

# THE SOUTHERNER

The Magazine of the  
Southern Counties Veterans Athletic Club

*Issue No. 81*

*Autumn 2018*



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**SCVAC TRACK & FIELD FINALS ASHFORD 30TH SEPTEMBER 2018**

**M35 Shot Put, Gary Walter (M45), Oxford City**

*Full report pages 10, 11 &12*

**Our Chairman, Arthur Kimber, has announced that he will no longer organise the SCVAC outdoor track and field championships. He is at present seeking someone to take these championships over, however, if nobody can be found then the championships will fold.**

**Arthur has also decided to give up his role as Kent Co-ordinator for the Track and Field**

**League. If there is anyone interested in these roles, please contact Arthur, contact details on page 15.**



## NEWS

### **SCVAC Track & Field League Finals.**

Congratulations to Epsom & Ewell Harriers who won the women's event by the convincing margin of thirty-one points from Tonbridge AC. The Men's match was much closer, Southampton beating Oxford City by just three points. Arthur Kimber's report can be found on pages 10-12

### **World Masters Athletic Championships.**

Congratulations also to the British Masters team at the recent World Masters Athletic Championships in Malaga. In particular, congratulations to those SCVAC members who successfully competed. Arthur's report can be found on page 4 and David Beattie's more personal story can be found on pages 5&6

### **British and Irish Masters Cross Country International.**

Our new Cross Country Secretary, Mick Jefferies, attended the recent England selection committee for this event having around thirty applications from SCVAC members. The selection process has had its critics even featuring in Athletics Weekly. Steve Smyth thought that a much better way of determining the team would be to simply use the English Masters Inter-Area Cross Country as the sole qualifying event. Mick Jefferies' report on this year's selection process can be found on page 9. A report on this event which takes place in Swansea on Saturday 17th November will feature on our next edition.

### **SCVAC Marathon Championships.**

These championships were held in conjunction with the BMAF Championships at Chester. With fifteen club members competing, this compared favourably with fourteen from last year especially considering the travel distances involved. Our thanks to Joyce Bell whose report on this year's event appears on pages 7&8.

### **SCVAC Half Marathon Championships**

These were held once again at Redhill in conjunction with the BMAF Championships. However, the fact that the race is not held on closed roads means that Mark Champion, our Road Running Secretary, finds unsuitable for our championships in future. Mark is in the process of identifying new races to host this and other SCVAC road race championships.

### **SCVAC AGM.**

This will be held on Friday 7th December 2018, details on page 3.

# SCVAC ANNUAL GENERAL MEETING

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

Friday 7th December 2018, 6.30 PM.

## AGENDA

- 1 Apologies for absence
- 2 To receive and confirm minutes of AGM held 1st December 2017
- 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	Jeremy Carmichael
New Members Secretary	Vilma Thompson
Road Running Secretary	Mark Champion
Race Walking Secretary	Walter Hill
Cross Country Secretary	Mick Jefferies
Newsletter Editor	Tony Rea
T&F League Secretary	Arthur Kimber
T&F (Indoor) Secretary	Arthur Kimber
T&F (Outdoor) Secretary	Vacant
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



# REPORT ON WORLD MASTERS CHAMPIONSHIPS – MALAGA

ARTHUR KIMBER

## COMPETITION HIGHLIGHTS

A magnificent performance by the British team of 704 athletes topped the medals table with 80 gold, 66 silver, and 57 bronze beating hosts Spain in to second place with Germany third, USA fourth and Australia fifth.

The outstanding British athlete was W70 Angela Copson, (*right*) winning seven gold medals and one bronze. She narrowly won the 400m. in 77.47, the 800m. by 13 seconds in 2:54.63, the 1500m. by 30 seconds in 5:48.03, the 5000m. by almost two minutes in 22:08.19, the 10k. road by nearly four minutes in 45:38 and the 6k. cross country by two minutes. She took her final gold in the 4x400m. relay and the bronze in the 4x100m. relay.

Other notable performances came from W80 Evaun Williams with world records in the shot, 10.07, hammer, 35.16 and weight pentathlon, 6080 points. She added a British record in the javelin, 26.06. A further world record was set by M70 race walker and BMAF vice chairman Ian Richards in the 5000m. in 25:51.34, followed by two victories in the 10k. in 54:08 and 20k. in 1:55:00. W65 Joylyn Saunders-Mullins set a European record of 69.79 in the 400m. Seven athletes and one team set British records in winning their events.

Steve Peters, M65, in the 200m, 24.84 and 400m, 59.09, M45 Jason Carty, 11.01, in the 100m, W45 Yvette Henry, a 12.59 100m, Jonathan Tilt, M55, 400m. hurdles in 59.80, Alex Swiecicki, M70, a 2000m. steeplechase mark of 8:54.27, Lisa Kehler, W50, a 20k. race walk time of 1:51:45 and the 4x400m. W60 squad of Caroline Powell, Hillary West, Helen Godsell and Jane Horder, 4:41:85.



## FACILITIES NEWS

Three stadia were well connected by the Metro system leaving athletes only a very short walk, Metro journeys were free and there were special shuttle buses to the fourth venue at Torremolinos. Most events ran well to time.

But the four stadia were underused, with no competition going on for considerable periods of time outside the afternoon siesta break. Road races started and finished on the track in the main stadium and road starts and finishes just outside the stadium would have freed the stadium for other competition. Warm up areas were not all suitable, only an indoor strip at the main stadium and a football pitch at one other stadium that was used by footballers while athletes were warming up!

Travel on the service buses required a payment of 1.30 euro, for any journey throughout Malaga, admittedly cheap, but over two weeks could mount up to a considerable sum, and unfortunately Malaga traffic was often heavy and held up by roadworks required for the extension of the Metro! Refreshment facilities varied from a very good café at one stadium to very sparse provision at the others. Fortunately near the main stadium there was an independent, not connected to World Masters, café across the road.

The cross country course with some exposed tree roots, loose stones and tight bends led to some athletes falling and the throws and jumps areas were not ideal, with insufficient implements, rough concrete circles and hard packed rather than soft sand.

Many athletes were very pleased with their Malaga experience but World Masters and the Local Organising Committee let down others, who had spent considerable sums on entry fees, travel and accommodation, and were expecting a higher standard at a world championship.

## Personal Memories of Malaga: Dave Beattie

Spain hosted its third championship in a year, after the EMAC Indoors in Madrid and the Non Stadia in Alicante. The problems with 4 separate stadia have been widely reported elsewhere, so this is just a personal set of memories. It is also unrepresentative, as I only competed at the cross country and 10k road events.

I based myself in Torremolinos, at a large hotel about a mile from the cross country course. I shared a cab to the course with fellow M70 Mick Casey and his wife. They were staying in the same hotel, and I enjoyed some good conversations with them over dinner or a pint.

We warmed up for our race – the first of the day at 9am. Loose boulders, rocky outcrops, sudden drops, tree stumps and tree roots overlaid with uniform grey dust blown about by the wind, made this course unique in my experience.

After some delay, the start gun fired. M70 and W70 upwards unfortunately meant that several of us got held up by octogenarians of other nations who had positioned themselves near the front ranks. I spotted two fellow Brits ahead of me – Richard Pietrowski and Norman Baillie – and worked hard on the twisting, hilly and stony course to close the gap to around 12 metres. As we negotiated an uphill section I glanced to my right and spotted another GB vest flying downhill on the next section. I realised that it was Steve Herington, who had got off to a real flyer and was relishing the course as a good fell runner.

I held station for nearly two of the three laps, then started to lose contact with those in front. Mick Casey flew past, soon after followed by M75 Martin Ford and W70 Angie Copson. I tried to concentrate on some individual battles with several athletes, but lost further places on the final lap. Ahead, Steve Herington was being reeled in by the other Brits, but he gamely held on to finish 7<sup>th</sup> overall. Richard, Mick and Norman filled 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> places, and I finished a somewhat disappointed 17<sup>th</sup>.



Angie Copson won her 1<sup>st</sup> gold medal of what would prove an outstanding collection, and Martin Ford gained silver, pipped by a Columbian who must have relished the challenging terrain.

I congratulated Steve, Mick and Richard on winning team gold medals, and after warming down and cheering the Brits in the following race, made my way with Mick and his wife Ann to the nearby athletics track to watch the medal ceremony. The technical manual showed the Bullring as the location, but this was firmly locked up. Several alternatives were suggested, but it was lunchtime before the GB team finally received their medals in a corner of the athletics stadium.



I had 3 days until my next event, and enjoyed being a tourist in and around Torremolinos and Malaga. My day started with an easy run before breakfast to acclimatise to the heat and humidity, then followed a lazy routine of coffee shops, reading paperbacks by the pool, and checking out the Tapas bars. The morning before the 10k, the heavens opened and I got drenched before breakfast, but the humid conditions returned in time for the race.



Transport to the main stadium involved about an hour of train, metro, and walking. The alternative was to share a cab with fellow SCVAC members Alan Newman and Sue James, which took around 15 minutes and cost around 15 euros. We arrived in good time to warm up and watch the first 10k race (Men under 65) leave the stadium, then pressed into the usual scrum behind the start line and were sent on our way on a partial lap of the track and out onto the road. An unlucky female athlete in front of me took a heavy fall over some unfriendly street furniture – a line of raised concrete blocks.

Ahead I saw Martin Ford, who eventually gained gold, and Angie Copson. After 2k I caught and passed Steve Herington. The course was out and back, so one could spot the leaders easily. I managed to get past several M65 of other nations, and at 9k I caught Angie Copson. We swapped places a few times,



and I managed to finish a couple of seconds in front of her. She won W70 gold by a huge margin, and the photo (*above*) shows her delight at her achievement.

I was 12<sup>th</sup> overall (the results initially showed me as DNF!) but the final results added several seconds to my own watch time. Again there were 4 GB M70 runners ahead of me, including the consistent SCVAC athlete John Exley of Oxford City AC, but no team medals were up for grabs in this race. Times were uniformly a little slow due to the humidity, and this would later be reflected in other endurance races, particularly the half marathon.

I flew home that night, and on reflection I enjoyed the World Masters, though not as much as the wonderful 2016 games held in Perth, and the memorable marathon on the banks of the Swan river. The most enjoyable aspect of Malaga was meeting and chatting with many of my friends who are BMAF athletes.

Dave Beattie

## CHESTER MARATHON

By Joyce Bell (*right*)

The 2018 Chester Marathon incorporated the British Masters Championships, the Southern Counties Vets Championships and the England Masters Marathon Team Celtic Challenge. As someone who likes to get my money's worth – I was entered into all of these! It was only my second marathon but the opportunity to run in an England vest was too good to pass up.

It was a beautiful morning in Chester on Marathon day with a red sky and autumn colours reflecting on the River Dee as we made our way to the start. But it was bitterly cold! This created my usual panic of what to wear – vest or vest and T-shirt. It was forecast to get a bit warmer and in the queue for the ladies I was convinced by other people that a vest would be enough – but then I saw Dave Winch in a vest and T-shirt – I knew he'd be going quite a bit faster than me so I decided to stick with my vest/T-shirt combo and I'm glad to say it was the right decision for me – it did warm up but not that much!

The course is a single lap starting and finishing at the racecourse and loops round the City of Chester before heading out into the countryside and into Wales, passing through several villages before coming back into Chester along the river to the finish. There was plenty of support along much of the course with live music playing outside several of the pubs we passed. It was very well organised with frequent drinks stations and really enthusiastic marshals.

My own race went pretty well – I managed to knock 17 minutes off my previous time despite cramping up in the last couple of miles and was very happy with my 4.49.03. Thanks should go to SCVAC stalwart Trevor Edgley who helped me with a training programme and gave me lots of encouragement. This was enough to earn me the gold medal in both the BMAF and SCVAC competitions – by virtue of being the only woman in my



age category! This is a shame as there were 10 women in my age group – I came 6<sup>th</sup>. There were 4 in my age group in the England team – as expected I came 4<sup>th</sup>!!

My husband Barry (*left*) also had a good race, coming in at just under the 4 hour mark – his best marathon time since 2002! This earned him silver medal in both the BMAF and SCVAC M70 – coming second to Dave Winch. It should be said that the M70 was the most keenly-contested age category – so well done Barry!

*Cont. overleaf.*





In total 88 competitors competed in the BMAF event in age categories ranging from 35 to 80, with 13 SCVAC runners having made the long journey to Chester. The SCVAC results are as follows:

**W35 – Hannah Roberts – Gold**

**W40 – Claire Seymore – Gold**

**W55 – Jane Davies - Gold**

**W60 – Janice Moorkite - Gold**

**W65 – Joyce Bell – Gold**

**W70 – Sarah Marzioli – Gold**

**M55 – Bob Fursey – Gold**

**M60 – John Gurney – Gold**

**M60 – Stephen Suttle – Silver**

**M65 – Frederick Streatfield- Gold**

**M70 – David Winch – Gold**

**M70 – Barry Bell – Silver**

**M70 – Stuart Colwill –Bonze**



**Fred and Janice resplendent and proud, in their England vests.**



## British & Irish Masters Cross-Country International Selection Process.

As I recently attended my first selection meeting for the British and Irish International Cross Country Race in November and I am aware that there has been the odd controversy in the past I thought you might like to hear my experiences of the day. The seven other area secretaries and myself met with the EAMA secretary in the Alexandra Stadium, Birmingham on the 6th October, the meeting ran from 10.15-1645 with 17 age groups to be selected( no ladies 75+ had applied), we actually had to complete the M70-74 group after the meeting as the Stadium offices had to close. With athletes from as far afield as Cornwall and Northumberland and most counties in between many with very similar times over a variety of distances the discussions were quite intense at times although always resolved amicably and even handedly.



To assist us as selectors and you as competitors I thought it might be useful to list the order of priority that the EAMA give to events leading to selection, the more head to head results we see helps in the decision making. They are:- BMAF-XC, BMAF 10K, BMAF 5K, EAMA Inter Club XC, then best 10K road/track, best 5K road/track, any World/European Masters times obviously rank highly along with Fell Run results( bit tricky for us that one but I learnt that there is one on Box Hill in Surrey apparently). parkruns are a bit of an anomaly due to the variety of terrains they are run on and the slightly suspect distances of some of them but they were considered to resolve some tight decisions.

It was very interesting to be involved and to meet the other secretaries and to see that although we all wanted our athletes to be selected, as the object of the meeting was to select the best English team for the day, when another areas athlete looked the best choice it was always accepted with good grace and to those who think otherwise there was absolutely no skulduggery involved in the selections.

For those who want to follow the fortunes of there fellow club members here are the successful SCVAC applicants.

W35 - Maria Kowal, Ruth Jones.

W45 - Kate Rennie.

W55 - Caroline Wood.

W65 - Penny Forse.

W70 - Susan Garner.

M40 - 1st reserve - Mark Worringham.

M45 - James Skinner.

M50 - Mark Symes. 1st reserve - Graham Godden, 2nd reserve - Julian Richardson.

M55 - Scott Smith-Bannister.

M60 - Austin Soane.

M65 - Paul Whelpton. 2nd reserve - Michael Sheridan.

M70 - 2nd reserve - John Exley, (*right*) 3rd reserve - Dave Beattie.

I received 38 entries in total of which 17 made the team in one way or another, not quite 50% but still a good representation I think, well done to all those that made it, commiserations to those that didn't, there is always next year.



Mick Jefferies,

## SCVAC TRACK AND FIELD FINAL – ASHFORD – 30 .09.2018

Words – Arthur Kimber    Photos Tony Rea.

On a very pleasant day for late September all clubs arrived well on time and the contest were very competitive in both men's and women's matches.

### MENS MATCH

The winners were Southampton for the third year running but only narrowly. Their 219.5 points kept them ahead of Oxford City on 216.5 and Tonbridge, in their first appearance in the final, on 209.5.

In the M35 sprints Mike Barough, Oxford, took the 100m. in 11.64 and the 400m. in 54.10 and Steve Tester ran a fast 23.89 to take the 200m. M50 Steve Beak from Southampton had a fine triple success in the 100m, 12.46,



M50 100m Start

200m, 25.74 and 400m, 58.64, while Oxford's Chris Padmore, M60, took the 100m. in 13.44.

In the M35 middle distance events Oxford's Duncan Mollison just held off Southampton's Matt Coffey to win the 800m, 2:05.13 to 2:05.47. Oxford's Brian Green added a

fast 1500m. to take the M60 race, while Julian Richardson, also Oxford, won the M50 3000m. in 9:53.31. In the combined M35/M50 race walk Graham Chapman, Oxford, M50, won in 11:27.17, beating all his contemporaries and all the M35 athletes! Tonbridge won both 4x100m. and 4x400m. relays, 48.49 and 3:46.60.

In the M50 jumps Martin Lloyd cleared a very impressive 1.91 in the high jump and took the long with 5.55 and triple with 11.94. John Andrews, Epsom and Ewell vaulted 3.20 to take the M35 event at age 55 and Martin Brown, Enfield and Haringey, won the M50 triple jump with 10.94.

In the M35 throws Graham Holder, Bexley, won the shot and hammer, 10.76 and 50.84 and his club mate Chris Stanton the javelin, 41.04. M60 Stewart Maxwell scored a fine double for Enfield and Haringey in taking the shot, 11.15 and javelin, 38.74.



## Women's Match

Epsom and Ewell easily won the women's match with 246.5 points to extend their run of successive victories to ten years. Tonbridge and Southampton took second and third places with 215.5 and 209.

The W35 100m. and 200m. races were won by Epsom and Ewell's Lisa Boland, 100m. in 13.44 and 200m. in 27.24, and the famous Bennett sisters, now Diana Norman (*below right in the 2000m walk, one race she did not win!*) and Julia Machin (*below left*), won both strings in the 400m, Diana the A in 62.80 and Julia the B in 63.53. Southampton's W50 Tracy Bezance won both 100m. and 200m. for Southampton in 14.59 and 29.64 and gained a second place in the 400m. in 69.06 behind Angela Bates, 67.27. Epsom and Ewell's Anne Nelson won the W60 100m. in 17.43.

In the distance races Diana Norman won again with a 2:23.8 800m. and Maria Heslop, (*right*) Tonbridge, won the W35 1500m. in 4:56.14 and added the W50 3000m. in 10:41.06, beating all the W35s. In the combined W35/W50 race walk W35 Silvana Alves from Barnet just pipped Tonbridge's W50 Diane Bradley, 12:17.99 to 12:18.88. Tonbridge won the 4x100m, 55.95 and Epsom and Ewell the 4x400m, 4:28.31.

In the jumps, Diana Norman won her third event, high jump, 1.55 and Julia Machin her second, long jump, 4.94. Dartford's W50 Teresa Eades, returning from protracted illness, seemed very well recovered and took the pole vault, 2.10 and triple jump, 8.35, while Dartford's W60 Anne Thacker won the long jump with 3.18.

In the W35 throws Diana and Julia returned to score more victories, Diana taking javelin with 30.72 and Julia shot with 9.98. Anne Thacker added the W50 shot, 9.05, and Liz Sissons took both of the W60 throws, shot 8.22 and javelin 19.63. Liz is over 70!





## TEAM SCORES

### MEN

SOUTHAMPTON	219.5
OXFORD CITY	216.5
TONBRIDGE	209.5
HILLINGDON	170
BEXLEY	159
EPSOM AND EWELL	146.5
ENFIELD AND HARINGEY	120

### WOMEN

EPSOM AND EWELL	246.5
TONBRIDGE	215.5
SOUTHAMPTON	209
DARTFORD HARRIERS	168
RADLEY	147
SERPENTINE	128
BARNET	126



*From top left clockwise*

Danielle Marshall, Southamton, 200m W35B, Winner

Dianne Bradley, Tonbridge, W 2000m Walk, 2nd.

Rebecca Mulley, Southamton, W35 PV 3rd.

Dave Blunt, Epsom & Ewell, M50 PV, 3rd.



## Inter-Area Cross-Country, Bury St Edmunds 29th September .

### Words & Photo: Dave Beattie

Eastern Masters hosted this race, which doubled as the EMAC championship as well as a selection indicator for the England Masters team for the Home International at Swansea in November.

I made a weekend of it, booking a delightful B & B in a tiny village with a nearby pub which served my wife and I with a delightful evening meal. Saturday dawned bright and beautiful, and we enjoyed a traditional English breakfast and lingered over coffee to chat with our friendly host.

A few miles drive brought us to Nowton Park. The venue was near perfect, though lacking changing and showers: an interesting and varied course had been laid and very well marked by the local club, Bury St Edmunds Pacers, and other EMAC members. The award-winning Community Café in the park served a good selection of healthy food.

All the women and men over 65 contested the first race over a distance of roughly 6km. We were sent on our way in bright sunshine, and soon dived right off a firm track to navigate tussocks of grass with molehills, then a winding woodland trail with clearly painted tree roots. Ahead I saw John Exley and Steve Herington in my age group (later I learned they were chasing Ron McCullogh of EMAC). Emerging onto grass and turning right then left, we followed a fast section of short grass, down and then a slight climb to follow the edge of a large field.

On the first, shorter lap, we were directed to follow a shortcut down a gentle slope to restart the circuit. Then followed two larger laps, generally hugging the outer edge of two large fields before a more technical section: following three sides around an all-weather pitch, a short climb through tussocks of grass led to a woodland section with a short sharp descent into an old World War II bomb crater, and a short scramble out before a gentle climb to emerge into sunshine. Turning sharp right we joined the familiar gentle slope to the finish.

Walking the course beforehand, I had identified this final emergence from the woods as the point beyond which nobody should overtake me, as it was all downhill from there.



By the start of the final lap, John Exley had an unbridgeable lead on me, but Steve Herington was only about 60 yards ahead. Then I was overtaken by Malcolm Renyard, and decided to hang on to him. We swapped places again, and I commented we could work together to move up the field. I realised that Richard Bloom of Herts Phoenix was just ahead, and he was breathing heavily. I overtook him and started closing the gap to Steve Herington.

On the final approach downhill to the all-weather pitch, I made a determined effort and overtook Steve. Maintaining the effort through the tussocks, bomb crater and gentle climb through the woods gave me a few seconds advantage on Malcolm and Steve, which I held as I had anticipated on the downhill to the finish.

Only a battle for 3<sup>rd</sup> place, but highly enjoyable – once I got my breath back!

I enjoyed chatting to other SCVAC members afterwards – in the Men's competition we were 2<sup>nd</sup> to EMAC, who won the overall challenge, but we were light on numbers in the Women's categories. Some solid SCVAC performances in the M65 category included Mike Sheridan 5<sup>th</sup>, Stewart Thorp 6<sup>th</sup>, and Des Michael 9<sup>th</sup>. It was good to see Alan Newman running again after his recent hamstringing problems, and I expect he'll soon be regaining his fitness.

As for the SCVAC women, Kate Rennie won the W45 and was 4<sup>th</sup> in the overall women's race. Mary James was 3<sup>rd</sup> W40. Celia Findlay was 8<sup>th</sup> W55, Sue James was 5<sup>th</sup> in the W65 race and Maria Kowal placed 3<sup>rd</sup> W35.

In the 8km race for the younger men, our first finisher was Lance Nortcliff, 4<sup>th</sup> M45, 1 second in front of Andrew Pickett who was 4<sup>th</sup> M35. Craig Sharp was 6<sup>th</sup> M40, and James Smith 8<sup>th</sup> M45.

The great thing about cross country is that it doesn't damage your legs to the same extent as road races. It certainly works your lungs, and is a great strength builder through the winter months. Have a great cross country season everyone – hope to see you at the Holly Run in December.

Dave Beattie

## HOLLY RUN



The SCVAC Cross Country Championships will once again be held in conjunction with the Holly Run on Sunday 16th December.

As many SCVAC lady members will already be aware, there was choice for them this year to run either the two or the three lap course. Following a consultation process via Mailchimp, the majority wished to run the two lap 4km course. Hence the Championship for all age categories this year will be the 6km course for men and 4km for women.

Those wishing to enter should do so direct at [holly.com](http://holly.com).

Please also could you email me at [Jefferies\\_478@hotmail.com](mailto:Jefferies_478@hotmail.com) and let me know that you have entered.

Mick Jefferies, Cross Country Secretary



## Club Officers for 2018

### **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:**

Jeremy Carmichael, 1 Tintern road, Gossops Green, Crawley, West Sussex, RH11 8NG,

Crawley AC, 01293 547855, ultraslow@blueyonder.co.uk

### **New Members Secretary:**

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### **Road Running Secretary:**

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### **Race Walking Secretary:**

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### **Cross Country Secretary:**

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### **Newsletter Editor:**

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**T&F League Secretary:** Arthur Kimber

**T&F (outdoor) Secretary:** Vacant

**T&F (indoor) Secretary:** Arthur Kimber.

**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 COUNTIES VETS AC

#### 2018

16th December	SCVAC Cross Country Championships <span style="color: red;">Please see p14 "Holly Run"</span>	Reigate Priory
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#### 2019

10th February	SCVAC Indoor Track & Field Championships	Lee Valley
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### NATIONAL *(Selection only: for full list of events please refer to BMAF website)*

#### 2019

17th February	South of England Masters Indoor Championships	Lee Valley
17th February	British Masters_indoor Pentathlon Championships	Lee Valley
24th February	EAMA Inter-Area Indoor Track & Field Challenge	Lee Valley
9/10th March	BMAF Indoor track & Field Championships	Lee Valley
9th March	British Masters Open Cross Country Championships	Belfast
7th April	British Masters 10k Road Championships	Blyth
26th May	British Masters 1 mile Road Championships	Westminster
2nd June	British Masters 10 mile road Championships	Dorking (TBC)
16th June	British Masters Outdoor Pentathlon Championships	Horspath
16th June	British Masters 5k Road/5k Walk Championships	Horwich

### INTERNATIONAL

#### 2018

17th November	British and Irish Masters Cross-Country International	Swansea
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#### 2019

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