

THE SOUTHERNER

The Magazine of the
Southern Counties Veterans Athletic Club

Issue No. 87

Spring 2020

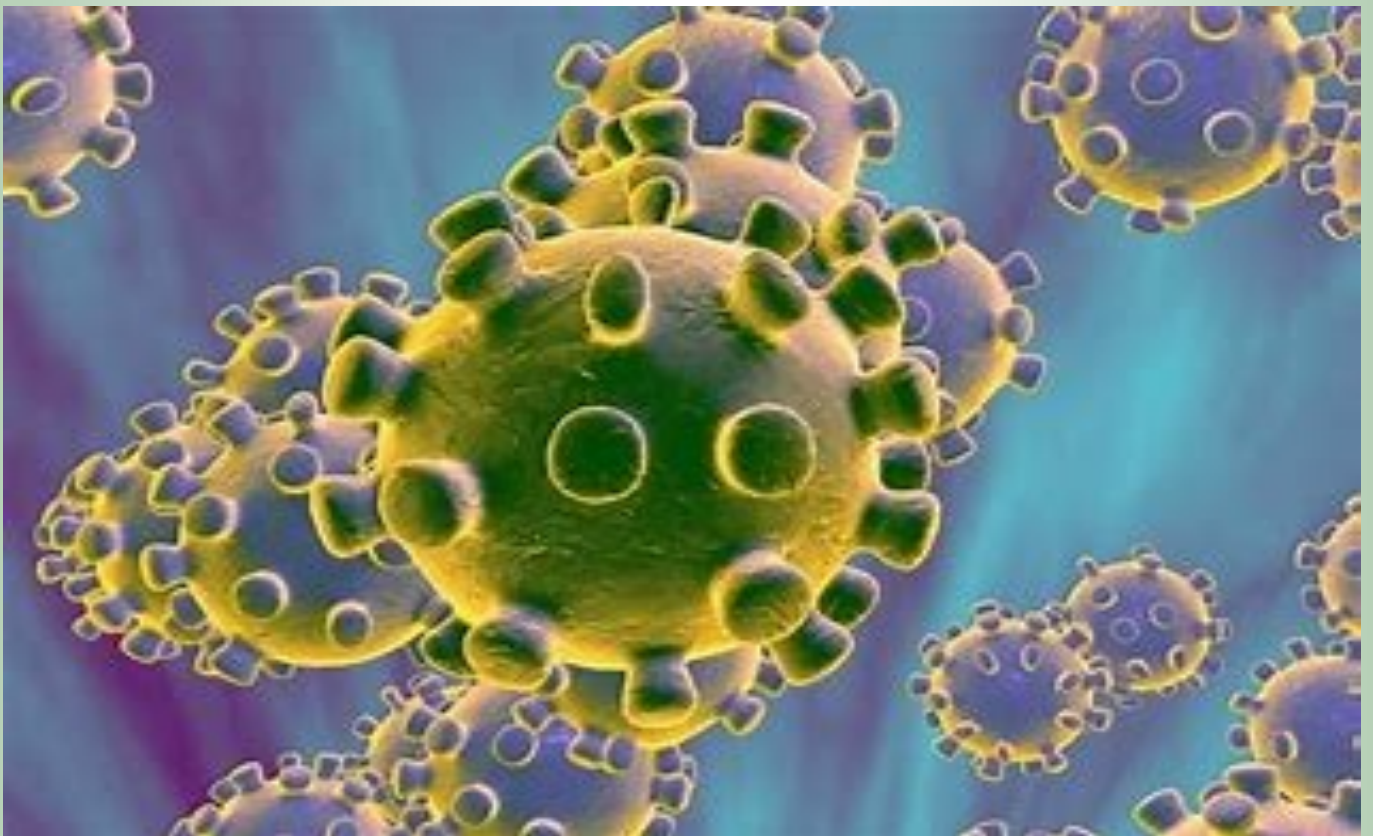
CORONA VIRUS EDITION

That this dreadful virus has devastated our sport needs, no reminder from me. This edition will, of necessity, be somewhat different from usual, It will be shorter, an “on line” edition only and I apologise to those of you who subscribe to a printed copy.

However, there are some meetings and news to report together with some commentary, so I hope you find this edition worthwhile.

Contents.

| | |
|------------------------------------------|---------|
| News | Page 2 |
| “Do have an advantage” | Page 3 |
| SCVAC Indoor Track & Field Championships | Page 4 |
| EAMA Indoor Track & Field championships | Page 6 |
| Lockdown training | Page 8 |
| Cross– Country news | Page 9 |
| Club Officers 2020 | Page 10 |
| Fixtures | Page 11 |



NEWS

This issue.

This was to be the last Southerner that I produced and, since nobody has come forward to take over, probably the last at least in its present format. Furthermore, given the present lock down measures, I have been unable to produce a printed copy, hence this edition will appear online on the Club's website only. What the future holds for our magazine is very much open.

Subscriptions.

To those of you who subscribe for a printed copy I apologise. This was the end of the last subscription period so you are owed one copy. How you will be recompensed for this I do not know at present.

Fixtures

The list of future fixtures is changing all the time and our fixtures page reflect this. The BMAF website is probably the best source of fixture information relating to Master's events and can be found at <http://bmaf.org.uk/2020/04/24/bmaf-coronavirus-statement-and-plans-for-the-remainder-of-2020/>

However in the short term, BMAF have organised a team virtual 5k, details can be found on the BMAF website

Arthur Kimber has already announced that the EAMA Outdoor Track & Field championship at Coventry set for the 12th July is cancelled.

Richard Pitcairn Knowles tells me that, unsurprisingly, the Octogenarian's parkrun set for 4th July at Bushy Park has also been cancelled. He assures me however, that it will be rescheduled when this is all over.

As far as our own cross-country season is concerned, Mick Jefferies gives a summary of the situation on page 9.

BMAF Capitation fees

BMAF have reduced this year's capitation fee for each member from £5 to £2.50, in view of the interruption to organised sport due to the coronavirus pandemic.

As SCVAC subscriptions through OpenTrack have already been paid up to next January, a review will take place when restrictions are lifted, and then a calculation will need to be made what the subscription for 2021 should be.

Example calculations - 3 months without competition, reduce subs by £5. 6 months without competition, reduce subs by £10

Tony Rea
Editor



The following is reproduced from the BMAF website by kind permission of the author, Bridget Cushen.

“Do we have an advantage”

“I was once on a training course when an experienced Coach engrossed his audience with his opening remarks, he said: “It is estimated that for every year you train; your body will reap the benefits in some form or other for another two years”.

I have often reflected on that and experience has shown him to be largely correct. Many of us are still able to buy our same size clothing; we walk up the stairs, we do not struggle to carry our shopping etc despite tempis fugit. However, that is no guarantee against any illness, but it is true that a fit conditioned body recovers that much quicker.

We are all now in lock-down; that does not stop us from doing some form of training and maintaining that level of fitness ready to go when all is clear.

You may use this time to work on weaknesses, mobility, strength etc. and the Web is awash with helpful videos etc. We have all at some time in our athletic career experienced set backs through injury, career or location change, but the lure of competing against your age peers, the stimuli of competition and the camaraderie is just irresistible. It is always there with plenty to look forward to whatever your age or level of fitness, whether you compete in Field events, sprints, the jumps or running, Masters athletics provides it.

Keep safe; keep fit !”

Bridget Cushen



SCVAC INDOOR TRACK AND FIELD CHAMPIONSHIPS – LEE VALLEY – 09.02.2020

WORDS – ARTHUR KIMBER

“Again a near record turnout of athletes provided excellent competition.”

MEN'S EVENTS

In the M35 events guest Mark Berridge easily won the 800m. in a very fast 1:56.21 and Michael Shortall was very busy , competing in five events, winning four, the 200m. in a very closely contested race, in 24.31, 60m. hurdles in 8.94, long jump in 5.67 and triple jump, 11.13, and taking second place in the 400m. in 56.86. Mensah Elliott stood out in the M40 group, winning the 60m. hurdles, 8.40, while guest Glen Scullion recorded a fine double, 60m, 7.55 and 200m, 24.12.

The M45 category featured a large number of athletes, Craig Beecham being the most successful with victories in the 60m, 7.6 and long jump, 5.90, and a second place just behind guest Yimka Opaleye in the 200m, 25.48 to 25.64. Guest Giuseppe Minetti stood out in the M50 group, recording a fine sprint double winning the 60m. in 7.57 and 200m. in 24.65, while guest Justin Reid easily won the 3000m. in 9:28.32.

Wole Odele was the busiest and most successful in the M55 group, taking golds in the 60m, 8.05, 400m, 59.97 and 800m, 2:20.77, a wafer thin victory by 0.01 of a second and Barrie Marsden won the 60m. hurdles in 9.12. Guest Ricardo Huskisson took a fine sprint triple in the M60 category, 60m, 8.16, 200m, 26.39 and 400m, 62.11, and John Fenton easily won the shot with 12.00.

It was good to see middle distance record breaker M65 Dave Wilcock back on the track after a long absence taking the gold in the 800m. easily in 2:27.97, and BMAF treasurer guest David Oxland getting under eleven minutes for 3000m, 10:59.55. Recently turned 70 David Spencer won an excellent double with 200m, 29.41, and 400m, 68.94, guest Bruce Hendrie won a closely contested 800m. in 2:54.66 and guest Geoff Tyler threw a long 13.06 to take the shot easily.

Ron Davies was the busiest M75 athlete, competing in four events, winning three, 200m, 32.74, long jump, 3.66 and shot, 7.91, and second to guest Allan Long in the 60m. with 9.70. Well known international race walker and Guest Arthur Thomson, recorded 21:34.41 to win the M80 3000m. walk.



WOMEN'S EVENTS

Lisa Boland took W35 golds in the 60m, 8.11 and 200m, 26.92 and there was a very low turnout of W40 athletes, only three. The W45 group was much better represented, with the versatile Diana Norman taking five golds, 60m hurdles, 9.81, 800m, 2:25.49, high jump, 1.55, long jump, 4.98 and shot, 11.55. W50 Diane Wright, in two closely contested races, won the 60m, 9.35, just beating guest Rachel Waters, 9.38, but had to settle for second in the 200m, 31.74, behind Rachel in 31.22.

In the W55 group international record holder Clare Elms (*pictured right*) won two events, her specialist 800m. in 2:26.37, and dropping down to take the 400m. in 68.68. Newcomer Eni Font Freide won the 60m. in 9.08 and guest Gaye Clarke the 60m. hurdles in 11.35.

The W60 category also had a low turnout of athletes, only four. W65 Joan Trimble ran 9.44 to take the 60m. gold and Sue Dassie took gold in the shot with 8.99. Noel Blatchford race walked the 3000m. for a gold in the W70 category with 19:35.60, and two oldest long serving athletes and guests, Dot Fraser and Betty Strachey, showed their staying power, Dot winning 60m. and 200m, 16.01 and 62.01 and Betty 800m. and 3000m, 4:33.67 and 20:30.2.



I hope that things will get back to normal for next year's indoor championships.

Octogenarians gather at Bushy Park parkrun in 2019. This year's event has been cancelled, see page 2.



EAMA INDOOR TRACK AND FIELD CHAMPIONSHIPS – LEE VALLEY

01.03.2020

Six clubs took part in the match and Midland Masters easily won both men's and women's competitions and so took overall top position winning all three trophies. Seven CBPs were set, four by men and three by women. SCVAC took fourth place in the men's events with 156 points, fourth also in the women's events, 135, but third overall, 291.

All athletes mentioned are SCVAC members, except others who have their club name added.

MEN'S EVENTS

In the sprints Wole Odele (*pictured right*) won the 400m in the M50 group, 58.05 and David Spencer the same event in the M70 group, 66.03, a CBP. Vic Novell was second in the M70 60m, 8.80, and Adam Bellis (*pictured below left*) was third in two fast races, 200m, 23.83 and 400m, 52.73. In the distance events M50 Mark Symes recorded a fine double taking the 800m. in 2:10.96 and 1500m. in 4:19.69. Malcolm Martin easily won the M60 2000m. walk in a CBP of 11:00.85. Two fine runs in the 60m. hurdles were achieved by Mensah Elliott, winning in 8.17 in the M35 race and Barrie Marsden taking second place in the M50 race, 8.97. Only one SCVAC team, M70, competed in the 4x200m. relays and took second place, 2:23.52, with Vic Novell, Ron Davies, John Exley (*pictured below right*) and David Spencer.

In the high jump Duncan Talbot easily won the M60 group with his clearance of 1.42, while Gary Capon took second place in the M50 competition with 1.50 and followed this with another second place in the

triple jump, 9.73. M60 Trevor Wade won the long jump with 4.34 and Ron Davies in the M70 competition took second place, 3.59. In the shot John Fenton won the M60 event with 11.43 and Allan Leiper took second place in the M50 event, 11.90.

Two CBPs were set by MMAC's M35 Dominic Bradley, in the 200m, 22.96, and VAC's Giuseppe Minetti, in the M50 200m, 24.62.

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WOMEN'S EVENTS

EUROPEAN RECORD FOR JULIA MACHIN

In the sprints newcomer Vanessa Grant, W35, recorded a fine double victory, 60m, 7.93 and 200m, 26.63, while Joan Trimble took the W60 60m. in 9.30 and Michele Wakefield was second in the W50 event, 9.24. W60 Helen Godsell won the 400m, 73.99 and was narrowly beaten into second place, 32.08 to EMAC's Edith Caux, 32.05. Diana Norman (*pictured right*) won the 800m. in 2:24.67 and the 60m. hurdles in 9.54 and added a second place in the 400m, 61.53.



Diana's sister, Julia Machin set her W45 European record of 1.65 in the high jump, won the long jump with 5.40, the triple jump with 10.49 and was second in the shot with 10.63. In the W60 group Teresa Eades (*pictured below right*) won the long jump with 3.91 and took second place in the high jump, 1.24. Vilma Thompson, back from surgery, won the W60 shot, 9.29 and Liz Sissons the W70 shot, 7.87. As an W70 Noel Blatchford (*pictured left*) won the W60 2000m.walk in

13:24.41.

CBPs were three MMAC athletes, Sally Hine, with 10.34 for the W60 60m, Tina Wickens, with 65.06 for the W50 400m, and Carolyn Derbyshire in the W35 2000m. walk, 10:32.77

TEAM SCORES

| | MEN | WOMEN | OVERALL |
|-------|-----|-------|---------|
| MMAC | 207 | 167 | 374 |
| EMAC | 188 | 149 | 337 |
| SCVAC | 156 | 135 | 291 |
| VAC | 165 | 110 | 275 |
| WMAA | 125 | 148 | 273 |



Training in the Covid19 Lockdown

Dave Beattie and Vilma Thompson with a few observations on training with social distancing.

Within the Government social distancing guidelines, distance runners are perhaps the least affected group of athletes. Our one exercise outing per day can be our training session, with steady runs on roads or bridle paths, and faster sessions wherever is suitable – perhaps a deserted football pitch or a quiet stretch of tarmac.

As a grandparent, being denied access to my grandchildren except via Skype and WhatsApp video calls means that I have free time normally occupied by child minding. I also find I have more energy for training.

The indefinite months of lockdown are a challenge, with no obvious races to target: if we're not careful, each day can be like Groundhog Day, and training can become boring. I used the first 4 weeks to improve my aerobic base fitness with plenty of easy runs. I stepped down the mileage for a recovery week, before introducing a few challenging sessions that require easy days or rest days afterwards.

The good weather has been a blessing, and my runs have shifted to earlier in the day to avoid the heat. This is also when roads and footpaths are much quieter, removing the need to take avoiding action to maintain that 2-metre gap.

I have had to change a few routes – my favourite location for a hill session, a bridle path, with carpets of bluebells either side, has become a destination for many family walkers. If it is busy, I detour to a slope on a quiet country lane nearby, with no bluebells, and only farm smells for company (the recent muck spreading was a distraction).

Sometimes I've had to switch my planned session to something else, for instance when there were too many dog walkers in a park to safely do 100m strides on grass, or when I turned a corner to find a head-on collision had blocked a country lane with ambulances and police cars.

My two sons have also been running and have shared their routes with me on Strava. I am a newcomer to this App and I have no desire for lots of "followers", but it has been fun getting daily reports on my sons' progress or occasional setbacks. I've also had fun writing a training program for my son-in-law and helped him set a new PB for the 5k distance.

My only injury niggle has been a tight calf, due to an over-enthusiastic attempt at a strength and conditioning session. I missed a day of outdoor exercise when I waited in all day for a nurse to visit, as part of the random sample testing for the coronavirus. This led to the burst of energy with the exercise session, and the calf injury. I think the mantra for me in these strange days should be "curb your enthusiasm!"

I imagine the field eventers are finding the lockdown much tougher – it would be interesting to hear how the jumpers and throwers are managing to train in these strange times.



Dave Beattie

While for runners training may be more straightforward, for field athletes without access to their sport's facilities, it is more difficult as **Vilma Thompson** explains

"I don't know who other field athletes train during the lockdown. I don't have a garden so I make use of my sitting room riding my exercise bike, running on my trampoline, pilates, stretching bands and a few dumbbells. Some athletes have gardens with throwing areas. Unfortunately I live in the centre of London near the river Thames."



CROSS-COUNTRY NEWS.

Mick Jefferies.

Here's a resume of the current Cross-Country/ Multi-Terrain position.

The Ted Pepper 10k has been cancelled for this year and I think it very unlikely that we could find an alternative to hold the championships in, even if we were able to hold competitive events this year, so hopefully come next May we will be able to stage it as normal once again.

Currently the masters International Cross-Country is scheduled for Saturday 14th November in Dublin with the selection race for the England team down for Saturday 10th October within the North Midlands race in Derby, at this stage no decision has been taken over whether these events can be held and we will send out further advice when a decision is made.



In the meantime let's take advantage of the opportunity we have been given to keep running and hopefully we will all stay well

Mick Jefferies,

Cross-Country Secretary.

Club Officers for 2020

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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
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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 2020

This is the latest situation in early May. This is changing day by day so please see BMAF and SCVAC websites for up to date information.

SOUTHERN COUNTIES VETS AC

| | | |
|---------------|-----------------------------------|----------|
| 19th July | SCVAC Half Marathon Championships | Caterham |
| 5th September | SCVAC League Final | Ashford |
| 18th October | SCVAC Marathon Championships | York |
| 1st November | SCVAC 10k Championships | Beckley |

NATIONAL *(Selection only: for full list of events and further details please refer to BMAF website)*

| | | |
|------------------|----------------------------------------------|----------|
| 19th July | British Masters Half Marathon Championships | Caterham |
| 22nd-23rd August | British Masters Track & Field Championships | Bedford |
| 10th October | England Masters Cross Country Selection Race | Derby |
| 18th October | British Masters Marathon Championships | York |

INTERNATIONAL

| | | |
|---------------|-----------------------------------------------------|--------|
| 14th November | British & Irish Masters Cross-Country International | Dublin |
|---------------|-----------------------------------------------------|--------|

Please see BMAF website for latest information of further Internationals