

THE SOUTHERNER

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Southern Counties Veterans Athletic Club

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Warwick Dixon being presented with his trophies by Tom Richards at the AGM. Full report and more pictures see page 3

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NEWS

- Three SCVAC athletes had their names put forward by the BMAF to the World Masters Athletics (WMA) for consideration for the WMA new “Best Masters” categories. These categories are in addition to their annual “Best Male Master” and “Best Female Master” awards.



Noel Blatchford was nominated for the Walks category’

Evaun Williams for the Throws and

Jason Carty (below) for the Thorsten Carlius Fair Play Award.



Of the three athletes, **Evaun Williams** has been placed on the “best overall” short list by the WMA whose final verdict is awaited. The remarkable Evaun has already won the European Masters Athletics “Best Thrower” award. (see the BMAF website at <http://bmaf.org.uk/2019/01/17/evaun-williams-angela-copson-and-w60-relay-team-take-european-awards/> for further details).

- The Club’s one London Marathon place has been awarded to Jeremy Carmichael, our Membership Secretary. Jeremy’s application was the only one hence an easy decision. Jeremy is a veteran marathon runner having already ran in over twenty London Marathons and many others!
- The SCVAC outdoor Track & Field Championships may have been saved. Kay Reynolds has offered to take over the running and organisation of the championships from Arthur Kimber.
- Furthermore, these Championships may be held at Horspath or Abington in an attempt to move SCVAC Championships away from predominately the east of the region.
- In a similar vein, Mark Champion is locating some of the Club’s Championship road races further west. See page 11 for further details.
- Mick Jefferies is appealing for help in possibly re-locating the Club’s cross country championship which has been held for some time at Reigate Priory. This has been prompted by the low turnout of members, some of whom consider the course dangerous. See page 6&7 for Mick’s appeal and report.
- In further cross-country news, Philip Lee, the EAMA Cross– Country Secretary, has attempted to clarify the controversial selection process for the English cross country team by nominating certain races that would take precedence in the selectors minds. Philip’s statement is carried in full on page 8.
- Members have repeatedly experienced problems with their membership details and subsequent difficulties when entering Master’s events. Please see David Beattie’s appeal and instructions on page 10 on how to alleviate these by appropriate attention to their details on OpenTrack.



SCVAC PRESENTATION EVENING – FRIDAY DECEMBER 7TH 2018

Words – Arthur Kimber Pictures – Tony Rea

After the conclusion of the AGM the annual presentation of trophies took place. Two athletes stood out, Warwick Dixon, who was awarded two trophies for his hammer throwing and Sue Yeomans, whose pole vault performance gave her the highest age graded score of all the winners.



Trophy winners from left to right.

**BARRY MARSDEN; WARWICK DIXON; TREVOR EDGLEY; LIZ SISSONS; GARRY CAPON; SUE YEOMANS
EMILY McMAHON.**

Each year twelve trophies are presented, eight in memory of Alf Woods, four each for men and women for their performances in the club championships, best sprinter, best distance athlete, best jumper and best thrower, and two in memory of Jim Day, past chairman of SCVAC and accomplished pole vaulter, for the highest pole vault in any competition during the year and for the best athlete in the club 10k. road championship, which Jim helped to organise for many years. There is also a trophy for the best performance by any over 70 athlete in the club championships. The winners of all these eleven trophies are decided by using age graded tables. The last trophy, in memory of Brian Harlick, decathlete and coordinator of the South London Division of the SCVAC evening track and field league for many years is awarded for the highest number of points scored by any athlete in the SCVAC league final.

TROPHY WINNERS

Female sprinter	Helen Godsell , W60, 100m. in 15.01	92.00%
Male sprinter	Barry Marsden , M50, 100m. hurdles, in 14.38	97.72%
Female distance	Vicky Talbot-Rosner , W55, 5000m. in 23:11.59	80.27%
Male distance	Dean Angell , M55, 1500m. in 4:51.25	84.89%
Female jumper	Emily McMahon , W65, LJ, 3.65, CBP	81.47%
Male jumper	Gary Capon , M55, HJ, 1.51	82.62%
Female thrower	Liz Sissons , W70, SP, 7.61,	77.57%
Male thrower	Warwick Dixon , M80, HT, 32.87, CBP	96.25%
Over 70 award	Warwick Dixon – see above	
Pole vaulter	Sue Yeomans , W65, PV, 2.70,	100.00%
10k. road	Trevor Edgley , M70, 10k, 47:07	76.72%
League final points	Kay Reynolds	36 points





Sue Yeomans. *Left*
Gary Capon. *right*
Barry Marsden.
Middle left
Liz Sissons
Middle right
Trevor Edgley;
Bottom left
Emily McMahon
Bottom right



Southern Counties Cross Country Championships. Holly Run 16th December 2018

Words Mick Jefferies, Photos Tony Rea

The club Cross Country Championships were again run in conjunction with Reigate Priory AC's Holly Run on the 16th December but with a very low turnout unfortunately, (see more on its possible future overleaf).

The only lady present was

Diana Norman (*right*) who finished 2nd overall in 29.03 and thus won the W40 Gold Medal.

In the men's race,

Lee Cooper (*below left receiving his medal from Mick Jefferies*) finished 13th overall in 38.48 and took the M35 Gold Medal.



Don Lawless finished 35th overall in 43.58 for the M50 Gold Medal he was just ahead of,

Andrew Del Novo who was 36th overall in 44.39 and took the Silver Medal.

Steve Connolly (*below right*) finished 45th overall in 47.05 to claim the M65 Gold Medal with

Jeremy Carmichael collecting Silver for a 73rd place in 52.25 and

Fred Streatfield taking the Bronze with 56.04 for 82nd place.



I received several adverse comments on the suitability of the course for a championship race and the low turnout seems to confirm that it is not too popular with quite a lot of you so I am open to suggestions for other events to look at for future years. At the risk of being too controversial I have one suggestion myself that would also address the vexed question of the cross country world at present i.e. should men and women run the same distance! and that is The Sevenoaks 7 mile race, this is all on grass or tracks in the very pleasant setting of Knowle Park, Sevenoaks but is held in July obviously not in the accepted cross country season - hence the possible controversy. My back is broad so feel free to fire at me what you will on jefferies_478@hotmail.com or WhatsApp me on 07855-978807 and we can get a discussion going on what people want.

**Mick Jefferies,
Cross Country Secretary.**



Fred Streatfield



Jeremy Carmichael



Andy Del

Novo



Don Lawless

Statement from Philip Lee EAMA Cross Country secretary

British and Irish Masters Cross Country International selection 2019

EAMA would like to apologise to all those runners who applied for selection in 2018 in the belief that a strong performance in the Inter Area Cross Country would lead to them being picked for the team. I am afraid that the click on article at the side of the EAMA Cross Country page was incorrect and should not have been there. It was part of a discussion document that was never agreed on. The first line should have had "In the future" added at the beginning which would have totally changed the meaning. This was missed out by the person who put the info onto the website. EAMA can only apologise to those who were misled by this article into believing they were automatically guaranteed selection.

It was very difficult selecting the teams in 2018 due to the fact that not many runners raced against each other. Even in the BMAF events which we use as a guide, in some age groups there were only 2 runners who had competed in them and they were not even in the same race. EAMA therefore had to look at race times in other events which was not satisfactory as the courses and conditions were very varied.

In order to try and get more competition between the runners EAMA are going to put more emphasis on targeted races in 2019. Competing well in the BMAF Cross Country, 5K and 10K races will have greater importance than local races. You will need to do at least 2 out of the 3 events which will give you a better ranking in your age group.

The Cross Country is in Belfast on March 9th, the 10K is at Blyth, Northumberland on 7th April and the 5K is, as always, in Horwich on June 16th. EAMA are aware that all these races may mean a great deal of travelling and expense for you, especially as two of the events are in the north, which maybe a problem if you live in the South. The races are also early in the season and form may dip as the season continues.

To try and alleviate these difficulties EAMA are also going to nominate races in the North and South of the country which are later in the season for you to compete in. This will give EAMA a more up to date form guide and also mean that those of you, who may not have been able to enter **some** of the BMAF events, an opportunity to compete. EAMA would still have difficulty in selection if you only did the south or north nominated race as you may not have raced against anyone from another region which is why the BMAF events are still a necessity.

Many runners quoted the Performance Guide/ Power of Ten in their applications but it is only a performance guide if you have performed against other applicants on the same date and course. This is what EAMA would like you to do in 2019.

Look out on your Area/EAMA web site for the races that have been targeted for the selection process.

Philip Lee EAMA Cross Country secretary



Clare Elms (W50) and Elizabeth Renondeau (W35) representing England in the 2018 event

British and Irish Masters.

Words and photos Mick Jefferies

Having been a member of the selection committee for the England team competing in the British and Irish Masters International Cross Country race on the 17th November I thought I should go along to give some support.

The race took place in Singleton Park, Swansea on a lovely clear, sunny and slightly chilly day. The course, described as gruelling by the Athletics Weekly correspondent, was over undulating parkland but with no obviously muddy sections and I am very pleased to report that England were the victors in 16 of the 17 age categories, only the M75+ eluded us. The performances of Southern Counties members were as follows:-



Race 1 - All women and men 65+ - 6K - 196 runners.

Kate Rennie (*above right*) (45-49) 23.06 - 21st overall and 1st in category.

Caroline Wood(55-59) 25.03 - 73rd overall and 6th in category.

Penny Forse(65-69) 28.33 - 132nd overall and 6th in category.

Paul Whelpton(65-69) 23.48 - 36th overall and 5th in category.

Race 2 - Males 50-64 - 8K - 68 runners.

Julian Richardson(50-54) 27.50 - 4th overall and 4th in category.

Mark Symes(50-54) 28.03 - 6th overall and 6th in category.

Scott Smith-Bannister(55-59) 28.40 - 15th overall and 2nd in category.

Austin Soane (60-64) 32.53 - 60th overall and 13th in category.

Race 3 - Males 35-49 - 8K - 87 runners.

James Skinner (*right*) (45-49) 26.25 - 8th overall and 1st in category.

Congratulations to all who took part especially Kate and James for winning their categories in some high quality races.



Membership Renewals

Message from Dave Beattie, Secretary

If you have not yet renewed your SCVAC Membership, please do so now, by logging into the BMAF OpenTrack system.

If (like most of our members) you are a 1st claim member of another athletics club, you are a 2nd claim member of SCVAC and your subscription is £20.

If SCVAC is your only club, you are a 1st claim member and need to pay an additional levy of £15 which SCVAC will pass on to England Athletics.

Members who have not paid their subscription for 2019 will be barred from competitions.

Your Details in Open Track

All members PLEASE check that your profile is up to date and complete in the Open Track system.

Log in (if you have forgotten your password, select this option and create a new password). Then select **My Account**,

Under **My Details**, select **Review and edit my full details** :

There are 5 "flags" at the top right of this screen - ***Any non-green lights require attention.***

Even if all flags are set to green, please check that your email address is correct, and your phone and postal address too.

If your profile is incorrect, you may not receive information from SCVAC, and you might not be able to enter competitions.

This housekeeping is in your own interests - and it only takes a couple of minutes to check.

Thank You and Good Luck in 2019

Dave Beattie

SCVAC Secretary



SCVAC Road Race series 2019

Mark Champion, Road running Secretary.

SCVAC Road Races go West; well a bit anyway!

Following comments from members that recent races have been weighted too far to the east of our region, this year's races have been spread a little bit more widely



exciting races.

19th May Bognor 10K

2nd June Dorking 10m in conjunction with BMAF

11th August Burnham Beeches Half Marathon

20th October York Marathon in conjunction with BMAF.

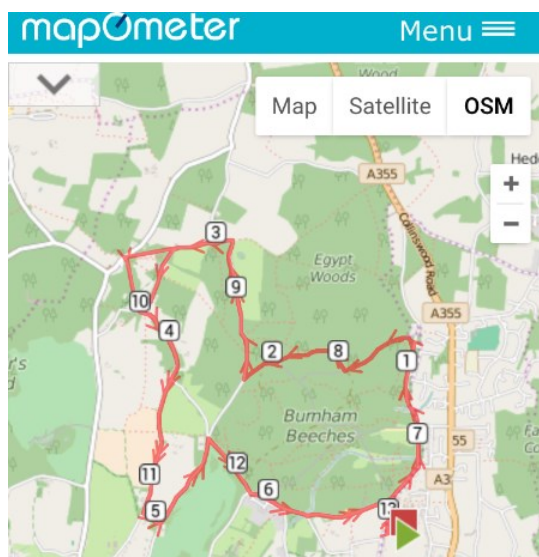
I am hoping to tie up a few loose ends on the Bognor 10k and the Burnham Beeches Half in the next couple of weeks, entries will then go on OpenTrack. Entry details for the Dorking 10k and the York Marathon will so be on OpenTrack in the National Section.

Looking forward to seeing some of you out on the roads this year

Kind regards

Mark

The Bognor Prom 10k is a race new to SCVAC, Burnham Beeches half sees us return to an old favourite and for both the Dorking 10 mile and the York Marathon we are teaming up with BMAF for what promise to be



Prize giving at 2017 BMAF/SCVAC 10k Championships

SCVAC ANNUAL GENERAL MEETING

Victory Services Club 63-69 Seymour Street, London SW1 2EP Friday 7th December 2018, 6.30 PM.

Committee Members Present:

Arthur Kimber	Chairman	Tom Richards	Vice Chairman/Treasurer
David Beattie	Secretary	Jeremy Carmichael	Membership Secretary
Vilma Thompson	New Members Secretary	Mark Champion	Road Running Secretary
Tony Rea	Editor, The Southerner	Mick Jefferies	Cross Country Secretary

Members Present:

Barry Marsden	Sue Yeomans	Brian Yeomans	Trevor Edgley
Liz Sissons	Caroline Wood	Ray Gibbins	Emily McMahan
Gary Capon	Diane Capon	Warwick Dixon	

1. APOLOGIES FOR ABSENCE:

Kay Reynolds, Walter Hill, Helen Odsell, Dean Angel, Victoria Talbot Rosner

2. CONFIRM MINUTES OF AGM HELD 1ST DECEMBER 2017

3. MATTERS ARISING FROM MINUTES OF LAST AGM

3.1 Hon. Chairman (AK) sought clarification of Agenda item 7.3 where Hon Treasurer (TR) had reported a loss on Road Races. TR explained that Stripe payment system did not identify whether payments were subscriptions or race entries. SCVAC retain £2 per race entry and pay the balance to the race organizer. Road Running Secretary (MC) offered to follow up with BMAF IT manager and help TR with accurate financial position for road races.

4. CHAIRMAN'S REPORT

4.1 SCVAC Track and Field League results need sending to Power of 10 but not to Masters Athletics – AK will amend rule 16. to read: Results should be sent as soon as possible after each match to the league secretary, Power of 10, editor of The Southerner, the rankings compiler and Athletics Weekly. AK anticipates around 60 teams in the League for 2019.

4.2 SCVAC Championships Indoors had a record entry, possibly due to Masters coverage in Athletics Weekly, but the outdoor championships were poorly attended.

4.3 Inter Area Challenge Indoors SCVAC Men were 1st and Women 2nd, but SCVAC came 2nd overall to Midland Masters.

SCVAC were also 2nd overall to MMAC in the Outdoor Challenge, with Men and women both 2nd.

For 2019, AK is not using Solihull, due to problems with the stadium staff support, but is considering Coventry as a possible venue, with a date of the first Sunday in July (TBC)



Chairman: Arthur Kimber

4.4 International Fixtures. The WMA Indoors in Malaga was very successful (our new members Secretary, Vilma Thompson, picked up 2 bronze medals), and several other SCVAC athletes performed very well. Alicante staged the EMAC Non Stadia, another very successful championship with good SCVAC performances (Hon Chairman and Hon Secretary picked up some team medals). The WMA Track and Field Championship in Malaga was held in 4 different venues, making travel and support difficult, but SCVAC athletes brought home several medals, including Silver and Gold for Sue Yeomans, Silver for M50 Adrian Haynes in the 800, and Bronze for Hon Chairman in the Relay (in a new GB record time).

The Home International cross country in Swansea was very successful – our Cross Country Secretary Mick Jefferies (*right*) attended, as well as AK, and several SCVAC athletes were highly placed, with England winning .

4.5 Dates for 2019 include 10th February for the SCVAC Indoor, and 24th February for the Inter Area Indoor Challenge. The SCVAC Outdoor Championships may be staged at Horspath or Abingdon – Kay Reynolds has offered to take on the role from AK, who will advise Kay on the many tasks required to stage the championships.



4.6 Athletics Weekly: a series of meetings between AW and AK, and Walter Hill (WH), in his role as BMAF road race secretary, have seen a regular Masters Athletics feature in AW. Recent editions have featured a Marathon supplement and a Trail Running supplement, both containing information supplied by WH.

4.7 Manchester Metro University, in partnership with BMAF, are conducting research into Masters Athletes, and AK has suggested they send a summary for publication in AW. Future projects include implants in athletes' chests to monitor heart efficiency and pick up any abnormalities.

5. SECRETARY'S REPORT

5.1 SCVAC received 1 place in the London Marathon. Members were invited to apply for the ballot on the website, but only 1 application was received, from Jeremy Carmichael (JC), our membership secretary. Jeremy has put in a lot of work on the committee, so is a popular recipient of the marathon place.

6. MEMBERSHIP SECRETARY'S REPORT

6.1 The "Malaga Effect" with members joining to take part in the WMA championships, saw SCVAC membership increase from 570 in July to our present number of 613.

6.2 The dates in Open Track have been updated so that members joining or renewing membership in the final month of the year will see their next renewal date correctly as January 2020. A reminder will be sent out on the website and in The Southerner that subscriptions are now due.



Jeremy Carmichael, Membership secretary

7. TREASURER'S REPORT

7.1 A donation of £2,000 has been received from the estate of Ken Crooke.

7.2 The accounts show that several thousand pounds were saved by ceasing publishing and posting a hard copy of the Southerner to all but a handful of members who specifically requested a hard copy.

7.3 The ongoing problem for TR of identifying payments in the Stripe payment system, made it impossible to accurately report on road race finances. The accounts reflect payments out to race event organizers, but do not identify the entry payments from athletes via Open Track. MC offered to investigate, as stated in 3.1 above.

8. AMENDMENTS TO CONSTITUTION

8.1 No amendments

9. ELECTION OF OFFICERS

9.1. The current officers were re-elected

9.2 Kay Reynolds was elected as Track and Field Outdoor Championship Secretary

Proposed: Liz Sissons, seconded: Gary Capon.

10. LIFE MEMBERSHIP

AK has had some difficulty contacting some life members. Hazel Rider died this year. AK proposed that in the absence of a reply, a life member will be removed from the current list.

11. ANY OTHER BUSINESS

11.1 Mark Pitcairn-Knowles suggests the reinstatement of Divisional League Trophies. MC suggests the trophies remain permanent, but Ray Gibbins felt there should be an annual trophy for the winners to retain.

12. Date of Next AGM

12.1 December 6th, 2019

13. PRESENTATION OF TROPHIES

See pages 3,4 & 5

Warwick Dixon being presented his second trophy at the awards ceremony



Club Officers for 2019

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:

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

Road Running Secretary:

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

Race Walking Secretary:

Walter Hill, Tain Cottage, Ifield Rd, Charlwood, Surrey RH6 000 Crawley AC 01293 862327. walterhelen@tiscali.co.uk

Cross Country Secretary:

Mick Jefferies. 5 Cornflower Close, Weaving, Maidstone, Kent ME14 5VL. Dragons Running Club, 01622 632484, jefferies_478@hotmail.com

Newsletter Editor:

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

T&F League Secretary: Arthur Kimber

T&F (outdoor) Secretary: Kay Reynolds.

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

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

2019

6th May	SCVAC Multi-terrain Championships <i>TBC</i>	Bromley
19th May	SCVAC 10k Road Championships <i>TBC</i>	Bognor Regis
2nd June	SCVAC 10 Mile Road Championships	Dorking
11th August	SCVAC Half Marathon Championships <i>TBC</i>	Burnham Beeches
20th October	SCVAC Marathon Championships	York

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
16th June	South of England Masters Track & Field Championships	Lee Valley

INTERNATIONAL

2019

24th-30th March	World Masters Indoor Track & Field Championships	Torun
26th May	England Vs Celtic Nations Masters International 10k	Birmingham
23rd—25th May	European Masters Mountain Running Championships	Czech Republic
1st September	England Vs Celtic Nations Masters international Half Marathon	Maidenhead
5th-15th September	European Masters Track & Field Championships	Venice