

The

No 56, April 2009

# SOUTHERNER

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



**W55 60m & 200m winner at SCVAC & BMAF Indoor Championships, & British Indoor 60m record of 8.57s.**

*PHOTO: Tom Phillips*

***Inside:***

- ☺ *Results of SCVAC*
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**GOLDEN GIRL GODSELL**

## ***Arthur Kimber reports:***

### **PRESENTATION OF ANNUAL AWARDS 2008**

The annual presentation of trophies took place at the club's AGM in December, all trophies being awarded on an age graded basis. Two new cups, both in memory of Jim Day, our past chairman who died in 2007, were presented for the first time. The trophy for best pole vault performance during 2008 was won by Sue Yeomans for her 2.70 vault at age 55, and the trophy for best performance in the 10k road championships, organised by Jim's club, Blackheath and Bromley, where Jim had played a leading organisational role for many years, went to Sally Musson for a time of 41:24 at age 55. Colin Field won the Norman Martin memorial trophy for best performance by an over 70 in the club track and field championships for his fine 100m. in 14.34 at age 72. The trophies were presented by Christine Day.

### **INTER AREA TRACK AND FIELD MATCH**

The match will be held in Solihull, West Midlands, on Sunday 16<sup>th</sup> August, with age groups up to W60+ and M70+. We won the men's and overall trophies last year and aim to add the women's to win all three this year. If you would like to join the teams, please contact team manager Arthur Kimber.

### **SCVAC TRACK AND FIELD INDOOR CHAMPIONSHIPS 2009**

The championships at Lee Valley on Sunday 8th February attracted a large entry of 207 athletes, particularly in the sprints. M65 Terry Bissett was the outstanding performer with three gold medals, 60m. in 8.64, 200m. in 27.58 and 400m. in 67.00. Two men were double gold medallists, M45 Pat Logan, 60m. in 7.54 (heat 7.50) and 200m. in 24.64, and M55 Alasdair Ross,

7.94 and 25.70. Two women completed the list of double gold winners, W45 Kirstin King, 8.26 and 27.58 and W55 Helen Godsell, 8.69 and 29.07. The M40 60m. was keenly contested, Rohan Samuel and Will MacGee easily winning their heats, followed by an exciting final where Rohan took gold in 7.17 just edging ahead of Will, 7.18. But in the 200m. Will added gold to his 60m. silver by winning in 23.88 after a fast 23.55 in the heat. Edward Williams and Jonathan Tilt took two gold medals each in the 400m. and 800m. races, M35 Edward with 52.34 and 2:03.2 and M45 Jonathan 54.65 and 2:12.4.

The middle distance events were not as well supported as the sprints and the best performances came from M55 Kevin Archer in winning the 800m. in a fast 2:15.01 and the 3000m. in 10:11.83. In the 60m. hurdles Andy Lewis won the M40 race in 8.44 and Gaye Clark took gold in the W45 with 9.82.

The jumps generally attracted small entries often leaving athletes with little or no competition in their own age groups. In the pole vault two notable performances came from W55 Sue Yeomans equalling the British record of 2.70 and M55 Alan Williams, 3.75. In the high jump M45 Gary Capon jumped 1.60 and M55 Duncan Talbot 1.53. M40 Keith Newton was outstanding in the triple jump with 13.38. These top athletes now looked forward to keeping or improving their form for the BMAF indoor in March.



*Colin Field with his M70 best performance trophy*



**From the Editor:**

Welcome to the Spring 2009 edition of *The Southerner*.

How have you all coped with your training in the worst winter for many years?

*It brought back memories of when I had to work for a living, and dig my car out of four foot high snow drifts!*

*Along with the freezing weather, of course, is the economic cold climate. The latest news is the impending closure of Julie Rose Stadium at Ashford in Kent, and we have all been asked to email various officials to protest. The closure, which looks almost certain, will involve the rescheduling of many events, including the Kent Championships.*

*One wonders how many other tracks will be closed. The timing seems particularly ironic with but a short time to go before the London Olympics!*

*I'm looking forward to hearing about your exploits at the Euro Indoors in Acona, and hope I will have a report to publish in the next "Southerner".*

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# Club Cameo



**Robert Murkin meets – the veterans team of Epsom & Ewell Harriers**

*As balmy evenings of spring are almost upon is its time to focus on*

*'The Greatest Show On Earth' – the SCVAC Inter Club track & field league. It has been said by many that this is the 'flagship' of*

*SCVAC and with upwards of 65 teams competing involving almost 1,000 athletes across the region from Ramsgate to western Oxfordshire, from the Hampshire coast right up to rural Hertfordshire.*

*Weekday, evening divisional fixtures culminate in the grand league final for all the divisional winners, which this year takes place in Ashford, Kent on 6<sup>th</sup> September.*

*There is a wide range of strength and depth in the teams that each club fields but one of the most successful clubs in recent years has been the veterans' team from Epsom & Ewell Harriers. So to find out more about this well established group I met up with team member Liz Sissons.*

**RM: Liz, as I travel around the various masters events one thing I can always be sure of is that there'll be a group of E&E veterans dressed head to toe in red & yellow in a corner of the stadium and it's a guarantee that there'll be equal amounts of laughter and enthusiasm radiating from the group. You have a mixture of established global champions as well as newcomers to the sport yet everyone is given the same support. What do you think it is about E&E that has gone to create this warm atmosphere?**

LS: Although athletics is comprised of diverse events, which in essence makes it an individual sport, it is important to all members of the team to support each other no matter what discipline we specialise in. We thrive as a team and get as much enjoyment from seeing our fellow members improving their performances whether they are winning or whether they are striving not to be last.

**RM: How long has the vet's team been established and who founded it?**

LS: We have been competing as a team since at least 1990 when the SC Vets League was set up. Initially it was suggested that it would not be worth us paying the £10 fee to enter, but this suggestion has been proven wrong since we have progressed to the final inception in 1992.

**RM: Has any one person above all 'driven' the veterans side of the club forward or**

**would you say its typical for the club as a whole to promote all the age groups ?**

LS: This has not been down to any individual, but we were inspired by the achievements of Alf Woods in the early days when Veterans athletics was taking off. A few other members who qualified to be called 'veterans' thought that it might be good to have a go.

**RM: Are your vets team allocated their specific training time at your track or is it a case of everyone mixing in with everyone else?**

LS: We have never been anything other than a club of all ages from 9 years to 90 years (well not quite !!!)

**RM: You obviously have a great deal of experience amongst your vet's team. Do many of you coach others in other age groups in the club and outside?**

LS: One or two of us have been qualified coaches for about 25 years (gosh a quarter of a century sounds an awful long time). The sprinters in the vets section usually train together with the odd one or two who are aspiring to be vets! The middle distance group comprises seniors and vets and my throws group comprises young athletes and seniors.

**RM: Do you have a lot of 'social' events just for 'vets'?**

LS: Club social events are geared to all members, so I guess no is the answer.

**RM: How many vets are there and are you still gaining new members in the younger age groups ?**

LS: We probably have around 30 vets (men and women) who compete in the Vets League at some time during the season with one or two who are bordering on the age group. However, it is always good to gain new members as a great many of us are in the 60 + age group now and are finding it harder to compete against those youngsters 25 years our junior – that's not to say that we won't be giving those youngsters a run for their money!!

**RM: As the Surrey County champs are going to be held at your track in Ewell, how are preparations going for this and how do you feel about them being run on your home ground ?**

LS: This is the first time we have held a championship at our track and we are excited about it. Preparations are going well. We held a working party at the track early in March to bring some of the facilities up to the required standard. New equipment has been purchased and all we need now is the weather to be on our side.

**RM: Finally Liz, how is the team shaping up for another crack at the Southern Counties team championships in 2009?**

LS: Judging by the performances over the winter, our team is in good shape. We have had good results both on the track and on the road and country and we hope once again that our men's and women's teams will progress to the finals in September.

**RM: Well many thanks Liz for your time, I am sure our members will enjoy reading about you all.**

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### LOCKER ROOM LIMERICKS 3.

A young discus thrower I know,  
Took steroids to make himself  
grow,  
Now, his "Personal Bests"  
Are two very large breasts,  
They don't half interfere with his  
throw!





At the 2008 SCVAC Cross Country Championships.

## SCVAC CROSS COUNTRY CHAMPIONSHIPS 14/12/08 REIGATE PRIORY:

Report by Ann Bath, Cross Country Secretary.

Unfortunately the organiser changed the date from the advertised date of 21/12/08 after the Southerner had gone to press, due to unavailability of the school on the 21<sup>st</sup>. So apologies if this caused any inconvenience to anyone and hope this problem will not occur again.

We were pleased to hold our championships within the Holly Run as it is very well organised and a true cross country course, so thanks to Reigate Priory for letting us use their race.

Many thanks to Robert Murkin for providing the tent and table and refreshments.

The ladies competed on a 3 mile course, followed by the men on a 6 mile course.

### **MEN 6 miles**

Kevin Archer	M55 Reigate Priory A C
35.57 Gold	
Steve Connolly	M55 Swindon Harriers
41.02 Silver	
Robert Burton	M60 SCVAC
45.44 Gold	
Michael Dee	M70 SCVAC
55.55 Gold	

### **WOMEN 3 miles**

Annette Morris	W50 Reigate Priory A C
22.55	
Ann Bath	W60 26.2RRC
25.57	

## ROAD RUNNING

with Walter Hill:

When you read this news letter it will be light in the evenings. Light enough I hope for all aspiring road runners to be able to train and at the same time see what terrain their feet are running on. It is always good to get of the road and run on grass or the trails.

I also hope this newsletter is delivered before the next SCVAC Road Race Fixture. However, I have learnt to play safe and I am confident that we all know that the first of the series will be the 10K which as in the past will be incorporated into the TED PEPPER on 04/05/2009, promoted by Blackheath and Bromley AC. Any problems check out their WEB Site.

This fixture will be followed by the:

BURNHAM BEECHES HALF

MARATHON. AUGUST

THANET MARATHON. SEPTEMBER

EPSOM 10 MILE. NOVEMBER.

I recommend you check the promoting clubs web site for details. In the past we have asked SCVAC members to contribute an extra £1-00. This fee covers the cost of the medals, which I have been informed are rather posh, say no more.



## Southern Counties Veterans Athletic Club Committee 2008-2009

### **OFFICERS**

**Chairman Arthur** Kimber 22 Asquith Road, Wigmore, Gillingham Kent ME8 OJD Dartford Harriers. 01634 389554 arthur.kimber@talktalk.net

**Vice chairman** Eric Shirley 2 Ladbrook Close, Pinner, , Middlesex, HA5 5LB. 020 8868 3209

**Treasurer** Robert Murkin 10 Dents Grove, Tadworth. Surrey. KT20 7DX. Sutton & District A.C. 01737 225788 murkinrg@hotmail.com

**Assistant Treasurer** Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey. CR2 8EA. Croydon Harriers. 02086574269. ken.crooke@talktalk.net

**Club Secretary** David Lipscomb, 120 New Road, Croxley Green, Herts.,WD3 3EP. 01923448852. lippy@serpentine.org.uk

**Membership Secretary** Robert Murkin (as above)

**Asst. Membership Secretary** Vilma Thompson 18 Albury Road, Boyfield Street, London. SE1 OSB Belgrave Harriers 020 7928 9577 020 8871 7542 (Day) villy@sports93.fsnet.co.uk

### **COMMITTEE**

**Minutes Secretary** Ron Franklin 23 Boundary Road, Wood Green. London. N22 6AS Barnet and District AC 02083768452 Rf015b2516@blueyonder.co.uk

**Road Running Secretary** Walter Hill Tain Cottage, Ifield Road, Charlwood, Surrey. RH6 00Q. Crawley AC 01293 862327 walterhelen@tiscali.co.uk

**Walking Secretary** Dave Sharpe 56 Bonham Road, Dagenham, Essex RM8 3BD. 0208599 5153.

**Cross Country Secretary** Ann Bath, 61 St Mary's Road, Long Ditton, Surbiton, Surrey. KT6 5HB. 26.2 Road Runners. 02083982775. madshus@tiscali.co.uk

**T & F League Secretary** Arthur Kimber (as above)

**Newsletter Editor** Rosemary Champion 6 Woodlands Park, Bexley, Kent. DA5 2EL Dartford Harriers A. C. 01322 522934 southern.veterans@ntlworld.com

**Officials Secretary** Arthur Kimber

**Entries Secretary** Steve Connolly 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS. Swindon Harriers 01793 538245 steve.connolly@ukgateway.net

**Club kit & medals-** VACANCY.

### **WEBSITE INFORMATION:**

**Webmaster:** Jeannette Holder, tel. 01420474078 jeannette.holder@virgin.net Southern Counties Veterans website is: www.scvac.org.uk

***Contributions for the Sept. 2009 edition of The Southerner to be sent to Rosemary Champion by Aug. 25th 2009.***

Club Records. Records may be set anywhere and claims should be sent to: Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HAO 4UT.

**The Southerner "200 Club" - if you would like to buy shares, please contact Ken Crooke, Assistant Treasurer, tel. 020 8657 4269; 8 Rylandes Road, Selsdon, South Croydon, CR2 8EA.**

## ***FIXTURES 2009 (cont))***

### **NATIONAL (cont)**

May 17 2009 BMAF Pentathlon & 10,000m track walks champs - Oxford

**10,000 run now on 13 September**

Jun6 2009 50k Walk - Blackpool (TBC)

Jun 21 2009 5k Road and Road Walking Championships - Horwich

**BMAF Weight Pentathlon Championships - Milton Keynes**

Jul 4/5 2009 BMAF Track & Field Championships - Alexander Stadium, Birmingham (TBC)

Jul 11/12 2009 Capt. Barclay Bicentenary Walks (incl 3 mile walk) - Newmarket

Jul 19 2009 10.30 BMAF 10k Road Championships Magor Marsh, Gwent

Sep6 2009 BMAF Marathon Championships - Kent Coastal

Sept 12/13 2009 BMAF Decathlon / Heptathlon Championships - Oxford

Sep 13 2009 BMAF 10,000m Track run Championships - Oxford

Oct 11 2009 BMAF 10 Mile Championships Portland

Nov 12 2009 BMAF Half Marathon Championships - Stevenage

### **SOUTH**

Jun 14 2009 SCV AC Track & Field Championships - Kingsmeadow, Kingston, Surrey

Sept 6 2009 SCV AC Track & Field League Final - Ashford, Kent

**Sunday 13th September 2009 St Mary's Richmond Masters & Open Meeting at St Mary's University College Track, Twickenham. Contact: John Curtin [jcbuying@btinternet.com](mailto:jcbuying@btinternet.com) TEL:01932 78765**



*SCVAC Indoor Champs- Pat Halstead & Dave Wilcock*

## **Southern Counties Veterans Athletic Club: 200 PLUS CLUB**

*Please use this form to set up a Direct Debit for your 200 PLUS Share(s) and/or your Membership Subscriptions as follows; Membership Renewal £ \_\_\_\_*

200 + Club Shares @ £12 each £ \_\_\_\_

Donation -General £ \_\_\_\_\_

Donation - The Southerner £ \_\_\_\_\_

TOTAL: £ \_\_\_\_\_

Please forward to me so that your allocation is correctly implemented

Bank Mandate

TO: \_\_\_\_\_ (BankName).

Branch & Address \_\_\_\_\_

Branch. Sort Code \_\_\_\_\_

Please pay to Barclays Bank plc, Selsdon Branch, The Croydon Group, PO BOX 95, I North End, CROYDON, Surrey CR91RN. Sort Code: 20-24-61

THE SUM OF £ \_\_\_\_\_ ( \_\_\_\_\_ POUNDS ONLY) on the

\_\_\_\_\_ Day of \_\_\_\_ (Month) each YEAR commencing 20 \_ until cancelled by me, for the credit of:

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB. Account Number: 80037249

Please DEBIT Account Number \_\_\_\_\_

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

ANNUAL PAYMENT

Print name (as on cheques) \_\_\_\_\_

Please complete this statement if applicable: PLEASE CANCEL EXISTING ORDER FOR:

£ \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## ***FIXTURES 2009***

### **INTERNATIONAL**

Mar 25/29 2009 **European Veterans Indoor Championships - Ancona, Italy**

May 29/31 2009 **European Veterans Non Stadia Championships - Aarhus, Denmark**

Jul 28/Aug 8 2009 **World Masters Track & Field Championships - Lahti, Finland**

Nov 14 2009 **British & Irish Cross Country International - Isle of Man**

### **NATIONAL**

May 16 2009 11:00 **National Open Masters Road Relay Championships - Sutton Park**

*/cont.overleaf*



# "The Southerner" 200 Plus Club

Prizes won: September, 2008 to March, 2009

Prizes	September 2008		October 2008		November, 2008		December 2008	
	Share	Name	Share	Name	Share	Name	Share	Name
1st £35	122	The Southerner	096	Sally Stagles	044	David King	200	The Southerner
2nd £20	294	Peter Goldfinch	265	David Hartwell	083	Peter Ilo	265	David Hartwell
3rd £15	179	Colin Monk	206	The Southerner	035	The Southerner	171	Harriett Sergeant
Special £100							123	Roy Jeffries *

\* Dr. Roy Jeffries wife 'phoned he had just died so I told his wife to keep the cheque KC.

Prizes	January, 2009		February, 2009		March, 2009	
	Share	Name	Share	Name	Share	Name
1st £35	139	Ian Marriott	262	The Southerner	067	The Southerner
2nd £20	300	Yvonne Miles	083	Peter Ilo	079	Alistair Matson
3rd £15	154	Carole Derrien	151	William O'Connor	161	Barrie Strange

New shareholders may join at any time and will be eligible to win any of the cash prizes indicated above. Shares cost £12 each and entitle you to take part in 12 Draws for one year from the month your payment is received. As above, each month's Prizes are: 1st £35, 2nd £20, and 3rd £15. A "Special Prize" is additionally drawn each June & December for the generous sum of £100. Good for your Summer Holiday (World Masters or European Veterans) and Christmas Presents etc... Annual Payment may be made by cheque payable to SCVAC or if you want to avoid missing out on draws you may use the Bank Mandate form below to make payment by Direct Credit. To help you and SCVAC's overworked Officers you can combine your Share Payment with your Membership Subscription and make it payable on or about the 10th January each year. If your Share is due later in the year I will allocate it to start in the appropriate month.

SCVAC Membership was increased to £12 from January, 2009 and is not anticipated to increase for several years unless the Club has to cover any change in the levies payable to the BMAF and the VAA of England or any other unforeseen event. You may also like to make a small donation to General Funds or to the "The Southerner". This can act as a reserve fund to cover any of the above mentioned items. Profits from the 200 Plus Club make a contribution to the production costs of your Magazine.

The following notes are for Members who have existing Direct Credits or Standing Orders for Subscriptions only. Some members have not increased their payments for several years and the following table indicates how much has been underpaid:-

Membership Subscription	Payments Received	Balance Due	Please let me have a cheque to cover any underpaid amounts, making allowance for any increase in your bank Direct Credits or Standing orders over £8. i.e. £10 from 2007 = £3 and £11 from 2008 = £1
2005	£9.00	£8.00	
2006	£9.00	£8.00	
2007	£10.00	£8.00	
2008	£11.00	£8.00	Please use the Bank Mandate to increase your payments from 2010 and send it to me so I know your intention
2009	£12.00	£8.00	
TOTAL:		£11.00	

Ken Crooke Assistant Treasurer Telephone: 020 8657 4269 email: ken.crooke@talktalk.net

Remittance Advice for Cheque Payments	
TO:	Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA
FROM:	_____ Member No. _____
Address	_____
Other: Telephone:	_____ Email: _____
<b>I enclose a payment in respect of:-</b>	
a	_____ shares in the 200 PLUS Club @ £12 per Share
b	Membership Renewal for 2009 (If not already Paid)
c	Arrears of Membership (See above)
d	Donation (General/The Southerner) delete as applicable
	Cheque number _____
Signature .....	Date .....

£


## **SCVAC Indoor Championships 2009 – Lee Valley Sunday 8<sup>th</sup> February**

**60m**M35:Final:- 1) Mark Collins 7.27, 2) Morgan Charles 7.44, 3) Tomas Griffin 7.61, 4) Julian Smith 7.88, 5) Nick Lauder, 7.96M40:Heat 1:- 1) Rohan Samuel 7.21, 2) Andy Lewis 7.43, 3) Leon Braithwaite 7.52, 4) Milton McIntosh 7.64,5) Leroy Gould 8.50M40:Heat 2:- 1) Will MacGee 7.27, 2) Lincoln Campbell 7.50, 3) Graeme Hogg 7.58 4) Barrington King 7.73, 5) Paul Campbell 7.95.Final:- 1) R Samuel 7.17, 2) W MacGee 7.18, 3) A Lewis 7.34 4) L Campbell 7.68, 5) B King 7.85 6) G Hogg 8.02M45:Heat 1:- 1) Pat Logan 7.50, 2) F Furlotti 7.61, 3) Peter Ilo 8.03 4) Allan Leiper 8.21M45:Heat 2:- 1) Kermit Bentham 7.78, 2)Rob Allen 7.83, 3) Des Wilkinson 8.11, 4)Ty Holden 8.395) Mike May 8.51Final:- 1) P Logan 7.54, 2) F Furlotti 7.66, 3) K Bentham 7.88 4) P Ilo 7.90, 5)R Allen 8.09, 6) D Wilkinson 8.29 M50:Heat 1:- 1) Tom Phillips 8.05,2) Stephen Davis 8.18, 3) George Ross 8.36, 4) Rod Davies 8.41M50:Heat 2:- 1) David Martindale 7.98,2)Brian Slaughter 8.28,3) Clement Leon 8.30 4) Trevor Wade 8.32M50:Final:- 1) D Martindale 7.96, 2) T Phillips 8.07, 3)S Davis 8.28, 4) B Slaughter 8.41 5) C Leon 8.68M55:Final:- 1) Alasdair Ross 7.94 2) R J Watkins 8.03, 3) Adrian Essex 8.51 4) Geoffrey Kitchener 8.59M60:Final:- 1) Glyn Sutton 8.00 2) Victor Novell 8.82M65:Final:- 1) Terry Bissett 8.64 2) Charles Isetts 9.12, 3)Kevin Burnett 11.32 M70:Final:- 1) Colin Field 9.51 2) J Godbeer 12.03W45:Final:- 1) Kirsten King 8.26, 2) Gaye Clark 9.17, W50:Final:- 1) Joan Trimble 9.15, 2) Christine Salvary 9.77, 3) Christine Young 9.77W55:Final:- 1) Helen Godsell 8.69, 2) Sue Dassie 9.80, 3) Anne Nelson 9.84, 4) Fiona Argent 9.85, W60:Final:- 1) Daphne Marler 13.62

**60 HM**M40:- 1) Andy Lewis 8.44, 2) Keith Newton 9.23, 3) Derek Warn 12.07M50:- 1) Tennyson James (G) 9.28, 2) John Mayor (G) 9.33, 3) Brian Slaughter 9.64M55:- 1) Duncan Talbot 11.33, 2) Geoff Kitchener 12.15M65:- 1) Barry Ferguson 10.55, 2) Brian Harlick 13.32W45:- 1) Gaye Clark 9.82, W55:- 1) Emily McMahan DNF

**200m**M35:- 1) Tomas Griffin 24.48, 2) Leon Braithwaite 24.73, 3) Peter Benedickter 25.46, 4) Nick Lauder 25.46M40:Heat 1:- 1) Will MacGee 23.55, 2) Keith Palmer 25.52 3) Lance Croft (G) 26.35, 4) Leroy Gould 26.61M40:Heat 2:- 1) Lincoln Campbell 24.45, 2) Graeme Hogg 24.75, 3) Paul Campbell 25.13, 4) Milton McIntosh 25.1Final: 1) W MacGee 23.88M45:Final:- 1) Pat Logan 24.44, 2) Kermit Bentham 24.88, 3) Nick Grocock 24.88 4) Ty Holden 26.885) Alan Easey (G) 26.96 6) Michael May 28.26M50:Heat 1:- 1) Malcolm Bramhall 25.68, 2) Tom Phillips 26.53, 3) Rod Davies 27.11, 4) George Ross 27.75M50:Heat 2:- 1) Tennyson James (G) 25.68, 2) Clement Leon 27.47, 3) Stephen Davis 28.34M50:Final:- 1) M Bramhall 25.65 ,2)T James (G)25.76 ,3)T Phillips 26.43 ,4)R Davis 28.06,5) C Leon 28.61 M55:Final:- 1) Alasdair Ross 25.70, 2) R Watkins 26.38, 3) John Moore (G) 27.15, 4) Adrian Essex 28.16M60:Final:- 1) Glyn Sutton (G) 26.63, 2) Bruce Hendrie (G) 28.09, 3) Victor Novell 28.20 4) Paul Madden 29.06M65:Final:- 1)Terry Bissett 27.49, 2) Barry Ferguson 29.28, 3) Charles Isetts 30.19 4) Allan Sowden 34.08M70:Final:- 1) Colin Field 31.96, 2) J Godbeer 38.24W35:Final:- 1) Lesley Richardson 34.58W40:Final:- 1) Michelle Wakefield 30.23,W45:Final:- 1) Kirsten King 27.58, 2) Gaye Clark 31.46W50:Final:- 1) Joan Trimble 31.76 2) Christine Salvary 32.17, 3) Christine Young 33.36W55:Final:- 1) Helen Godsell 29.07, 2) Anne Nelson 32.90, 3) Fiona Argent 33.09W70:Final:- 1) Dorothy Frazer 41.00

**400m**M35:- 1) Ed Williams 52.34 2) Peter Benedickter 54.93,M40:- 1) Milton McIntosh 57.21 2) Lance Croft (G) 57.67, 3) Steve Medhurst 57.81M45:- 1) Jonathan Tilt 54.65, 2) Nick Grocock 55.53, 3) Danny Hodge 56.26M50:- 1) Malcolm Bramhall 56.67, 2) Tennyson James (G) 57.71 3) Ray Daniel 58.434) Clement Leon 61.41 M55:- 1) Keith Short (G) 62.08, 2) Adrian Essex 66.38M60:- 1) Derek Wardle (G) 62.34 2) Bruce Hendrie (G) 63.81 3) Victor Novell 67.814) Jim Munro (G) 69.05 M65:- 1) Terry Bissett 67.00, 2) Terry Casey 84.28M70:- 1) Arthur Kimber 77.28W40:- 1) Michelle Wakefield 67.77 W45:- 1) Lesley Hopkins 64.05, W50:- 1) Lynn Talbert 66.82W55:- 1) Helen Godsell 69.13

**800m** M35:- 1) Ed Williams 2.03.20 2) Steven Baldcock 2.04.30M40:- 1) David Blackman 2.09.90 2) Steve Medhurst 2.12.60 3) Grant Stenhouse 2.17.804) James Collis 2.25.10M45:- 1) Jonathan Tilt 2.12.40 2) Mark Ashby 2.16.50, 3) Paul Kent 2.24.80 4) Ian Mackett 2.49.40M50:- 1) Brian Slaughter 2.15.88 2) Richard Holland 2.18.55M55:- 1) Kevin Archer 2.15.01 2) Ed Connolly 2.26.19M60:- 1) Michael Mann (G) 2.28.90 2) Derek Wardle (G) 2.29.32 3) Michael Dixon 2.36.374) Jim Munro (G) 2.36.45M65:- 1) Neil Sutherland 2.55.03M70:- 1) Arthur Kimber 2.59.43

**1500m**M35:- 1) Chris Symonds 4.19.70 M45: 1) Daniel Moore (G) 4.23.58, 2) Mark Ashby 4.37.18 3) Lance Birkby 4.49.43 4) Paul Kent 4.52.11M50:- 1)Jeremy Hogan (G) 4.42.50 2) Richard Holland 4.47.23M55:- 1) David Oxland (G) 4.54.88 2) Ken Daniel 5.01.32M60:- 1) Michael Mann (G) 5.03.43 2) Michael Dixon 5.48.72W45:- 1) Diane Farmer 5.49.26 W55:- 1) Ros Tabor (G) 5.51.40 2) Pat Halstead 5.53.85

**3000m**M35:- 1) Chris Symonds 9.28.46M40:- 2) Stephen Norris 9.33.92, 2) Andrew Del Nevo 10.28.57M50: 1) Lee Benjamin (G) 10.09.15 2)Richard Holland 10.15.27M55: 1) Kevin Archer 10.11.83 M60: 1) Russell Williams 12.29.80 M65: 1) Anthony Merritt 15.20.40M70: 1) Brian Shave 15.07.70W45: 1) Diane Farmer 12.32W50: 1) Anne Lippitt 14.15.70 W55: 1) Ros Tabor (G) 12.18.20W60: 1) Pat Gallagher (G) 12.11.16

**3k Walk**W45:- 1) Chris Childs 25.53.02M50:- 1) Steven Uttley (G) 15.49.56M55:- 1) Dave Sharpe 17.40.40M60:- 1) John Hall (G) 14.55.49, 2) David Ainsworth (G) 21.5.02M70:- 1) Ron Powell 19.45.30, 2) Bernard Hancock DIS

**LJM**35:- 1) Ben Radcliffe 5.78, Neil Lincoln 5.61M40:- 1) Eldon Lake 6.20, 2) Derek Warn 4.44M45:- 1) Peter Ilo 5.12M50:- 1) Trevor Wade 5.43, 2) Brian Slaughter 5.11, 3) Rod Davies 4.64 4) Clement Leon 4.61) John Fenton 4.21M55:- 1) Duncan Talbot 3.84M65:- 1) Robert Ruff 3.89, 2) Roger Bruck 3.59W40:- 1) Imata Barauskiene 4.62, 2) Alison Duke 4.15W45:- 1) Denise Timmins (G) 4.35, 2) Gaye Clark 4.25W50:- 1) Christine Young 3.85, 2) Christine Salvary 3.69W55:- 1) Sue Yeomans 3.92, Emily McMahon 3.66W60:- 1) Pat Oakes 3.03

**TJM**35:- 1) Ian Bridgeman 11.92, 2) Neil Lincoln 11.12M40:- 1) Keith Newton 13.38M45:- 1) David Sheilds 10.09M50:- 1) Clement Leon 10.30 2) Trevor Wade 10.03M65:- 1) Robert Ruff 7.74W40:- 1) Imata Barauskiene 10.31W55:- 1) Sue Yeomans 8.38W60:- 1) Pat Oakes 6.49 2) Daphne Marler 5.44

**HW**40:- 1) Imata Barauskiene 1.40W55:- 1) Emily McMahon 1.15W60:- 1) Pat Oakes 1.00M40:- 1) Robert Peers 1.35, 2) 1.35M45:- 1) Gary Capon 1.60M50:- 1) Trevor Wade 1.50, 2)Clement Leon 1.45, 3) Brian Slaughter 1.45M55:- 1) Duncan Talbot 1.53 2) Allan Williams 1.25M65:- 1) John Howe 1.25, 2) Roger Bruck 1.20, 3) Brian Harlick 1.15

**PVW**40:- 1) Alison Duke 2.50W45:- 1) Sue Yeomans 2.70M35:- 1) Ben Radcliffe 3.40M40:- 1) Simon Eastwood 3.50, 2) Richard Waterhouse 3.20 3) Rob Peers 2.504) Andy Del Nevo 2.40M45:- 1) John Andrews 3.75, 2) Alan Leiper 3.50, 3) Allan Easey (G) 3.00 4) Wayne Martin RtdM50:- 1) Brian Slaughter 2.80, 2) Alan Hardy 2.70M55:- 1) Allan Williams 3.75M60:- 1) Maurice Joyce 2.50M65:- 1) Brian Harlick 2.50, 2) John Howe 2.20

**SPW**35:- 1) Sue Lawrence 10.67, W40:-1) Janet Smith 8.52W45:- 1) Julie Wilson 9.56, 2) Wendy Dunsford 9.21W50:- 1) Anne Goad 9.73W70:- 1) Evaun Williams 10.13, 2) Dorothy Frazier 5.55M35:- 1) Steve McCourt 10.15 M40:- 1) Derek Warn 7.74M45:- 1) Allan Leiper 11.86, 2) Albert Johnson M50:- 1) Guy Perryman 13.47, 2) John Fenton 11.49, 3) 10.73M55:- 1) Tim Saunders-Mullins 9.20M60:- 1) Neil Griffin 13.55 2) Richard Jegou (G) 11.15



**Southerners at the SCVAC Indoor Champs:** Photos from left: Mark Collins, Pete Brown, Ray Daniel

## ***Masters In Malmo!***

### **Report from Ian Johnston.**

I decided to take part in the European Masters' Games in Malmo instead of the European Veterans' Championships because the EMG was significantly cheaper and likely to provide better conditions for running the 10,000 metres than Ljubljana, where the M40 event was run in 90 degree heat.

The adventure started on Friday 29th. August with a train journey to Stansted Airport, followed by an Easyjet flight to Copenhagen and a train across the Oresund Bridge, which links Denmark with Sweden. I walked from Malmo Central station to Hotel Formule 1, where B&B cost around £34 per night.

After checking in I went for a 20 minute jog, thankful that nobody would make me run a 2000 metre time trial the evening before the race. I discovered Beijers Park, about a mile up the road from the hotel, and this became my training venue for the duration of my stay. Each day I joined an impressive number of Swedes jogging, walking or cycling. In Sweden, dogs must be kept on leads in all public places except designated dog exercise areas, which do not include parks or sports grounds.

Back in my hotel room, I was pleased to find coverage of the Golden League meeting from Zurich on free-to-air television. The commentary was in Swedish, but the presenters switched to English in order to interview Usain Bolt and Sanya Richards. Most Swedes I met were fluent in both languages. I concluded that Swedish women are beautiful, mainly because they are fit and well-educated.

After a good night's sleep and continental breakfast, I took a bus to the EMG Centre at Malmo Stadion. After collecting my accreditation I walked less than a mile in Scandinavian sunshine to Heleneholms Idrottsplats (literally Helene's Island Sports Ground) where the athletics took place. A nice tartan track with two small stands and very few spectators in attendance. The temperature was

around 70 degrees Fahrenheit and there was a light breeze. Just the conditions I like.

I did a 40-minute warm up around the track perimeter, then a field of eight lined up for the start of the M35 and M40 10,000 metres at 3 p.m. local time. Three Swedes, two Germans, an Italian, a Russian and me. I led from the gun, reeling off laps in around 80 seconds. Only the Russian, Vladimir Arhipov, came with me. One mile was passed in 5:20, two miles in 10:36 and 5000 metres in just outside 16:30. With eight laps to go we were a lap ahead of everyone else but I was tiring, the lap times were drifting outside 80 seconds and my Russian companion was still with me. Five laps from the end I managed to raise the pace to 78 seconds per lap and with just over a mile to go Vladimir lost touch, leaving me to record my first ever international victory in 33:10.39. I was presented with an attractive gold medal engraved with my name, event and time. Vladimir had the consolation of taking M35 gold in 33:44.24.

After a warm down, shower and sandwich I walked back to the EMG centre to attend the Opening Ceremony, performed by the Mayor of Malmo and the Chairman of the European Masters Games Association. The band of Malmo Fire Brigade played a traditional Swedish march called Under the Blue and Yellow Flag. The beautiful Malmo Flickorna (Malmo Girls) danced in green and yellow dresses, and performed wonders with red balls and ribbons. I visited the adjacent Idrottsmuseen (Sports Museum) where exhibits included spikes worn and medals won by 1940's Swedish miler Gunder Hagg.

I then spent three days sightseeing on foot in Malmo. It has much of interest including St Petri Kyrka - an early 14th. Century church, Gamla Staden (The Old Town), Stortorget (The Great Square) and the City Hall, Slottsmollan (a windmill) and the Turning Torso - a 54 storey apartment building, the tallest in Sweden, with a 90 degree twist. The Earl of Bothwell, third husband of Mary Queen of Scots,

*/cont. overleaf*

was imprisoned in Malmohus Castle from 1568 to 1573 after he fled Scotland disguised as a sailor but was recognised and captured.

Additional entertainment was provided back at the hotel by a team of Hungarian women handball players, also competing in the EMG, enjoying a buffet meal and dancing to Eastern European popular music in the car park. Two members performed a belly dancing routine. The hotel manager was displeased, especially about the noise and the consumption of alcohol outdoors.

I concluded an excellent trip, costing a total of £300, by flying home on Wednesday 3rd. September.



*Andy Lewis & Keith Newton*



*Lynne Talbert*



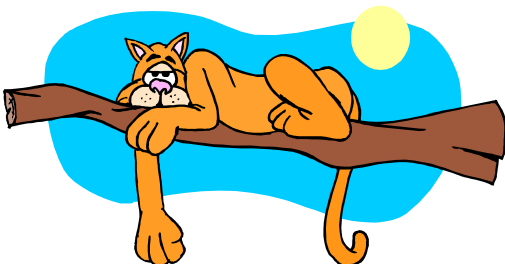
*Michael Osunsami*

***Southerners at the 2009  
SCVAC Indoors  
Championships:*** *photos courtesy  
of Tom Phillips.*



**MRS**  
**DERRIEN'S**  
**DIARY:**  
***The journal***  
***of Carole***  
***Derrien from***  
***Jersey Spartan A.C.***

Mrs D. Is very rusty, her diary has been gathering dust on the shelf and her rear end gathering corns from hours spent sitting in hospital wards – so it was time to stand up, iron out the creases and get back into the real world. It would be so easy to call it a day,



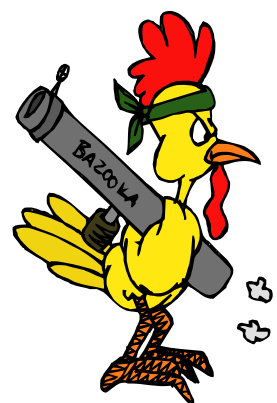
going to evening classes and learn something really useful like ‘Macramé’, ‘How to Build a Worm Farm’ or ‘Create your Family Tree’ – all quite wonderful I am sure, but I have two left hands, a garden full of worms and my brother is in charge of the tree, so it had to be back to the athletics track.

Things have changed - I haven't got a straight left arm any more, not good for a hammer thrower, and no, I am not going to take up shot, or that distance event – the javelin, so I will just have to be re-designed. Then there is the question – why does every injury gained in ones dotage leave a site that is more sensitive than Granny's corns when the weather turns damp or cold? It was never

going to be easy, but I came back from Sinai in the New Year feeling that this was it, fresh start, be positive – the only positive things was that after one session I took to my bed – the dreaded lurgy that was making the rounds felled me, and had the audacity to turn into bronchitis. Was my body trying to tell me something?

Now there is no turning back, my club mates have sorted out my entries for Finland, made hotel and flight bookings, it was easy to point me in the right direction whilst I was still ‘brain dead’, until I woke up and realised that the rest was up to me. The medics gave me permission to start throwing, easy at first, complicated double fractures do not mend so easily when one is older. How many more times would they underline my age, and how many more people would say ‘You are going to give all that up now, aren't you?’ I am not going to tell you it was easy going back to the accident site, but as one has to go back into the cage to throw, the bullet had to be bitten etc, and I can now get the heavy hammer out of the cage and on to the grass – well that is over 6 metres, it won't win medals but it is a start.

So I look forward to catching up with everybody, to thank you all personally for all your support during the last traumatic year, hear all your stories of success and failures, and get back into the groove again. It is going to be hard carrying my own kit after all these years, with a gimpy knee and a bent arm, I am wondering how the season will progress – watch this space!!



## BMAF INDOOR CHAMPIONSHIPS 2009

Arthur Kimber reports

In the championships at Lee Valley on 7<sup>th</sup> and 8<sup>th</sup> March three British records were set by Southerners. Helen Godsell was the outstanding Southerner on track, clocking 8.57 to take the gold and break the British record in the W55 60m. She won a second gold in the 200m. in 28.83. In the M40 60m. Rohan Samuel and Will MacGee continued their rivalry from the SCVAC championships, Rohan again



*Rohan Samuel at the SCVAC Champs*

taking gold in 7.17 and pushing Will into silver position, 7.21. As in the SCVAC championships Will added a gold to his silver by winning the 200m. in 23.34, and Terry Bissett ran 27.28 for gold in the M65 race. Terry gained a second gold in the 400m.

clocking an excellent 63.18.

M35 Edward Williams followed his SCVAC successes with a 2:02.52 800m. win and Dave Wilcock ran an excellent 2:10.39 to win the M55 race. He added a silver in the 400m. 57.89 and a bronze in the 1500m. 4:34.48, a race in which Kevin Archer took silver with 4:32.71. Cara Oliver won the W35 1500m. in



*Terry Bissett at the SCVAC Champs*

4:54.99. Golds in the 3000m. races went to M35 Chris Symonds, almost getting under the nine minute barrier with 9:01.90, M50 Bill Foster with a fine 9:28.68, W55 Paula Fudge, 11:34.43 and evergreen W70 Pam Jones 14:43.23.

Sue Yeomans stood out in the jumps, equalling her own W55 British pole vault record of 2.70 and added golds in the long jump, 3.94 and triple jump, 8.18. M55 Nick Phipps put in a good pole vault winning performance of 3.20, Joe Appiah gained two M35 golds, 6.37 long jump and 8.52 for 60m. hurdles, while Masaktsu Kondo long jumped 5.82 for an M45 gold. Keith Newton continued his good form from the SCVAC championships jumping 12.91 to win the M40 triple jump competition. In the high jump M55 Duncan Talbot followed his SCVAC success with a fine 1.55 to take gold and W50 Teresa Eades won with 1.33, just edging out Carole Filer on countback.

The women were the stars of the throws. Evaun Williams was the top performer, breaking the British record in the javelin with 31.89 and adding four other golds, shot 10.28, weight 12.73, discus 27.06, and hammer 36.90. W45 Julie Wilson and W55 Vilma Thompson each won five golds, Julie in shot 9.27, weight 9.82, discus 32.99, hammer 29.80 and javelin 26.35 and Vilma in shot 10.61, weight 9.89, discus 23.96, hammer 29.15 and javelin 26.35. In the men's shot competitions golds came from Guy Perryman with a fine M50 13.72, 11.24 by M55 Anthony Richards and 11.79 by M65 Garry Negus. Anthony also won the discus with 37.18. M75 Peter Barber was the only male Southerner to win a weight competition, 12.96, and he won the hammer with 33.35. Trevor Radcliffe . threw a long 54.41 to win the M40 javelin.

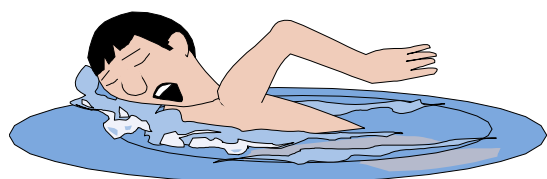
With performances of this calibre SCVAC prospects for the inter area match look good. Keep healthy!

## "Round the Bend", with Tom Phillips

### Why do swimmers have it so easy?



I was musing recently (as you do), on the debate about women's cycling in the Olympic Games. If you've not been paying attention, very briefly, it's all about why there are so few events for women, compared to the event-rich programme for men. Just a large whiff of British self-interest involved, but if you've watched international track cycling recently, you'll agree it's justified. After a smug pause to reflect that, with just the odd exception now, track and field for men and women are more or less identical programmes (how different to a few Games back), I got to thinking about how unequally the events are distributed between different sports.

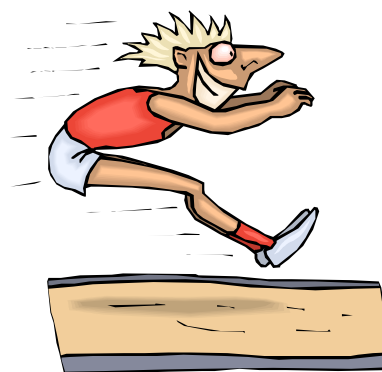


Swimmers can now do front crawl, backstroke, butterfly, breaststroke, and even enter races that cater for all four at once. They can indulge these practices over several different distances. Is it any wonder, therefore, that swimming produces multi gold medal winners? It hardly seems fair. I mean, for all we know, we have potential Olympic glory waiting for Britain in events such as backwards running, running while moving your arms and legs in a funny way (not a catchy name, I confess), and in the

individual different running styles medley race. Who knows?

Don't get me wrong – I'm not denigrating what swimmers do, but it does make track athletics look a bit limited. OK, so we make up for it in field events, for which there is, as yet, rather a limited set of swimming equivalents. Water-based shot put might prove a poor attraction for spectators. But even with the equivalents swimming *does* have, (if you'll indulge me a little further with this,) things seem to me to be going the way of the pool.

Several different types of diving, for instance. Why don't we have several different styles of long jump? Pairs and team



synchronised swimming. Why do all our relay teams have to have four Members? When you're bored, you can make up some others for yourself, to while away the time.

Where did all this lead me? Well, with a shudder, I thought what the SCVAC, BMAF, EVACS or WMA championships would be like if we *did* have the same sort of variety in track and field, *and* had to offer it right across the age groups. Anyone for a week long BMAF Champs, or a month for a future WMA event? Could we stand it?

On the other hand, my sprint training already includes regular backwards running drills, and I'm told I have a funny way of using my arms at times. So, I say bring it on!

