

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

Issue No. 85

Autumn 2019



***Hannah Roberts W35 Gold medal winner,
SCVAC Marathon Championships, York 2nd October
2019. (Full report page 12)***

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NEWS

- The SCVAC Half Marathon Championships set for Burnham Beeches had to be cancelled due to only one entrant being confirmed before the closing date. The Championships are now set for Marden on 17th November.
- Total number of members have risen above 550. This due in part to an influx prior to the BMAF and EMAC Track & Field Championships earlier this year.
- The AGM has been set for 7th December, (see notice on page 3). This is the occasion also of the awards ceremony for the SCVAC annual trophies. All are welcome.
- We report in this edition on the Celtic Half Marathon Challenge held within the Maidenhead Half Marathon. Several outstanding performances were attained by SCVAC athletes and particular mention must be made of Jill Collett, F35, and Paul Whelpton, M65, (right) who won their categories for the England team, see page 7
- The Southerner will cease to be published in its present form from Spring 2020 unless a new editor comes forward. There have been no volunteers to date to take over the publication and the future of the Southerner. Your input is urgently needed. See page 13 for further details

Apologies

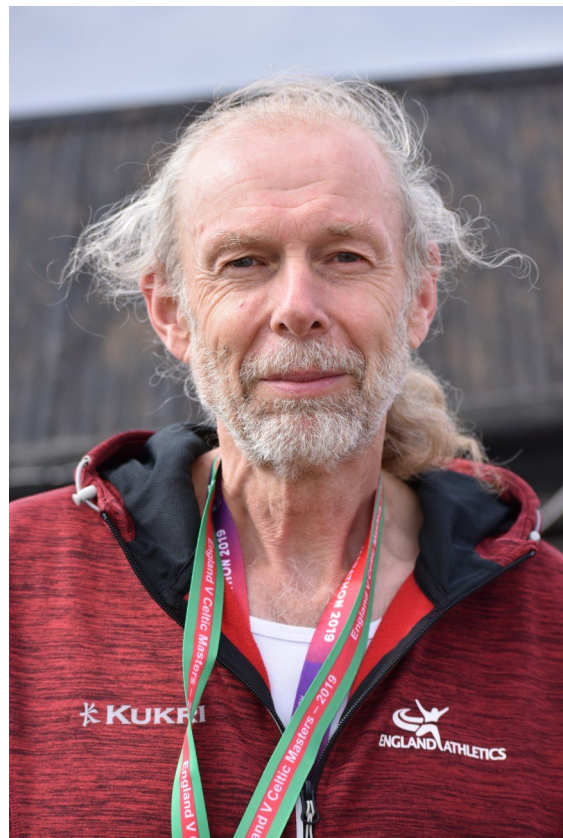
The athlete depicted at the bottom of front page of the Summer edition was in fact Colin Oxlade and not Paul Hawkins as indicated. Apologies to both athletes concerned.

Also In the Summer edition, the results of the SCVAC athletes in the BMAF Trial Championships at the North Downs, failed to show John Witton of Sevenoaks AC as the first BMAF V40 finisher in 2.12.21.

John was also the tenth overall and 3rd V40 overall. Congratulations John and apologies for not giving you credit for your achievement in the Summer edition.

Tony Rea. Editor.

***SCVAC Athlete,
Alistair Pickburn, con-
testing the lead at
the start of the York-
shire Marathon, see
page 12***



SCVAC ANNUAL GENERAL MEETING

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

Friday 6th December 2019, 6.30 PM.

AGENDA

- 1 Apologies for absence
- 2 To receive and confirm minutes of AGM held 7th December 2018
- 3 Matters arising from that AGM
- 4 To receive the report of the Chairman
- 5 To receive the report of the Secretary
- 6 To receive the report of the Membership Secretary
- 7 To receive the report of the Treasurer and the annual accounts for the year
- 8 Amendments to the constitution
- 9 Election of officers

Current officers

Chairman	Arthur Kimber
Vice Chairman	Tom Richards
Secretary	David Beattie
Treasurer	Tom Richards
Membership Secretary	Jeremy Carmichael
New Members Secretary	Vilma Thompson
Road Running Secretary	Mark Champion
Cross Country Secretary	Mick Jefferies
Newsletter Editor	Tony Rea
T&F League Secretary	Arthur Kimber
T&F (Indoor) Secretary	Arthur Kimber
T&F (Outdoor) Secretary	Vacant
Medals & Kit	Arthur Kimber
Club Records	Mark Champion
Club Webmaster	Mike Peel

- 10 Life Membership
- 11 AOB
- 12 Date of next AGM
- 13 Presentation of trophies

SCVAC TRACK AND FIELD LEAGUE FINAL

WORDS – ARTHUR KIMBER

The match was held in very comfortable conditions and both men's and women's contests were won by Tonbridge, a club that has never won the final before, pushing last year's winners Southampton in the men's match into second place and last year's winners Epsom and Ewell in the women's match into fourth place. Unfortunately two clubs, Radley women and Oxford City men were unable to come because of a shortage of fit and available athletes.

The Brian Harlick Memorial Trophy for highest points scorer was won by Janet Dickinson of Southampton with 40 points.

MEN

In the men's match Southampton and Ilford dominated the sprints. Southampton's Mark Collins won the M35A 100m. in 12.05, Steve Beak the M50 100m, 12.76 and Jon Tilt the M50 400m, 60.52.

Ilford's Paul Grange, M35, scored a fine triple, winning the 100m. B race, 12.23, the 200m. B race, 24.60 and the 400m. A race in a fast 52.52, while Tom Gardner took the M35 B race, 59.10.

Epsom and Ewell won the M60 100m. with Dave Crouch's 14.67 and Tonbridge the M35A 200m, 23.94 with Steve Tester and M60 400m, Brian Buckwell, 68.63.

Tonbridge and Herne Hill were the most successful clubs in the distance events, Tonbridge with Andy Howey taking the M50 800m. race, 2:20.89, Phil Coleman the M50 1500m. in 4:47.75 and Ben Reynolds the M50 3000m. in 9:44.92. Andy also won the 2000m. walk in 11:18.09.

Herne Hill's Mike Cummings won the M35 A 1500m. in 4:10.68 and Simon Coombes the B race in 4:13.93, while Raj Paranandi won the M35 B 3000m. in 9:30.63.

Southampton's Matthew Riden won the M35 A 3000m. in 9:13.27. Epsom and Ewell's Simon Bean, M60, won the 1500m. in 4:59.21 and Ilford's Sebastian Parris, M35, the 2000m. walk with 10:44.61. Tonbridge won the 4x100m. relay, 48.95 and Ilford the 4x400m, 3:55.07.

The jumps victories were shared between four clubs, for Southampton Brian Thompson took M35 high and long jumps, 1.60 and 5.28 and M50 Derek Warn, pole vault with 2.90.

For Epsom and Ewell, M60 Dave Blunt won the high and long, 1.40 and 4.27, while clubmate John Andrews won the M35 pole vault with 3.30.

Dartford's M50 Gary Capon (RIGHT) scored a double, high jump, 1.50 and triple jump, 10.05.

For Tonbridge M50 Ian Crawley long jumped 4.70 and Steve Tester added a triple jump win, 11.11 to his 200m.



The throws wins were shared between the same four clubs. M35 Graham Lay was outstanding for Southampton, winning three events, discus, 32.35, shot, 12.71, javelin, 42.49 and second in the hammer, 25.84. Nick Barton for Epsom and Ewell won the M50 discus, 34.22 and hammer, 33.11 and M60 shot, 11.68, with a second place in the M60 javelin. 34.08. M50 Ian Crawley doubled for Tonbridge with 9.42 for shot and 31.53 for javelin. For Dartford Scott Harvey won the M35 hammer, 30.63 and John Fenton the M60 javelin with a long 44.37.

WOMEN

In the women's match Southampton's W50 Janet Dickinson won four events, 100m, 13.98, high jump, 1,35, long jump, 4,70 and shot 9.43, and two second places in W35 events, discus, 24.67 and javelin, 25.86 to give her a total of 40 points.

Southampton and Tonbridge dominated the sprints. For Southampton apart from Janet's 100m. W50 Tracy Bezance won 200m, 28.89 and 400m, 66.66, while Joy Wright won the W35 B 100m, 14.11 and W35 A 400m, 66,89. Tonbridge's Nicky Buckwell, W60, won the 100m, 16.46 and Sarah Westrap the W35 B 200m, 30.39. W35 Lisa Boland scored a double for Epsom and Ewell, 100m, 13.14 and 200m, 27.32. Stephanie Mitchell won the W35 B 400m, 67.02, for Herne Hill.



In the distance events Tonbridge overwhelmed the other clubs winning 7 events.

Maria Heslop (ABOVE) won two W50 events, 1500m. in 5:34.61 and 3000m. in 11:40.22, Grezia Manzotti won the W50 800m. in 2:55.12, Liz Weeks the W35 A 1500m. in 5:06.58 and Jacqui O'Reilly the W35 B, 5:23.10, Maxine McNulty the W35 B 3000m, 11:35.50 and W50 Di Bradley (LEFT) the 2000m. walk, 12:45.7. Ruth Miller took the W60 1500m, 6:10.24, for London Heathside's only victory in the match. Stephanie Mitchell added the 800m B race, 2:34.93 to her 400m. win and W35 Penny Cummings won the 2000m. walk in 10:42.3. Tonbridge won both relays, 4x100m. in 56.07 and 4x400m. in 4:37.84.

Dartford were the most successful club in the jumps. Teresa Eades stood out by winning the W35 pole vault with 2.50 and W50 triple jump with 8.78 although she is over 60, Anne Thacker won the W60 long jump, 3.03 and Christine Clements the W60 high jump, 1.15. Southampton's Janet Dickinson won the two events previously mentioned and Becky Mulley the W35 triple jump, 8.93.

Epsom and Ewell's Julia Machin (RIGHT) won two W35 events, high jump with an excellent 1.70 and long jump, 5.13, while Helen Bond vaulted 1.60 to take the W50 event for Tonbridge.

Epsom and Ewell were dominant in the throws, Julia Machin won another two events, shot, 10.43 and javelin, 29.24, W50 Wendy Dunsford won the hammer with 27.86 and Liz Sissons, LEFT, the W60 javelin with 17.09 and shot, 8.07.



For Southampton Janet Dickinson added her previously mentioned fifth victory and Ruth Elkins won the W35 hammer with 36.17. For Dartford Anne Thacker won the W50 javelin, 20.85 and for Tonbridge Nina Ridge, W35, won the discus, 26.52, and W50 Di Bradley the discus, 22.09.

TEAM SCORES

MEN

TONBRIDGE	238
SOUTHAMPTON	217
ILFORD	207
EPSOM AND EWELL	201
HERNE HILL	176
DARTFORD	166

WOMEN

TONBRIDGE	261
SOUTHAMPTON	210
DARTFORD	191
EPSOM AND EWELL	188
LONDON HEATHSIDE	172
HERNE HILL	153

Celtic Challenge.

Half marathon Challenge, Maidenhead 2nd September 2019

Report Tony Rea, pictures Mick Jefferies.

Several SCVAC athletes were selected to compete in the half marathon race of England Athletics' series of the Celtic Challenge.

Jill Collett (*right*) of Datchet Dashers, won the FV35 category for the England team in 01.19. 24 minutes (Gun time)

Paul Whelpton of Brighton Phoenix won the MV65 category in a gun time of 01.23.00 minutes.

Other notable performances included David Winch's second place in the MV70 race with 01.35.03 and Janice Moorekite's time of 01.52.26 in the FV60 category.

The race was run over a largely flat course, mostly traffic free. Support though sparse was enthusiastic. While this event is billed by England Athletics as the Celtic Challenge, the numbers taking part were overwhelmingly English rather taking out any element of international competition. This race, alongside its 10k and marathon partners, does however, give a considerable number of veteran athletes the opportunity to wear (and purchase!) an England vest, including over 150 of us at Maidenhead.

The race however was not without its problems. The Celtic Challenge runners had been promised a start corral at the head of the main field. If this had been arranged there was little evidence of it with our runners scrambling and squashing ourselves into the assembly area at the head of the field. But worse was to come.

At the finish there was an ominously long queue for baggage. This developed into over an hour's wait for most of us to retrieve our belongings. Thankfully the weather was fine.



**England team
prior to the
race assembling
on the
terracing of
Maidenhead
football club**

Paul Whelpton right
David Winch below
Janice Moorekite below right
Tony Rea below left



EUROPEAN MASTERS OUTDOOR CHAMPIONSHIPS, VENICE, 5-15 SEPTEMBER 2019

Richard Pitcairn-Knowles

Pamela and I both enjoyed our shortened version of these European Masters Championships in Italy, west of Venice, staying for just the first five of the ten days of competition.



But what an organisational shambles these Championships became in regard to transport (usually free for competitors) and the time-table of events. However, a comfortable hotel, good food and keen competition compensated for the hiccups! The many very hard-working officials, including our Chairman, Arthur Kimber, were kept busy dashing to and fro over the 25 miles between the two stadiums at Jesolo and Caorle, and a third, Eraclea, half way between the other two. Despite clashes of events in a strange time table, such as the 10,000m being on the same day as the Cross Country, thus denying athletes the possibility of competing in both, each stadium experienced long periods without activity, and it is said that the time-table structure may have been due to the Mayor of each small town wanting a fair share of activity!

The pre-paid expensive 'airport to hotel' shuttle turned out to be 'airport to bus station' with a half hour walk to the hotel, BUT this was balanced with the advantage that the Registration tent was next to the bus station so I was conveniently able to register and declare for my three events. Everyone felt like a winner at that stage. Perhaps that was why each athlete received a heavy non-competitive medal with their programme (Technical Manual) depicting the Rialto Bridge with the word 'Finisher' strangely appearing on the back! The Rialto Bridge also appeared on the competition medals, although the event was not actually in Venice!



Medal for Everyone!



Bronze Medal

The final medal table saw GB in third place behind Germany and the hosts, Italy.



On the first day of competition there were 10 entered in the M85 100m so heats were programmed for 12:20. Reaching the final took no effort however – only eight declared – and at the Call Room we were told to come back next day. My tentative pretention of appearing as a sprinter might even result in a medal?????? On the second day the final was scheduled for 5:07pm and I spent the day trying to avoid tiring in the heat. Starting on the G of the bang, instead of the B, is always a disadvantage! Mysson, of France, won in 17.22 while I managed to finish, before the next race started, in 24.21, a personal worst, seventh of the eight, with Bom from Portugal sportingly behind me in 40.63!

The 1500m came on day three at 5:20pm at the main stadium in Jesolo, thirty minutes walk from our hotel. Only four M85 declared so we were combined with seven speedy M80s. The M85 race was won by Baggia of Italy in 7:06.03, a European record. and ahead of all but two of the M80s. When the excitement was over the bronze medal was mine in 10:03.73, the Serbian finishing 4th in 11:37.82.

Day four was probably the most “interesting”. Leaving the hotel at 6:15, with a banana and a muesli bar, for the thirty minute walk to the 7:00am shuttle and the forty-five minute journey to Caorle was not ideal, but we arrived in good time for the 9:45 start with the women, only to hear that the M65+ men would start separately at 10:15 – and then the thunder, lightening and rain started! How lucky can you get - it stopped at 10:15. Nearly last after 100m I had to make quite an effort to overtake my Serbian friend from the 1500m. The course was extremely flat and mostly short grass. The M65 Irishman, Lynch, won in 14:18 and I trailed in for another M85 bronze medal in 28:44.

Another time we will stay for the full programme, but we had to get home to compete in the Kent Masters championships! In the 100m 400m and 1500m on the Sunday at Erith I achieved season’s bests, probably encouraged by the fiercely competitive fellow Sevenoaks AC member Ron Denney!

Richard Pitcairn-Knowles



SCVAC athlete, Mark Symes No. 1629, being overhauled by eventual winner, Dominic Boker-Ingram, in the M50 800m final.

Photo, by Jonty Mitchell, published in AW.

Cross Country Matters.

Following the recent selection meeting for the English team in The British and Irish Masters Cross Country Race in Southport on the 16th November the following Southern Counties Members were successful in their application, Caroline Wood W55, Jane Davies W60, Penny Forse W70 and Stewart Thorp M65 (right). The following members were chosen as reserves, Mary James W40, Celia Findlay W55, Craig Sharp M45, Des Michael M65, John Exley M70, Dave Moorekite M75, (below). Hopefully we will be able to repeat our effort of last year when England were successful in all age categories except M75 as the standard of entries was again very high.



For all those unsuccessful with their application and any other members who enjoy cross country events the club championship this year is

moving to a new venue and date following last year's low attendance and some less than favourable comments on the course. Thanks to the kindness of The South of The Thames Cross Country Association they have agreed that we can hold our Championship within their annual 5 mile team race held on the 23rd November in Morden Park, Surrey. The race is held on open gently undulating grassland and men and women run together with a separate finish and we will extract all Southern Counties members, as occurs with the Ted Pepper Multi-Terrain Championship, to obtain our results.

As it is a team race the Association have asked that all 1st claim members of associated clubs enter under that club's name with any member of an un-associated club entering as Southern Counties Vets, as we are now an associated club. The list of associated clubs is shown below and full details of how to enter will be emailed to all members who have expressed an interest in Cross Country when they are available.

Aldershot,Farnham&District	Beckenham RRC	Belgrave Harriers
Blackheath&Bromley	Blackwater Valley Runners	Bracknell AC
Brighton&Hove City AC	Cambridge Harriers	Canterbury Harriers
City of Portsmouth AC	Clapham Chasers	Collingwood AC
Crawley AC	Croydon Harriers	Dartford Harriers
Dorking&Mole Valley AC	Dulwich Runners	Elmbridge RRC
Epsom & Ewell Harriers	Epsom Oddballs	Guildford&Godalming AC
Hercules Wimbledon AC	Herne Hill Harriers	Holland Sports
Kent AC	Kingston&Polytechnic AC	Medway&Maidstone AC
Ranelagh Harriers	Reigate Priory AC	South London Harriers
Striders of Croydon	Tadworth AC	Thames Hare&Hounds
The Stragglers	Tonbridge AC	Tri-Surrey Triathlon Club
Tunbridge Wells Harriers	26.2 RRC	Veterans AC
Waslton AC	Wimbledon Windmilers	Winchester&District AC

Many thanks,

Mick Jefferies,

England Masters Inter Area Cross Country Challenge, September 28th

David Beattie

After successfully hosting this event in 2018, Eastern Masters kindly stepped into the breach and staged the challenge over the same course in Nowton Park, Bury St Edmunds. The weather, in contrast to last year's sunshine, was blustery with a few light showers, but the going was good for short spikes or trail shoes, and I only recall one small puddle.

Travelling up by train, I met Mick Casey of Northern Masters at the station, and we shared a cab to Nowton Park. Mick is a top M70 athlete, whose company I enjoyed in at the WMA Track and Field Championships in Malaga. He was the favourite to win his age category today. At the park we met up with John Exley of Oxford City and SCVAC. John had shown me a clean pair of heels at Horwich (the BMAF 5k), and had been in great form all year. Another contender for M70 England team selection, Ken Bowman of EMAC, was entered, but did not attend on the day.

Meeting athletes from other area clubs is always a pleasure and an inspiration – some legends were present, including World-beaters like Clare Elms and Angie Copson, and many others who, like me, enjoy the intense but friendly spirit of Masters competition, even though we may finish a bit further down the field.

The course consisted of 3 large laps for the M35 to M55, measuring 8km. For the older men, running with all the women, one small lap plus 2 large laps meant we ran only 5.7km rather than the standard 6km distance. Short grass sections for faster running, a few tussocks, a winding woodland section or two, and enough up and downs to keep it honest, including the short scramble through a bomb crater, made this an interesting course.

In the "oldies" race, I was soon distanced by Mick Casey and John Exley, and I saw Angie Copson with Pete Giles of VAC. Peter is in superb form this year, and despite running well within himself, he finished well ahead of me and a clear M75 winner. I managed to finish in front of Angie, who easily won the W70 race.

The full results have long been available on the BMAF website, so I'll just focus on Southern Counties Veterans performances now.

Our first home in Race 1 was Stewart Thorpe, who was 3rd in a quality M65 race led home by Dave Butler. His Oxford City club mate John Exley ran an impressive race for 2nd M70, only 42 seconds behind Mick Casey*.

Jane Davies finished a great 2nd W40 to the outstanding Sue Cordingley of Northern Masters. Penny Forse also had a brilliant run, only losing out to Angie Copson by 4 seconds in the W70 challenge. These two ladies were our top age graded performers – 88.6% for Penny, 83.8% for Jane, with Stewart Thorp our top men's score of 82.2%.

The Inter Area Team Challenge was decided by average age graded scores and SCVAC, despite fielding only 6 men and 7 women, finished 2nd overall to local club EMAC. If only we had more men in the younger age groups!

TEAM RESULT

Team	Women	Women	Men	Men	Total	Rank
	Scorers	Av Age Grade	Scorers	Av Age Grade		
EMAC	9	78.30%	10	80.90%	79.60%	1
SCVAC	6	77.00%	7	77.10%	77.10%	2
MMAC	2		2			
NEMAA	1		2			
NMAC	2		10	82.00%		
VAC	5		10	78.50%		

SCVAC Marathon Championships

York "2nd October 2019

Report and photos Tony Rea

This year's championships were held in conjunction with the Celtic Challenge and the BMAF Marathon Championships.

Sixteen SCVAC athletes travelled to Yorkshire for the event. Of the sixteen, eleven won BMAF medals and all received SCVAC awards.

The following SCVAC runners gained second places in the BMAF race while winning gold in the SCVAC Championships; John Gurney, MV60, (below right) Jane Davis, W60 and David Winch, M70.

Alistair Pickburn (right) and Hannah Roberts (front page) won the SCVAC men's and women's M35 and W35 categories respectively and both earned bronze for coming third in the BMAF race.

Other outstanding efforts by SCVAC athletes included Joyce Bell (below) who won both the BMAF title and our SCVAC gold medal for coming first in the W65 category and at the same time only narrowly missing out on a sub five hour time of 5.01.41.



Full results can be found at <http://bmaf.org.uk/results/res2019/BMAFmar2019%20results.pdf>

FUTURE OF THE SOUTHERNER

As previously reported, I am standing down as editor and producer of our magazine in its present form. Not only do we need a new editor but also a new way forward on how we report the club's activities to our members.

Since the club took the decision to cease the distribution of the magazine free of charge to all members, a hard copy has been available for those who wish to subscribe and has been freely available on the club's website.

The number of subscribers has always been minimal and has now reached the stage where it become uneconomical to continue unless there is a significant increase in such subscribers. This is in spite of several appeals for new subscribers and the logical conclusion is that there is no desire among the membership for the magazine to continue in its present form.

Apart from the Southerner, the alternatives at present for disseminating club are the website and the emails through the Mailchip platform, both of which perform a useful service but are they enough? Or could they be made better use of?

Perhaps greater use of social media may help, however, while we may be masters athletes, we may not all be masters of social media.

Another alternative may be to continue producing the Southerner as an online publication only and those wishing for a hard copy to download a print their own.

If you think you could help with any ideas or by taking the existing format forward, please contact me at tonyrea465@yahoo.co.uk .

Tony Rea
Editor



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: tonyrea465@yahoo.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

17th November	SCVAC Half Marathon Championships	Marden
23rd November	SCVAC Cross-Country Championships	Morden Park

2020

16th February	SCVAC Indoor track & Field Championships.	Lee Valley
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NATIONAL *(Selection only: for full list of events please refer to BMAF website)*

2020

9th February	British Masters 10 mile Road Championships	Poole
23rd February	British Masters Indoor Pentathlon Championships and South of England Indoor Track & Field Championships	Lee Valley
1st March	EAMA Indoor Track & Field Inter-area Challenge	Lee Valley
7th-8th March	British Masters Indoor Track & Field & Winter Throws Championships	Lee Valley
14th March	British Masters Cross Country Championships	Corwen
19th April	British Masters 10k Road Championships	Falkirk
24th May	British Masters Mile Championships	Westminster

INTERNATIONAL

2019

16th November	British & Irish Masters Cross– Country International	Southport
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2020

15th March	England vs Celtic Nations Masters Half Marathon	Fleet
15th –21st March	European Masters Indoor Track & Field Championships	Braga Portugal
27th-29th March	European Masters Mountain & Trail Running Championships	Madeira
2nd-4th April	European Masters Road Running/Walking and Cross Country Relays Championships	Madeira
3rd May	England vs Celtic Nations Masters International 10k	Bristol
20th July– 1st August	World Masters Track & Field Championships	Toronto Canada.