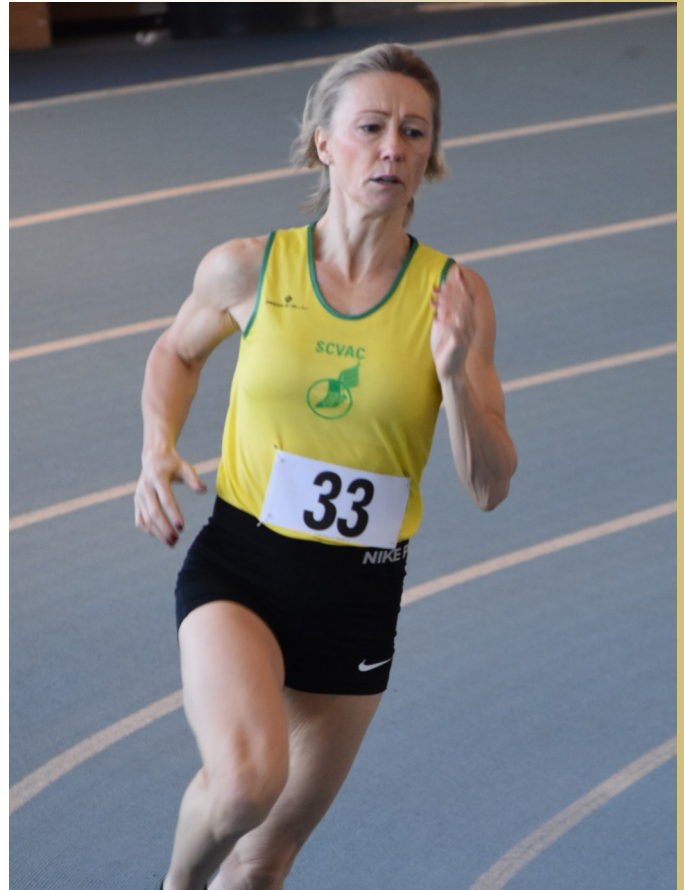


# THE SOUTHERNER

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**Francisco Reis (*left*) and Monique Krefling (*right*) walking and running respectively for SCVAC at the EAMA indoor inter-area challenge, 24th February at Lee Valley . Full story page 6**

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## NEWS

Congratulations to our new record holders. Helen Godsell (*pictured right*) broke the indoor W65 world record for the 200m at British Masters Indoor T&F Championships Lee Valley. Helen (pictured right) ran 29.98. This followed her new British record in the 60m the previous day.



At the same meeting and in the same race that Clare Elms broke the world indoor 3000m W55 record (see page

15), Richard Pitcairn-Knowles broke the British M85 record with a time of 18:55.69.

Also in record breaking form was Monique Kresting, this time at the English Masters inter-area challenge (see page 5) where she broke her own W45 European indoor 400m record with 58.46.

Reports from Arthur Kimber of both of these indoor meetings at Lee Valley can be found in this issue.

Our athletes also starred in the World Masters Indoor Championships in Torun. Among many outstanding performances, Ian Richards set a new world M70 record for the 3000m walk although he was later disqualified in the outdoor 10km walk and Virginia Mitchell won the W55 800m in new world record time. Evaun Williams dominated the W80 Javelin and hammer outdoor events setting a new W80 world record of 27.51m for the javelin.

We have several reports from Torun in this issue including an overview from our Chairman Arthur Kimber together with personal accounts from Dave Beattie, Richard Pitcairn-Knowles and Geoff Newton. My thanks to



all for their contributions.

There was a large turnout for the SCVAC Multi-terrain Championships at Bromley on the May Bank Holiday Monday (*SCVAC Athletes pictured left*) where the outstanding Sue James delivered a 85.34 age grading performance. See Mick Jefferies' report on page 13.

Tony Rea. Editor

## SCVAC INDOOR CHAMPIONSHIPS – LEE VALLEY- 10.02.19

Words Arthur Kimber, photos courtesy of <https://www.mpd.photography/-/galleries/events>

Strong competition and notable performances produced 28 CBPs, 19 by women and 9 by men.

### WOMEN

International medallist Kirstin King was outstanding in the sprints setting two CBPs, in the 60m. 8.48 and 200m. 28.71. W40 Karen Burles (*pictured below leading the 60m*) won two events, 60m. in 8.38 and 28.17 for a 200m. CBP. W60 Helen Godsell won the 60m. with a 9.03 CBP. Diana Norman set a CBP with a 9.52 60m. hurdles. W80 guest Dot Fraser set a CBP of 13.92 in the 60m.

The 800m. was the scene of three CBPs, W45 Ana Ramos-Villaverde with 2:33.21, W55 Virginia Mitchell a very speedy 2:28.26 and W60 guest Avril Riddell (*Pictured right leading Ross Tabor and Jeanette Aston*) in 3:19.16. Diana Norman took the W40 800m in 2:23.05 and Fiona Maddocks the W35 race in 2:31.84. W55 guest Claire Elms, international record breaker stood out in the distance races with a CBP in the 1500m. 4:53.87 and another in the 3000m. in 10:27.97. Debbie Forrest, W50, set a CBP in the 1500m, 5:52.31 and guest Ros Tabor another in the W65 event, 6:23.58. Guest Penny Cummings, W40, set a 3k. race walk CBP, 17:05.08.

In the field Diana followed her hurdles victory with two more, a 5.18 long jump and a CBP in the shot, 11.78. Guest Gemma Eastwood, W35, vaulted 3.10 to set a CBP, W60 Jeanette Ashton a CBP, 1.17, in the high jump and W65 Emily McMahon a CBP of 3.58 in the long jump. W45 Sue Lawrence won the shot with 10.19 and Vilma Thompson the W65 event with 8.42.



## MEN

The outstanding sprinters were M70 Vic Novell, winning three events, 60m, 9.04, 200m, 30.88 and 400m, 79.01, and Terry Bissett, M75, with a CBP in the 200m, 31.41 and 79.30 for 400m. In the 60m sprints Mark Phills won the M50 race in 7.66, Tom Phillips the M60, 8.51, Wally Franklyn the M65, 8.85 and guest Allan Long the M75 with a CBP of 9.06. In the 200m. races Mark Mcallister took the M45 in 25.73 and guest Neil Tunstall the M55 in 26.55. Neil doubled by setting a CBP in the 60m. hurdles in 9.40. In the M50 400m. Adrian Haines won in 59.63.

M50 Mark Symes set a CBP with a fast 2:05.69 800m. and guest Phil Brennan took the M75 race in 3:03.17 and added a CBP in the 3000m. with 13:33.28. M60 Mark Hargreaves won the 1500 in 5:07.12. In the 3k. race walks international star and guest Arthur Thomson, now an M80, set a CBP of 21:01.45 and Malcolm Martin won the M60 race in 17:24.10.

In the jumps Chris Mills vaulted 4.00 to take the M40 event and Ian Crawley and Allan Leiper battled in the M55 event, both clearing 3.00, but Ian winning on countback. Ian added a 1.53 to take the high jump, where Duncan Talbot took the M60 event with a CBP of 1.38. Guest Neil Mason won the M70 long jump with 3.81 and there were two CBPs in the triple jump, guest Julian Gittens, M55, 11.64 and Ian Thomson, M65, 9.07. In the shot Allan won with 11.03.



**Paul Howard leading Richard Bruce M35/45 800m.**



**Ian Turner leading Tom Phillips and Adrian Day M60 200m**



**Neil Lincoln**

## EAMA INDOOR INTER AREA CHALLENGE – LEE VALLEY – 24. 02.2019

Words Arthur Kimber, pictures Tony Rea.

Seven area clubs competed and Eastern Masters were dominant, winning the men's, women's and overall trophies. 15 CBPs were set, 5 by Southerners.

In this report all athletes mentioned are Southerners, apart from those identified by another area club name.

### MEN'S MATCH

In the M35 sprints Mensah Elliott scored a fine double taking the 60m. in 7.25 and the 60m. hurdles in 8.19. Adam Bellis *(pictured right)* matched this with 200m./400m. wins. 23.83 and 52.18. Wole Odele won the M50 60m. in 7.90, Adrian Haines the M50 400m. in 58.40 and Terry Bissett the M70 200m. in 31.26.

The distance races featured a second victory for Adrian in the 800m, 2:19.26, a CPB by M50 Mark Symes *(below left)* with a 2:17.84 1500m. and a 3000m. win by Paul Gaylor with 9:42.53. Two race walkers won in the 2k. event, M60 Malcolm Martin *(below right)* with a CBP of 11:12.44 and Francisco Reis, an M55, taking the M35 race in 9:22.59. David Annetts, VAC, achieved a CBP in the M50 race with 9:11.80 and the Midland Masters M70 team another in the 4x200m. relay in 2:09.54.



The only wins secured by Southerners in the field came from newcomer Grant Sterling in the M35 triple jump with 11.19 and M60 John Fenton won the shot, 11.19.



## WOMEN'S MATCH

Julia Machin, W45, but competing in W35 events, was outstanding, winning three events, 60m. hurdles with a CBP of 9.38, high jump with 1.60 and triple jump with 10.81. In the sprints Monique Krefting, at age 49, ran a British record 400m. in 58.46, Joan Trimble won the W60 60m, 9.78 and Helen Godsell the W60 400m. in 72.23. Lisa Thomas, VAC, set a CBP in the W50 400m, 66.81. Susan Frisby, MMAC, won the W50 60m. hurdles with a CBP of 9.89. The 4x200 W60 team of Joan Trimble, Lyn Ahmet, Helen Godsell and Teresa Eades took the race in 2:19.75.

In the distance races Virginia Mitchell (*pictured right*) was outstanding in the W50 800m. winning in a CBP of 2:27.97, and Welsh Masters' Sarah Everitt won the W50 3000m. in a CBP of 11:13.31. Midland Masters set two CBPs in the 2k. race walks, Carolyn Derbyshire, 10:39.14 in the W35 race and Ann Wheeler, 11:57.28 in the W60 race.

Apart from Julia Machin, there were three other South-erner victories in the jumps, newcomer Caroline Parkinson's 3.20 in the W35 pole vault, W50 Louise Wood's 9.91 in the triple jump and W60 Teresa Eades with a 3.98 long jump. Welsh Masters' Alison Murray, W50, stood out with two CBPs, a 1.41 high jump and 2.80 pole vault, while W50 Janet Dickinson, South West Veterans, set a CBP with a 4.77 long jump. In the throws Vilma Thompson, W60, and Liz Sissons, W70, won the shot events, 8.99 and 7.91.

### TEAM SCORES

CLUB	MEN	WOMEN	TOTAL
EMAC	243	203	446
SCVAC	225	200.5	425.5
MMAC	222	176	398
WMAA	159	201	360
VAC	179	130	309
SWVAC	101	73.5	174.5
NMAC	68	14	82

Caroline Wood pictured Right





## TORUN AND THE WORLD MASTERS CHAMPIONSHIPS

Words Arthur Kimber.

Torun is an ancient city founded in 1233. It is famous as the birthplace of Copernicus, the 15/16<sup>th</sup> astronomer who formulated the model of the solar system that placed the sun at the centre rather than the earth. As the short quote says – ‘He stopped the sun and moved the earth’. The city is also well known for its gingerbread, with a large dedicated shop where different types, plain, chocolate covered, with or without sugar, can be bought. The old city, bordered on one side by the river Vistula, covers a small area, with an imposing central square, and it’s possible to walk from any one point to another in about ten minutes. The view of the city from the other bank of the river is very impressive. The city has expanded considerably in more recent centuries to a population of around 200,000, but is still quite compact and it’s easy to get around on foot. The city also has frequent bus and tram services running well into the evening. The old town has many excellent restaurants with wide ranging menus providing, by British standards, inexpensive food and drink in very comfortable surroundings.

The championships were held in the superb stadium, one of the best indoor venues in Europe, where the European Masters Championships were held in 2105. The situation is ideal, walking distance or a short bus ride from the old town. All the non-stadia events were held very close to the stadium, the outdoor throwing areas were less than a ten minute walk away, the cross country course just outside the stadium and the road running and race walking events starting and finishing on the road outside the stadium.

There were organisational failures. During the 4x200m.relays the earlier races were not officiated according to the rules, with the changeover points from leg one to two not in the correct place, and this led to some athletes running the whole of leg two and even three in lanes, rather than breaking after the first bend on the second leg. Some of the long and triple competitions were held in the warm up area, resulting in athletes warming up getting in the way of competing athletes. On the other hand the track and indoor field events and the outdoor events generally ran to time.

Overall my time spent in Torun was a very pleasant experience.

## WORLD MASTERS ATHLETICS CHAMPIONSHIPS INDOORS, POLAND, 24-31 MARCH 2019.

### Richard Pitcairn-Knowles.

We were in Torun four years ago for the European Masters Indoors. It is a lovely old, unspoilt, town, by-passed by the Germans and Russians fighting in WW2, and our Hotel Bulvar on the wide River Vistula, the fifth longest in Europe, was excellent, just a mile walk to and from the stadium. The organisation of the Championships was streamlined throughout and could not be faulted.

I (again) made the decision to enter seven M85 events over seven days. I set targets and although I missed most of them, it was interesting and earned some medals, so I am not complaining!

At 8:30am on Sunday three M85s lined up with six M80s for the 3,000m, my aim being to better my M85 British record, set a few weeks before at Lee Valley, but a Silver medal in 18:57.99 was not good enough by 2.30 seconds. The television camera presenting each athlete on the start line together with the commentator announcing names, just like real athletes, may have made me too nervous!

Even earlier, at 8:00am next day, the M75+ and W70+ athletes set off on the dangerous, many rooted 6Km cross country course. After falling in the warm up my aim was to finish unscathed. The highlight of the whole week was finishing hand-in-hand with M80 Pam Jones – a silver medal for her and a gold for me. **(Richard and Pam finishing together, pictured right)**



A more civilised 5:10pm for the 400m on Tuesday saw the remarkable M85 Mongolian (1:20.65) and Japanese (1:22.61) push my regular German opponent into third place (1:32.76), to my struggling 2:13.35, fourth of five.

Wednesday saw the midday start of the M85 60m. I lost a second at the start and finished 5<sup>th</sup> of seven in 13.31, by just 100<sup>th</sup> second from sixth, probably a personal worst!

Results could only worsen as I tired? On day 5 at 7:00pm came the 800m, my least favourite distance. Is it middle distance or is it still a sprint? As the events lengthen fewer older runners enter so we three M85s ran with three M90s. My undeserved Bronze medal came as I finished 5<sup>th</sup> of the six starters, in 5:11.04, only 0.61 of a second ahead of the third M90, with the two others were ahead!

Friday – tiring! 200m. Six declared entries, one DNS, one DSQ for running out of lane, saw me 4<sup>th</sup> in a personal worst of 50.25, the Japanese winning in 33.90.

There were only two M85s declared for the 1,500m on the last day so my German friend, Herbert, suggested to the organisers that we should run with the M80s, resulting in a good time of 8:49.41 for him and a Silver for me in 10:09.12 – another PW. He lapped me as he finished so I paused to congratulate him before my final lap, which raised a laugh from the spectators. Herbert told me he will be 90 in November and, by the peculiar reckoning of competing as an M90 in the whole year in which your birthday falls, he now holds six or seven German M90 records, and he is only 89!

The 2019 European Masters Outdoor T&F Championships will take place in Venice in September – see you there maybe? Perhaps I will give the 800m a miss!



## Outdoors at the Indoors

### Dave Beattie

Having enjoyed the European Indoors Championships in Torun in 2015, I was keen to revisit this attractive old town, birthplace of Copernicus, for the World Indoors in March 2019. Originally I entered three events – 3000m indoors, plus the cross country and road 10k outdoors.

The best laid plans...circumstances conspired to rule out my planned build up indoor races, and I decided to miss out on the pleasure of being lapped twice by the M70 World Champion. Having booked into my ludicrously cheap hotel, I savoured the delights of Torun's cobbled streets, coffee and cake shops, restaurants and pubs, and watched the 3000m races on Sunday in the fabulous Torun Arena.

Arthur Kimber doubled up as active athlete and also as a Team Manager – an essential and often under-appreciated role.

The course for the cross country races was highly technical, and careful rehearsal was essential. I jogged the course several times on Saturday and on Sunday before breakfast. Each circuit revealed more trip hazards – mainly tree roots but also stones and the odd small stump. A good deal of sand had been laid too, which increased the effort required on the short sharp hills. Numerous sharp twists and turns culminated in a final dive downhill, a hairpin turn around a tree, and a 40m sprint to the finish line. A virtual run around the 2km lap can be seen (before all the sand was added) on this video:

The XC races were staged on Monday, day 2 of the championships, and commenced at 8am with Women aged 70 plus, with Men aged 75 plus. Angela Copson impressed as she swept to yet another gold medal, and SCVAC member Richard Pitcairn-Knowles won gold in the M85 race, while Pam Jones won W80 silver. The W70 team won silver, with Anne Dockery and Betty Stracey backing up Angela's fine run. M75 team gold went to GB with Phil Brenan, Michael Johnson and Barrie Roberts enthusiastically singing the national anthem on the podium.

At 9am the M70 race started. Geoff Newton and I joined up with Scottish athlete Norman Baillie to represent GB. Poland, Germany, Finland, Italy and several other countries were our competition. On the first of three 2km laps, Norman and I were down in 15<sup>th</sup> and 16<sup>th</sup> places with Geoff not far behind us. By the end of lap 2 we had moved through to 11<sup>th</sup> and 12<sup>th</sup>. Finland led the team race with their first scorer chasing the leader, a Czech runner.

Team Manager Archie Jenkins was shouting "every second counts" on the final lap (the team positions being decided on aggregate time for the 3 scorers). Finland seemed to have clinched the gold, but Poland and GB were very close together. I managed to pass Norman, then a couple more including the Finland 2<sup>nd</sup> scorer. I gave it all I could in the last 800m, and Norman chased me closely despite taking a nasty over a stump.

We believed we were 7<sup>th</sup> and 8<sup>th</sup>, but the Czech athlete was disqualified for failing to wear his nation's vest, so we were 6<sup>th</sup> and 7<sup>th</sup> with Geoff in 14<sup>th</sup>. Finland were clear winners, and we edged out the Poles for silver team medals.

### ***Presentation ceremony (right)***



The temperature hovered just above zero, and the weather became wetter and bleaker as the day wore on. The safety officer and his team reacted to our stumbles in the early races by painting some of the tree roots yellow, and placing small cones over the worst stones and stumps.

Clare Elms won W55 gold by a clear minute, with SCVAC runner Caroline Woods taking the bronze medal and GB taking team gold by a clear margin. The W50 team also won gold with a trio of Susans – McDonald, Ridley and Dixon, with Sue McDonald individual silver medallist. Gold again in the W45 race for GB, silver team medals in the W60 and W65, and bronze in the W40 race, added up to a brilliant day for the women.

For the men, the younger age groups had very few GB entries, but the M55 team looked poised to take gold as Ben Reynolds won the individual race by 8 seconds, but the 2<sup>nd</sup> “scorer” was disqualified for wearing no number on his back, demoting GB to bronze. Tony Tuohy in 10<sup>th</sup> and Jonathan Burrell in 20<sup>th</sup> completed the GB team.

In the M60 race, Steve Smythe in 12<sup>th</sup> led home Nick Holliday 19<sup>th</sup> and Colin Oxlade 21<sup>st</sup> to a hard fought silver for team GB, only 23 seconds better than the German team aggregate time.

The M65 team also secured silver medals, with SCVAC member Alan Newman 11<sup>th</sup>, Andrew Murray 21<sup>st</sup> and David Proffitt 23<sup>rd</sup>.

In the evenings I enjoyed socialising with several old friends – this is perhaps the most enjoyable aspect of these trips abroad. The pubs and cafes had a nice ambience about them. I spent one morning in company with Geoff Newton, visiting the house of Copernicus, which was well worthwhile.

Two days after the cross country I lined up with all the other age groups at the start of the road 10km. Some attempt was made to segregate the younger age groups from the older athletes, but in common with the other M70 men, I was weaving around a lot of slower (albeit younger) runners in the first mile or so.

With no team medals to be won in this event, it lacked the excitement of the cross country. The course was out and back, and pretty flat, and the temperature a few degrees higher, but some tired legs saw slower than anticipated times.

Tony Tuohy was first Brit home in 35.34 to finish 4<sup>th</sup> M55, with Robert McHarg 5<sup>th</sup>. Brian Green, M60, ran a fine 37.45 for 4<sup>th</sup> place. Only 10 seconds behind Brian, Sue McDonald won a silver medal in the W50 to add to her cross country silver. Ken Bowman took bronze in the M70 (I was 5<sup>th</sup>, disappointed with 44.16 time).

Again the GB women had some fine runs – Angela Copson took W70 gold in 45.47, and Penelope Forse, 10 seconds behind Angie, took W65 gold. Evergreen popular Pam Jones won a W80 bronze medal to much GB applause.

My lasting memories of the trip include the amazing arena, the brilliant races that were a privilege to spectate, some cheap and delicious food and drink, and above all the camaraderie and interesting conversations with some inspirational athletes.

***Dave Beattie***

## Half Marathon, WMAI, Torun

Geoff Newton.

Although the hills on the XC course suited my race, they did aggravate the hip / back pains I had been suffering with, so the next day I could only manage an easy 2 miles training run on local roads. The day after, I was able to put in a decent run of maybe 70 minutes on tracks used by mountain bikers, scramblers, walkers etc in wild hilly wooded "waste land" terrain sloping down to the Vistula close to where I was staying.

I then took two days off of training, to recover for the Half Marathon on the Saturday. Much of my free time was spent watching other races in the Arena, but I did visit two excellent museums and wandered around the gothic old town in what had become warmer weather again. I should perhaps state here that original Gothic is not like St Pancras Station, which is Gothic on "acid" or "speed". Torun has a very large number of gothic churches etc, all far more restrained in style than Victorian revival gothic.

I was a bit pessimistic about the Half Marathon course, which like the 10K race was an out and back affair, but the course proved to be a lot more pleasant than I expected, particularly in the middle part of the course in the forest and countryside.

The Half Marathon started and finished on the road outside the Arena. This is normally a busy ring road and they closed one side of the dual carriageway for about half an hour before the start of the race and this remained closed for the duration of the race. After 500m or so we took a left turn onto another dual carriage way where the organisers had coned off the outside lane for the runners to use. The course climbed very gently up through the town. At about 5km the road left the built-up area and ran through pleasant forested terrain and was no longer a dual carriageway. As half distance approached, the only significant hill took us out of the forest into farmland. We soon turned left and after a few hundred metres left onto a cycle track which took us back down through the forest running parallel to, but out of sight of, the road we used to come out of the town. Once in the town we followed the same roads back to the finish, but on the other side of the dual carriageway or on the cycle track.

The weather was mild for the race, no need to pile the layers on. I started relaxed and steady, and ignored the hordes going past me for the first 500m, but after that I moved steadily through the field and was not passed by anyone until the last 2 or 3K when a few younger runners came past, including Colin Oxlade who will be known to many of you.. At about 5K as we left the built-up area and moved into the forest, I caught up with an M55 Aussie and he stayed with me. We ran together for the rest of the race until the final km when he kicked on and finished about 20 seconds in front. I was a bit worried when both my calves felt sore as early as about 6K, However, at about 11K the right calf eased. The hip/back pain came on in the later stages of the race, but I don't think these niggles affected my performance significantly.

I was the only M70 GB runner in the half marathon, so for team scoring purposes I was incorporated into the GB M65 team with Dave Proffitt and Andy Murray, the only two other M65 GB runners on the day. This does not affect individual results.

I finished 332 of 501 finishers and was 5<sup>th</sup> M70 in 1.40.43. I was the first scorer for the GB M65 team. Poland had a very large presence in the race in all categories and Poles formed about 40% of the field. They easily won the M65 team race, but GB finished well ahead of third placed Ukraine and I collected another silver team medal.

I was satisfied with my performance in the light of my troubled build-up to the championships, but the result is a bit flattering, as I might not even scrape into the top 10 half marathon M70s in the UK. Things were put into perspective today (as I write) whilst having a reasonably good training session along the seafront, when a young woman pushing a buggy with a baby in it passed me like I was standing still. She was not even particularly athletic looking, being a bit broad in the beam.

**Geoff Newton**

## OCTOGENARIAN PARKRUN CELEBRATION DAY – BUSHY PARK 6<sup>TH</sup> JULY 2019



Some of the 38 Octogenarians who enjoyed the Bushy Park Parkrun in 2018

If you are over 80 make a note in your diary now – 6<sup>th</sup> July 2019 – and be sure of being in Bushy Park to join in the third edition of the Annual Octogenarian Parkrun Celebration day. 15 runners aged over 80 completed this 5Km run in 2017, 38 were there last year, and you will be very welcome to come along to swell the numbers towards a hundred in 2019. There are over 152 men and women aged over 80, 85 or 90 in the Power of 10 rankings lists so we are expecting many more of you this year.

George Frogley had the exciting thought that running octogenarians should have a day to celebrate their good fortune and suggested to Richard Pitcairn-Knowles that they should launch this Octogenarian Parkrun Day. If you can let George ([froggeor@aol.com](mailto:froggeor@aol.com)) or Richard ([rppk@btinternet.com](mailto:rppk@btinternet.com)) know that you are coming it would help us supply enough cup-cakes and Prosecco!

Arrive early at Bushy Park and meet at the far eastern end of the car park where there will be a placard saying '80 AND OVER MEET HERE' similar to that in the photo, and please make sure you pick up your tag to identify you at the finish and for the special after run celebration!

Richard Pitcairn-Knowles

## Ted Pepper Memorial 10k 6th May 2019

### SCVAC Multi-terrain Championships

The club's multi-terrain Championship was held once again within the Ted Pepper Memorial 10K on Monday 6<sup>th</sup> May, our thanks to the promoters, Blackheath and Bromley AC for welcoming us into their race. Although perhaps a little chilly for spectators the conditions were ideal for running and the 19 members who ran put in some top class performances with pride of place going to Dominic Fiore for his 10<sup>th</sup> place overall and 1<sup>st</sup> MV 45-49 in 38.21. Not far behind in 22<sup>nd</sup> place overall and first MV 50-54 came Don Lawless in 40.36 closely followed by Phil Cross in 24<sup>th</sup> place and 1<sup>st</sup> MV 55-59 in 40.41. They were well supported by Alan Newman 62<sup>nd</sup> overall and 1<sup>st</sup> MV 65-69 in 44.22, Dave Beattie 79<sup>th</sup> overall and 1<sup>st</sup> MV 70-74 in 45.32, Ian McCarthy 103<sup>rd</sup> overall and 1<sup>st</sup> MV 60-64 in 47.33 and James Fitzmaurice 302<sup>nd</sup> overall and 1<sup>st</sup> MV 75-79 in 1.03.04.

There were also some very good times from the ladies present with Elinor Skinner finishing 57<sup>th</sup> overall and first FV 35-39 in 43.46, Heather Fitzmaurice 82<sup>nd</sup> overall and 1<sup>st</sup> FV 45-49 in 45.43, Celia Findlay 97<sup>th</sup> overall and 1<sup>st</sup> FV 55-59 in 47.11 and Sue James 151<sup>st</sup>



**Sue James: Age grade winner**



Dave Beattie



Jeremy Carmichael

overall and 1<sup>st</sup> FV 65-69 in 51.00 and outstanding age grade winner. The full results for all club members are shown in the box overleaf. There were 425 finishers in total.

It was good to see all bar two (MV 35-39 and MV 40-44) of the male age groups and four of the female age groups represented a big step up from the Cross Country Championships at the end of last year. Steps are afoot to find a new venue for this years Cross Country event.

Thank you all for taking part and my sincere apologies for the shortage of medals, I promise to do better next time.

Mick Jefferies, Cross Country Secretary.



Alan Davidson



James Fitzmaurice

Athlete	Category	Time	Position	Medal	Age Grad-ed
Elinor Skinner	FV35-39	43.46	1(57)	Gold	72.75
Heather Fitzmaurice	FV45-49	45.43	1(82)	Gold	73.93
Sue Dixon	FV50-54	45.10	1(74)	Gold	78.48
Celia Findley	FV55-59	47.11	1(97)	Gold	77.96
Carol Marsh	FV55-59	48.20	2(117)	Silver	79.12
Sue James	FV65-69	51.00	1(151)	Gold	85.34
Dominic Fiore	MV45-49	38.21	1(10)	Gold	76.35
Don Lawless	MV50-54	40.36	1(22)	Gold	76.57
Phil Cross	MV55-59	40.41	1(24)	Gold	77.09
Graham Brown	MV55-59	48.01	2(113)	Silver	65.67
Terence Barnes	MV55-59	55.27	3(206)	Bronze	57.50
Ian McCarthy	MV60-64	47.33	1(103)	Gold	70.08
Alan Newman	MV65-69	44.22	1(62)	Gold	77.49
Walter Hill	MV65-69	46.59	2(91)	Silver	73.12
Fred Streatfield	MV65-69	53.29	3(180)	Bronze	65.28
Jeremy Carmichael	MV65-69	53.50	4(185)		63.61
Dave Beattie	MV70-74	45.32	1(79)	Gold	80.26
Trevor Edgley	MV70-74	48.13	2(116)	Silver	75.56
Alan Davidson	MV70-74	1.03.58	3(309)	Bronze	56.95
James Fitzmaurice	MV75-79	1.03.04	1(302)	Gold	63.64



## The Remarkable Clare Elms.

*While preparing for the January's Last Friday of the Month 5k race in Hyde Park in London, Mick Jefferies and myself got talking to a couple sitting on a park bench watching the runners preparing for the race. The couple turned out to be Clare Elms' parents! Their pride in their daughter's achievements was most apparent as they recounted her transition to such a remarkable athlete from almost nowhere. They follow her athletic journey around the country and were present at the recent British and Irish Masters' Cross Country International in Cardiff.*

*It isn't only young children who have their parents proudly following them and showing off their achievements!*

Clare recently celebrated her entrance into the W55 age category by breaking a clutch of world records.

Following setting new records at the mile on January 30th and the 1500m on February 10th she entered the Metaswitch Games Open at Lee Valley on February 16th, and set a new 800m indoor world record of 2:25.89.

A few days later also at Lee Valley, after a hectic journey interrupted by the notorious traffic at the Dartford crossing, she broke her own record with a 2:25.66 performance.

Outdoors at Hyde Park in the Harbour Club February's last Friday of the Month 5k, she achieved a "world best" time for the distance. (World Masters do not recognise road world records). Her time was 17:59, her age grading 99.0% and indeed was the first woman overall.

Furthermore at the EAMA Inter-Area Challenge at Lee Valley on 24th February (*pictured right*) she broke her own 1500m indoor world record in a time of 4:50.75.

Then, at the British Masters Indoor Championships on March 10, again at Lee Valley, she ran 10:13.70 for the 3000m for yet again another world record.

In all she had set eight world marks prior to Torun where she was at last proved to be human. She was beaten by her great rival and SCVAC athlete Virginia Mitchell in the W55 800m. Virginia also took one of her world records in a time of 2.22.34.

Tony Rea.



## FIXTURES SUMMARY

### **SOUTHERN COUNTIES VETS AC**

#### **2019**

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**

2nd June	British Masters 10 mile road Championships	Dorking
16th June	British Masters Outdoor Pentathlon Championships	Horspath
16th June	British Masters 5k Road/5k Walk Championships	Horwich
30th June	British Masters 30km Multi-terrain Championships.	Gravesend
6th July	English Masters Inter-area Challenge	Coventry
7th July	British Masters Half Marathon Championships	Ashbourne
14th July	British Masters 20km Road Walking Championships	Coventry
10-11th August	British Masters Track & Field Championships.	Birmingham

### **INTERNATIONAL**

#### **2019**

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
20th October	England Vs Celtic Nations Masters International Marathon	York
16th November	British & Irish Masters Cross– Country International	Southport

#### **2020**

May (TBA)	European Masters Non-Stadia Championships	Madeira (TBC)
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