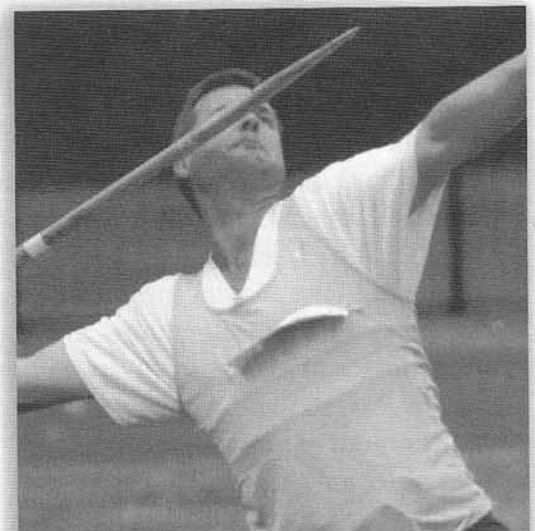


# THE Southerner

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



## SIX OF THE BEST AT BATTERSEA!



Clockwise from top left:

Liz Sissons, W60 javelin. Ashley Fox, M60 javelin. Emily McMahon, W55 80 hurdles (British Record, & also in 300 hurdles). Jeremy Tigar, M40 javelin. Peter Field, M70 300 hurdles. Steve Bond, M45 800m.

## ***A MESSAGE FROM THE TREASURER:***

WOW! What a year it's been! It was only in April of last year that I took myself up to Watford one Wednesday evening as I fancied doing a bit of track & field. I've been messing about with other sports for the past 24 years but up to that point my last appearance on the track was at the Croydon school's championships in 1981! And what happens? Just over a year later I find myself totally consumed by athletics. I have joined the committee of the SCVAC and have been appointed treasurer. I now cannot see the wallpaper on my- home office walls for all the green and yellow files with SCVAC written on them!

I confess to have fallen in love with the world of masters athletics even before becoming a true veteran at the age of 39. I think it was my visit to Cardiff in February that truly inspired me. It's so great that we all have this chance to appear on the stage at regional, national, European and world level regardless of our age or standard. I have also been very impressed by the level of camaraderie amongst the athletes and the amount of encouragement that is shared around. At the end of the day, it does not seem to matter which club one belongs to as we are all part of the family that is British Masters Athletics.

I am amazed by the way officials and officers give of their time freely to the sport. These people are obviously very small in number and we should be so very grateful to them.

I'm sure most of you will appreciate that you soon become aware of your adversaries in your own event/ age group. I am therefore happy to take this opportunity to champion the cause of the club's group of M35 sprinters, many of whom have done well on the international scene. You will remember that Liz Bowers, Arthur Kimber and myself joined the committee in response to the "crisis" message that appeared in the Southerner last autumn. There will be more losses of event organisers before the end of the year, so there will be another crisis unless more of you volunteer.

We welcome Jeanette Holder as club webmaster and to thank her for coming forward. The club's website is currently under

construction at [www.scvac.org.uk](http://www.scvac.org.uk). Jeanette's contact details are shown elsewhere in this publication so please feel free to pass on your views and ideas about the website to her. Finally I just want to say a big thank you to all those of you who have welcomed me to the club so far. I look forward to meeting more of you in the future.

Kind regards, *Robert Murkin*

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## ***FROM THE CHAIRMAN:***

### **QUESTIONMARK OVER 2006 CHAMPIONSHIPS**

In the last Southerner, I made an appeal for More members to help with the organization of SCVAC. From our

**hundreds of members, not one volunteer has come forward.** Ken Croke, our long standing treasurer has had to retire due to ill health. He has been replaced by Robert Murkin, but we now need a new assistant treasurer. John Dunsford, our vice chairman, is hoping to move away from the area, and will be resigning at the AGM in December. We will therefore need a new vice chairman.

This year, the post of officials secretary has been vacant and track and field meetings have taken place only because John's wife Barbara has stood in on a temporary basis. She cannot continue next year.

**IF NOBODY VOLUNTEERS FOR THE POST OF OFFICIALS SECRETARY BY THE TIME OF THE AGM IN DECEMBER, NEXT YEAR'S TRACK AND FIELD CHAMPIONSHIPS, INDOOR AND OUTDOOR, AND THE LEAGUE FINAL, WILL BE CANCELLED. It's down to you. -**

**Arthur Kimber**



### ***From the Editor:***

*Once again, as you will have read in the message from chairman Arthur Kimber, SCVAC is in crisis. Despite having some nine hundred members, few are ready to come forward to fill essential jobs within the committee. At the moment, no dates have been booked for either the Southern Indoor or Outdoors Championships. We have no Officials Secretary and without officials, there are no events. Barbara Dunsford has very kindly done the job in the past, but cannot continue next year. It is due to people like Barbara that meetings have run smoothly!*



*Which brings me neatly onto the subject of another person who has given unstintingly of his spare time to the sport.*

### ***A huge thank you to Ken Crooke, master administrator, accomplished athlete and brilliant organiser!***

*As many of you know, Ken has been forced to resign through ill health from all his athletics commitments. You know how one never fully realises just how many jobs someone was doing until they stop? I must be one amongst many who are left "floundering" without Ken's input.*

*Although I have only known Ken for approximately five years, I have managed to gather a few "threads" about his past. He ran as a senior for Southampton and Eastleigh Harriers, and only joined Croydon Harriers as a veteran. I am told that he was a sub 2 minutes 880 yards runner as a senior, but he has competed with enthusiasm as a "masters" athlete both on the track and in cross country.*

*Apart from competing, he has made an enormous contribution to the organization of the sport. He has been Chairman and Secretary for Croydon Harriers, was a President for the Surrey Cross Country League, and received a long service award for 30 + years working for the SEAA. There must be much else beside, that I don't know about!*

*Not only was he a most efficient Treasurer for the SCVAC, he also edited The Southerner magazine for many years along with Jack Fitzgerald. When I took over as editor, Ken always produced several pages, including Cross Country and Championships reports. We shall miss you, Ken, and wish you well.*

*Rosemary Champion*

**"TALKING OF SPORT"** is the working title of a major study of radio commentary on sport, being prepared by Dick Booth. The author would like to hear from athletes, (or their parents!) who may remember listening to particular commentators who somehow encapsulated the sport. Did YOU listen to radio sports commentaries, on ANY SPORT, in the 1930's, 40's, 50's?  
Then contact Dick Booth, on 020 7383 5968 or [dick.booth@blueyonder.co.uk](mailto:dick.booth@blueyonder.co.uk) or write to 4 Mornington Place, London NW1 7RP.  
*Dick Booth has already written a well-received biography about Gordon Pirie, called "The Impossible Hero".*



# SCVAC OUTDOOR CHAMPIONSHIP BEST PEFORMANCES

*compiled by Derek*



**Thomas: set at Battersea on June 12<sup>th</sup> 2005.**

**M35:** 100m. W. Mcgee 10.87. 200m. W.Mcgee 22.58. 5000m. I Johnston 16:06.41. 3000 steeplechase R.Savage 8:07.63. Javelin A.Briggs 29.36.discus A.Briggs 29.64.long jump D.McAdam 4.79 shot putt A.Briggs 8.71

**M45:** triple jump A.Oyedinan 13.67.

**M55:** 100 hurdles P.Roker 16.07

**M70:** 300 hurdles P.Field 55.9. high jump R.Grubb & J.Day 1.24. pole vault J.Day 2.50. Javelin G.Hickey 26.37.

**M75:** shot putt J.Janus 9.25 discus J.Hanus 30.38 hammer J.Hanus 35.39. **BRITISH RECORD.**

**M80:** 5000m. R.Hale 26:01.44.

**W40:** E.Augee hammer 46.56.

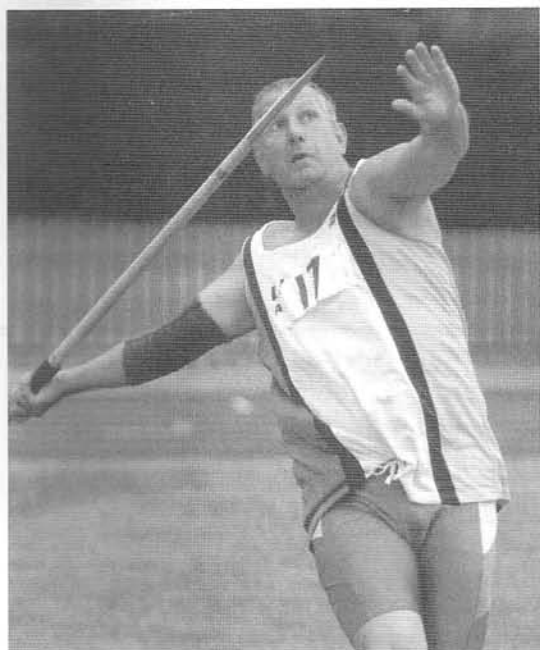
**W45:** pole vault A.Goad 2.20.**W50:** 100m. H.Godsell 13.24. 200m. H.Godsell 27.6.

800m. S.James 2:50.2.

**W55:** 100m. V.Parsons 14.01.80 hurdles/300 hurdles E.McMahon 14.02/52.41-**BRITISH RECORDS.** 3000W 17:05.65 Ann Lewis.

**W60:** long jump I.Holder 3.64.

**W65:** discus E.Williams 29.43. Hammer E.Williams 38.18

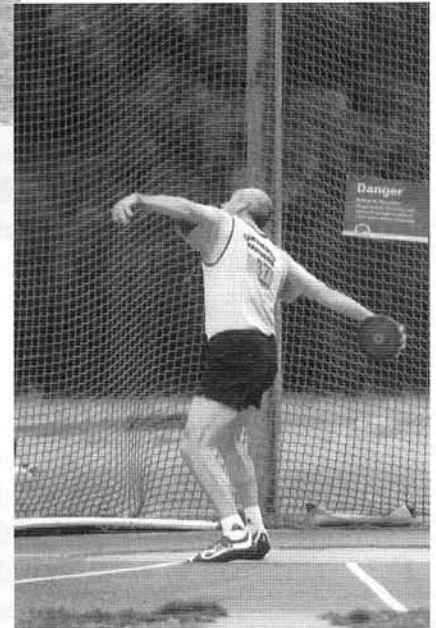


**David Burrell, M40 javelin 2<sup>nd</sup>**



**Mixed ages/ start of the mens & womens' 800m.**

**SCVAC Track & Field Championships Battersea, June 12<sup>th</sup>, 2005.**



**CLOCKWISE FROM TOP LEFT: Denise Farnham W45 5000: Joylin Saunders -Mullins W50 javelin:  
Anthony Tipping M40 discus: John Browne(73) Walwyn Franklyn(59) R Watkins(71) M50 100 :Ian  
Johnston M35 3000.**

# SCVAC TRACK & FIELD CHAMPIONSHIPS, BATTERSEA, JUNE 12<sup>TH</sup> 2005.

## M35

**100** 1 W.McGee(T.Soton)10.87;  
2 Samuel(Harrow) 10.99  
3JCarty(ESM)11.05,4 S Dorset 11.60, 5 B King  
12.04, 6 G Palmer 12.06,7 R Murkin 13.58.**200:**  
1 McGee 22.58, 2 Carty 23.02, 3 Dorset 23.69, 4  
Palmer 24.65, 5 King 25.63, 6 D McAdam27.48  
7 Murkin 28.50. **400:**1 McAdam 64.41 2 Murkin  
77.34. **800/1500** A Delnevo 2:21.56/ 4:43.10  
**5000:** I Johnston (Shett)16:06.41.**3000SC R**  
Savage 8:07.63.**LJ:**1 McAdam 4.79 2 Murkin  
3.74.**DT/JT/SP** A.Briggs 29.64/29.36/8.71.

## M40

**100/200:** P Logan (K&P)  
11.90 /24.42., 2 T Beaglehole 12.67/ 26.09.**400:**  
1 D Hodge (WSEH)55.7. 2 G.Reddington 61.56  
3 M.May 62.49 .**800:** A Asgedom  
2:25.80.**1500:**B Fursey 4:44.50. **5000:** 1 L  
Armitage (Kent) 16.49.55,2 Fursey 17:46.34,3 A  
Moody 18)40.61. **110H:** 1 C Allen (Herne H)  
15.43 2 D Wilkinson (Lut, gst) 15.84. **400H:** D  
Hodge (WSEH) 61.4. **PV:** J Andrews 3.80.**LJ /**  
**TJ** J Gittins (Gst)5.25/12.2. **SP:** 1 P Todd 11.74;  
2 D Burrell 11.04 3 A Tipping 10.92, J Tigar  
10.80 **DT:**1Todd 36.71 2 Tigar 35.11, 3 Tipping  
34.0, 4 Burrell 33.21 **HT:** 1 D Burrell 42.22; 2 P  
Todd 40.26.17: **JT** 1 Tigar 46.76, 2 Burrell  
40.02.

## M45

**100** 1 K Sankofa (Herne H) 11.87, 2 A Oyediran  
12.72, 3 R Davis 14.16. **200:**1 Sankofa 24.15 2  
D Thacker 28.71.**400:**Thacker 66.53. **800:** S  
Bond (Read) 2:07.31.**1500:**N Burnell  
4:56.10.**5000:**C Oxlade 17:32.20. **LJ:** 1 T Wade  
(TVH) 6.02; 2 A Oyediran (Herne H) 5.78 3  
Thacker 4.54. **HJ:** 1 Wade 1.60. **TJ** Oyediran  
13.67.**PV:**Thacker 2.20. **SP:** A Kibblewhite  
10.65. J Drzewiecki 9.41. **DT:** 1 J Drzewiecki 36

71. **HT:** C Privett43.34.

**3000W:**IGroves19:41.20. J Ryan 21:24.90.

## M50

**100:** 1 J Browne (Chelm) 11.74; 2 W Franklyn  
(Read) 12.20; 3 R Watkins (BMH) 12.32 **200:**  
Franklyn 24.91. **400:** D Lucas (Camb H) 58.55.  
**800:**1 P Gasson (Arena) 2:22.75, 2 B  
Birmingham 2:28.26, 3 A Newman  
2:33.27.**1500:** 1 Gasson 4:44.50 2 Newman  
4:52.90 3 P.Marsh 5:18.80, 4 R.Sargent 5:25.30.  
**5000:** 1 P Marsh (Dulw R) 19:11.47, 2 Sargent  
19:17.24, M. Lippitt 22.00.14 **100H:** T Hall  
(RSB) 17.87. **400H:** J Wright (Brack) 67.3. **HJ:**  
D Talbot 1.58. **TJ/LJ:** I Edwards 9.57/4.55 **SP:**  
T Saunders-Mullins 9.78. **DT:**1 M Bennett  
32.45, 2 Saunders Mullins 21.78 **JT:** 1 M  
Bennett 40.14, 2 Saunders -Mullins 26.46  
**3000W:** 1 R.Dunn (P.boro) 16:02.24, 2  
D.Sharpe 16:22.46

## M55

**100:** 1 A Roker (AFD) 13.13, 2 G Kitchener  
13.54 **200:**1 Roker 26.32, Kitchener, 27.18 **400:**  
G Kitchener (S'oaks) 62.77. **800/1500:** P  
Hamilton (B&B) 2:27.15/4:49.4. **100H:** Roker  
16.07, Kitchener 22.08; **400H:** Roker 66.0  
**5000:**M Doughty 20:46.47.**LJ:** M Martineau  
4.08 **HJ:** J Eastwood 1.40. **SP:** N Griffin  
(WSEH) 13.07 **DT:** 1 Griffin 45.85; 21 Edgar  
32.73 **HT:** Griffin 44.55. **JT:** Eastwood 41.40

## M60

**100:** ', T Bissett (E&E) 13.53; 2 C Isetts  
(KDC)13.71, 3 R Ruff 15.31,4 S Brooks 15.46  
**200:** 1 Bissett 26.58, 2 Isetts 28.11,3 B Charles  
32.21 **1500:**O'Connor 5:40.34 **5000:** 1 W  
O'Connor (QPH) 21:07.34 2 M Duff (AFD) 21  
.41.39. **300H:** 1 B Ferguson (Camb H) 52.8 2 D  
Barrington (K&P) 54.1, 3 Charles 61.30 **PV:** 1  
M Joyce 2.70, 2 B Harlick 2.60; 3 S Brooks  
(Belg) 2.50. **LJ:** R Ruff 4.30. **SP:** 1 G Negus  
11.63, 2 Brooks 11.09,3 C Melliush 8.95, 4  
Harlick 8.46, 5 O'Connor 7.12 **DT** 1 Melliush  
(Camb H) 35.46, 2 Harlick 32.49, 3 O'Connor  
20.94 **HT:** 1Melliush 46.55; 2 G Negus 35.79, 3  
Harlick 25.06 **JT:** 1 A Fox 43.34,2 Harlick  
26.99, O'Connor 17.84.

## M65

**100:** 1 C Field (Trent P) 14.28; 2 R Bruck (Barn)  
15.18, 3 A Sowden 16.20. **200:** 1 Field 30.37, 2

Sowden 33.66 **400:** 1 A Kimber (Dart) 71.00, (M65 **400 cont**) 2 Field 71.80 **1500:** 1 Kimber 5:41.34, 2 T Merritt (Burn J.) 6:40.62 **5000:** Merritt 23:35.27. **LJ/HJ:** Bruck 4.11/1.27. **SP:** 1 C Brand 10.18, 2 P Shevlane 8.47, 3 K Burnett 6.10 **DT:** 1 Brand 38.56, 2 Shevlane 32.70, 3 H Thomas 30.91, 4 Burnett 20.73 **HT:** 1 Thomas 35.08; 2 P Shevlane 32.53. **JT** 1 Brand 36.52, 2 J Webster 34.82, 3 Burnett 16.12 **3000W:** R Powell 17:53.01, 2 B Sturt 18:24.05

#### M70

**100/200:** A Blackman (Barn) 16.05/34.13 **400:** J Seymour (SC Vets) 78.36, D Adie 91.29 **80H:** J Day (B&B) 17.28. **300H:** P Field (Dart) 55.9. **5000:** B Shave 26:23.86 **TJ:** R Grubb 7.79 **HJ:** 1 R Grubb 1.24; 2 Day 1.24. **PV:** Day 2.50. **SP:** 1 G Hickey 10.36; 2 B Strange (Oxf C) 9.71, 3 Grubb 8.91, 3 N Fullick 7.89, 4 P McEvoy 6.48, 5 D Birch 5.72 **DT:** 1 Strange 30.06, 2 McEvoy 27.75, 3 Hickey 27.68 **HT:** 1 P Barber 40.69; 2 McEvoy 36.80; 3 Hickey 30.18, 4 Fullick 26.81, 5 Birch 21.49 **JT:** Hickey 26.37, Grubb 23.19 **3000W:** P Ray (E&H) 19:44.6

#### M75

**100/HJ:** A Woods 19.11/ 1.00 **1500:** D Adie (Dulw R) 6:31.77. **5000:** R Franklin (Barn) 27.36.41. **SP:** 1 J Hanus 9.25, 2 I Briggs 7.38 **HT** Hanus 35.39. **DT:** 1 Hanus 30.38, 2 Briggs 24.79 **3000W:** H Jaquest (War) 23:39.0

#### M80

**100:** S Stein (High) 18.44. **5000:** R Hale (Kent) 26:01.44. **3000W:** J Fitzgerald (Sutt) 25:10.6

#### W35

**100:/200** 1 M Healy (B&B) 14.12/29.0, 2 A Forsyth 14.67/30.90 **400:** Forsyth 73.28 **SP:** 1 C Goddard 10.48; 2 C Thrush 10.27. **HT/DT:** Thrush 35.40/34.68 **PV:** J Anderson (gst) 1.80

#### W40

**SP/HT/DT:** E Augee (WG&EL) 10.74/46.56/35.52

#### W45

**100:** 1 A Goad (Dart) 14.07, 2 C Young 15.32 **200:** 1 W Dunn (P'boro) 27.5, 2 Young 32.30 **400:** 1 L Felton (Hav M) 64.72, Young 76.75 **800:** 1 Felton 2:27.54; 2 J Searle (K&P) 2:41.9. **1500:** D Farnham (M&M) 5:13.95, A Wallace 5:42.37 **5000:** Farnham 19:12.13. **PV/LJ:** Goad 2.20/4.32 **SP:** 1 W Dunsford (E&E) 8.88, Goad

8.51 **JT:** 1 Goad 25.39, Dunsford 13.69 **HT:** 1 S Roberts 24.44, 2 Dunsford 23.53, 3 Goad 18.57

#### W50

**100:** H Godsell (B&B) 13.24. **200:** 1 Godsell 27.6; 2 J Saunders-Mullins (S&NH) 29.1. **400:** Godsell 66.79. **800/1500:** S James (Padd W) 2:58.2/ 5:55.88. **5000:** A Lippitt 23:35.27 **2000SC:** G Hueter (Oxf C) 8:34.2. **LJ:** 1 S Yeomans (gst) 4.15, 2 L Harrison 3.00 **SP:** 1 V Thompson (SC Vets) 10.27; 2 Saunders-Mullins 8.78. **DT:** 1 Thompson 21.79, 2 Workman 20.58 **HT:** 1 Thompson 28.21, 2 K Workman 23.73, 3 Harrison 17.2 **JT:** 1 SaundersMullins 28.00, 2 Thompson 24.55, 3 Workman 24.54

#### W55

**100:** 1 V Parsons (WSEH) 14.01; 2 E McMahon (E&H) 14.43, 3 D Marler 21.97 **200:** Parsons 29.8. **80H/300H** E McMahon 14.02 (UK W55 rec)/52.4 (UK W55 rec). **LJ:** D Marler 2.74 **HT:** L Shrosbree 33.79 **3000W:** A Lewis 17.05.65

#### W60

**100:** 1 I Holder (Wok) 16.06, 2 N Cross (B Vets) 17.89. **200:** 1 Holder 33.05, 21 Charles (Radley) 34.74. **1500:** C Morrison (Ports) 6:34.19. **LJ:** Holder 3.64; 2 Charles 3.40. **TJ:** Charles 7.82. **HT:** 1 E Sissons 27.16, 2 V. Miles 19.50, 3 Cross 16.67. **JT:** 1 Sissons 30.16, 2 Cross 15.81 **DT:** Sissons 20.82.

#### W65

**1500/5000:** P Jones (Ilf) 6:34.13/24:06.66. **SP/DT/HT:** E Williams 10.34/34.54/38.18

#### W75

**100:** B Green (Serp) 24.54

\* Please let Editor know of mistakes/omissions, which will be published in next "Southerner".



Roy Grubb, seen here in the M70 triple jump, also shared a high jump CBP with Jim Day.

## MRS DERRIEN'S DIARY by Carole Derrien (Jersey Spartan A.C.)



Things are a lot quieter in the house of Derrien; no builders, plumbers, electricians -just the redesigned front garden to be dug out planted and a water feature to be bought. So I should have plenty of time to train and generally get on with things - but as usual, the fates decree that life should be as hectic as ever. I actually managed to get away to the Algarve and train under the watchful eye of Bron Carter; the weather, food and company were second to none. We caught up with the group at the Hampshire Championships, where I missed a lot of the action - busy looking after No 2 granddaughter whilst her father competed. Thankfully he got medals in all his events and a PB, so all was forgiven. He then informed me that I was 'volunteered' as Field Referee for the forthcoming Southern League at Barnes, which was a smokescreen for- garden to organise, things to bring over, new showerhead to fix etc. as they had not long moved house ! As I signed the event cards at the meeting, I realised that the date was the final day for entry to the Southern and my completed entry form was back home in Jersey - whoops! This was on top of the Weights Pentathlon being scheduled on the same day as the SouthWest Counties Championship - so instead of four meetings to attend I was suddenly down to two. Every year we organise 'Derrien's Tour de France' - a charity cycle ride through the French countryside in aid of the Anthony Nolan Bone

Marrow Trust. This year we were going to Rennes and cycling back along the banks of the River Rance - some 90 to 100 miles. All the participants are friends we have had all our lives and the average age is 68 - so we are not trying to emulate the lycra clad speedsters who do the real thing. I invested in a new cycle called "Claud" (surname Butler) and dutifully put in some long training runs before the event - surprisingly the cross training really helped my fitness, and I finished the ride in very good order - for once. It was a long break between the South West's and the Nationals, so the cycle ride had fitted well into the plans, but things were to go pear shaped as usual.

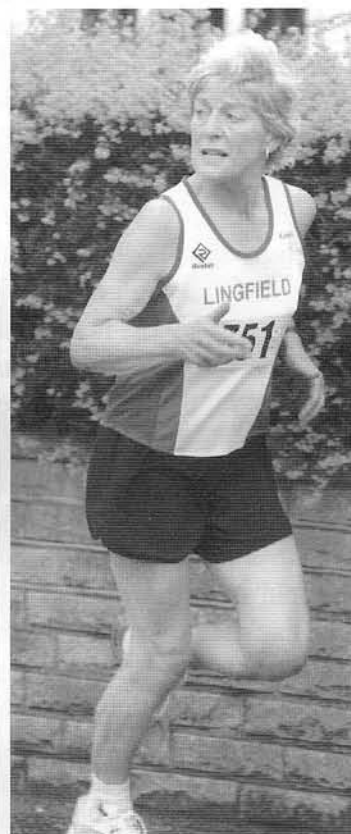
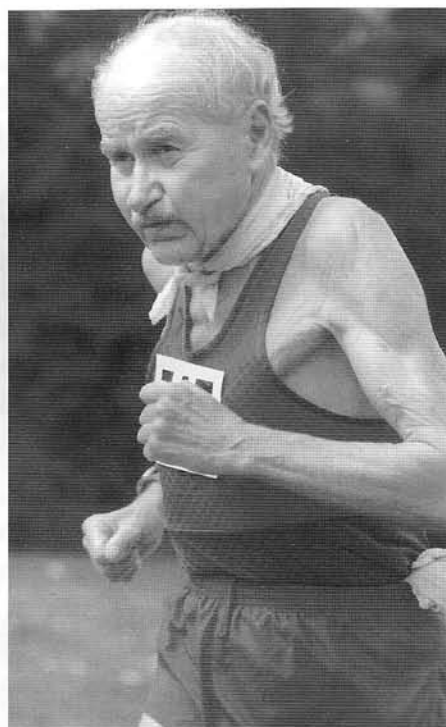


Having gone to South America, I found they didn't want my blood donations until I had been back 6 months and had a blood test. The results were excellent and I never gave it a thought when I was called in to give my 54th pint - silly me - it was only 3 days before the Nationals!! Couldn't understand why I felt so lacklustre and tired- until someone asked if I had been 'main lining' on seeing the bruises on my arm. Noise of big penny dropping! I have also developed something called compartment syndrome in my leg. What did I do to deserve this? So it is multiple massage time, lots of icing and hopefully I might just get to San Sebastian. They say it is the "foodie" capital of Europe, so if the leg falls off, I shall have no problem filling in my time. I also have to dust off my knitting needles again - yes, No. 3 is on the way, due on New Years Day. They only need one more for a relay team!





**SOUTHERNERS AT THE TED PEPPER 10KMS., May 19<sup>th</sup> 2005.**



**CLOCKWISE FROM TOP LEFT: Ron Hale, Pam Jones, Ron Franklin, Sue Garner, Zoe Gaffen, Trevor Edgely(348) with Walter Hill(342) followed by Steve Smythe**

## Southern Vets Walker: No.1-July 2005- a report from the race walk secretary, Martin Oliver.



### COME & JOIN US !

With the Southern Vets Leagues in full swing, most of you have no doubt been very busy in recent weeks. From a Race Walking perspective, these leagues are excellent for introducing Walking to those who wouldn't otherwise have any contact with it whatsoever !

Race Walking is , in essence, a ' Sport within a Sport', with our own Governing Body:- The Race Walking Association, and a full programme of Road Walks, week in, week out. Race Walkers themselves, are a pretty friendly bunch, as a general rule, and only too pleased to offer help & advice to a 'Newcomer'.

The Enfield League is a monthly series of 5 mile Walks, on a 1 mile circuit around a completely traffic free course in a local Playing Fields ( so you can do 1, 2, 3, or 4 miles to start with, if you wish ! ) As such, it is a good introduction for Novice Walkers, and we have seen several develop from 'Novice' to 'Front of the Field' over the years.

The Blackheath League (9kms Yacht Handicaps), serves the same purpose, and celebrates its 300th Race in September. One of their regulars in the early days of the league is now the Member of Parliament for Kettering, though I'm not sure that producing politicians was quite what the original organisers intended ! So, if anyone out there fancies giving 'Race Walking' a try out beyond the 2kms Track League, just give me a ring, leave a message on the answerphone & I'll fill you in with the details

My contact details are: 74 Southfield Rd.,  
Waltham Cross, Herts. EN8 7HE, tel 01992  
626804, mob. 07974 872582.

### SOUTHERN VETS TO THE FORE !

**April 30th:** BMAF Champs:- Sutton Park,  
Womens 20kms;

4. Pam Ficken (SWC)(W60) 2 hrs 35mins 20secs

**May 2nd:** Herts County Vets Champs 3,000  
metres Walk-Stevenage:

2nd M70 Harvey Jaquest ( Enf ) 24-21.5

**May 9th:** SCVAC Vets League 2kms:

(Middlesex & Herts Division)- Enfield

1.N.Silvester (Enf) 9-57.2, 2.S.Allen(If) 10-

37.4, 3.D.Sharpe(If) (M50-1) 10-51.2,

4.C.Michael(Barn) 11-34.0, 5.J.Borgars (HP) 11-

38.7, 6.J.Arnold (TP) 11-51.2, 7.B.Sturt (TP) 12-

08.0 (M50-2) 8.P.Morris (D&T) 12-30.3 (M50-

3), 9.J.O'Connor (Wat) 12-31.3 (M50-4),

10.P.Ray (Enf) 12-39.9 (M50-5),

11.T.Stephens(Barn)(W-1 13-12.9, 12.S.Chilton

(Barn) 13-15.9 (M50-6), 13.J.Fletcher (TP) 13-

20.9, 14.P.Wanqui (Sh/B) (W-2) 13-31.6,

15.K.Livermore (Enf) 13-33.7, 16.F.Edwards

(TP) 13-40.0, 17.C.Hollet (TP) 13-45.6 (W50)

18.M.Carrier (HP) 14-14.9 (W50-2),

19.B.Harvey (B&D) 14-30.6 (W50-3),

20.B.Thomas (HP) 14-50.8 (M50-7)

**May 9th:-** SCVAC Vets League 2kms (London  
Division)- Battersea Park

1.T.Jones (Hill) 9-34.2, 2.W.Pauzons (HHH) 10-

42.7, 3.M.Harran (HHH) 11-14.4 (M50),

4.P.Warburton (Hill) 11-14.8 (Hill),

5.A.Belchambers (Hill) 11-15.1 (W50),

6.T.Burke (Metros) 11-55.2 (M50), 7.R.Jackson

(Serpentine) 12-04.2 (W35), 8.S.Hook (Richm)

12-11.6 (M50) 9.J.Miles (Hill) 12-24.7 (W40),

10.M.Morris (Serp) 12-47.6 (W50), 11.J.Farmer

(Serp) 12-54.4 (W50), 12.T.Morris (HW) 14-

04.3 13.P.Jackson (Metros) 15-01.1 (W60),

14.J.Drummond (Richm) 15-16.2 (W40)

**May 15th:** European Vets Champs- Vila Real,

Portugal: 10kms; M75-3rd H.Jaquest 86-07,

30kms;- Ron Powell M65-2nd, 3hrs 22mins 36

secs Teams (60-70) 1st.GB (Thomson, Dobson  
& Powell)

(If anyone has any further details of 'Southern  
Vet Walkers' performances at these

Championships, please let me know.  
Congratulations to Ron & Harvey in the  
meantime !)

**May 15th:-** Middlesex County AA T&F  
Champs 3kms.= 2nd.Brian Sturt 18-29.9,  
3rd.Doug Fotheringham 18-33.2, 4th Paul Ray  
19-45.8

**June 5th:-** Mickey Brown Memorial Walks  
5kms- Broadbridge Heath, Sussex Women:-  
4th.Ann Lewis 29-07, 5th.Sue Davies 31-42,  
Men:- 2nd.Nick Silvester 24-27, Sth.Ghris  
Hobbs 26-12

June 12th:-SCVAC 3kms- Battersea Park:-  
\*\*\*Full Result awaited\*\*\*

**June 13th:-**BMAF Track 10kms Championships-  
Milton Keynes  
10.John Ryan 78-44.2 (M45), 12.Harvey Jaquest  
91-33.2 (M75)

**June 18th:-**Moulton 5 miles- Moulton Village,  
Nr.Newmarket  
1st.Nick Silvester 41-53, 5.Rod Dunn 46-51,  
7.Dave Sharpe 47-55, 8.Paul King 48-05,  
11:Amos Seddon 48-39, 12.Ann Lewis 48-57  
(2nd Lady behind Estle Viljoen of Hercules  
Wimbledon), 16.Brian Sturt 52-36, 19.Paul Ray  
54-45, 29.Pam Ficken 61-10,  
(53 finishers on a very hot day !)

**June 26th:-** Waterford Crystal Dublin Grand  
Prix 20kms.16.Sean Pender 2h 12m 16s

**July 2nd (am):-**Enfield League 5 miles- Queen  
Elizabeth Stadium

1st.Nick Silvester 40-01, 7.Dave Sharpe 46-01,  
9.Amos Seddon 46-31, 12.Ann Lewis 47-16 (1st  
Lady), 16.Ron Powell 49-36, 18.Brian Sturt 49-  
47 (3rd in Handicap), 21.Doug Fotheringham 51-  
52, 26:Paul Ray 54-35, 33.Pam Ficken (L) 58-34,  
34.Peter Emery 64-11, 35.Harvey Jaquest 66-18,  
36.Jack FitzGerald 66-23 (8th in Handicap &  
still going strong !) (37 started & finished)

**July 2nd(pm):-** London Inter-Club Challenge-  
New River Stadium, Harringey 1stNick Silvester  
14-51.76 (\*\*\*Full Result awaited \*\*\*)

(PLEASE NOTE:- if you want your result  
published in here, send or phone it through to  
me: At a pinch, I could probably read your Tarot  
Cards for you, but I'm no good at mind reading!)

## FIXTURES

### SCVAC ROAD WALKING CHAMPIONSHIPS FOR 2005

Sat October 8th:- 5kms Road - Queen Elizabeth  
Stadium , Donkey lane, Enfield  
(2.30pm) (In Conjunction with Enfield League)  
( 'B' Race)

**Sat November 26th:-** 7 miles Road; - Belgrave  
Hall, Denmark Road, Wimbledon (2.30pm) (in  
conjunction with Belgrave Open 7 miles)

**POSTSCRIPT.-** My sincere thanks to all of you  
who have sent condolences on the death of my  
Mother;- They are very much appreciated & I  
hope to see you all soon !

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### Southerners at the 2005 National Track & Field Champs, 16/17 July, Birmingham.



TOP: Mary Edwards, W40 800 1<sup>st</sup>.

MIDDLE: Dominic Swords M45 800 1<sup>st</sup>.

BOTTOM: Evaun Williams W 60 javelin. 1<sup>st</sup>.

**5th WORLD THROWS  
CHAMPIONSHIPS - TATA,  
HUNGARY: 12<sup>th</sup> - 14<sup>th</sup> August  
2005- a report from Barbara  
Dunsford.**

Competitors came from Lithuania, Romania, Germany, Poland, Austria, and Great Britain and of course Hungary itself. SCVAC members made up 50% of the British ten -person team who travelled to Hungary to take part in this prestigious event.

There were twelve events for women, with an extra event for men, to be completed in two and a half days, with temperatures in the high 30's and mosquito's joining in the fun . It was hard work but all really enjoyed the experience, and came home with a large haul of medals.

Two new events were added this year, the "Erwin Kollmar Ultra Stone Putt," in memory of the well-known organiser of throwing competitions. Kollmar was also a competitor of note. The "ultra stones" are boulders of various shapes, which make for an interesting competition!

The second new event was the Hammer Throw of "Igmand," -a similar piece of equipment is thrown in the Highland Games. The weight of the implement is 8 kg for women and 13kg for men.

Steve Archer M55, took three golds heaving the Ultra Stone 25 kg out to 5.01, the 50 kg implement to 3.40 and the 10kg Stone Putt to 9.69. He also took four silver medals in Historical Heavy Weight Throw, Hammer Throw of "Igmand", Shotorama (three throws of five different weight shots) Heavy Weight Throw (Hammer) and finished up with a bronze medal in the Weight Pentathlon.

The four representatives in the womens' competitions were Jenny Earle and Wendy Dunsford in the W45 age group, Rosemarie Alexander in the W55 and Barbara Dunsford in the W70 categories. There was some lively competition against women from Hungary & Germany, as they battled for the honours. Jenny and Wendy competed in all events with a total of

seventy one throws.

Jenny's results : five gold medals : Heavy Wt. Throw - 12.35 ,Wt. Pentathlon- 3516.92 pts., Javelin Biathlon-42.19 m., Grenade -25.59 and Hammer Throw of " Igmand" - 11.03 m. four silvers: Stone Putt (Brick)- 5.54, Heavy Wt. Triathlon - 48.68, Sling ball \_29.60, Ultra Stone Putt (25k) - 1.79 and 2 bronzes in the Shotorama - 31.43 and Schockorama - 33.54. She took 1st place in the Age Graded Overall in the Heavy Wt. Throw for which she received a special plate.

Wendy's results: two golds- Stone Putt (Brick) - 5.61, Ultra Stone Putt (25k)- 2.60. six silvers- Heavy Wt. Throw- 9.11, Javelin Biathlon - 34.95, Grenade 17.22, Hammer Throw of "Igmand" -10.58, Schockorama - 38.20, Shotorama - 35.27 :three bronzes- Greek Discus- 15.22, Sling ball - 27.77, Heavy Weight Triathlon- 43.82.

Rosemarie's results: three golds - Slingball- 28.14, Stone Putt- 5.63, Heavy Wt. Throw 10.73: three silvers - Wt. Pentathlon- 2810.22 pts., Heavy Wt. Triathlon with 61.35 pts., Hammer Throw of "Igmand" -9.15 m. Barbara's results:- silver in the Grenade -17.18, bronze in Greek Discus o- 7.13.



**"Who killed Mr. Drum?"**

**Now opening at the Treatment Theatre in London, this is a play based on the memoirs of Sylvester Stein. Many of you know Sylvester as a talented athlete, but his "day job" was in journalism.** The play is set in Sophia Town in 1950's South Africa. It is the story of "Drum", South Africa's first ever black magazine, and its team of brilliant young journalists under the unique editorship of Sylvester Stein. Love, violence, murder....it's all there! **Call Box Office on 020 8237 1111 for Early Bird Offer of best available seats for £10 up to Sept. 10<sup>th</sup> excl. Sept 1<sup>st</sup> & "email offer".**

# **ROAD RUNNING**

*with Walter Hill, Road Running Secretary.*



## My evaluation of the SCVAC 10km & 10mile championships

	Ted Pepper 10km	Dorking 10 mile
Course	3 laps flat. 60% Road 40% Public Paths.	1 lap undulating. All road with the exception of the last 300metres.
Course Interest	I always find it impossible to become bored on this course. I have to concentrate throughout the race	Scenic and rural .The size of the field guarantees that You will be running with other athletes unless you are last or first
Course safety	Always well marshalled	Always well marshalled
Parking	I have always parked on the schools campus with out a problem. A 5 minute walk to the start, 1 minute from the finish.	An enormous field with plenty of safe parking. A 5 minute jog from the start.2 minutes from the finish.
Entry fee	£6 for SCVAC Champs	£8 for SCVAC Champs
Memento	Yes a coaster 2005	Yes- a large water bottle
Prizes	Yes	Yes
Showers/toilets	Yes	Yes
Results	Postal+ Web Site	Postal +Web Site

Both races are run by athletic clubs for athletes. When you finish you can be assured that your recorded time will be accurate and that you have run the correct distance. Both races provide adequate refreshments at the finish to purchase and the prize giving at the 10k was held in the school hall soon after the race. Results and medals were posted after the Dorking 10 due to logistical reasons. I see no reason to change the venue for either race. However, I am interested to hear the comments of the club so e-mail me your thoughts at [walterhelen@tiscali.co.uk](mailto:walterhelen@tiscali.co.uk)

Our next Championship is the Marathon on the 16-10-2005 at Abingdon. Entry form is down loadable from the web site [www.abingdonramblers.co.uk](http://www.abingdonramblers.co.uk). I am of the opinion which is shared by others that the Abingdon is one of the best marathons in the UK, so enter now before it becomes oversubscribed.

*/results on next page.....*

## RESULTS OF THE S.C.V.A.C. 10-MILE CHAMPIONSHIPS DORKING 5-06-2005

NAME	TIME	C ATERGORY
Keith Brown	69-08	1 <sup>st</sup> m45
Walter Hill	63-00	1 <sup>st</sup> m50
Rob Sargent	65-55	2 <sup>nd</sup> m50
Jeremy Carmichael	71-06	3 <sup>rd</sup> m50
Norman Hemming	72-29	4 <sup>th</sup> m50
Alistair Matson	70-13	1 <sup>st</sup> m60
Bill Crawley	74-51	2 <sup>nd</sup> m60
David Hennem	82-13	3 <sup>rd</sup> m 60
Tony Merritt	79-38	1 <sup>st</sup> m65
Trevor Crowhurst	95-16	2 <sup>nd</sup> m65
Dereck Porter	97-46	1 <sup>st</sup> m70
Gayleen Scott	75-48	1 <sup>st</sup> w50
Sue Garner	74.56	1 <sup>st</sup> w55,
Ann Bath	81.28	2 <sup>nd</sup> w 55

These results are based on the information that I received from the race organisers. If there is a mistake would you contact me at [walterhelen@tiscali.co.uk](mailto:walterhelen@tiscali.co.uk)

## RESULTS OF THE S.C.V.A.C 10K CHAMPIONSHIPS 2-05-2005

NAME	TIME	CATERGORY
Luke Armitage	34.58	m40
Andy Evans	36.48	m45
Stephen Smythe	37.17	m45
Walter Hill	37.51	m50
Michael Stacey	40.10	m50
Rob Sargent	40.31	m50
Trevor Edgley	37.54	m55
Ron Franklin	57.46	m75
Ron Hale	54.41	m80
Sarah Allen	45.44	w40
Zoe Gaffen	45.51	w45
Sue Garner	45.28	w55
Pam Jones	49.59	w65

# **FORTHCOMING EVENTS 2005 - 2006**

**Useful websites for further information:**  
[runnersworld.co.uk](http://runnersworld.co.uk) [bmaf.org.uk](http://bmaf.org.uk)  
[seaa.org.uk](http://seaa.org.uk)

## **NATIONAL**

**Sept 10** BMAF 10km road walk, Leicester.  
Contact Eric Horwill on 01384 273851  
**Sept 17/18** BMAF decathlon/heptathlon champs,  
Rotherham.  
**Sept 24** BMAF 10km road champs, Motherwell.  
CD 9<sup>th</sup> Sept. Entry form in Southerner.  
**Sept 25** BMAF weight decathlon champs,  
Milton Keynes, CD 10<sup>th</sup> Sept. Entries to SECTA,  
92 Rochester Ave., Rochester, Kent. ME1 2DR.  
BMAF marathon champs. Cardiff. CD 9<sup>th</sup> Sept.  
Contact: Jean Summerhayes,  
[cardiff.marathon@barnardoes.org.uk](mailto:cardiff.marathon@barnardoes.org.uk) Tel 0845  
650 4290.  
**Oct 29** BMAF cross country relay champs,  
Newport.  
**Nov 20** BMAF 10 mile champs, Bishops  
Stortford, Herts.

**SEAA EVENTS**-[seaa.org.uk](http://seaa.org.uk); Kent contact  
Dave Forman, 33 Valley View, Greenhithe, DA9  
4LU 01322 382174.

SEAA cross country champs:-  
**Nov 19** London Champs, Parliament Hill Fields  
**Dec 10** Intercounties champs, RAF Barnham,  
Suffolk  
**Feb 4 2006** Vets champs, Ruislip.  
SEAA road relays:-  
**Sept 24** Vets 4 stage road relays.  
**Sept 25** women road relays.

## **INTERNATIONAL**

**Nov 12** British and Irish masters cross country  
international, Dublin.  
**All athletes who are qualified to run for  
England and would like to be considered  
for selection please send SAE to- EVAA XC**

Secretary, 85 Parlour Close, Histon,  
Cambridge. CB4 9XR for further details and  
an application form, or look on the BMAF  
website.

## **2006 INTERNATIONAL**

**March 15 - 26** 2<sup>nd</sup> world masters indoor  
athletics champs, Linz, Austria; includes outdoor  
throws and road running.

**July 19 - 30** 15<sup>th</sup> European masters track and  
field champs, Poznan, Poland.

Details etc. from: Wendy Dunsford, 12a  
Salisbury Rd., Grays, Essex. RM17 6DQ, tel.  
01375 391895. [wendy@tiger12.wanadoo.co.uk](mailto:wendy@tiger12.wanadoo.co.uk)

**Please note: for the second year running,  
SCVAC has had to cancel the outdoor  
pentathlon championships, since despite Jim  
Day's best efforts, nobody can be found who is  
willing to stage the event.**

**Also unless an Officials Secretary can be  
found, SCVAC will be unable to hold either  
the indoor or the outdoor 2006 championships.**

*"The Southerner"*  
**200 Club**

## **PRIZES WON April - June 2005:-**

### **April**

1st 278 Margaret Auerback  
2nd 47 Jim Rayner  
3rd 213 Gwen Cunningham

### **May**

1<sup>st</sup> 231 Don Adie  
2<sup>nd</sup> 271 Richard Parles  
3<sup>rd</sup> 232 Roger Bruck

### **June**

1<sup>st</sup> 11 Valerie Parsons  
2<sup>nd</sup> 287 The Southerner  
3<sup>rd</sup> Arthur Kimber  
June special prize- 135 Ken Crooke.

# Southern Counties Veterans Athletic Club Committee 2004/2005

## OFFICERS

**Chairman** Arthur Kimber 22 Asquith Road, Wigmore, Gillingham Kent ME8 0JD Dartford Harriers  
01634 389554 arthurkimber@v800.wanadoo.co.uk

**Vice chairman** John Dunsford 71 Hillside Crescent, South Harrow, Middlesex. HA2 0QU  
Belgrave Harriers 020 8537 9610 bj@bearst8.wanadoo.co.uk

**Secretary** Liz Bowers Flat 3b The Greenway, Emsworth. PO10 7SB City of Portsmouth AC 01243  
371775 martindy@supanet.com liz.bowers@portsmouthhcc.gov.uk

**Treasurer** Robert Murkin 10 Dents Grove, Tadworth. Surrey. KT20 7DX Reigate Priory AC 01737  
225788 murkinrg@hotmail.com

**Assistant Treasurer** POST VACANT

**Membership Secretary** Wendy Dunsford 12a Salisbury Road, Grays, Essex. RM17 6DQ SCVAC  
01375 391895 (before 10pm) wendy@tiger12.wanadoo.co.uk

**New Members Secretary** Vilma Thompson 18 Albury Road, Boyfield Street, London. SE1 0SB  
Belgrave Harriers 020 7928 9577 020 8871 7542 (Day) villy@sports93.fsnet.co.uk

## COMMITTEE

**Minutes Secretary** Ron Franklin 23 Boundary Road, Wood Green. London. N22 6AS  
Barnet and District AC 020 8376 8452 rf015b2516@blueyonder.co.uk

**Road Running Secretary** Walter Hill Tain Cottage, Ifield Road, Charlwood, Surrey. RH6 0OQ  
Crawley AC 01923 862237 walterhelen@tiscali.co.uk

**Walking Secretary** Martin Oliver 74 Southfield Road, Waltham Cross; Hertfordshire. EN8 BPS Enfield  
& Haringey AC 01992 626804 07974 872582

**T & F League Secretary** Pat Green 2 Mcadam Drive, Enfield. Middlesex. EN2 8PS Serpentine RC  
020 8372 2140

**Newsletter Editor** Rosemary Champion 6 Woodlands Park, Bexley, Kent. DA5 2EL Dartford Harriers  
A.C. 01322 522934 southern.veterans@ntlworld.com

**Officials Secretary** POST VACANT

**Entries Secretary** Steve Connolly 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS. Swindon Harriers  
01793538245. 01793 511033(day)

**Medals and Kit** Jim Day 22 Langland Gardens, Shirley, Croydon Surrey. CR0 8DW. 020 8776 1736.

## WEBSITE INFORMATION:

**Webmaster:** Jeannette Holder, tel. 01420 474078 jeannette.holder2@virgin.net  
Southern Counties Veterans website (still under construction) is: [www.scvac.org.uk](http://www.scvac.org.uk)

**Closing date for contributions for the December edition of The Southerner to be sent to Rosemary Champion by November 15<sup>th</sup>.**

### Club Records.

Records may be set  
anywhere and claims  
should be sent to:-  
**Jeanne Coker, 210  
Chaplin Rd., Wembley,  
Middlesex. HA0 4UT.**

### SCVAC Club Kit for sale.

Vests (yellow / green trim) £12  
Shorts (green) £12  
Vest badges £1  
Vest badge sold with vest 50 p.  
Prices include postage & packing.  
Contact: Jim Day, 22 Langland Gardens,  
Shirley, Croydon, Surrey CR0 8DW.  
Tel. 020 8776 1736