

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

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NEWS

Congratulations to our Dave Winch, pictured right, from Thanet AC who won the MV70 category at this years testing London Marathon. Dave recorded a time of 3:22.55 which was more than twelve minutes slower than his 2017 winning time no doubt reflecting the hottest temperatures ever experienced for the event.

Congratulations also to our club secretary Dave Beattie, pictured below, another of our V70s who won his category at the Brighton marathon in a time of

3:38.29.



Returning to the London Marathon, the organisers have made major changes to the “good for age “ categories. Not only have some of the times changed for some (but not all) age groups, but even if meeting these times and qualifying for “good for age” athletes are not guaranteed a place. This is a major change and will disappoint many who strive to qualify. The organisers say that the changes are necessary to dovetail with the other Major Marathons. Furthermore, they want to restrict the numbers for each gender to three thousand. If the numbers who qualify and apply through “good for age” exceed this number then the qualifying times will be reduced evenly through the age groups of each gender.

More details can be found at <https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/good-age-entry/>

Several SCVAC athletes also starred in the European Masters Indoor Championships in Madrid in March. These included gold medals for Jason Carty, Kirstin King, Monique Krefting, Sue Yeomans and Richard Pitcairn Knowles. Further details can be found on pages 12 and 13.

We have a new membership secretary. Lesley Richardson has resigned and the position had been taken by Jeremy Carmichael, pictured below. The Committee wishes to thank Lesley for all her hard work over the last few years in one of the most demanding jobs on the Club’s committee.

There were notable absentees from the SCVAC team that contested the recent EAMA Indoor Challenge. Both the Bennett sisters, Diana Norman and Julia Machin had to withdraw with the almost certain result that the SCVAC women’s team came second to the Midland Masters women . Consequently, the combined team came second overall losing narrowly.

Arthur Kimber’s report on the match can be found on page 7.



In spite of some doubts surrounding the provision of officials, the Club's outdoor track & field championships will go ahead as planned on Saturday 26th May at the Julie Rose stadium, Ashford. Entries closed on 12th May.

It is now the first anniversary of the Southerner being available in hard copy for subscribers only with an on line PDF copy posted on the club's website. This means of course that those who subscribed for the first of these editions need to renew their annual subscriptions. If you find a renewal form with your copy then your subscription is due so please complete and send to me at the address indicated with a cheque for £10. If there is no form included, then your subscription is not due yet.

Anyone who wishes to subscribe for a hard copy can download a form from the Southerner page of the club's website.

Bruce Tulloh, who we highlighted in our Summer 2017 edition, has died at the age of 82. Bruce (Pictured right in 2015. For an obituary, go to <https://www.telegraph.co.uk/obituaries/2018/05/02/bruce-tulloh-barefoot-runner-obituary/>).

AND FINALLY!

"My sympathy is with the stayer, whether elite or journeyman, the athlete who does not go gentle into that good night, who rages against the dying of the light, as Dylan Thomas had it. There is something deeply moving about watching an athlete attempting to defeat Father Time, as well as their own fears, in carrying on competing in their declining years."

Steve Till, AW letters, Athletics Weekly, February 15 2018.

Which leads seamlessly to a message from Richard Pitcairn Knowles:

"CALLING ALL MASTERS OVER 80

Put the date in your diary now and come and join a good number of like-minded Octogenarians at BUSHY PARK PARKRUN – 9.00 am SATURDAY 7th JULY.

We look forward to rewarding many happy

M&W 80+ finishers with Prosecco and cup-cakes when they have finished their 5km run. Last year the 1956 and 1960 Olympian Eric Shirley was one of the fifteen octogenarians who enjoyed this flat course on a bright and sunny morning. We hope they will all return this year and be joined by many other 80+ young at heart newcomers to the birthplace of Parkrun, Bushy Park, which always attracts a large field.

You will be welcome to just turn up on the day but it would be good to know you are coming if you will please email George Frogley or Richard Pitcairn-Knowles on froglegeor@aol.com or rppk@btinternet.com so that we know how many glasses and cup cakes to have ready!!



SCVAC CHAMPIONSHIPS – LEE VALLEY – 18.02.2018

Words – Arthur Kimber Pictures – Tony Rea

The championships attracted a record number of entries, 228, and provided very competitive races in some age groups, with high level performances, 20 CBPs by the men and 10 by the women.

WOMEN'S EVENTS

W40s Bea Lafreniere won the 400m. with 66.76 and Ana Ramos- Villaverde the 800m. in 2:33.97. W45 Kathryn Miles took double gold with her 60m, 8.73 and 200m, 30.36 while Angela Bates doubled in the same events in the W50 group, also with 8.73 and a 30.14. Cathy Stewart set a 1500m. CBP, 5:54.61 and also won gold in the 800m, 2:53.76.

The W55 sprints were very competitive and reached a high standard. Kirstin King won both 60m, 8.61, and 200m. with a 29.03 CBP, going on in March to become the European Indoor W55 60m. champion. in Madrid. Melanie Garland set a CBP in the triple



Wendy Lewes, Reading AC, W50 gold, 60m hurdles



Anja Fairbairn, City of Portsmouth AC, F40 gold in both high jump and pole vault

Gallagher ran a 3:50.47 800m. CBP and in the W75 group guest Iris Holder, (pictured overleaf) set CBPs winning the 60m, 11.45 and the triple jump, 6.50. W80 Dot Fraser set CBPs with a 14.46 60m. and a 51.47 200m.

Lourdes Camos, (right) Aldershot Farnham & District, W40 Gold in both 60m hurdles and 200m

jump, 9.18. W60 Helen Godsell took double gold in the 60m, 8.91, and 200m, 30.50, while Carol Jones set a CBP with a 6:19.20 1500m. W65 Joylyn Saunders-Mullins returned to competition on top form, with a 9.56 60m win, while Emily McMahon set a CBP with her 12.50 run in the 60m. hurdles. W70 guest Pat



Guest Iris Holder (pictured right), W75, winner of 60m in a Championship, best performance, long jump and triple jump. Iris went on to win gold at the European indoor championships in the triple jump with leap of 6.34m

Christine Salvary (pictured below left) winner and gold medal performances in the W60 long and triple jump.

Kim Valente (pictured below right), W40, Aldershot Farnham & District, 60m winner and gold medal.



MEN'S EVENTS

In the M35 group Bartosz Porzuczek was the outstanding athlete, winning both 400m, 54.92 and 800m, 2:06.02, narrowly edging out Paul Howard, 2:06.03.

Darren Dods stood out in the M40 group with a victory in the 200m. in 24.71 and a CBP of 1.79 in the high jump. Sam Bobb's jumps double won the long, 5.87 and triple, 12.96. Chris Mills cleared 4.00 to take the pole vault title. M45 Glenn Gray just edged out guest Julian Smith to take the 400m, 57.24 to 57.32, but Julian won the 60m. in 7.78.

Dominic Bokor-Ingram was the star of the M50 athletes with a 60m/400m. double, 7.78 and a CBP of 53.47, while guest Ian Allan set a 1.68 high jump CBP and won the long jump, 5.64.

The M55 athletes set a high standard with three CBPs and other good performances. Jonathan Tilt ran a very fast 56.49 for 400m. and a CBP, while guests Gary Ironmonger won the 1500m. in 4:46.20 and the 3000m. with a CBP 9:52.99 and Paul Guest the long jump with a 5.40 CBP. Guest Pat Logan easily took the 60m. in 8.01 and Kermitt



**Guest Amr Ziko (above) M35, Baintree & District,
Winner 60m and 200m**

Bentham the 200m. in 25.89. In a large field guest Steve Toogood won the 800m. in 2:13.16.

Guest Brian Slaughter, recently into the M60 group, won the 60m. in 8.69 and Tom Phillips, returning after a year's absence, took the 200m, 28.56. Malcolm Martin easily won the 3000m. walk in 16:37.35 and guest Mario Lapka set a CBP with 4.64 in the long jump.

Guest from the Midlands and BMAF treasurer David Oxland was outstanding in the M65 group with two CBPs, 800m, 2:31.46, and 3000m, 11:02.03. Wally Franklyn scored a double victory in the 60m, 8.71 and 200m, 28.56.

***Ron Davis, (left) Reading AC, M75
200m gold, 60m gold (second) and
Shot Put Gold (second)***



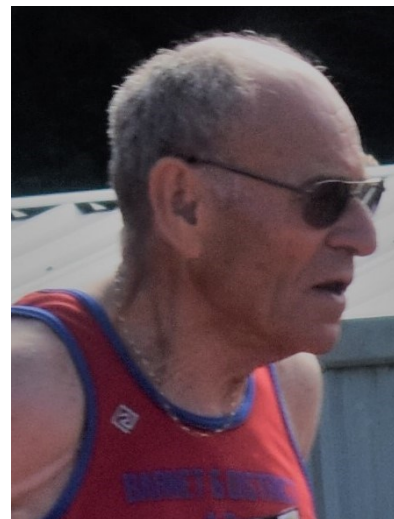


***Peter Hawney, Cambridge Harriers,
M65 ,Silver Medal Shot Put***

6:35.09 and 3000m, 12:52.86. Barry Ferguson set a 60m. hurdles CBP, 12.06, and Roger Bruck, (pictured above right) a high jump CBP, 1.21. Two guests set CBPs, Allan Long three, 60m, 9.19, long jump, 3.97 and triple jump, 7.96, while Peter Hannell won the 3000m. walk in 22:24.07.

M85 Richard Pitcairn- Knowles set three CBPs, 60m, 12.81, 200, 47.42 and 400, 2:03.30.

***Guest Charles Isetts, (right), Kingston AC & Poly H
3rd 60m and 200m***



There was some excellent sprinting in the M70 group, with Vic Novell taking 60m, 9.04 and 200m, 29.97, while Terry Bissett set a CBP in the 400m, 75.56. Peter Hamilton took golds in both 800m, 2:52.98 and 3000m, 12:32.32. Guest Neal Mason set a CBP 3.00 in the pole vault and won the long jump, 3.98.

John Batchelor stood out in the M75 group with a 400m. CBP, 78.16 and three other victories in the 800m, 2:56.40, 1500m,



EAMA INDOOR INTER AREA TRACK AND FIELD CHALLENGE

LEE VALLEY – 04.03.18

Words Arthur Kimber.

The snow thawed just in time for athletes to travel to Lee Valley. Once again the match was extremely competitive with six area clubs present. SCVAC took the men's match, 196 points to MMAC's 191, EMAC and MMAC tying on 146.5 points in the women's match and MMAC just staying ahead of SCVAC to win the overall by 337.5 points to 333. 17 CBPs were set, six by SCVAC athletes, two of them from Dominic Bokor-Ingram.

THE MEN'S MATCH

In the 60m.events MMAC's Dominic Bradley won the M35 event with a CBP of 7.02 and WMAA's Glyn Sutton took the M70 event in 8.49, also a CBP. Dominic and Glyn doubled up with 200m. victories, 23.00 and 29.96, again CBPs. For SCVAC Mensah Elliott won the M35 60m. hurdles in 8.50 and M60 Paul Lavender won the M60 60m. in 8.22. M50 Dominic Bokor-Ingram dominated the 400m. and 800m. races for SCVAC winning in CBPs, a very fast 52.92 and 2:09.15. Alan Forse won the M70 400m. in 74.96 for SCVAC. The club added to its middle distance successes when Bartosz Porzuczek won the M35 1500m. in 4:26.18, new M50 Adrian Haines took the 1500m. in a fast CBP of 4:26.88 and John Batchelor won the M70 800m. with 2:56.68. Peter Giles won the M70 event for VAC with 5:26.99, a CBP. SCVAC's Chris Hobbs and Malcolm Martin, both over 60, won the 2000m. walks, Chris the M35 in 10:40.18, just bettered by Malcolm taking the M50 in 10:39.58. The M70 SCVAC 4x200m. relay team of Vic Novell, Ron Davies, Terry Bissett and Alan Forse won in a CBP of 2:09.94.

The SCVAC successes in the field came with Darren Dods, outstanding in the M35 high jump, clearing 1.83 in a CBP and winning the triple jump with 12.15. Joe Appiah in the M35 group, 5.71, and Trevor Wade, M60, 4.45, won the long jump events, and Gary Capon won the M50 triple jump in 10.00.

THE WOMEN'S MATCH

Kirstin King, SCVAC, was the best 60m. athlete, winning the W50 event in a CBP of 8.45 and Joan Trimble, also SCVAC, won the W60 event, 9.22. In the 400m. events SCVAC victors were Alison Collins, W50, 68.73 and W60 Helen Godsell, 72.09, who just held off Edith Caux, EMAC, 72.25 and Caroline Marler, WMAA, 72.40. The SCVAC W60 4x200m. relay team of Joan Trimble, Lyn Ahmet, Sue Dassie and Helen Godsell won in 2:16.75. The outstanding 800m. performance came for MMAC multi world record holder and international gold medallist W70 Angela Copson with a CBP 2:58.03. Lisa Palmer-Blount won the W35 3000m. for MMAC with a CBP of 10:08.26 and Wendy Bennett, WMAA, took the 2000m. walk with a CBP of 11:12.67. MMAC's W35 4x200m. team of Janelle Quinn, Paula Williams, Karen Gomes and Ellena Ruddock won in 1:51.62, another CBP.

In the field Sarah Semeraro, VAC, and Jemma Eastwood, EMAC, had a close contest in the W35 pole vault, both clearing 3.30, equalling the CBP, with Sarah winning on countback. Joanne Willoughby, W50, from MMAC, set two CBPs winning the long and triple jumps, 4.68 and 10.37. SCVAC had three victories, Sue Dassie winning the W50 pole vault with 2.00 and W60 Vilma Thompson and W70 Liz Sissons the shot events, 9.83 and 7.97.

TEAM RESULTS

Club	Men	Women	Overall
MMAC	191	146.5	337.5
SCVAC	196	137	333
VAC	169	131	300
EMAC	152.5	146.5	299
WMAA	119.5	145	264.5
SWVAC	64	9	73

Folkestone 10 Race Report

Report Mark Champion, Photos Tony Rea.

The Folkestone 10 took place on Good Friday - 30 March 2018, it was a day with much better conditions for racing than supporting as it was around 7 degrees and raining throughout the race, but there was little wind and some exceptional performances were achieved by the SCVAC runners.

The first thing to say is that I was delighted by the support shown for yesterday's race, we had 28 finishers yesterday and added to that I had two athletes drop out in the days leading up to the race (1 injury, 1 illness) and 2 no-shows, long may it continue.

So on to the results.

Andy Howey's 16th place in the open race was the standout performance as he ran 58:43 as a V55 for an age grading of 87:62%. But further down in the results there were some other performances that were almost as good. Tina Oldershaw ran 1:04 as a F50 for an age grading of 87:30% and David Winch ran 1:09:47 as a M70 for an age grading performance of 87:25%.

Overall we had 6 results with age gradings of over 80%, and a further 18 over 70% so a fantastic standard.

Full results on page 9 (Men) and 10 (Women).

Finally a bit of housekeeping.

Race entries

Whenever possible please use the opentrack race entry system, this makes it really easy to track who has entered, and for all competitors to see who is racing, but if you've entered by the organisers entry system please let me know prior to the SCVAC close date so I can have a final entry list prior to the race.

Race numbers

If you're racing for us please come and see me before the start of the race to pick up your age cat number (to wear to wear on the back of your vest), this way your competitors can tell who they're racing, it makes it easier for me to know who is actually racing on the day & it also gets SCVAC's name seen. I'll be wearing a bright yellow SCVAC polo shirt.

Next races are:

10k at Staplehurst - 10 June

Half Marathon at Redhill Aerodrome – 22 Jul (Joint with BMAF)

Hope to see you there.

Mark Champion. *(Pictured right on the Hythe waterfront during the race.)*



MEN

family_name	short_name	age group	Running Y / N	Race Position	Time	Age Grading	SCVAC Position
Witt	Daniel	M40	Y	64	01:05:48	70.59%	1
Champion	Mark	M50	Y	33	01:01:09	80.54%	1
Lawless	Don	M50	Y	59	01:05:20	77.37%	2
Cross	Philip	M50	Y	82	01:07:32	75.49%	3
Sancto	David	M50	Y	102	01:09:31	72.72%	4
Howey	Andy	M55	Y	16	0:58:43	87.62%	1
Fursey	Bob	M55	Y	99	01:09:19	74.22%	2
Suttle	Stephen	M55	Y	120	01:10:57	75.22%	3
Hawkins	Martin	M55	Y	146	01:13:05	71.04%	4
Tolhurst	John	M60	Y	140	01:12:35	77.11%	1
Meah	Gerald	M60	Y	180	01:15:59	70.89%	2
McCarthy	Ian	M60	Y	257	01:20:49	67.27%	3
Bell	Barry	M65	Y	292	01:23:28	71.02%	1
Winch	David	M70	Y	107	01:09:47	87.25%	1
Edgley	Trevor	M70	Y	192	01:16:29	77.73%	2
Smith	Glyn	M70	Y	242	01:19:22	76.71%	3
Taylor	John	M75	Y	481	01:36:06	69.98%	1
Saiz	Ramon	M80	Y	632	01:52:48	65.59%	1

**TREVOR****EDGLEY***(Left)***JOHN****TAYLOR***(Right)*

WOMEN

family_name	short_name	age group	Running Y / N	Race Position	Time	SCVAC Position
Curtis	Caroline	W45	Y	148	01:13:16	75.71% 1
Oldershaw	Tina	W50	Y	51	01:04:15	87.30% 1
Baker	Rose	W50	Y	159	01:14:22	78.28% 2
Howes	Kim	W50	Y	183	01:15:50	76.77% 3
Watson	Marie	W50	Y	253	01:20:34	71.37% 4
Talbot-Rosner	Victoria	W55	Y	169	01:15:10	82.55% 1
Marsh	Carol	W55	Y	295	01:23:44	74.10% 2
Connolly	Margaret	W60	Y	222	01:18:21	81.34% 1
Bell	Joyce	W65	Y	478	01:36:16	71.02% 1
Giles	Jeannette	W75	Y	659	02:07:33	67.99% 1

**Tina Oldershaw (Left)****Martin Hawkins (Below)**

European Masters Indoor Championships

Madrid 19th- 24th March 2018.

SCVAC athletes starred in these championships setting several records as well as suffering some hard luck stories.

Outstanding performances included:

- Jason Carty, M45 60m setting a new GB record of 7.12 securing the gold medal.
- Kirstin King, W55, winning gold in a GB record time of 8.41 in the 60m
- Monique Krefting, W45, again winning gold but in this instance in a European record time of 58.67 in the 400m.
- Sue Yeomans, W65, vaulted 2m.60 for another gold medal and European record in the pole vault. Sue Dassie (pictured right at Lee Valley) won bronze with a 2m.00
- Richard Pitcairn Knowles, M85, 3000m gold and GB record in 19.46. 69. (See Richard's report on following page.)
- Helen Godsell won the W60 60m with 8.82.
- In the relays, Helen Godsell was part of the W60 team that set a new world record of 2:00.37, Alison Collins one of the W50 team that set a new GB record of 1:55.67 and Sue Dassie, Moira West and Joylyn Saunders-Mullins part of a team that ran 2:11.40 for a new GB record.



There were however some “disasters”. John Batchelor (pictured right at Lee Valley) fell in the M75 800m and not in the cross country as previously suggested. He told Athletics Weekly that

“what actually happened was that I fell on the last bend of the M75 while leading by 60m. The fall did not cause a pile up. I ran too fast when I now know I already had the race run and my legs stopped whirring while the rest of my body continued onwards. I jogged in to claim the bronze. (Athletics Weekly April 5th 2018, p66).

There was some speculation that the altitude of the venue at 660 meters combined with age were factors following similar occurrences to two German athletes of a similar age to John. In the M75 and M80 800m, the German athletes suffered similar falls 10m from the finish!



THREE HOLLOW GOLD MEDALS BUT A GOOD BRONZE!

A Personal account of the European Masters Indoor Athletic Championships written for us in his typical self effacing manner by SCVAC M85 athlete Richard Pitcairn Knowles.

Good fun all week. A very comfortable hotel, a half-hour walk from the stadium, free bus passes and mostly fair weather, all helped to make our stay in Madrid in March a pleasure. Athletes from 32 countries competed at the European Masters Indoor Championships. Hosts, Spain, topped the medals table but GBR achieved second place with 79 Golds ahead of the Germans' 72.

Taking part in seven events in six days could be described as asking for injury but at my pace the risk is low and it is the taking part that is so important. Even Pamela, my wife, sometimes admitted to enjoying watching! Organisation was smooth and the hundreds of races at the event progressed well throughout the week, with few delays or other problems.

It is good to see so many nationalities of all masters' ages smiling and shaking hands before and after competing. I ran against others but could rarely be said to be 'competing'. At Lee Valley there were few M85s but I hoped to find more in Europe. There were just eight M85s spread throughout the track events.

Day 1: 3000m. 9:00 am. First event of the Championships. Four M80s and me! Last lap on my own thinking no need to hurry for the 'hollow' gold medal, so timed at 19:46.69 (Age graded 69.9%) for a personal worst. Nevertheless, a rather embarrassed European Champion for a year, with even more of a surprise on returning home, when I found an email from Brian Owen, with certificate attached, telling me it was an M85 3000m indoor British Record!!! Now there's an easy one to go for when you get a little older.

Day 2: 400m. I knew my place and was fourth M85 of six in 2:05.64.

Day 3: 60m. Again I knew my place and was fourth again (of four!) in 12.94. I am new to sprinting but so like it being all over in such a short time!! And it was my best age graded score of the week at 74.0%

Day 4: 800m. This is my least favourite distance – a sprint with a bell – but it was the most satisfying race of the week for me, as the bronze medal was 'earned' amongst good opponents, third of six, in 4:42.97. (See photograph).

Day 5: At 9:30 am it was the 1500m. As the only M85 competitor I ran with the W70+ women, such as Angela Copson (6:22.3)! Well, I did manage to stay ahead of the two W85s, in 9:48.39, and duly collected the gold medal, standing by myself, with God Save the Queen playing full blast!

Then, at 3:00 pm, came the 200m in 47.12, fifth of six. No, despite what you might think, I had not stopped to re-tie my shoelace when it came undone on the second bend.



Day 6: As reserve for the 4x200 M75 relay at 11:50 am I had first to survive the hilly, three lap M60+ 5K cross country at 10:00 am. It was dry but the bitter north-westerly gale, direct from the snow covered mountains to the north, did not help. Thinking of it as a Parkrun was all that kept me going, the only M85 runner, merely having to finish to collect another gold medal in 37:08!

There were much more exciting performances by many other SCVAC members but I do not have a list of members. They were serious competitors, while my results were a laugh, especially the solo medal presentation ceremonies – when it stops being fun I will retire. Never mind, three golds and a bronze are fun!

Richard Pitcairn-Knowles

Ted Pepper Memorial 2018

The SCVAC multi-terrain championships were held in glorious sunshine in Norman Park in Bromley on Bank Holiday Monday 7th May.

Jeremy Carmichael's report and results will appear on the club website and in the next issue of the Southerner. Meanwhile, here a few photos from the event.



Club Officers for 2018

Chairman:

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

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

FIXTURES SUMMARY

SOUTHERN COUNTIES VETS AC **2018**

26th May	SCVAC Track & Field Championships	Ashford
10th June	SCVAC 10k Road Championships	Staplehurst
22nd July	SCVAC Half Marathon Championships	Caterham
30th September	Southern Counties Veteran League Final	Ashford
7th October	SCVAC Marathon Championships	Chester

NATIONAL *(Selection only: for full list of events please refer to BMAF website)* **2018**

27th May	Vitality Masters Mile	London
3rd June	BMAF 10000m and 10000m track walk Championships and BMAF Pentathlon Championships	Horspath
17th June	BMAF 5km road and 5km road walk Championships	Horwich
24th June	South of England Masters T&F Championships	London
24th June	BMAF Multi-Terrain Championships	Gravesend
8th July	EAMA outdoor Track & Field Inter-Area Challenge	Solihull
22nd July	BMAF Half Marathon Championships	Caterham
5th August	BMAF 10k Championships	Stoke on Trent
25th-26th August	British Masters Open Track & Field Championships	Birmingham

INTERNATIONAL **2018**

18th-20th May	European Masters Non-Stadia Championships	Alicante
4th-16th September	World Masters Track & Field Championships	Malaga
17th November	British and Irish Masters Cross-Country International	Swansea

2019

24th-30th March	World Masters Indoor Track & Field Championships	Torun
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