

THE SOUTHERNER

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Southern Counties Veterans Athletic Club

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**SUE YEOMANS, WINNER OF THE SCVAC POLE VAULTER OF THE YEAR TROPHY 2020,
BEING PRESENTED WITH HER AWARD BY JEREMY CARMICHAEL.**

**Sue achieved an outstanding age grading of 104.78 to win her trophy which was pre-
sented at the AGM. Report and pictures on page 9**

NEWS

Life membership.

Vilma Thompson has been awarded life membership of the SCVAC. The news was announced at the AGM by our chairman Arthur Kimber who also made the presentation.

Vilma is our new member's secretary and a long standing member of the club having contributed to its activities for many years. Vilma, who is now a FV65, is an accomplished "thrower" having won many titles as principally as a shot putter but also in hammer and discus competitions. Vilma, who is a member of Belgrave Harriers, has also competed in the pentathlon. Congratulations Vilma for attaining this prestigious award.

London Marathon place.

The draw for the club's one and only London Marathon place was made at the AGM. Karen Samuel (*right*) was the lucky winner and our congratulations and best wishes for her training for the event go to her



Masters International Cross Country Challenge 2020

Next year's race will take place on Saturday 14th November in Dublin and the procedure for selection has been changed. There will now be a selection race to help choose the team, this race will take place on Saturday 10th October and is incorporated within a North Midlands XC League race in Markeaton Park, Kidlesdon Road, Derby, DE22.

Full details of the event and how to enter are shown on both the EAMA and BMAF websites but if anyone has any queries please contact Mick Jefferies who will try and answer them.

SCVAC Multi-terrain Championships

These will be held as usual this year within the Ted Pepper 10k. However, this year it will be held on FRIDAY 8th May since the Monday May Bank Holiday, which would have been on the 4th May, has been moved to this date, (75th anniversary of VE Day).

SCVAC Road running championships programme 2020.

Details of this has been organised and published by Mark Champion and is reproduced on page 11 and our fixture page. All entries this year should be via "open-track"

The Southerner.

The next issue will be the last in its present form unless someone can come forward and rescue it. If you think you can help with some new ideas, then please contact me soon.

Tony Rea

Editor



Roger Bruck presented with his Trophy at the AGM, see page 9

SCVAC HALF MARATHON CHAMPIONSHIPS

Marden, Sunday 17th November 2019

This year, the SCVAC Half Marathon Champs were held at Marden in Kent, it was a great little race on mostly quiet roads, flat apart from a couple of railway bridges, with clear conditions and no wind.

As a result we had a number of good results, with Trevor Edgley being the pick of the performances with an age grading of 77.81%, he also won the V70 trophy in the open race as did Mark Champion in the V50 category.

Mark Champion, Road running secretary

SCVAC Marden Half Marathon Results

Name	Age Cat	Time	Age Grade
Mark Champion	V50	01:25:47	76.61%
David Sancto	V55	01:29:19	76.26%
Ian McCarthy	V60	01:52:46	65.12%
Peter Watts	V65	01:52:12	68.82%
Trevor Edgley	V70	01:42:27	77.81%
Tony Rea	V75	01:54:33	74.81%



From left to right;

**Peter Watts, Tony Rea, David Sancto, Trevor Edgley and Mark Champion,
(more photos overleaf).**



Masters International Cross Country, Aintree November 16th

Here are the details of the SCVAC members from the Masters International Cross Country held on Saturday the 16th November on the infield of Aintree Racecourse, 6K for ladies and 65+ men, 8K for the remaining men although all our runners were in the 6K races, of which there were two, 35-64 ladies and a mixed race for all 65+ runners, these shorter races consisted of 3 flat laps on meadow-like grass with one side of the loop very wet and heavy and this was unfortunately the finishing side.

Caroline Wood W55 : 24.43 :
71st out of 119.

Jane Davies (**Right**) W60 :
25.53 : 91st out of 119.

Penny Forse W70 : 27.59 : 38th
out of 94.

Stewart Thorp M65 : 24.10 : 10th
out of 94.

All four SCVAC runners were part of the winning England teams in their age categories and although not quite so dominant as last year England were the overall victors in the match, leading in 12 of the 17 contested groups.

A special mention should also be made to Celia Findley, Des Michael, and Dave Moorkite who were selected as reserves and came along to support the event and also to Dave's wife Janice who accompanied him as well and who all got to run in the open race that closed the proceedings.

Mick Jefferies, Cross-country secretary.



England team prior to competition.



Caroline Wood



Penny Forse



Stewart Thorp



Celia Findley



Janice & Dave Moorkite



Start of W70 Race

SCVAC CROSS-COUNTY CHAMPIONSHIPS 2019

The club's 2019 Cross Country Championships took place on Saturday 23rd November within The South of the Thames 5 Mile Team Championship event on Morden Common, this is a three lap race on gently undulating grass but after all the recent rain soon became very cut up and heavy going, described by many runners as a "proper cross country" .

There were some exceptional performances by club members, Sally Judd (**Right**) (FV40) and Maria Kowal (**Below left**) (FV35) both making the top 12, and 6 of the ladies finishing in the top 100 followed by Sue James (**Bottom right**) (FV65) finishing 104th on her first run since spiking her calf 8 weeks ago.

For the men Mark Wilkins(MV35) produced a great run to finish 20th with Adrian Haines(MV50), Simon Bean(MV60) and Alun Rogers(MV50) all finishing in the top 100 as well. Full results shown below.

We are very grateful to The South of the Thames Association for accommodating us in their race and we hope to repeat the arrangement next year if club members are happy with this.

Many thanks to you all for taking part.

Mick Jefferies, Cross-country secretary

Full results overleaf



Name	Category	Time	Position	Medal
Maria Kowal	FV35	32.29	F12	Gold
Sally Judd	FV40	32.01	F9	Gold
Mary James	FV40	35.00	F24	Silver
Lin Skinner	FV45	33.46	F19	Gold
Sally Carr	FV45	41.00	F75	Silver
Sue Dixon	FV50	37.08	F48	Gold
Sue James	FV65	46.20	F104	Gold
Mark Wilkins	MV35	28.21	20	Gold
Adrian Haines	MV50	31.06	63	Gold
Alun Rogers	MV50	31.36	74	Silver
Mark Pitcairn Knowles	MV50	32.53	103	Bronze
Martin Hawkins	MV55	38.36	192	Gold
Terry Barnes	MV55	45.39	219	Silver
Simon Bean	MV60	31.22	68	Gold
Ian McCarthy	MV60	41.09	205	Silver
Alan Newman	MV65	37.51	184	Gold
Rob Wood	MV65	41.50	212	Silver
Dave Beattie	MV70	37.59	187	Gold



Ian McCarthy (*upper left*)

Rob Wood (*Upper centre*)

Alan Newman (*Upper right*)

Mick Jefferies presenting
Dave Beattie with his gold
medal (*Left*)

SCVAC annual awards 2019



Award winners from left to right: Sue Yeomans, Teresa Eades, Helen Godsell, John Fenton, Liz Sissons, Dean Angell, Roger Bruck and David Crossland. (More photos overleaf)

The annual award ceremony took place at the conclusion of the AGM on the 6th December 2019. The meeting was very well attended with the majority of award winners being present. As can be seen from the age gradings of the winners, some outstanding performances were achieved. The most remarkable of these was that of Sue Yeomans with 104.74 for her pole vault award and a British record for Darren Scott.

Award	Athlete Name and Group	Performance	Age Grade
Female Sprinter	Helen Godsell W65	100m. 14.27	99.41
Male Sprinter	Darren Scott M50	100m. 11.47 BR	95.72
Female Distance	Ana Ramos-Villaverde W45	2000mSC 8:16.29	85.15
Male Distance	David Crossland M60	800m. 2:26.33	86.95
Female Thrower	Liz Sissons W70	Shot Putt 8.22	85.34
Male Thrower	John Fenton M60	Javelin 45.51	69.85
Female Jumper	Teresa Eades W60	High Jump 1.28	87.62
Male Jumper	Roger Bruck M75	High Jump 1.15	83.61
Over 70	Moira West W70	100m. 15.35	96.55
Pole Vault	Sue Yeomans W65	PV 2.65	104.74
10k. Road	Sue James W65	10k. 51.00	51:00
League Final Points	Janet Dickinson W50	40 points	Na
Ina Champion Trophy	Dean Angell M55	10k 36.57	86.53



Liz Sissons



Helen Godsell



John Fenton



Dean Angell



Teresa Eades



David Crossland

2020 SCVAC Road Race Champs

The 2020 SCVAC road race program has just been finalised, it includes an old favourite, a completely new race to SCVAC 10k, and we're combining the Half and Marathon with our friends at BMAF. Details and entries for all race via the BMAF Website.

10 Mile

Race : Folkestone 10 mile

Date : Friday 10th April

Time : 11am

Price : £17

Closing date : 29th Mar

Website <http://www.folkestone10mile.co.uk/>

Half Marathon

Race : Caterham Half Marathon

Date : Sunday 19th July

Time : 9am

Price : £23

Closing date : 12th July

Website <https://www.nice-work.org.uk/races/caterham-half-marathon>

Marathon

Race : York

Date : Sunday 18th Oct

Closing date : 30th Aug

Website <http://bmaf.org.uk/fixtures/#nat>

10k

Race : Beckley 10k

Date : Sunday 1st Nov

Time : 11am

Price : £16

Closing date : 21st Oct 2020

Website <https://www.nice-work.org.uk/races/beckley-10k>

Hope to see you at some, or all of our races.

Finally don't forget that the athlete with the highest age grade score in the 2020 season will win

the **Ina Champion Trophy**. Last year it took 86% to win it and I expect that 2020 will be no different.

Mark Champion. Road Running Secretary

SCVAC ANNUAL GENERAL MEETING

Victory Services Club 63-69 Seymour Street, London SW1 2EP Friday 6th December 2019, 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	Tony Rea	Editor, The Southerner
Mick Jefferies	Cross Country Secretary		

Members Present:

Sue Yeomans	Brian Yeomans	Dave Crossland	Helen Godsell
Liz Sissons	Dean Angell		

1. APOLOGIES FOR ABSENCE:

Moira West, Sue James, Janet Dickenson, Darren Scott, Ana Ramos-Villaverde, Walter Hill

2. CONFIRM MINUTES OF AGM HELD 7th DECEMBER 2018

3. MATTERS ARISING FROM MINUTES OF LAST AGM

4.7 Hon. Chairman (AK) reported that the Manchester Metropolitan University project to implant heart monitors into masters athletes' chests for up to 3 years has been scrapped.

4. CHAIRMAN'S REPORT

4.1 SCVAC Track and Field League results: AK has amended 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.

4.2 SCVAC Indoor Championships at Lee Valley had a record entry, and the outdoor championships at Abingdon, organised by Kay Reynolds, were successful. The 2020 Indoor Championship will be at Lee Valley on February 16th. No date has yet been fixed for the Outdoor Championship.

4.3 Southern Counties Veterans League: team entries were more promptly submitted this year. The main problem was finding enough officials for each fixture. The League Final at Ashford was a success, although two teams (Radley Women and Oxford Men) withdrew through lack of athletes and officials. Tonbridge AC won both the Men's and the Women's contests. The Brian Harlick Memorial Trophy was won by Janet Dickinson with an impressive 40 points. AK plans to stay with Ashford as the location for the League Final. The provisional date for 2020 is September 5th.

4.4 BMAF and EA: The partnership with Athletics Weekly is working well, with a regular Masters Athletics feature in AW. BMAF also has good continued links with Manchester Metropolitan University. There has been no progress with the UKA relationship due to the current chaos within that organization. EMA will continue to give financial support to the Inter Area Challenge and the Home International Cross Country Challenge.

In the Indoor Inter Area Challenge, SCVAC were 2nd in the Men's and 3rd in the women's contests, and came 2nd overall. In the Outdoor Challenge SCVAC were also 2nd Men, 3rd Women, and 2nd overall.

AK has visited Coventry Track, and reports it looks most impressive. The track is two tone grey, with a new throws cage, pole vault and high jump pits, and attractive track surrounds of green AstroTurf.

4.5 International Events:

The WMA Indoor Championships in Torun, Poland, were well organized and successful. By contrast the EMAC Outdoor Track and Field Championships in Lido di Jesolo, Italy, were badly organized. There were problems with the transport infrastructure and event timetables in particular.

In 2020 the EMACi (European Masters Championships Indoors) will be held in Braga, Portugal from 15th to 22nd March. The European Masters Non Stadia Championships will be held in Funchal, Madeira, from April 2nd to April 4th. The World Masters Outdoor Track and Field Championships will be in Toronto, Canada, from July 20th to August 1st.

5. SECRETARY'S REPORT

5.1 SCVAC received 1 place in the London Marathon. Members were invited to apply the ballot on the website, and the lucky member whose name was drawn from a hat before the AGM was Karen Samuel.

5.2 DB, Hon Secretary, paid tribute to the hard work put in by each committee member throughout 2019, making this year a highly successful one.

AK our Hon Chairman once again organized the Track and Field Indoor Championships, the Southern Veterans League, and the League Final at Ashford, as well as all his work for the BMAF.

TR our Hon Treasurer ensured that our finances are again in a strong position.

JC our Membership Secretary, aided by VT our New Members Secretary, have administered our growing membership base and helped members with online joining and renewal issues.

TR has produced a top quality Southerner magazine for the last 4 years and is a tough act to follow. He is full of ideas, and invites suggestions for new ways of communicating our latest news to members.

MC our Road Running Secretary has introduced new races in new locations, and has donated the Ina Champion Memorial Trophy for the best age graded road performance at any of our road races. He is active on social media, promoting each of our road championships.

MJ our Cross Country Secretary has also introduced a new event – our championships are now held within the South of Thames 5 mile race. Our thanks to the S-o-T Association for their co-operation and flexibility with our new venture. MJ also serves on the England Masters selection panel for the Home Nations Cross country challenge – a long day's work.

MP, who administers the SCVAC website for us, is very helpful and efficient, ensuring that updates are posted immediately on receipt to keep our website relevant and up to date.

6. MEMBERSHIP SECRETARY'S REPORT

6.1 Our present membership stands at around 550 Confirmed members. JC thanked Vilma for her invaluable assistance with applications for new members.

7. TREASURER'S REPORT

7.1 TR went through the Income and Expenditure Account. In 2018 a one-off donation of £2,000 was received from the estate of Ken Crooke.

7.2 The accounts show a healthy balance, due to the earlier decision to ceasing publishing and posting a hard copy of the Southerner to all but a handful of members who specifically requested a hard copy.

8. AMENDMENTS TO CONSTITUTION

8.1 No amendments to the Constitution

8.2 Concerning the Southern Veterans League rules, two proposals were put forward.

1. That joint teams should be allowed to compete in the SCVAC League.
 2. That the number of permitted second claim members should be increased from 5 to 10.
- Both proposals were rejected unanimously.

9. ELECTION OF OFFICERS

9.1. The current officers were re-elected

Proposed: Brian Yeomans, seconded: Liz Sissons.

10. LIFE MEMBERSHIP

10.1 AK confirmed that 5 life members are still definitely alive. Hazel Rider died this year.

10.2 AK proposed that in recognition of her 21 years of service on the SCVAC Committee, Vilma Thompson should be awarded life membership. The proposal was seconded by JC and carried unanimously.

11. ANY OTHER BUSINESS

11.1 No AOB

12. Date of Next AGM

12.1 December 4th, 2020

Hon Chairman closed the AGM at 7.24pm

13. PRESENTATION OF TROPHIES

Details on page 9



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:

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 2020

SOUTHERN COUNTIES VETS AC

10th April	SCVAC 10 Road Championships	Folkestone
8th May	SCVAC Multi-terrain Championships	Bromley
19th July	SCVAC Half Marathon Championships	Caterham
18th October	SCVAC Marathon Championships	York
1st November	SCVAC 10k Championships	Beckley
5th September	SCVAC League Final	Ashford

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

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
12th July	EAMA outdoor Track & Field Inter-area Challenge	Coventry
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

INTERNATIONAL

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.