

# THE SOUTHERNER

The Magazine of the  
Southern Counties Veterans Athletic Club

*Issue No. 77*

*Autumn 2017*



Paul Howard Brighton and Hove AC. M35 winner 400m, 800m  
and 1500m.

SCVAC Track & Field Championships, Kingsmeadow 27th  
August 2017.

*Report page 4*

## Contents

News *Page 2*

AGM *Page 3*

SCVAC Track & Field  
Championships  
*Page 4*

Track & Field League  
Final; Ashford  
*Page 7*

SCVAC Marathon  
Championships  
*Page 11*

Aarhus and Wroclaw  
*Page 12*

Club Officers 2017  
*Page 15*

Fixtures *Page 16*

## NEWS FROM THE EDITOR

- The SCVAC AGM will be held on the 1st December 2018. Full details on opposite page.
- The situation regarding life membership of SCVAC is to be discussed at this AGM. The number of such members, who they are, what should be the criteria for life membership and how many should there be, are some of the issues outstanding.
- There is still time to enter the SCVAC 10 Mile Championships to be held at Thanet on 3rd December. Entry via Open Track available until 20th November.
- The SCVAC Cross-Country Championships will be held at the Holly Run in Reigate on Sunday 17th December 2017. Jeremy Carmichael, the Cross-Country Secretary, will be posting more details later.
- Congratulations to our David Beattie who won not only the European Masters 10,000 m. V70 championships at the European Masters Championships in Aarhus in Denmark but also the V70 European Masters Marathon championships in Wroclaw in Poland. David's report on both races can be found on page 10
- What a difference a year makes! This year, the SCVAC Marathon Championships were held in conjunction with the BMAF Marathon Championships at Chester in Cumbria. Last year in our own backyard at Thanet, six SCVAC athletes took part in our Championships. This year fourteen made the long journey north. Perhaps the attraction of the race doubling as a Home International Masters Championships, an initiative of England Athletics, helped. Trevor Edgley's report can be found on page 7
- Membership fees are due 1st January 2018. Payment should be made via Open Track. Fees are unchanged from last year at £20.
- This message has been posted on the club website for sometime but the javelin remains unsold and I am pleased to reproduce Vic's offer. Vic can be contacted at [vicadock@btinternet.com](mailto:vicadock@btinternet.com)

*At the end of November I will have reached the 80 mark and will have no need of my 500g Nemeth 50m competition javelin. This javelin can be used by 15/17 girls, 70/79 men, and 50/59 ladies. The current retail price for this model is £294 and I would accept £100. Obviously I would be prepared to meet anyone interested at a mutually convenient location rather than post the javelin. Regards Vic Adcock 27-09-17*

- The last issue of the Southerner (Summer 2017) was the first that was not sent out automatically to all members. Those wishing to subscribe for a hard copy can still do so by sending me your name and address together with a cheque for £10 payable to "SCVAC". (Address on page 15). This will purchase this copy and the next three editions.



**Tony Rea:**

# SCVAC ANNUAL GENERAL MEETING

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

**Friday 1st December 2017, 6.30 PM.**

## AGENDA

- 1 Apologies for absence
- 2 To receive and confirm minutes of AGM held 2nd December 2016
- 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	David Beattie
	Treasurer	Tom Richards
	Membership Secretary	Lesley Richardson
	New Members Secretary	Vilma Thompson
	Road Running Secretary	Mark Champion
	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	
	Medals & Kit	Arthur Kimber
	Club Records	Mark Champion
	Club Webmaster	Mike Peel

- 10 Life Membership
- 11 AOB
- 12 Date of next AGM
- 13 Presentation of trophies



## SCVAC CHAMPIONSHIPS – KINGSMEADOW – 27.08.2017

WORDS – ARTHUR KIMBER    PICTURES – TONY REA

For the second successive year the championships were held in conjunction with VAC at their meeting. Three CPBs were set and one equalled in the men's events and five set in the women's events, two by Emily McMahon.



The best M35 athlete was Paul Howard, (pictured on front page) winning the 400m, 56.63, the 800m, 2:04.19 and 1500m, 4:44.01. and in the M40 races Peter Davey won the 100m, 12.49, and the 110m. hurdles in a fast 16.98. The M45 group produced exciting close finishes in the 100m. and 200m. Drako Mkpa won the 100m. in 12.3, just edging out Mark McAllister, who clocked the same time, with Andy Lewis third in 12.4. The order was the same in the 200m. where Drako had a slightly greater margin, 25.05 to 25.40. Samuel Nash took the long and triple jumps, 5.85 and 10.77. Mark Champion, near the end of the age group at 49, took both 800m. and 1500m, 2:22.84 and 4:57.23. Wole Odele was a triple M50 winner, 100m, 12.68, 200m, 25.90 and 400m, 58.43, Tim Nash clocked 2:21.54 to win the 800m. and Trevor Ratcliffe threw a long 52.39 to win the javelin and record a CBP.

The outstanding performance of the championships came in the M55 group, where Jonathan Tilt ran a very fast CBP breaking 61.36 400m. hurdles and he also won the flat 400m. in 55.97. Gary Capon at 57 easily won the high jump with 1.50. Two double winners stood out in the M60 races, Ray

Watkins, a 14.42 100m. and a 29.72 200m. and Mark Hargreaves, 5:11.32 for 1500m. and 19:05.62 for 5000m. Newcomer to the age group M60 John Fenton threw a long 44.48 to take the javelin with a CBP. In the M65 events David Hinds won the 100m, 14.04, but had to settle for second place behind David Spencer in the 200m, 28.47 to 28.58. David Spencer also took the 400m in 64.57. Don Powell won the 1500m. in 5:26.63 and Neil Griffin at 69 near the end of the age group easily won both discus and hammer, 42.46 and 37.99. Vic Novell was the outstanding athlete in the M70 group with a 100m/200m. double, 14.01 and 28.97

and in the M75 group Roger Bruck (pictured above winning the 200m) equalled the high jump CBP with 1.15.



**Terry Bissett M70**  
**Epsom & Ewell**  
**Harriers. 100m**  
**Silver. (left)**

**Andy Lewis**  
**M45 Harrow AC**  
**100m Bronze**  
**(Right)**







In the women's W40 events Sarah Hewitt competed in all four throws, winning the discus with 33.60, while in the W45 group Sue Lawrence won three throws, shot 9.40, discus 28.70 and hammer 33.04. Lynne Champion, back from injury, won the 1500m. in 5:40.20. Janet Smith in the W50 group claimed a CBP with her win in the hammer, 42.19, and Caroline Wood, at 54, won the 5000m. in 20:34.48. In the W55 group sprinter Kirstin King ran a speedy 13.97 to win the 100m, while W60 sprinter Joan Trimble clocked a fine double taking the 100m, 14.86 and 200m, 31.53. Race walker Lesley Hall (pictured below) took the 3000m. in 19:04.50, also a CBP.

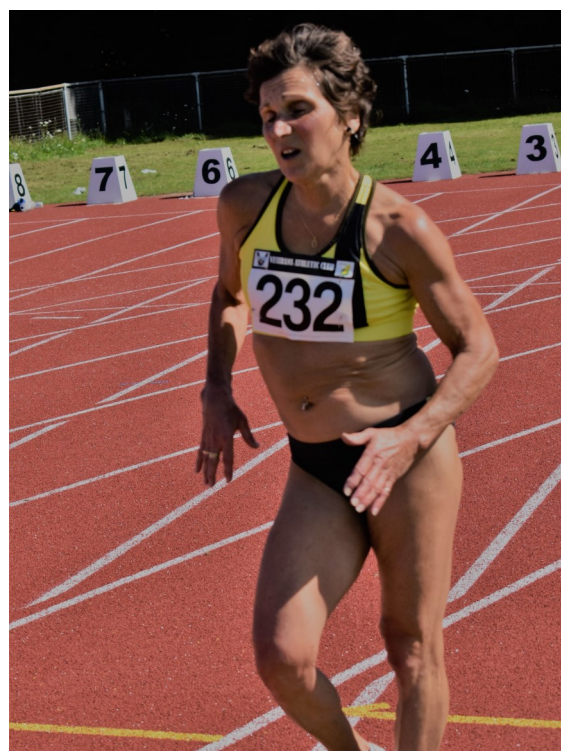
The W65 group stood out with three CBPs, two for Emily McMahon, 80m. hurdles, 16.93 and long jump, 3.61 and one for Moira West, the 100m. in 15.95. She also won the 200m. in 34.19. Vilma Thompson took gold in all four throws, her 9.58 shot being the best and W70 Liz Sissons equalled Vilma's example, winning all four throws, again the best being a 8.11 shot.

***Tasha Norris, Bracknell AC , W40 Gold 100m and 200m***



***Lesley Hall  
(right)***

***Sharon Dooley  
W45 Ranelagh  
Harriers. (left)  
100 and 200m  
Gold***







***Kevin Wheeler (left) of  
City of Portsmouth AC***

***M35***

***100m Gold***

***200m Gold***

***400m Silver***

***800m Silver***

***1500m Silver***

***Barry Gibbs (right)***

***Southern Counties Vets AC***

***M60***

***Triple Jump***

***Silver***





## TRACK AND FIELD LEAGUE FINAL – ASHFORD – 03.09.17

WORDS – ARTHUR KIMBER      PICTURES – TONY REA

The match was held in near ideal conditions, sunny, warm and with very slight wind. In the women's match Epsom and Ewell recorded their ninth successive victory and in the men's Southampton, the 2016 winners, triumphed again.

In the W35 group Epsom and Ewell had the great advantage of having team members the famous Bennett sisters, now Diana

Norman (pictured winning the high jump) and Julia Machin. W40 Diana won five events, 400m. A race, 60.49, 800m. A race 2:22.27, high jump, 1.55, long jump, 5.23 and triple jump, 10.70, while W45 Julia won the 400m. B race, 62.79, pole vault, 2.00 and shot, 10.23. W70 Liz Sissons was also a prolific point scorer, with wins in the W60 discus, 18.42 and shot 8.29, second place in the W50 ham-



mer and third place in the W50 javelin, 19.79. The other Epsom and Ewell winner was W50 Rachel Walters, with a 31.16 200m.

Second placed Dartford Harriers were very strong in the field. W50 thrower Ann Thacker won three events, discus 22.14, hammer 23.63, shot 8.96, and was second in the javelin, 21.99. W50 Teresa Eades won the long jump with 4.01 and pole vault, 2.30, and took two second places, high jump 1.20 and triple jump 8.85. W60 Christine Clements won the high jump, 1.15 and long jump, 3.51. On the track Anoushka Johnson had a demanding day, taking two W35 events, 1500m, 5:15.49 and 3000m, 11:28.90, with a second place in the 800m, 2:35.98. Fleur Hardie won the W35 200m. A race, 29.47 and was second in the 100m. A race, 14.34. Hannah Roberts won the W35 1500m. A race in 5:06.89.

Third place Tonbridge's best performers were Maria Hislop, with two victories in the W35 races, 800m. B race 2:33.91, and 3000m. A race in 10:49.77, while Emma Wood took the W35 A 200m. race in 27.54 with second place in the 400m. A race, 62.72, not far behind Diana Norman. W50 Diane Bradley won the 2000m. race walk in 11:59.5 and Tonbridge won both 4x100m and 4x400m. relays.

Fourth placed Winchester athletes recorded seven wins, Kathryn Miles, the W35 100m A race in 14.15, Moira West, W60, took the 400m. in 82.15, with a second place in the 100m, Karen Hazlitt a 73.76 400m. in the W50 race, Lynne Whitaker, W50 800m, 2:49.10, Joy Radford, W60, 1500m, 6:20.33, Harriet Hyde 11:11.1 in the W35 2000m. race walk and Heather Mballa, 29.43 in the W35 javelin.



Fifth placed Oxford City's most successful track athlete was W50 Michele Wakefield, with a winning 14.92 100m. and 31.82 for second place in the 200m. In the field Sarah Nickelson won the W35 discus, 27.77 and took second in the shot, 9.30, while Heather Nelson won the W35 hammer, 29.88. W50 Cath Ferguson was the sole victor in sixth placed Serpentine's team, taking both 1500m, 5:51.35 and

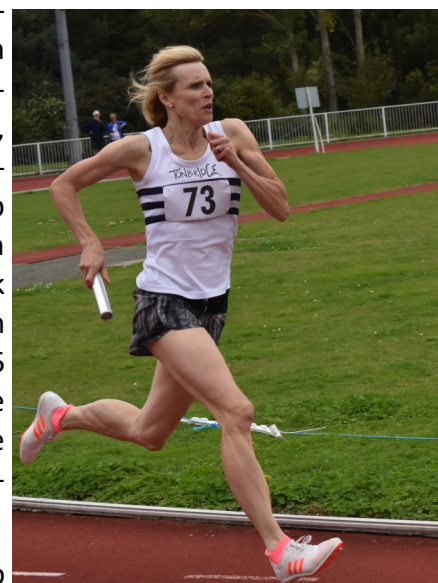


3000m, 11:38.26. For seventh placed Stevenage and North Herts Sandra Reed won three events, W35 B race 100m, 14.86, W50 high jump, 1.30 and W50 triple jump 8.89, while W60 Joylyn Saunders-Mullins took a further three events, 100m, 15.51, discus, 15.76 and W50 javelin, 23.30.

In the men's match Southampton got off to a good start, Mark Collins (*pictured above winning 100m M35 A race*) winning three M35 events, A race 100m, 12.01, A race 200m, 24.14 and B race 400m, 55.58. The other track victories came from M50 David Blackman, a 4:34.62 1500m. and M50 Wayne Vincent a 12:06.90 2000m. race walk. In the field M35 Andy Turner won the discus, 32.90 and hammer, 36.66, Brian Thompson the M35 high jump, 1.60, Derek Warn the M50 pole vault, 3.00, Steve Dobson the M50 shot, 10.88 and Graham Lay the M35 javelin, 40.60.



Second placed Dartford Harriers' outstanding athlete was M60 thrower John Fenton, who won the M60 shot and discus, 11.65 and 35.73 and the M50 javelin, 40.54. M50 Gary Capon had a double victory, high jump, 1.50 and triple jump 10.26. On the track M35 Craig Sharp won a fast A string 800m in 2:03.53 and took second place in the A string 1500m in 4:15.93, while Stuart McNally's 2:11.15 won the B string 800m. Alex Lee won the M35 long jump, 5.84, took second in the triple jump, 11.31 and added another second in the A string 100m. in 12.19.



Third placed Tonbridge, amazingly, had no individual victories, but again showed their relays supremacy, following the women, by taking both 4x100m and 4x400m. (*Pictured above winning Men's and Women's 100 relays respectively*)



They compensated for this by scoring well in many events with second and third places. M35 sprinter Steve Tester took second place in the A string 200m, 24.53, and third in the A string 100, 12.20 and 54.49 for third in the 400m. M35 Dan Madams ran a 9:41.35 3000m. for second place in the B string, with Graeme Saker taking second in the M50 event in 9:59.29. Richard Christian clocked 12:22.97 to win the M50 2000m. race walk. In the field M50 Ian Crawley gained valuable points with four second places, high jump 1.20, long jump 4.79, pole vault 2.70 and shot 9.88, and a third placed javelin, 32.05. Peter Ebbage was a second double placer with 2.70 in the M35 pole vault and 30.76 in the M50 discus.



***Oxford City, fifth place in Men's competition, represented here by M65 Chris Padmore  
Long Jump and M55 Richard Hart, Javelin***

Fourth placed Herne Hill's Simon Coombes won a fine double in the M35 A string 1500m and 3000m, 4:12.88 and 9:14.50, while Mohammed Ismail won the B string events in 4:13.16 and 9:21.51. In the field Paul Marriott won the M50 long jump, 4.85. Oxford City, in fifth place had M50 Julian Richardson winning the 3000m. in 9:57.14, Rob Webster, also M50, the 800m, 2:18.15 and Graham Chapman the M35 2000m. race walk in 10:26.89. Steve McCauley was a triple winner in the M35 throws, discus 38.33, hammer 39.56 and shot 12.49, while Gareth Davies won the M35 triple jump with 12.13.

A small group of athletes from Hercules Wimbledon worked very hard and were very successful, especially where they dominated the sprints, but a failure to cover all events lost them valuable points. M35 Mike Amaden won the B string 100m. and 200m, 12.37 and 25.27, Mark White won the same two events in the M50 races, 12.55 and 25.15 and added the 400m. in 56.74. In the M60 races Geoffrey Walcott took the 100. in 13.45 and 400m. in 60.85. Dominic Bokor-Ingram won the M35 A string 400m. in 53.98. Dean Cheesman, David Orchard and Stuart Milton were the only three field event athletes and they worked very hard to gather 42 points. M60 Adrian Essex was the most successful and a very busy athlete in the seventh placed London Heathside team, winning two field events, high jump 1.30 and long jump 4.29 and adding valuable points in seven other events, while Ian Ross won the M35 pole vault, 2.80 and scored points in nine other events.

### TEAM RESULTS – WOMEN

EPSOM AND EWELL	223.5
DARTFORD	213
TONBRIDGE	209
WINCHESTER	178
OXFORD CITY	162.5
SERPENTINE	128
STEVENAGE AND NORTH HERTS	114

### TEAM RESULTS – MEN

SOUTHAMPTON	238.5
DARTFORD	196
TONBRIDGE	185
HERNE HILL	177
OXFORD CITY	172
HERCULES WIMBLEDON	148
LONDON HEATHSIDE	124.5



***Tony Palman-Brown: Oxford City***



***Mick Cox: Dartford***



### SCVAC Marathon Championships, Chester, 8<sup>th</sup> October 2017

The Chester Marathon this year also included the BMAF and Home International Masters Championships, which provided a top-quality masters field, and the largest SCVAC Marathon Championship entry for some years.

The race started in perfect conditions for marathon running: no wind and temperature in the low teens. The first 2 miles was a tour around the narrow twisting streets of old Chester, before going out to the country lanes of England and 9 miles in Wales. The closed roads gave a traffic-free race with good crowd support. In the villages the race passed through it seemed as if the whole village turned out to cheer and give support, and most pubs had a band playing to add to the good feel of the race.

When I got to 20 miles, the weather started to

change. It got colder and light rain came down - not much of a problem for the runners but uncomfortable for friends and family watching. After a tricky hill between 24 and 25 miles, it was an easy run in to the finish at the race course.

SCVAC runners put in some very good performances with 9 picking up BMAF medals. The stand-out age grades were Dave Winch (M70 on 84.8%), Sarah Gruber (W40 on 79.4%) and Sarah Marizaioli (W65 on 78.7%).

Unfortunately, due to the size of the race, most runners had gone home by the time the BMAF and SCVAC results were available so the medal presentation was poorly supported.

Trevor Edgley



**Trevor Edgley, author and M65 Gold Medal winner**

Age Group	Medal	Name	Club	Gun	Chip	Age Graded %
M35	Gold	Michael Mawsby	Canterbury Harriers	2:40:50	2:40:48	77.1
M50	Gold	Andrew Nobel	Folkestone	3:05:54	3:05:29	75.9
M65	Gold	Trevor Edgley	Istead and Ifield Harriers	3:30:38	3:30:04	78.2
	Silver	Barry Bell	Istead and Ifield Harriers	4:17:13	4:14:46	64.5
M70	Gold	Dave Winch	Thanet Roadrunners	3:18:27	3:18:03	84.8
	Silver	Stuart Colwill	RoadRunners Club	4:03:51	4:01:59	69.4
W40	Gold	Sarah Gruber	Invicta East Kent	2:59:54	2:59:50	79.4
	Silver	Clair Seymour	Reading	3:56:36	3:55:06	59.8
W50	Gold	Rose Baker	Cambridge Harriers	3:24:56	3:24:47	78.1
W55	Gold	Vicky Talbot-Rosner	Invicta East Kent	3:42:40	3:42:20	75.9
	Silver	Margaret Connolly	Invicta East Kent	3:51:26	3:51:16	75.0
W60	Gold	Janice Moorekite	Larkfield AC	4:19:55	4:19:47	67.7
	Silver	Patricia Keene	Burnham	5:03:34	5:03:27	58.0
W65	Gold	Sarah Marizaioli	Hastings Runners	4:18:55	4:16:34	78.7

## A tale of two cities

With my 70<sup>th</sup> birthday in July 2017, I decided to compete in the EMACS track and field championships in Aarhus, and also have a go at the EMA marathon in Wroclaw. The two cities are the second largest in Denmark and Poland respectively. Both are worth visiting for their old town areas, their markets, architecture, and rich cultural history.

### Aarhus – EMACS 2017

EMA used two stadia in Aarhus – Ceres Park was the main venue, and the location for registration as well as the start and finish of the half marathon. I checked into my hotel and caught a bus to the Tivoli Gardens, a permanent fairground only a short walk from the stadium. The 10,000m was scheduled for day 1 of the championships, with the M70 race in Viby stadium some 20 minutes bus ride from Ceres.



The free shuttle bus got me to Viby very early – nearly 3 hours before my event at 1pm. I met up with Geoff Newton and Dave Oxland, who would run in the M65 race held with the M70. A pleasant warm day gradually gave way to rain which became quite heavy, and I switched my planned warm-up from a grass field to nearby streets.

In the call room (a large tent to shelter us from the rain) Geoff and I gathered with our opposition. On paper Bernd Butgereit and Omer Van Noten looked contenders, though the latter had recently been injured. The rain abated just before the start, and the leading M65 runners led us around the first few laps. Budgereit took the lead in the M70, and led for at least 15 laps. He had vocal support from a German team mate and also his wife, who ran onto the track at one stage and exchanged heated words with him!

To my surprise the pace felt comfortable. The Dane, Kurt Daugaard, jumped into a 20 metre lead with around 6 laps to go, and I worked to get onto his shoulder over the next couple of laps. With 500m to go I sprinted as fast as I could, and held on to win by 10 seconds from Daugaard, with Bernd Butgereit pipped for bronze by a fast finishing Van Noten. Geoff Newton was 5<sup>th</sup>: we were all on the same lap at the finish.

I was surprised and delighted, crossing the line with a huge smile, but I have since been unable to track down the lady photographer recording the event.

I had dinner later with Geoff Newton and Arthur Kimber and enjoyed a couple of (expensive) beers, and an “all you can eat” buffet – ideal for hungry runners.

I returned to England the next day, as Denmark is expensive, but flew back for the half marathon 9 days later. In my absence Geoff Newton was a desperately unlucky 4th in the cross country, recording exactly the same time as the bronze medallist. Omer Van Noten won gold, and later, silver in the 5000m, with Bernd Butgereit winning gold to re-establish his pedigree.

Peter Young of SWVAC flew out to focus on the half marathon, and joined Geoff, myself, John Morris and Phil Brennan in the M70 team. The start, with rain giving way to a warm morning, was chaotic: within a mass open race of around 3000, the EMA runners were confined to half the width of the road, with congestion making a fall quite possible.



I saw Peter Young getting away swiftly, and around 4k Geoff Newton moved smoothly past. I gave him some encouragement and didn't try to give chase as my pace felt on the limit. The route took us through some picturesque quarters of the city, over several wooden bridges and some gentle undulations, then became less enjoyable with an out-and-back section followed by a "scruffy" section with sand, cobbles, and even loose metal plates to negotiate. This was a new light railway system which should have been ready for EMACS. The wind got up as we chased through the docks area – I briefly helped a couple of GB women by sheltering them into the headwind.

With less than 3k to go, I was surprised to see a GB M70 in front of me. It was John Morris, who had started faster than I realised. I overtook him and focused on keeping my form to the end. The finish in the stadium was enjoyable, and I managed to pip M65 Francis Day on the line.

Peter Young won gold, the versatile Bernd Butgereit silver, and Geoff Newton a well-deserved bronze a minute ahead of me, with John Morris a minute behind me in 5<sup>th</sup>.

I was delighted for Geoff, and we easily won the Team gold medals. That evening we enjoyed a meal and a beer together.

## **Wroclaw – EMA Marathon 2107**

With 5 weeks to prepare for the EMA marathon I hoped to get in a couple of longer runs, but camping in the New Forest, a nasty bout of laryngitis developed into a full blown chest cold with a very "productive" cough. With one week to go, the chest finally cleared, and I flew to Wroclaw resolved to take things easy at the start and drop out if I felt unwell. Prior to Aarhus I had done a couple of 16 mile runs, but 10 miles was the furthest I managed before Wroclaw.

The city has a great public transport service of buses and trams, with a fare of 3 zloty (around 70p) for the 35 minute ride from the Airport to the City Centre. I loved the Old Town area, especially the quaint metal dwarfs dotted around the cobbled streets.

The Wroclaw Marathon is in its 35<sup>th</sup> year and attracts up to 5,000 runners. This was the first time EMA had used a mass marathon to host the EMA championship.

At race HQ on Friday, as GB team manager, I tried to declare a couple of "composed teams": a W35 team including women from two more senior age groups, and an M50 team including the talented M55 Nigel Rackham. I was told point blank this was not allowed, but that mixed gender teams within the same age category were fine!

I explained this was contrary to EMA regulations, and returned on Saturday to attend a team managers meeting. The EMA official cleared things up and normal service was amicably resumed. The race director, Mieczyslaw Szykarowski, kindly conducted a tour of the race finish area in the Olympic Stadium, pointing out the locations of medical tent, refreshments, finishers' medals, ice, and the presentation podium for the EMA competitors.

On Sunday with street closures around the city, the tram services were disrupted, and I ended up taking a long walk from an unfamiliar stop. I met Andrew Noble in the sports hall wearing his SCVAC polo shirt.

The infrastructure and organisation were impressive, with precision timing as the start time approached. Each time zone for the marathon started at one minute intervals, to ensure the early feed stations could cope without overcrowding. Chip timing ensured a fair deal for all – with the exception of the elite runners, who were gun timed.



I shuffled off at 5 minutes per kilometre pace, and reached the half marathon just outside 3:30 pace,



but the lack of long runs made each kilometre a few seconds slower and I eventually finished in 3:37:34. I was amazed to discover this very ordinary time had won me the M70 title – but very happy to receive the trophy.

Nearly a full hour ahead of me, the best GB performance was that of Nigel Rackham, who stormed to an M55 gold in 2:39:24. Paul Cheetham won M45 gold, with Grant Ramsay and Scott Martin 3<sup>rd</sup> and 4<sup>th</sup> to win the team gold. Carol Marsh took W55 silver, and Catherine Charlton (W35) and Rose Baker (W50) both won bronze.

All four GB teams won trophies – M40 bronze, M45 gold, M50 bronze and W35 bronze. I was happy with my first attempt at team management.

We met up for an enjoyable meal together that evening, before packing for the flight home. I had to learn the Polish for “bubble wrap” to get my large spiky trophy into my cabin bag!

Dave Beattie



## Club Officers for 2017

### **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:**

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

### **Treasurer:**

Tom Richards as above.

### **Membership Secretary:**

Lesley Richardson 1 Puttenham Close, South Oxhey, WD19 7BJ: 07958459123 rich-arlg99@aol.com

### **New Members Secretary:**

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

### **Road Running Secretary:**

Mark Champion. 64 South Hill Road Gravesend DA12 1JZ, 01474 396715, markchampion2012@googlemail.com

### **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, ultraslow@blueyonder.co.uk

### **Newsletter Editor:**

Tony Rea, 2 Kings Lodge, 71 King Street, Maidstone Kent ME14 1BG, Dragons Running Club, 01622 758489 tonyrea@tinyonline.co.uk

### **T & F League Secretary:**

Arthur Kimber

### **Officials Secretary:**

Arthur Kimber

### **Entries Secretary:**

Dave Crossland

### **Medals & Kit:**

Arthur Kimber

**Club Records:** Mark Champion, details above.

### **Club Webmaster:**

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

**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**

#### **2017**

3rd December	SCVAC 10 mile Championships	Thanet.
17th December.	SCVAC Cross Country Championships	Reigate.

#### **2018**

18th February	SCVAC Indoor Athletic Championships	Lee Valley
TBA	SCVAC Half Marathon Championships	Caterham

### **NATIONAL**

#### **2017**

25th Nov.	English Masters Cross Country Inter-Area Challenge	Boscombe
-----------	---	----------

#### **2018**

24th February	BMAF 10 mile Championships	Rhyl
25th February	South of England/EVAC/VAC Masters Indoor Championships	Lee Valley
25th February	British Masters Indoor Pentathlon Championships	Lee Valley
4th March	EAMA Indoor Track and Field Inter-area Challenge	Lee Valley
10-11th March	British Masters Indoor and Winter Throws Championships	Lee Valley
17th March	BMAF Cross-country Championships	Forres
TBA	BMAF Half Marathon Championships	Caterham

### **INTERNATIONAL**

#### **2017**

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

#### **2018**

19th-24 March	European Indoor Track and Field Championships	Madrid.
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