dartford           | 169.5 |
| Abingdon           | 163.5 |
| Barnet             | 53    |

#### Women

|                        |     |
|------------------------|-----|
| Epsom and Ewell        | 241 |
| Dartford               | 227 |
| Winchester             | 188 |
| Stevenage              | 163 |
| Herne Hill             | 156 |
| Blackheath and Bromley | 129 |
| Abingdon               | 112 |

### AGM and future of the Southerner.

This will be discussed and decided upon at the AGM in December (see details on page 3). Following your responses to an appeal for preferences, there is a majority for a PDF copy to be received via email with no hard copy sent out. There is a significant number however, who would still prefer a hard copy sent by post and may be willing to pay for this service. This however is from a very small sample of members and a more meaningful idea of member's wishes may be gleaned at the AGM when a final decision will be voted on and decided.

Furthermore, there are some significant vacancies on the committee to be decided upon as well of course the presentation of trophies. Please make every effort to attend.

*Tony Rea. Editor*



## FIXTURES SUMMARY 2016/2017

### **SOUTHERN** **2016**

|               |                                  |       |
|---------------|----------------------------------|-------|
| November 13th | SCVAC 10 mile Road Championships | Epsom |
|---------------|----------------------------------|-------|

### **2017**

|               |  |            |
|---------------|--|------------|
| 19th February | SCVAC Indoor Track & Field Championships | Lee Valley |
|---------------|--|------------|

### **NATIONAL** **2016**

|               |  |            |
|---------------|--|------------|
| November 19th | BMAF Cross Country Relay Championships | Long Eaton |
|---------------|--|------------|

### **2017**

|               |  |            |
|---------------|--|------------|
| February 12th | South of England/EVAC/VAC Masters Indoor Championships | Lee Valley |
|---------------|--|------------|

|               |                                      |            |
|---------------|--------------------------------------|------------|
| February 12th | BMAF Indoor Pentathlon Championships | Lee Valley |
|---------------|--------------------------------------|------------|

|               |  |            |
|---------------|--|------------|
| February 26th | EAMA Indoor Track & Field Inter Area challenge | Lee Valley |
|---------------|--|------------|

|               |                            |          |
|---------------|----------------------------|----------|
| February 26th | BMAF 10 Mile Championships | Maryport |
|---------------|----------------------------|----------|

|               |   |            |
|---------------|---|------------|
| March 11-12th | BMAF Indoor Track & Field and Winter Throws | Lee Valley |
|---------------|---|------------|

|            |                                  |           |
|------------|----------------------------------|-----------|
| March 18th | BMAF Cross Country Championships | Liverpool |
|------------|----------------------------------|-----------|

|          |                               |            |
|----------|-------------------------------|------------|
| 20th May | BMAF Road Relay Championships | Birmingham |
|----------|-------------------------------|------------|

### **INTERNATIONAL** **2016**

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

|               |   |         |
|---------------|---|---------|
| 12th November | British & Irish Masters Cross Country International | Glasgow |
|---------------|---|---------|

### **2017**

|                 |  |             |
|-----------------|--|-------------|
| 19th-25th March | World Masters Indoor Track & Field Championships | South Korea |
|-----------------|--|-------------|

|               |   |       |
|---------------|---|-------|
| 18th November | British & Irish Masters Cross Country International | Derry |
|---------------|---|-------|

