

# THE SOUTHERNER

The Magazine of the  
Southern Counties Veterans Athletic Club

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Lindsay Bradman, W35 200m Gold

SCVAC Indoor Championships: Lee Valley, 19th February 2017.

Full report Page 3

## NEWS

- Once again no volunteer has come forward to organise the SCVAC outdoor track and field championships. As a result these will be combined with the VAC championships on 27th August at Kingston.
- Our treasurer Tom Richards is appealing to all members to check and cancel any outstanding standing orders for membership. These cannot be cancelled by the club and hence many members are paying out for no benefit.
- The World Masters Indoor Track & Field Championships proved a great success for our Lynne Champion from Istead & Ifield Harriers who won the V45 Silver Medal in the Cross-country. A personal account of the championships from Lynne's husband Mark can be found on page 6
- The 2016 Veteran Women's ranking booklet is now available from Sally Gandee, 4 Westfield Road Hertford SG14 3DJ. The price is £5. Please send an A5 self addressed envelope with a **large** 2nd class stamp for your copy. Over 10,000 track & field performances included. Sally Grandee , NUTS compiler- veteran women.
- Note that this is the last edition of the Southerner that will be freely available to all members. Details of how to subscribe for further copies can be found on page 10.



John Lawden chasing, and eventually beating, Matt Shields to win both the BMAF and SCVAC M60 Gold medal at the combined 10K championships. Further details page 8

# SCVAC INDOOR CHAMPIONSHIPS – LEE VALLEY – 19.02.17

WORDS – ARTHUR KIMBER PICTURES – TONY REA

## 16 CBPs SET AND 4 EQUALLED

The entry for the championships was slightly down on last year, although there were a substantial number of guest athletes, some from fair distances away.

From a small entry in the M35 group, guest 3000m. race walker Adam Hills was the outstanding athlete with a CBP of 16:53.28.

The most successful athlete in the M40 group was Darren Dods, who won 60m, 200m. and 400m. with 7.6, 24.55 and 56.39. Peter Davey took the 60m. hurdles in 10.17. The M45 group contained another triple champion, Neil Lincoln, who won the 60m, just, in 7.93 ahead of Daniel Tomlinson's 7.94. Neil also took the long jump, 5.87 and the triple jump, 11.23. Newcomer Egryn Jones set a pole vault CBP with a very impressive 4.21, and guest Ian Johnston ran a fast 3000m. to win in 9:41.19. Glenn Grey won the 200m. in 25.89, Jason Steel the 400m. in 58.34 and Mark Champion the 1500m. in 4:50.13.

Wole Odele was yet another triple victor in the M50 group, 200m. in 26.82, 400m. in 59.71 and 60m, just ahead of guest Donald Brown, 7.94 to 7.95. Donald got his revenge by taking the 60m. hurdles in 9.34, with Wole in third place. Guest Tony Tuohy was very impressive in running a fast CBP 3000m. in 9:40.47 and winning the 1500m. in 4:40.60. There were three

CPBs in the M55 group, guest Julien Gittings from Leeds long jumping 5.27 and triple jumping 11.59, and Gary Capon, high jump, 1.56. Peter Ilo won two golds, 200m. in 26.27 and 400m, 58.87, as did Andy Cunningham, 2:23.81 for 800m. and 4:51.85 for 1500m, and Alan Leiper, a 3.11 pole vault and 12.41 shot. Pat Logan ran a fast 7.85 to win the 60m. easily.

Two CBPs came in the M60s, pole vaulter Allan Williams, 3.21 and a 4.59 long jump for Trevor Wade. Trevor also took the triple jump, 9.23. Clem Leon was busy winning six medals, two golds, 8.77 for 60m. and a 1.35 high jump, three silvers, a 28.37 200m, a 64.16 400m. and 4.16 for long jump, and one bronze, a triple jump of 8.79. Wally Franklyn won gold in the 200m, 27.95 and Simon Barrett in the 400m, 62.82. Stewart Thorp scored a double victory, 800m. in 2:40.19 and 3000m, 11:37.25. John Fenton easily won the shot with 12.11.

Guest M65 Michael Mann clocked a CBP 3000m, 11:42.54, won the 800m. in 2:45.95 and 1500m. in 5:38.41. David Spencer won the 60m. and 200m. gold medals, 9.34 and 28.74. International sprint star Vic Novell won three golds in the M70 races, a 9.05 60m, a 30.41 200m. and a 77.64 400m. In the M75 group John Batchelor set two CBPs, 2:52.05 for 800m. and 6:02.19 for 1500m. and won the 3000m. in 12:40.66, while Barry Ferguson set a 200m. CBP, 33.35 and won the 60m in 9.99. Roger Bruck equalled the high jump CBP, 1.20.



Neil Griffin M65 God

## EAMA INDOOR INTER AREA CHALLENGE – LEE VALLEY – 26.02.17

WORDS – ARTHUR KIMBER PICTURES – TONY REA

### SOUTHERNERS WIN ALL THREE TROPHIES

#### DIANA NORMAN, ATHLETE OF THE MATCH, WINS SIX EVENTS

Teams from seven area clubs entered and again provided a very enjoyable, friendly and competitive event. Southern Counties won the men's match by 240 points to Midland Masters' 224, the women's by 208 to Eastern Masters' 196 and the overall by 448 to Eastern Masters' 404.

In the W35 events the multi talented Diana Norman won the 60m. hurdles in 9.44, the 800m. in 2:19.30, the shot with 11.81, long jump with 5.09, high jump, 1.55 and triple jump, 10.38, scoring a total of 42 points, easily the highest score by any athlete.

SCVAC scored well in the sprints, W60 Joan Trimble winning the 60m. in 9.40, W50 Alison Collins taking the 400m. in 68.07 and Helen Godsell the W60 event in a probably incorrect time, far too slow, of 79.70. Second places for W50 Michele Wakefield, 60m. in 9.20 and 200m. in 31.70 and W60 Hendricka White, 200m. in 32.77 added valuable points.

There were no Southerner victories in the distance events apart from Diana's 800m, but W35 Sarah Davies ran very well for second place in the 1500m, edged out by less than a second by EMAC'S Christine Lathwell, 5:06.64 to 5:07.40, and took third in the 3000m. in 11:07.78. Caroline Wood was third in the W50 3000m. in 11:48.65.

Many more points were gained by the jumpers as well as Diana's 21. W60 pole vaulter Sue Yeomans, successfully recovered from illness, cleared 2.50 to win the W50 event with Jackie Montgomery taking second in the W35 event, 2.40. W50 Teresa Eades triple jumped 8.73 to win and took third place in long and high jumps, 3.83 and 1.21, after a 12.10m. hurdles to take fourth, and W60 Linda Ahmet was second in the long jump, 3.37, and third in the high jump, 1.06. Almost a clean sweep was gained in the shot, Diana won the W35, Vilma Thompson the W60 with 9.84, Liz Sissons the W70, 7.89, while Janet Smith added valuable points with a third place in the W50, 8.72.

The W60 4x200m. relay team won their race, 2:13.6, with the W50 team narrowly beaten by Vets AC, 2:07.15 to 2:07.80.

The male sprinters got off to an excellent start, with Mensah Elliott's 8.05 in the M35 60m. hurdles, an M40 British record. Simon Barrett ran a fine double to win the M60 200m, 27.57 and 400m, 61.34. Adam Bellis won the M35 400m. in a fast 51.62 and took second in the 200m, 23.53. Josh Wood took the W35 60m. in 7.11, Jon Tilt the M50 400m. in 56.24 and Ron Davies was second in the M70 200m. in 32.50.

The distance men were led by M70 John Batchelor's successes, first in the 800m. in 2:51.23, second in the 1500m, 5:47.62, and third, in an under distance for him, 400m. in 75.20. Larry Mangelshot scored a fine win in the 1500m. in 4:41.10 in the M50 race, with newcomer David Blackman taking the 800m, 2:12.0. Valuable points were added in the 3000m. races, with third places for M35 Mark Champion, 10:33.08 and a fast 9:47.27 for Nigel Rackham in the M50 race. The 2000m. race walkers took a double, Malcolm Martin the M35 in 10:16.50 and Chris Hobbs the M50 in 10:27.84. And they are both over 60!



It was a good day for the jumpers. John Andrews won the M50 pole vault with 3.40, Andy Lewis the M35 and M60 Trevor Wade the long jumps, 6.05 and 4.50, and Gary Capon the M50 high jump, 1.55. In the shot two SCVAC winners were John Fenton, now into the M60 group, 12.55 and John Gilbert, M70, 8.77.

Decathlete Clem Leon, competing in his best events and standing in for an absent athlete, scored 20 points, winning the high jump, 1.33, second in the 60m, 8.66, and a 2:37.7 800m. for fourth and a 5:52.69 1500m. for fifth. The M70 team took the 4x200m. relay, while the M60 team were narrowly beaten by Midland Masters, 2:02.2 to 2:02.6.

For the other clubs EMAC'S W60 Carole Filer stood out scoring 25 points from three victories, 400m, 79.67, long jump, 4.30, high jump, 1.27 and a fourth place in the 1500m, 7:48.21. There were two outstanding athletes from other clubs in the men's match. W35 James Thie from Welsh Masters won three events in very fast times, 800m, 1:56.40, 1500m, 4:00.4 and 3000m, 8:57.52, while M70 Lawrie Dunn from Midland Masters was the highest male points scorer with 28 from four victories, 400m, 71.56, 60m, 9.56, long jump, 3.87 and high jump 1.24.

### TEAM RESULTS

CLUB	MEN	WOMEN	TOTAL
SCVAC	240	208	448
EMAC	208	196	404
MMAC	224	152	376
WMAA	168	176	344
VAC	182	136	318
SWVAC	65	14	79
NIMAA	42	30	72



### Mick Jefferies' personal indoor athletic journey continues

Following my article last year describing my introduction to the Southern Counties Veterans Indoor Championships and the fact that I missed the medal standard in both my events I thought an update might be in order. Determined to achieve at least the medal standard, and possibly a medal as well, a change to the training program had been introduced and I set off for this year's event full of hope if not any great confidence. My first event the 3,000m, was run as two races, mine being the second for M60+ and all ladies and to my surprise I found myself ahead of Ros Tabor on the first lap however this only lasted for about four more laps and it then became a case of digging in to try and stay on the same lap with her, I just about managed it and finished in 13m 43s, comfortably inside the medal standard, 28 seconds faster than last year and enough for the M65-69 bronze medal. The 1,500m events were scheduled to be the last of the day and with less runners than anticipated only one race was required, this time I had no one behind me but for a couple of laps John Batchelor was not too far ahead, very encouraging given his ability, but sadly the elastic band that I hoped would keep us together stretched very quickly as the race developed and he was very soon on the opposite straight to me, nevertheless this effort took me to the finish in 6.27, 15 seconds faster than last year and enough to gain me the age-group gold medal and I would like to thank Ros and John and all the other competitors in both races for helping draw these times out of me.

Many thanks again to the organisers and volunteers for the time taken to stage the event. To anyone considering trying track events I would say 'Give it a Go' they are an enjoyable and sociable way to spend a day.

## Mark Champion on the World Masters' Indoor Champs – Daegu

*“as a boy I grew up being inspired by Coe and Ovett, but was always just an armchair fan, and I only came to running in my mid 30s and to the track in my mid 40s. So I find it fantastic to be able to compete in events like Daegu. I find the other competitors’ performances inspiring and I always come away thinking about what I need to do to try and reach their level, and who knows one day I might just make it.”*

First of all, a bit about International Masters’ Athletics. The only entry qualifications are that you’re old enough to complete and that you can fund yourself getting to the competitions. So the standard is varied. At the sharp end it’s very good and a number of age related world records were set in Daegu. But not everyone is of that standard, so not being world class is not a barrier to entry (I’m a case in point )

Athletics Weekly has done a good round up of the results, so rather than repeat that, this is my personal highlights of the events I witnessed. Apologies, but I’m a middle / long distance runner so the majority of the report covers this. The event started on the Sunday, so my wife and I arrived in Daegu on Saturday and made our way to the stadium to declare our availability and pick up our numbers, accreditation etc. We were super impressed both by the facilities, the volunteers and the mono-rail transit system.

But later that night whilst reading the Competitors’ Handbook, we became aware of what would become known as “Spikegate” for Daegu had a new track and was strictly enforcing a no needle point spike rule, only Xmas tree or a weird kind of blunted pyramid spike were allowed. We only had normal pyramid or needle spikes. So the next morning we went to the stadium in search of spikes. After a fruitless hour or so looking for someone who could sell us some spikes, we asked at the Information Desk and were told that there were no spikes available at the stadium, and I was even told that none were available in Daegu. Then we found a sign in the Registration Hall that confirmed this. More gnashing of teeth. We then spent a while tossing up whether racing flats or track shoes minus spikes would be best. Then finally in the late afternoon a message appeared on Facebook to say that the organisers had sourced some and they would be available at the stadium. Phew! Panic over. So, onto the actual racing.

Monday saw my wife and I at the Suseong Family Park for the X-Country. The course was dry and as flat as a pancake, but twisted around like a maze with a lot of sharp bends meaning that it was very difficult to keep a steady rhythm. Lynne was racing in the very 1<sup>st</sup> race of the day (the combined women’s race), and I had been moved down to the V35 category to complete the V35 men’s team so I was in the very last. I’m pleased to say that Lynne won the British Team’s first individual medal in Daegu coming 2<sup>nd</sup> in the V45 Category and overall I think the British Team were the most successful at X-Country.

### Medals: Individual Women

Katherine Wellam V35 Silver; Lynne Champion V45 Silver; Jane Pidgeon V50 Gold; Susie Tawney V55 Silver; Joan Howe V60 Gold; Ros Tabor V65 Silver

**Women’s teams** VF50 Team Gold; VF55 Team Gold; VF60 Team Gold



**Men.** Paul Thompson V60 Silver: V35 Team Bronze: V50 Team Gold: V65 Team Silver.

My decision to drop down to V35 was vindicated as I closed out the British Team and helped secure a Bronze team medal, whereas had I stayed in the V45s my time would have brought me in 4<sup>th</sup>.

Then on Wednesday we were at the stadium for the Women's 3000m. Ros Tabor claimed silver in the V65 behind the amazing Katherine Martin of the USA who took around 15 seconds off the previous world record. Joan Howe dominated in taking the Gold in V60s. Susie Tawney won a titanic struggle with YuSuk Ha (Korean vet) who had beaten her 2 days previously at the X-Country. Lynne was in the V45 3000m and in a tactical race was sitting nicely in 2<sup>nd</sup> when with 3 laps to go tore her plantar fascia. She still finished 4<sup>th</sup> in a respectable time, but the injury put paid to her chance to go for a medal and the rest of her meet.

Thursday was the turn of the men in the 3000m. Paul Thompson got his 2<sup>nd</sup> silver (in his first ever indoor race) behind the incredible Irishman Brian Lynch who ran a steady first 2.4k and destroyed the field in the last 600m. Brian is the current World Record Holder, and a thoroughly nice man. Guy Bracken was imperious in the V55 3000m winning



Lynne Champion on the podium

in around 9:07 and the best part of a lap ahead of everyone else. Simon Anderson won a slow race in the V50 where he went to the front, slowed the pace and was then able to win with a 28 second final lap.

I had a shocker in the V45, even at my best I'm not a medal contender, but after a disrupted build-up due to a calf injury I performed worse than I hoped, although redemption would come in the 1500. My compatriots in the X-Country Tony Golabek and Dean Kane ran creditably in V35, but came in 8<sup>th</sup> and 9<sup>th</sup> with Josef Farkas being the best British finisher in the dreaded 4<sup>th</sup> position.

Saturday was the 1500s. Ladies were first up. Once again Ros Tabor came 2<sup>nd</sup> to Katherine Martin in the V65. Joan Howe once again won the V60s, even though she had been sick during the night. In the V55s Susie Tawney renewed her rivalry with YuSuk, this time YuSuk got the better of Susie, but they were both beaten by Lorraine Jasper of the USA so had to settle for Silver and Bronze respectively. Lousie Rudd bossed the 1500 V40 (one of 4 golds she won) and finally Zoe Doyle got a hard-fought silver in V35.

Then it was the turn of the men. Once again Guy Bracken bossed the V55 leading from the gun, winning by about 20 seconds, and only being outside the world record by a couple of seconds. After my disappointing run in the 3000m Lynne and I discussed me starting more conservatively and focusing on my race and my form. Which is what I did. This meant that after 1 lap I was pretty much at the back of the field, but slowly through the race I kept my pace and form whilst other runners were fading. I was never likely to challenge for the medals but by the end of the race I was up to 9<sup>th</sup> (out of 18) and had run an indoor PB of around 3 seconds, and only a couple of seconds off my outdoor PB. I'll take that. The relays were the normal rough and tumble, and it was great to see the British Men's V40 quartet setting the fastest time of the day in 1:33:23.

Finally the Half Marathon was also that day, and Paul Thompson finally got a gold winning the V60 race in 1:19:52.



## SCVAC 10K Championship (In conjunction with BMAF Championships)

Sunday the 9<sup>th</sup> of April saw the first race organised solely by the BMAF.

It was the BMAF 10k Champs but it also incorporated the VAC, EVAC and SCVAC 10k Championships.

It was held at the traffic free course at the Cyclopark in Gravesend, and as the Cyclopark is in the middle of SCVAC country we had a bumper entry of 45 entrants.

The day itself dawned bright and clear and by the start of the race it was turning into the hottest day of the year so far, and although this did have an impact on some of the times, there were still a lot of very good performances throughout the day.

Our first finishers were Howard Bristow from Brighton & Hove City AC in a time of 32:40 who was also 2<sup>nd</sup> overall in the Men's race and Mary James of South London Harriers (*pictured left*) who won the Women Race outright in a time of 39:01. Both M40s. But if we look further down the results we find a whole plethora of other great age graded performances.

Best of all was M60 John Lowden of Brighton & Hove City AC whose 37:50 bought him an age grading % of 86.7%. The full list of athletes achieving above 80% were:

Pos	Time	Name	Gender	Category	Club
2	00:32:40	Howard Bristow	Male	M40	Brighton & Hove City AC
4	00:34:24	Dominic O'Mahoney	Male	M40	Invicta East Kent AC
16	00:37:50	John Lowden	Male	M60	Brighton & Hove City AC
21	00:39:01	Mary James	Female	W40	South London Harriers
33	00:41:16	Desmond Michael	Male	M65	Barnet
38	00:41:59	Roy Treadwell	Male	M65	Oxford City AC

The next SCVAC Road Championship is the Caterham Half Marathon on the 23<sup>rd</sup> July and hopefully I'll have the pleasure of meeting you again then.

*Mark Champion SCVAC Road Running Secretary*



Pam Jones being presented with the SCVAC Best Women Distance Runner 2016 by Arthur Kimber.

Pam also won the W80 BMAF and SCVAC Gold Medals

Photos Tony Rea

## SCVAC 10K CHAMPIONSHIPS: PRIZE WINNERS

M40					
1	00:32:40	12	Howard Bristow	M40	Brighton & Hove City AC
2	00:34:24	13	Dominic O'Mahoney	M40	Invicta East Kent AC
M45					
1	00:39:52	22	Dom Fiore	M45	Cambridge Harriers
2	00:40:49	21	Mark Champion	M45	Istead & Ifield Harriers
3	00:41:56	26	John Ridge	M45	Tonbridge AC
M50					
1	00:38:02	35	Andy Howey	M50	Tunbridge Wells Harriers
2	00:38:39	37	Martin Kelk	M50	Invicta East Kent AC
3	00:30:34	34	Philip Coleman	M50	Tonbridge AC
M55					
1	00:40:38	63	Terry Knightley	M55	Ilford AC
2	00:42:43	58	Clem Dixon	M55	Cambridge Harriers
3	00:43:29	56	Mark Cross	M55	Cambridge Harriers
M60					
1	00:37:50	77	John Lowden	M60	Brighton & Hove City AC
2	00:42:46	78	Alan Newman	M60	Paddock Wood AC
M65					
1	00:41:16	102	Desmond Michael	M65	Barnet
2	00:41:59	106	Roy Treadwell	M65	Oxford City AC
3	00:44:01	97	John Exley	M65	Oxford City AC
M70					
1	00:46:10	113	Geoff Newton	M70	Tadworth
2	00:47:21	115	Tony Rea	M70	Dragons RC (Leeds)
M75					
1	00:50:27	122	David Moorekite	M75	Larkfield AC
M80					
1	01:10:35	127	Richard Pitcairn-Knowles	M80	Sevenoaks AC
W35					
1	00:42:42	130	Ruth Jones	W35	Aldershot Farnham & District
W40					
1	00:39:01	134	Mary James	W40	South London Harriers
2	00:43:47	133	Sasha Houghton	W40	Tonbridge AC
3	00:44:34	137	Joy Wright	W40	Bournemouth AC
W50					
1	00:44:10	154	Lucy Pitcairn-Knowles	W50	Tonbridge AC
2	00:47:07	156	Marie Watson	W50	South Kent Harriers
3	00:48:12	153	Kim Howes	W50	Swale Combined AC
W55					
1	00:48:56	164	Val Purnell	W55	Horsham Joggers
2	00:53:43	163	Janice Moorekite	W55	Larkfield AC
W60					
1	00:53:59	176	Jo Taylor	W60	Worthing Striders
W65					
1	00:52:53	183	Sue James	W65	Paddock Wood AC
W75					
1	01:16:35	192	Jeannette Giles	W75	Istead & Ifield Harriers
W80					
1	01:07:40	196	Pam Jones	W80	Ilford AC



Jeannette Giles



Sue James



Richard Pitcairn Knowles

## THE FUTURE OF THE SOUTHERNER

As previously advised, this will be the last issue of the Southerner which will be freely available and sent out to all members.

However, those Members who wish to receive the magazine as at present, can opt to do so by filling and sending the form below (which can be cut out or photocopied) together with a cheque payable to SCVAC for £10 to our Treasurer, Tom Richards, at the following address:

SCVAC  
 101 Doulton Place  
 Macmillan Way  
 Tooting  
 London SW17 6AT

The £10 will purchase the next four copies viz. Summer and Autumn 2017, Winter 2017/18 and Spring 2018.

Reminders will be posted in the magazine when renewals are due.

The Southerner will continue to be posted on the club website and all members will be advised when it is available to download. However, this will not occur until the hard copies have been sent out and received by those subscribing to the magazine.

I would welcome any comments on the magazine and in particular any contributions that include your photographs. We have over 600 members so there must be many experiences that can be shared.

For example, many of you must have run this years London Marathon. I cannot identify which members ran the race this year but if you let me know your story I will attempt to give it justice.

Similarly, if any of you competed in Daegu and have a story to tell, please share it with the rest of us.

Tony Rea, Editor.

tonyrea@tinyonline.co.uk

**Please send me the next four copies of the Southerner. I enclose a cheque payable to SCVAC for £10.**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **Post Code** \_\_\_\_\_

## Club Officers for 2017

### **Chairman:**

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### **Officials Secretary:**

Arthur Kimber

### **Entries Secretary:**

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### **Medals & Kit:**

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### **Club Records:**

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

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

## FIXTURES SUMMARY 2017

### **SOUTHERN**

1st May	Tom Pepper Memorial 10K (Multi Terrain Championships)	Bromley
23rd July	Caterham Half Marathon	Redhill Airdrome
27th August	Track & Field Championships. (In conjunction with VAC)	Kingston.
3rd September	SCVAC Track & Field League Final	Ashford
8th October	Chester Marathon (in conjunction with BMAF)	Chester
December	Thanet 10 Miles	Thanet.

### **NATIONAL**

20th May	BMAF Road Relay Championships	Birmingham
18th June	BMAF outdoor Pentathlon Championships	Horspath
18th June	BMAF 5km Road Championships	Horwich
24th-25th June	BMAF Track and Field Championships	Birmingham
25th June	BMAF 30km Multi-Terrain Championships	Gravesend
2nd July	EAMA Track and Field Inter Area Challenge	Solihull
2nd-3rd Sept.	BMAF Decathlon, Heptathlon, Throws Pentathlon, 10,000 m, 10,000 m Track Walk and outdoor classics	Sheffield
3rd September	BMAF Half Marathon Championships	Northampton
8th October	BMAF Marathon Championships	Chester
28th October	BMAF Cross Country Relays	Long Eaton
25th Nov.	English Masters Cross Country Inter-Area Challenge	TBA

### **INTERNATIONAL**

27th July- 6th August	European Masters Track & Field Championships	Aarhus, Denmark
10th Sept.	European Masters Marathon	Wroclaw, Poland
18th November	British & Irish Masters Cross Country International	Derry