

THE SOUTHERNER

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Southern Counties Veterans Athletic Club

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Summer 2020



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Penny Forse, FV70, who achieved an age grading of 92.9% in the BMAF virtual 5k race, see page 3.

CHAIRMAN'S REPORT – AUGUST 2020

Since the last issue of The Southerner we have been in lockdown, so no fixtures have taken place, the outdoor track and field championships, the evening track and field league and consequently the now unnecessary final, and all road races. So athletes have faced serious restrictions on their opportunities to train. Runners and race walkers have generally coped well on roads and in parks, but athletes requiring more specialised facilities, jumpers and throwers, have been seriously affected. However many athletes have made the best of a bad job, competing in virtual races and raising money for charity. Thanks to all who organised these events and took part.



Looking forward there is a chance that some fixtures will take place in the autumn, we still await a decision on the British and Irish Cross Country International in Dublin in November, and for 2021 the dates for the indoor championships, Sunday, February 28th and the indoor inter area, Sunday, March 14th, have been fixed.

In the meantime, keep training, fit and safe.

Arthur.

NEWS

- As lockdown eases, certain restrictions on athletic competitions have been eased. The latest information and guidance on this can be found on the BMAF website at <http://bmaf.org.uk/2020/07/09/guidance-update-for-restricted-return-to-activity-for-coaches-leaders-athletes-runners-and-facilities-step-2/>
- In spite of these easements, it has been decided that the South of England Masters Championships set for Lee Valley on 20th September 2020 would be “meaningless” and have hence been cancelled.
- In the meantime, many virtual events have taken place including the BMAF virtual 5k relays. Many SCVAC members enthusiastically took part in these and their efforts have been extracted from the overall results by Dave Beattie. A report including comments and analysis of the results can be found on page 3.
- **(Pictured right is Mark Symes , overall first place of SCVAC athletes)**



Tony Rea
Editor

Cross-Country News.

Mick Jefferies.

As the move towards actual competition starts to move cautiously forward I thought a reminder about the dates for the Masters International race and our own club championships might be appropriate although they are obviously very dependent on the prevailing circumstances. The Masters International is scheduled for Dublin on Saturday the 14th November and I understand EAMA are hoping to hear sometime this month from their colleagues in NI what the position is with regard to that race, in the event that it gets the go-ahead the EAMA had proposed a selection race for the England team within the North Midlands XC League race in Derby on 10th October but again this would depend on the circumstances applying here at the time. We will let you know any details as soon as we hear them.

It is proposed to hold the SCV Championships within the South of the Thames 5 mile race again this year and this is scheduled for Saturday 21st November in Morden Park, again this depends on what is/isn't allowed at the time and again as soon as we hear anything we will let you know. *(Start of last year's race shown below)*

In the meantime the well known race organisers Nice Work have proposed some local 5k/10k road races for later this month and have kept busy throughout the summer with a series of very popular virtual races from 1K to Half Marathon distances which has enabled your correspondent to collect 3 MV70+ prizes at 5K.



Mick Jefferies

Cross-Country Secretary

BMAF Virtual 5k relays.

SCVAC Individual results.

There were some outstanding individual performances by SCVAC athletes in this virtual challenge.

Mark Symes was the first M50 SCVAC athlete, the first M50 overall with a time of 15:42 and with an outstanding age grading of 94.7%. (Picture on page 2)

Penny Forse was the first overall individual W70 athlete with a time of 23:02 and an age grading of 92.9%. (Picture on front page) Anne Dockery was second to Penny overall in the W70 category with a time of 24:14 and another outstanding age grading of 89.6%.

SCVAC Results shown on next page.

Of the forty SCVAC athletes who took part, twenty achieved age gradings in excess of 80%, (see page 6)

SCVAC Athletes' individual performances within their teams are shown on page 7.



SCVAC Athlete competitors.

Celia Findley (above left).

Dave Beattie (above)

Stewart Thorp (below left)

Mick Jefferies (below)



SCVAC Athletes' results: BMAF Virtual 5k.

Overall.

Place	Performance	First Name	Last Name	Category	Gender	Age Group	Team	AGP
39	15:42	Mark	Symes	M50	M	V50	AFD	94.7%
45	15:47	Craig	Halsey	M40	M	V40	BRIHC	87.5%
298	17:09	Darren	Bradley	M50	M	V50	AFD	86.0%
303	17:10	Simon	Cooper	M45	M	V45	AFD	84.0%
332	17:18	Peter	Sansome	M45	M	V45	WADAC	82.2%
422	17:35	Ian	Mcgilloway	M45	M	V45	FOLKR	81.4%
436	17:38	Nick	Wood	M45	M	V45	WADAC	80.6%
471	17:43	Kate	Rennie	W45	F	V45	DACT	89.5%
626	18:09	Alun	Rodgers	M50	M	V50	MEDM	83.8%
723	18:23	Liz	Weeks	W35	F	V35	TONB	82.1%
857	18:45	Jon	Hannan	M40	M	V40	SOTON	74.7%
983	19:01	Nichola	Evans	W35	F	V35	TONB	78.7%
1088	19:20	alan	buckle	M60	M	V60	TONB	83.3%
1098	19:22	Elinor	Skinner	W40	F	V40	SLH	80.5%
1110	19:24	David	Gill	M60	M	V60	WARRA	83.7%
1153	19:32	Philip	Coleman	M55	M	V55	TONB	79.1%
1246	19:48	Mark	Pitcairn-Knowles	M50	M	V50	TONB	76.9%
1256	19:50	Stewart	Thorp	M65	M	V65	OXFC	86.2%
1256	19:50	David	Wilcock	M65	M	V65	BARN	84.7%
1354	20:07	Caroline	Wood	W55	F	V55	ARE80	88.9%
1354	20:07	Bob	Furse	M55	M	V55	MEDM	77.5%
1392	20:14	Paul	Gasson	M65	M	V65	ARE80	83.0%
1653	20:57	Susan	Francis	W50	F	V50	READ	78.9%
1699	21:08	Cath	Stibbs	W45	F	V45	KEN	74.4%
1732	21:13	David	Kemp	M60	M	V60	ARE80	75.9%
1807	21:26	Desmond	Michael	M70	M	V70	BARN	81.5%
1933	21:48	Alan	Roberts	M55	M	V55	VOA	70.9%
1938	21:49	Jenny	O'Connor	W50	F	V50	NEWB	75.7%
1954	21:51	Anthony	Lintern	M65	M	V65	CRAW	78.3%
2182	22:36	John	Exley	M70	M	V70	OXFC	79.3%
2187	22:37	Walter	Hill	M65	M	V65	CRAW	74.3%
2192	22:38	Dave	Beattie	M70	M	V70	CRAW	79.1%
2217	22:43	Hannah	Waters	W35	F	V35	AFD	65.9%
2318	23:02	Penny	Forse	W70	F	V70	STUBG	92.9%
2321	23:03	Celia	Findlay	W55	F	V55	DACT	77.6%
2579	24:14	Anne	Dockery	W70	F	V70	BRIW	89.6%
2616	24:27	Tony	Brackstone	M75	M	V75	SHJ	79.5%
2631	24:31	Michael	Jefferies	M70	M	V70	DRAGL	73.1%
2721	24:58	Tony	Rea	M75	M	V75	DRAGL	76.4%
2898	26:15	Adrian	Essex	M65	M	V65	LONH	65.8%
2950	26:46	Jeremy	Carmichael	M65	M	V65	CRAW	62.8%

SCVAC Athletes' : BMAF Virtual 5K.

Age Graded results.

Place	Performance	First Name	Last Name	Category	Gender	Age Group	Team	AGP
39	15:42	Mark	Symes	M50	M	V50	AFD	94.7%
2318	23:02	Penny	Forse	W70	F	V70	STUBG	92.9%
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SCVAC Athletes' Team Results

SCVAC Athlete	Club Team	Place and Age Category of Team	Total Number of BMAF Teams in Age Category
Stewart Thorp John Oxley	Oxford City AC.	1 st M65-74 team	24.
David Willcock Des Michael	Barnet & District AC.	2 nd M65-74 team	24.
Elinor Skinner	South London Harriers	2 nd W35-44 team	87.
Caroline Wood	Arena 80 AC	3 rd W55-64 team	46
Mark Symes Darren Bradley Simon Cooper	Aldershot and Farnham District AC.	3 rd M45-54 team	116
David Gill	Warrington AC	3 rd M55-64 team	75

Full results of these virtual relays can be found at:

<http://bmaf.org.uk/british-masters-virtual-events/>

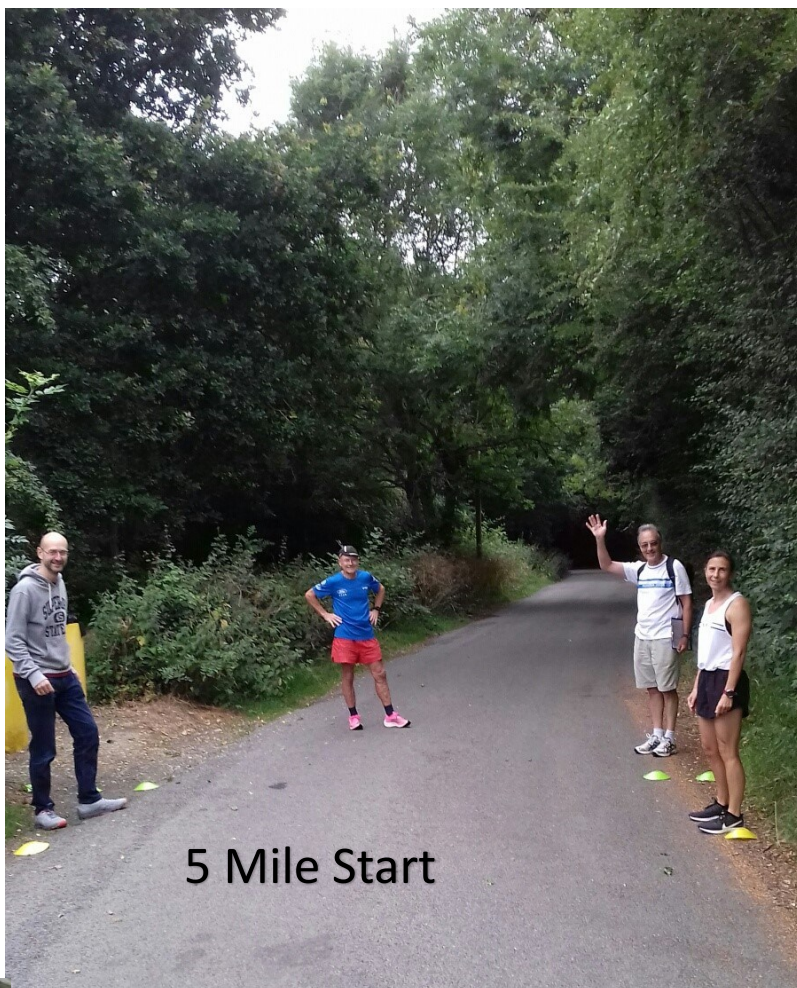
Dave Beattie reports on his club's efforts to recommence competition as lockdown eases.

For athletes, one of the frustrations of lockdown has been the lack of competition – after all, that is why we train. Maintaining motivation is a challenge without some finite goals. The popularity of the BMAF Virtual 5k Relay Challenge showed that demand exists for even a shadow of true head-to-head contests.

Within my club, Crawley AC, we have been staging a monthly 5k challenge. The rules are much the same as the BMAF event – a loop course, or an out and back course, with no overall descent. Screen shots from Garmin or Strava provide the evidence.

I maintain a spreadsheet of all times submitted, and although the numbers submitting performances in July is slightly down on the June submitted times, there is enthusiasm enough to keep the challenge running through August.

In normal times we would have held two club



5 Mile Start

championships in early Spring. The oldest established race is over 10 miles with a cup donated by Robin Deakin (a real character and great support man in the London to Brighton race), and in later years we added a 5 mile championship.

I donated a cup in 1998, so this race became known as the Beattie 5. Both races are staged over a road loop in a semi-rural location on the outskirts of Crawley. They have always been yacht handicaps with the slowest runner off first, with the first across the line the winner.

I considered the rules on social distancing and decided to try an experiment.

For the handful of runners who signed up for the challenge I calculated their 5 miles handicap based on recent 5k performances, together with any actual 5 mile times in the recent past.

The handicaps remained sealed until all runners had finished.



Amelia Finis

Next I worked on start times and projected finish times – with the aim of safely spacing both start and finish. The slowest runners were sent off first and the fastest later, but with the intention of achieving any overtaking around the quietest rural part of the course.

I explained to the runners that faster runners would overtake slower ones at some point, and asked for overtaking to be decisive (no drafting allowed). Also everyone should keep running as hard as they could – the sealed handicap decided the winner, not the finishing positions.

We settled on an 8.30 am start when the roads would be quiet.

On Friday, I checked the course, cut back some nettles overhanging a footpath, and ran round the route against a self imposed handicap, declaring myself a non scorer. On a muggy day I was off the pace from the start, and well outside my own target.



Tony Lintern

That night, an email from one of the runners, Mark, said that he was awaiting the result of his son's Covid 19 test, and would be unable to attend unless a negative result came through in time.

Saturday July 25th was a slightly damp day for spectators but ideal for runners. I arrived early to set out some marker cones to remind everyone of the 2-metre rule. To my relief, Mark appeared, as his son was clear of virus.

Walter Hill (SCVAC Committee and BMAF Chair) was unfortunately a late withdrawal with a bad throat, but he turned out to cheer the others on. Training companions Gary and Julie were also out in Ifield Wood to shout encouragement, which was much appreciated.

Everybody followed social distancing rules and the handicaps and start times ensured there were gaps between finish times.



Sue Aldridge

James was a late starter, as his dog left him a message in the hall!

We had 3 guest runners - Gail , her friend Matt, and Amelia's brother Luke.

Thankfully it went very smoothly, with the injured warriors Martin (sciatic nerve) and Jeremy Carmichael (SCVAC Committee) (knee) looking after the timekeeping and administration.

There were several fine performances:

Anne ran a brilliant new PB on the course of 32.28 beating her sealed handicap by over a minute. Anne's run was a solo effort on Tuesday, as she was working on Saturday. As a key worker she was allowed this solo run, as it offered no advantage. Michael was also working Saturday and ran solo on Tuesday.

Amelia smashed through 30 minutes, running 29.17 versus her sealed handicap of 31 minutes!

Tony Lintern (an SCVAC member) ran his best race for several years - against his handicap of 37.15 he stopped the watch at 35.08, beating his handicap by 2.07. To achieve 7 minutes a mile for 5 miles at Tony's age (68) is a fine achievement, and Tony was the worthy winner of the Dave Beattie Cup for 2020.

The three runs above all scored over 80% on age graded percentage. and Amelia's run was worth over 85% We are now reviewing how we might be able to stage a safely distanced Deakin 10 Miles challenge, perhaps in September. There is enthusiasm for the idea, and guest runners Gail and Matt have expressed interest in joining Crawley as they had such fun in the 5 miles.

Pete Bennett, who coaches the group, is recovering from a nasty attack of Shingles – He enjoyed reading of these performances.



I hope all SCVAC members are finding ways to stay motivated and keep fit and well, and would like to read of your own activities in lockdown.

Dave Beattie

Club Officers for 2020

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:

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Road Running Secretary:

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

Race Walking Secretary:

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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 2020

All fixtures subject to revision/cancellation due to the on-going coronavirus pandemic.

SOUTHERN COUNTIES VETS AC

1st November	SCVAC 10k Championships	Beckley
2021		
28th February	SCVAC Indoor T&F Championships	Lee Valley
14th April	EAMA Indoor T&F Inter-area Challenge	Lee Valley

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

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
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Please see BMAF website for latest information on all fixtures