

THE Southerner

No. 47 April 2006

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



New Year's Day Road Races:

clockwise from left –

Walter Hill, Tadworth 10 miles; Susan Lambert, Serpentine Runners - Hyde Park 10k; Sue Garner, Tadworth 10 miles.

Photos: Jeremy Hemming: tel. 020 8871 9989.

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**Southern Counties Veterans Athletic Club- MEMBERSHIP RENEWAL /APPLICATION
2006**

Please complete in CAPITALS

Title (Mr/Mrs/Miss/Ms etc.)Membership number:.....
Surname: Forenames:.....
Address
Postcode:.....Telephone(home).....(work).....
Email:.....
Date of birth(day, month, year).....
UKA Club (s):.....
Athletic Events: (please list).....
Are you a cross country or track & field qualified official?.....

I HEREBY DECLARE

1. That I will abide by the Rules & Regulations of the Club. 2. That the above particulars are complete and correct.

Signature:.....Date:.....

Annual Subscription etc. to be sent with this form to:

Hon. Treasurer, Robert Murkin, 10 Dents Grove, Lower Kingswood, Tadworth, Surrey. KT20 7DX. Tel: 01737 225788.

PLEASE NOTE THAT, IF YOU ARE ALREADY A MEMBER OF SCVAC, YOU MUST BE FULLY PAID UP FOR TWO YEARS BEFORE YOU CAN COMPETE IN ANY BMAF OR INTERNATIONAL COMPETITION.

Annual Subscription	2006	£9.00
	2005	£9.00

Donation (if wished) - fill in amount

Total Cheque enclosed for: £.....

-----**CUT**-----

SCVAC: *The Southerner 200+ Club*

APPLICATION / RENEWAL

Name.....Member No:.....
Address.....

(for applications)I enclose £in respect of shares in the 200 + Club payable to SCVAC (£12 per Share) (Monthly Draws) Subscription runs for 12 months from date joined.

(for renewals) Share Numbers.....(£12 each)
Total enclosed.....

Signature.....Date.....

Please return completed forms and cheques to:- **Peter Hamilton, Assistant Treasurer SCVAC, 31 Devonshire Drive, Greenwich, London. SE10 8JZ.**

Hon. Treasurer Robert Murkin's "Masters Sports Mission"!



Happy new year everyone. Hope you all had a good Christmas and a promising start to 2006. By the time you read this I will have celebrated my 40th birthday. All in all 1966 seems to have been a good year to have been born, what with the World Cup victory and everything. My mother assures me that I was in front of the TV on that glorious July afternoon that year although apparently I was asleep through most of the match!! Would be great if Sven's men can do it again this year!

I confess to being a fan of sport as a whole which may explain why I have never really excelled at any one discipline. The good thing about this is that when one body part breaks down (as is the case at present with my knees) then you can always use the rest of the body to do something different. To that end- my Masters swimming career took a giant splash forward recently. Despite not having swum since October I competed at the London Masters Swimming Championships at Crystal Palace at the end of January. Wow! What an event! There were five hundred competitors, competing over two full days. I thought that the turnout was very impressive, when you consider that it represents 10% of the entire membership of the Masters section of British swimming and it was only a regional championship. Wouldn't it be great if we could have the same turnout at our track & field championships in the summer?

I really enjoyed the competition and have discovered that swimming a 100m race is good cross training for running 400m on the track as it

has the same cardiovascular demands. There are Masters events in every sport these days, many of which are shown on Sky Sports. So many new opportunities, at venues one would not normally visit. I was interested to discover that the British Masters grass court tennis championships take place at Wimbledon. Fantastic! I must dig out my tennis racket! And just in case you've been inspired by the Winter Olympics, Masters speed skating is available at the Guildford Spectrum. I would like to put together a "guide to competitive Masters sport in the UK". Please forward any helpful ideas. There must be many people out there who would like to learn about Masters athletics.

I mentioned to the committee at the AGM that I would like to lead a dedicated campaign to spread the word about SCVAC and therefore introduce prospective new members to the Masters scene. I would be very happy to hear from anyone who would like to join me on this project.

Thanks to all of you who participated in the indoor championships at Sutton in February. The turnout and the standard on display were excellent with approximately ten championship best performances. I hope you all enjoyed yourselves.

Fewer of you took part in our cross country championships on a very cold but sunny day in March at Lloyds Park, Croydon. Well done to the eight of you who competed.. Finally I would like to mention my friend and club mate, Kevin Archer. Kevin is a good standard middle distance and cross country runner and makes frequent appearances on the podium and has written a book which amusingly recalls his experiences at National, European & World Masters championships over the past 20 years or so. If you would like a copy you can contact Kevin on kevin.archer45@hotmail.com or tel 07855 0609083.



SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

ENTRY FORM: TRACK & FIELD CHAMPIONSHIPS.

Sunday 18th June 2006- at the Millennium Stadium, Battersea Park, London SW11 4NJ

Entry fees: Members: £4 for the first event & £3 for all subsequent ones.

Non members: £5 first & £4 subsequent- no awards.

Report 10 minutes before the start of events.

No registration needed, as competition numbers & programmes will be sent out before the championships.

Personal implements must be handed to the Field Referee for checking well in advance.

Note: M35's will be added to the M40's in the programme, due to the small number of members in this age group.

TIMETABLE.

TRACK		FIELD.	
09.55	100m. M40 heats if needed: if none To be run at 11 a.m.	09.45	hammer - report to circle.
10.00	400H W35 - 49, M40 - 59	09.55	hammer M40 - 59
10.15	300H W50 & M60+	10.00	shot Women
10.30	100m. M45+		long jump Women & M60+
10.50	100m Women	10.45	hammer M60+
11.00	100m M40(see above)		long jump M50 - 59
11.05	1500m. Women & Men 60+		pole vault Men & Women
11.15	1500m Men 40 - 59	11.15	shot M50
11.35	3000W Men & Women	12.00	high jump Women & Men 60+ (up to 1.30m)
12.00	200m Women		hammer Women
12.15	200m Men		shot M40 - 49
12.30	800m Men	13.00	discus M40 - 49
12.40	800m Women		high jump Women & Men 40 - 59
LUNCH BREAK (track only)			shot M55+
13.45	80H W40+ & M70+	13.45	discus M50 - 59
14.00	5000m Women & M65	14.10	triple jump Women
14.30	100H W35 & M60 - 69	14.45	discus Women
14.45	5000m M40 - 64		javelin M40 - 59
15.10	110H M40 - 49		triple jump Men
15.25	400m Women	16.00	discus M60
15.45	400m Men		javelin Women
16.00	3000S/C Men	16.30	javelin M60+
	2000S/C Women & Men 60+		

-----CUT-----

ENTRY FORM: SCVAC Track & Field Championships, Sunday 18th June 2006, Millenium Stadium, Battersea London SW11 4NJ.

Please use block capitals.

Last name _____ First name _____

Member No. _____ Telephones: home _____ work _____

Address _____

Post code _____

Date of birth _____ Age _____ Age group (M/W) _____

UK first claims club _____

Events entered _____

Entry fees (members -£4 first event, £3 subsequent events
guests- £5 first event, £4 subsequent events- no awards)

Cheque payable to SCVAC for £ _____ enclosed.

Signature _____ Date _____

Closing date 4th June 2006.

Please enclosed a Stamped Addressed Envelope for numbers, details etc.

Send to :- Steve Connolly, Entries Secretary, 64 Goddard Road, Swindon, Wilts, SN1 4HS. Tel 01793 538245.

Membership paid up to December 2006.....YES/NO (delete as applicable)

****NB : A Membership Renewal Form is included elsewhere in this issue. Please DO NOT INCLUDE MEMBERSHIP**

Noticeboard

New secretary needed: Liz Bowers, who took over as our secretary at the end of 2004, has had to resign as she has gone to live abroad. We urgently need a member to volunteer for this key job. Please contact Arthur Kimber or Rosemary Champion if you think you can help. (Please note that our treasurer, Robert Murkin, will be acting temporarily as club secretary.)

2005 UK Veteran Women's Track & Field Ranking Book is now available. It costs £3.50- cheques payable to Mrs S. Gandee. Include an A5 SAE with a 35p stamp, and send to Mrs Sally Gandee, 4 Westfield Road, Hertfordshire, Herts. SG14 3DJ.

Club Sweatshirt: Would you like to be able to wear a Southern Counties Veterans A.C. sweatshirt? If you think it would be a good idea, then we need some suitable designs! The Club colours are dark green & yellow. Robert Murkin would be delighted to hear from you with ideas. The winning designer will be awarded a £25 prize. Send your designs to - Robert Murkin, 10 Dents Grove, Tadworth, Surrey KT20 7DX
email murkinrg@hotmail.com

New! "SBAY" - THE SOUTHERNER SMALL ADVERTISEMENTS SECTION!

Got lots of "stuff" cluttering up your house? Now is the time to sell it on **SBAY!**

Unwanted presents! Left - over equipment from old hobbies! Collectables gathering dust in a corner? Athletics shoes/ clothing in good condition? Travel memorabilia that seemed a good idea at the time? In fact, almost anything up to £100!

Terms: £2 only, for up to 30 words, including your contact details and the price; send to Rosemary Champion, 6 Woodlands Park, Bexley, Kent. DA5 2EL; email:

southern.veterans@ntlworld.com Please send cheque/P.O.

Commercial advertisers are also welcome to advertise in The Southerner: prices are £90 full page, £50 ½ page, £30 ¼ page.

NB. All adverts are subject to the discretion of "de Management".

December 2005: 200+ Club winners: 1st £35 Gary Mantey

2nd £20 John Curtin

3rd Barry O' Gorman

Special prize £100 James Hart

From January 2006, Peter Hamilton has kindly volunteered to do the draw.

The Assistant Treasurer post is now filled, also by Peter Hamilton.

**RESULTS OF THE SOUTHERN
COUNTIES VETS A.C INDOOR
CHAMPIONSHIPS 2006, held on Feb 5th at
Sutton Arena. * = new or equal to
Championship Best Performance**

60m. Men: 35: Guy Giffin 7.50*, Nick Lauder
8.10, Andy Hicklin 8.20

40: Anthony Noel 7.20, Lincoln Campbell 7.50,
David Kemp 7.60, Mark Baker 7.60, Glen
Reddington 7.70, Keith Palmer 7.70, Des
Wilkinson 7.90, Leroy Gould 8.20.

45: Pat Logan 7.50 *, Kwei Sankofa 7.70,
Tennyson James 7.80, Ian Turner 8.30, Rod
Davies 8.50, Tom Gort 8.60, Mike May 8.60.
50: Geoff Walcott 7.60 *, Tom Phillips 7.70,
Alasdair Ross 7.80, Duncan Talbot 8.50, David
Blunt 8.80.

55: Anthony Roker 8.00, Geoffrey Kitchener
8.30.

60: Glyn Sutton 7.90*, Allan Cheers 8.90,
Charles Isetts 8.90, Mike Martineau 9.60.

65: Colin Field 9.40.

Women: 35: Catherine Goddard 8.70, Adele
Forsyth 9.10.

40: Kirsten King 8.20, Angela Griffiths 8.80.

45: Anne Goad 8.70.

50: Christine You 9.60.

55: Val Parsons 8.60*, Daphne Marler 13.10.

60m hurdles. Men: 40: Glen Reddington 9.20,
Leroy Gould 10.30.

45: Allan Leiper 9.90, Tennyson James 9.50.

50: Duncan Talbot 11.40.

55: Anthony Roker 9.60*, Geoffrey Kitchener
11.60.

60: Maurice Joyce 11.30, Snowy Brooks 12.60.

70: Jim Day 12.90.

Women: 35: Cath Goddard 9.60.

Shot. Men: 40: Dave Brown 10.58, Tony
Tipping 10.22, Davin Liscombe 8.38.

45: Guy Perryman 12.35, Allan Leiper 11.20,
Michael Bale 8.18.

55: Neil Griffin 13.12.

60: John Howe 10.29, Chris Melliush 9.38, Brian
Harlick 8.30.

70: Gordon Hickey 10.85, Jim Day 8.52.

75: Jaroslav Hanus 9.28, Alf Woods 7.32.

Women: 40: Julie Wilson 7.94.

45: Wendy Dunsford 9.39, Teresa May 6.03.

60: Liz Sissons 9.77.

High jump. Men:35: Ian Bridgeman 1.63.

40: Tony Tipping 1.55, Robert Peers 1.45.

45: Allan Leiper 1.60.

50: David Blunt 1.55, Duncan Talbot 1.50.

55: Geoff Kitchener 1.35.

60: Brian Harlick 1.30.

70: Jim Day 1.20, Keith Ficken 1.15.

Women: 45: Teresa May 1.30*.

Long jump. Men: 35 Andy Hicklin 4.70*

40: John Shepherd 5.59, Charlie Batts 5.22,

Tony Tipping 4.95, Robert Peers 4.56.

45: Trevor Wade 5.64, Allan Leiper 5.35, Rod
Davies 4.70.

55: Geoff Kitchener 4.01.

60: Allan Cheers 4.01, Mike Martineau 3.80.

65: John Webster 3.55.

70: Colin Sheppard 3.50.

Women: 40: Angela Griffiths 4.69.

45: Teresa May 4.22.

50: Christine Young 3.96.*

55: Daphne Marler 2.43.

70: Dorothy McLennan 2.67*

Pole vault. Men: 40: Robert Peers 2.80.

45: Allan Leiper 4.12.

50: Allan Williams 4.02*, David Blunt 2.60.

60: Maurice Joyce 2.70, John Howe 2.60, Brian
Harlick 2.60.

65: John Webster 2.20.

70: John Day 2.50* Women: 70:

Dorothy McLennan 2.10*.

Triple jump. Men: 35: Ian Bridgeman 11.71*.

40: Charles Batts 10.00.

50: Duncan Talbot 8.75.

55: Geoff Kitchener 8.78.

60: Allan Cheers 9.74*.

70: Colin Sheppard 7.60.

Women: 45: Teresa May 8.90.

55: Daphne Marler 5.17.

**INDOOR CHAMPIONSHIP BEST
PERFORMANCES ACHIEVED ON
FEBRUARY 5TH 2006.**

Compiled by Derek Thomas.

At the SCVAC indoor track and field
championships on February 6th at Sutton Arena,
ten new records were created and five existing
ones were equalled.

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SCVAC INDOOR CHAMPS. BEST PERFORMANCES (cont)

These were:

60m. M35: G.Giffin 7.5. M45: P.Logan 7.5 (eq rec.held by W.Franklyn & K. Sankofa. M50: G.Walcott 7.6 M60: G.Sutton 7.9 (eq. record held by B.Gray.)

W55: V.Parsons 8.6.

60m hurdles. M55: A.Roker 9.6 (eq. rec. held by J.Howe)

Pole vault: M50: A.Williams 4.02. M70: J.Day 2.50 (eq. his own record)

W70: D.McLennan 2.10.

High jump: W45: T.May 1.30 (eq. rec. held by P.Oakes)

Long jump: M35: A.Hicklin 4.70.

W50: C.Young 3.96. W70: D.McLennan 2.67.

Triple jump: M35: I.Bridgeman 11.71. A.Cheers 9.74.

I have compiled an All Time Indoor Championships Best Performance list, which will be published in the next Southerner magazine.

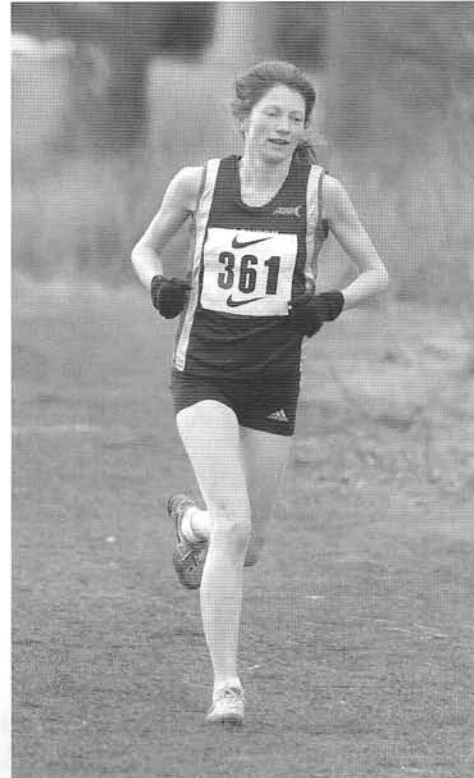
RESULTS OF THE SCVAC CROSS COUNTRY CHAMPIONSHIPS, MARCH 4TH 2006.

The Cross Country Championships were held in Lloyd Park Croydon on March 4th, a day of bright sunshine combined with Arctic winds. Some 37 runners from clubs in the South East region turned up to brave the freezing cold conditions.

SCVAC results: M35: 1st David McAdam, (AFD) 62.36. M45: 1st Colin Oxlade (Croy.H) 41.36. M55: 1st Vincent Monk (Tiptree RR) 54.05. M60: 1st David Newland (SLH) 45.17. 2nd James Fitzmaurice (SCVAC) 52.43. M65: 1st Mike Conway (Inv) 44.54, 2nd Tony Merritt (Burnham. J.) 57.22, 3rd Trevor Crow Hurst (Ling. RC) 64.39.

The SCVAC have now established medal standards for outdoor track & field competition. These may be found on the Club website at www.scvac.org.uk

Photos below from the BMAF Cross Country Championships, Bournemouth, March 5th, 2006.
Top: Anna Critchlow, (W35 London Heath.) 6th:
Bottom: Joe Cleverly (M70 New Elt.J.) 69th



Carole Filer, The Street, Hockering, DEREHAM, Norfolk, NR20 3AJ
Tel: 07929 752093 (Mobile); email: c.filer@uea.ac.uk

Dear Athlete

XV EUROPEAN VETERANS' ATHLETICS CHAMPIONSHIPS – POZNAN 2006

I thank you for your enquiry for the XV European Veterans' Athletic Championships to be held in Poznan, Poland, 19 – 30 July 2006. Please see below for fees and details required. The majority of you will come under **Section 1**.

Section 2 applies to those entering combined events, plus other individual events. Please read carefully!

FEES PAYABLE	TOTAL £
Section 1 IF YOU ARE <u>NOT</u> ENTERING COMBINED EVENTS	
BMAF Admin Fee	4.00
Cost of <u>first</u> event	23.00
Total cost if entering just <u>one</u> event	27.00
Each individual event thereafter: £9 x (no of events) =	
Optional extras:	
Get-together party £16 x (no of persons) =	
Accompanying persons (transportation, official materials) £22 x (no) =	
Children under 14 years (" " ") £14.50 x (no) =	
Results Booklet £7.50 x (no) =	
Official Film DVD £11 x (no) Video £7.50 x (no) =	
TOTAL (inc set amount of £27.00)	
Section 2 IF YOU ARE ENTERING <u>COMBINED</u> EVENTS	
BMAF Admin Fee	4.00
Cost of <u>first</u> COMBINED event	26.00
Total cost if entering just <u>one</u> COMBINED event	30.00
Subsequent COMBINED events: £14.50 x (no of events) =	
Other events (not combined): £9 x (no of events) =	
Optional extras:	
Get-together party £16 x (no of persons) =	
Accompanying persons (transportation, official materials) £22 x (no) =	
Children under 14 years (" " ") £14.50 x (no) =	
Results Booklet £7.50 x (no) =	
Official Film DVD £11 x (no) Video £7.50 x (no) =	
TOTAL (inc set amount of £30)	

Please make your cheque or Postal Order (this has to be in Pounds Sterling) payable to '**BMAF Overseas**'. You will need to return to me:

1. Your **cheque/Postal Order** for the correct amount (please double check!) with a note of your Masters' Area Club and membership number on the reverse, ie either SCVAC/EVAC/NVAC, etc. Should you not be a member of a Masters Club, you should look to join your nearest Club and let me have the details ASAP. Details of area clubs available in Masters Athletics or on the BMAF web site: www.bmaf.org.uk
2. **Completed and signed entry form** from the official entry booklet or web site: www.evacs2006.pl
3. Proof of date of birth if this is your first overseas competition (ie copy of either your Birth Certificate or Passport).

by:

FRIDAY 7 APRIL 2006 (No late entries!)

Please, please make a **note of this date in your diary** and endeavour to get your entry to me well in advance.

WGT Sport Limited will be putting together a package for Poznan – tel: 0121 745 1001 – so please telephone them direct if interested. For info, there are flights from Luton and Stansted direct to Poznan if you want to make your own arrangements and accommodation information is on the Poznan web site (details above).

Many thanks, Carole Filer.

Notes from a "Call Room", by Jean Coker.



"He used to be a baggage handler at Heathrow."

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At the end of August I spent 10 days officiating at the World Masters Athletics Championships in San Sebastian (or Donastia if you are Basque), in Spain. I spent two hectic and enjoyable days in the "call room", This is the athlete's final check before being taken to the venue for their event (There were two tracks and hence different sites for throwing and jumping.) Reporting times were 60 minutes for Pole Vault, 50 minutes for other field events and 25 minutes for track. There were seven check-in desks plus a big notice board where start lists were displayed and a board at each desk where the name and time of the event being checked was written. Fine - unless you were Russian or Japanese or shortsighted. There were final calls just like an airport given by a Spaniard in Spanish and English.

Unfortunately, the English speakers couldn't understand her English, and the Czechs and the Poles couldn't understand anything. 1500m is universal, isn't it? - not if you are Korean or Chinese. People came at the wrong time for their event so we told them to come back in 30 minutes or 40 minutes

or.... but they had taken their watch off to compete and there was no clock in the room. One man had fallen asleep (he was 80!) I woke him up for the wrong event, but he was very polite. Overall, people were polite and it was rare for anybody to have a tantrum. Remember, people get very keyed up for their event and if you have travelled half way round the world to be there, you don't want to miss it. Not forgetting all the training over the years.

The man in charge was incredible. He seemed to work a 13-hour day every day without a break! I never saw him sit down. He had a number of mobile phones, which he used when we had left over athletes who were not on the list, and he always got an answer from somebody somewhere.

Then there were people doing a track and a field event at the same time. Could I check them in for second event and get their "leg" number?

Overall there were nearly six thousand athletes so it is a struggle to keep everything to time and an efficient call room is absolutely essential.

What else did I do? I spent the first two days with the M60 decathlon. It is very enjoyable to be with a group for all their events as you become part of the "family". Most of the rest of the time I helped with field events. Oh, I also ran 5000m.

Pictured: June Johnson, (Seven. A.C) 3rd W60 in the BMAF Cross Country Champs. Bournemouth, March 5th 2006.



Blackheath & Bromley Harriers A.C. present:-

THE TED PEPPER MEMORIAL ROAD RACE

**AN OPEN ROAD RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS
UNDER UK ATHLETICS RULES
MONDAY 1 MAY 2006, 11.00AM START**

SEAA PERMIT NO: 6213

COURSE MEASUREMENT

CERTIFICATE NO: SEAA 02/036

Venue: Langley Park Boys School
South Eden Park Road, Beckenham, Kent
(Parking, changing, showers, refreshments)

Course: 3 laps, accurately measured and almost flat.

Awards: Winner: TED PEPPER MEMORIAL TROPHY

MEMENTO ALL FINISHERS

Prizes: 1st, 2nd & 3rd Man and Woman

Individual Vet Prizes according to entry

SCVAC, individual medals in 5year age groups

Fee: £6.00 BAF Affiliated Clubs, £8.00 Non Affiliated, Additional £1 SCVAC Members,
£10.00 Late Entries, including on the day (on the day also accepted for SCVAC)

Cheques payable to "Blackheath and Bromley Harriers AC", enclosing

Entry Form and large SAE for acceptance and details to:

Event Secretary, 122 Romsey Avenue, Fareham, Hampshire, PO16 9SZ

(Tel: 01329 220817)

Closing Date: For postal entries Monday 24 April 2006 or race limit of 250

**ENTRY FORM – BLOCK CAPITALS PLEASE – PHOTOCOPIES & STANDARD ENTRY FORM
ACCEPTED**

Surname: Forename: Male/Female

Address:

Postcode:

Affiliated club, if any:

Member of SCVAC entering Club Championships: Yes/No Membership No, if known:

Date of Birth: Age on 1 May 2006 (minimum 15 years old):

Telephone No. (including STD code):

I certify that I will not take part in the race unless I am medically fit to run and I will in no way hold the Organisers responsible for any injury, illness, accident, loss or damage resulting from my participating in the event. I will abide by BAF rules governing this event.

Signature:

Date:

Fee: £6.00 Affiliated

£8.00 Non-Affil.

£10.00 Late Entry

Add £1.00 SCVAC entry Cheques: "Blackheath

and Bromley Harriers AC"

Entries to: Event Secretary, 122 Romsey Avenue, Fareham, Hampshire, PO16 9SZ

PLEASE DON'T FORGET YOUR FEE & LARGE (A5) SAE

Official use only: race no. _____



Witty "running track" façade of Linz Indoor Stadium.

LETTER FROM LINZ, by Arthur Kimber

Granted town status in 1236, the ancient town of Linz is the provincial capital of Upper Austria, with a population of about 200,000. The town straddles the Danube with most buildings on the south bank. Just south of the river is the large, stylish Hauptplatz (main square), with many of the oldest buildings. The square was known as Franz Joseph Platz, after the emperor, from the second part of the 19th century. From 1938 it suffered under the name of Adolf Hitler Platz, assuming its present name in 1945.

Running almost straight from the Hauptplatz for about a mile is Landstrasse, the main street in Linz, and the main shopping area, pedestrianised apart from the trams. Landstrasse runs almost to the main railway station, an impressive airy, steel and glass building with shops and cafes at street level. Underneath are the trams, which become an underground railway for a short section. Back at street level next to the railway station is a huge undercover bus station with about 30 stops for local and regional services. Buses are operated by the Post Office and the state railway company. Commitment to an efficient and integrated public transport system is taken seriously, the hub of the system being the three tram routes, which all run from the station through Landstrasse and the Hauptplatz before fanning out to their destinations. Trams run

from before 5a.m. to nearly midnight, with about 20 trams an hour passing in each direction through Landstrasse in the daytime and about 10 in the evenings and at weekends. Athletes, as usual, had free passes for the trams and buses. On the trams, notices ask you to give up your seat to an old person. Despite my track-suited appearance I was twice offered a seat by a younger person! It's my face and hair that let me down!

Along the south bank, the 'Culture Mile' has two striking modern buildings, the 1974 Brucknerhaus; the concert hall named after the 19th century composer who was organist at the cathedral for many years, and the Museum of Modern Art; illuminated at night with an alternating facade of red and blue. On the north bank is the Ars Electronica (so called Museum of the Future) where in the Cave of Virtual Reality you can take a 3D journey through space and time, exploring the universe or visiting a Renaissance city. The main natural attraction on the north side is Postlingberg, 537m. high (about half the height of Snowdon). You can walk up or ride on the steep railway, with an incline of 10.5% in parts. I was lucky to go on the sunniest day and so able to see the stunning view over Linz.

Linz is keen to protect the environment. The trams, of course, are environmentally friendly and cycle paths are common in the town. It's a clean place, with plenty of waste bins, frequently emptied by council workers and you often see cleaners working in public places like the railway station. I was impressed by the cheap rates for telephone calls from my hotel instead of the ripoffs that you often find. To call home from my Cardiff hotel would have cost about 5 times as much as my calls from Linz.

Linz has two specialities. The first is the Linzer Torte, an almond/raspberry short crust tart, based on a 350 year old recipe. The tart can be bought in different sizes and well boxed souvenir packs. One sentence in the tourist literature states (in English),

/cont. next page

Letter from Linz (cont.)

perhaps rather unfortunately, "Take a Linz tart home as a souvenir". I noticed two shops in Linz that sold only hats, with hundreds of hats of different styles and the "Linzer Hut", rather like a trilby, is another local speciality.

It took some time to find a decent restaurant, but I eventually found a good Italian one and got to know a waiter quite well. When he learned that I was English, he asked where from, and before I had chance to reply suggested Manchester and Liverpool. He was a keen fan of English football. I said that I would come with my friend the next day. I'm not sure what David Kemp thought when the waiter exclaimed, "Ah! David Beckham!"

The World Masters Indoor Championships were held in the Intersport Arena, about 5 minutes on the bus from the railway station. The stadium is a glass and steel construction. The walls surrounding the two bends are glass from top to bottom, allowing plenty of natural light, and even sunshine on two pleasant days; into the stadium. 200 or more downlighters in the central section of the ceiling provide a good light on dull days or when it is dark. The 200m. track has six lanes with an eight lane 60m. sprint and hurdles strip in the centre, and impressive shot and Jumping areas.

The bends on the track are adjustable to provide a range of different banking heights; from flat for the longest distances to highest for the 200m. Overall the stadium is on three levels. A host of facilities includes changing rooms; showers, toilets; weight training rooms; massage rooms and the call room. Behind the straights are the Registration areas. souvenir shops, cloakroom and restaurant.

Javelin, discus and hammer were held in the cold in the main outdoor stadium in Linz. There were also non-stadia events- 10k race walk, half marathon and 8k cross country. A temporary warm up tent was available just outside the indoor arena, rather small for the number of athletes involved and too short for 60m strides. The programme ran well to time on some days, but reached an hour late on Friday.

Results and medal ceremonies quickly followed the events.

One of the M45 60m. races was marred by a serious accident when Michael May lost his footing on the incline after the end of the race, crashed awkwardly into the barrier and dislocated his shoulder. He returned from hospital with his shoulder reset and his arm in a sling. Despite his injury, he stuck to his plans to fly to Melbourne for the last days of the Commonwealth Games.

62 countries were represented; with over 3000 competitors. On my way to the stadium on Sunday, I met on the bus Sadegh Shirzad, an athlete from the Islamic Republic of Iran a past president no less of the Iranian Athletics Federation, now the President of the Iranian Masters. He had come a long way, just to compete in the M70 triple jump, and then pulled out injured after two jumps. But he still had a job to do as the Iranian team manager, although with only five athletes, all men of course. Lucky man: our manager; Maurice Doogan, had over 200!

It seemed most athletes were very impressed "with Linz and the stadium. As is usual, there was a friendly atmosphere with the Europeans looking forward to Poznan in July this year, and everybody to Riccione in 2007.



Pictured:

Len

Parrott, (Havering), 62nd M70 BMAF Cross Country Champs. Bournemouth Mar.5 06.

Mrs Derrien's Diary by Carole



Derrien (Jersey Spartan A.C.)

Linz, Austria, March 2006: SCVAC throwers from left: Jenny Earle, Wendy Dunsford, Camilla Thrush, Catarina Hallden & Carole.

Chaos has been reigning in the house, as usual, and we can't blame it all on the welcome arrival of James Lyle Derrien. He is, of course, the most handsome baby boy ever, destined for greatness, but then I might be just a tad biased. The fact that his dotting dad is teaching him to watch rugby, football and boxing and to play poker, is immaterial- just a natural extension of his own childhood and upbringing, I am told.

The troublesome "dead leg" has meant trips to the "blood man"- you may remember, he was the one who said I had the legs of a racehorse.

Twenty minutes later, I was in the MRI scanner, with my eyes squeezed so tightly shut that my contact lens stuck to my eyelid. My mouth went as dry as the Gobi Desert. Next off was a trip to the trauma surgeon, who asked a lot of questions but provided no answers. The there was an appointment with a specialist in Leicester, and we were still no nearer a solution. So I decided "What the hell- let's enter for the Linz Indoors Champs and see what turns up."

Training was not going well. The tendency to fall over made me the butt of jokes mostly containing the words "gin and tonic". A near fall resulted in the hammer hitting my calf muscle

and producing a swelling the size of a tennis ball. The humour was wearing thin, but going to Linz was still on the cards. I was packing my suitcase when a call came, from the Pain Management Clinic, promising a procedure that could help. Travelling from the Channel Islands is always a problem. We overnighted in Stansted, and the usual group of throwers met up the next lunchtime. The flight was on time, but it is no fun flying in the equivalent of a flying letter rack, with one's knees up to one's nose, for two hours with only 15kg. of luggage. All was forgiven and forgotten as we saw the Christmas card landscape of Austria.

What facilities! We throwers could not believe our luck. We were actually going to be part of the bigger picture! The throwing areas adjoined the indoor arena, so we were on hallowed turf, sharing the same call- up facilities as the Speed Kings, with access to the wonderful back - up team, smelling the all - pervading Winter Green, and being marched in to the (wait for it)- heated tents! However, the throwers did not tempt many of them to come outside and watch us, but we all managed to support each other.

The actual throwing competitions were surreal: throwing amongst the snow drifts, skating to the circle in the hammer / weight area, losing a "heavy hammer" in piles of snow. A memory which stands out is that Clare Cameron, unbeknown to us, had been in hospital for three days, and had discharged herself in order to compete in the discus.

My ego suffered since I was 5th in three events, my excuse being that I was the oldest in my age group. The best bit of the journey home was our night in the Sofitel at Gatwick, and finding I had been summoned to the hospital on April 4th.



Road Race Secretary's Report from Walter Hill.

Race Calendar For 2006

1. **Ted Pepper 10 K Beckenham** 1-05-2006

Fast and flat .Organised by an Athletic Club that caters for the needs of all those that enter .This race has my full recommendation.

2. **Dorking 10 Mile** 4-06-2006

The one to enter in June. A true 1 lap 10 Mile race.

3. **Burnham Beeches Half Marathon** 20-08-2006

Now Confirmed. Entry forms will be available on the WEB at the Burnham Joggers Site. I am delighted that we were invited to use this excellent promotion as our Club's Half Marathon Champs. Please enter and keep race fit in August.

4. **Abingdon Marathon** 15-10-2006

Now confirmed as this years BMAF Champs. The SCVAC have been asked to co-ordinate these Champs. We will need some help on the day. I have never asked members for assistance before. However, on this occasion I look to you for a few hours of your time in October Please e-mail me at walterhelen @tiscali.co.uk if you can help in any way.



London Marathon

I operated a simple procedure for the Ballot which was marketed in the last Club Newsletter. I was surprised by the positive response and am glad to say all went to plan. I intend to write a report in our next Southerner about the athlete's aspirations and what happened in reality on the day. I hope it will make interesting reading.

To all members :e-mail me your times if you run as I wish to include them in the next magazine

Can I personally thank Robert Murkin for all his work on the day and for collating the results of the SCVAC Cross Country Championships. (Note: these results appear on another page- Ed.)

ENFIELD LEAGUE WALKING DATES. (best 9 races from 12) from Martin Oliver, Hon. Walking Secretary, from Enfield & Haringey A.C. (Tel 01992 626804)

3. Sat Ap 8 5 miles 2.30 p.m.

4. Wed May 10 3k track (including Club Champs) 7.30 p.m.

5. Sat May 20 5 miles 2.30 p.m. (moved from May 27)

6. Sat Jun 10 5 miles Moulton, near Newmarket, 2 p.m.: double points, Club Champs. Details from Ronnie Wallwork (moved from Jun 17)

7. Sat Jul 1 5 mile 5 p.m.

8. Sat Aug 5 5 miles 2.30 p.m.

9. Sat Sept 2 5 miles 2.30 p.m.- NEW ADDITION.

10. Sat Sept 16 5 miles 2. 30 p.m.

11. Sat Oct 7 5k 2.30 p.m. (poss includes SCVAC & VAC Champs)

12. Sat Nov 11 Open 7 miles 2 p.m.-NOTE EARLIER TIME! Double points, Club Champs (poss. includes LBH/VAC/SCVAC Champs) ***** **The presentation for the 2006 League will take place at the first race of the 2007 League (5k) on Dec. 16th 2006, at 2.30 p.m.**



FIXTURES 2006.

More information can be found at www.bmaf.org.uk

International

Jun 24 Interland v Belgium v France, Le Touquet, Pas de Calais, France.
Jul 19 - 30 XV European Masters T & F Championships, Poznan, Poland. Entry details are included in this issue.

National

May 20 BMAF Road Relay Championships, Sutton Park, Birmingham. Contact Denis Withers, 2 Midgely Drive, Sutton Coldfield, W.Midlands. B74 7TW. CD 22nd April 06.

May 21 10k. Track Walk Championships, Tamworth.

Jun 18 BMAF 5k Road Championships Horwich. Contact Alastair Murray, 5 George Street, Horwich, Bolton, BL6 6BP. Tel. 01204 460608. CD 2nd June.

June 18 BMAF Weight Pentathlon Championships, Milton Keynes. Entries Sec. 255 Tubbenden Lane South, Orpington Kent BR6 7DW. CD 10th June.

Jul 2 BMAF Half Marathon Championships, Mansfield.

Jul 8/9 BMAF T & F Championships, Birmingham.

Aug 12/13 BMAF Decathlon/ Heptathlon Championships, Oxford. Contact- Bruce Charles, 01235 211532. CD 29th July.

Sept 3 BMAF Pentathlon Championships, Monkton Stadium, S.Tyneside.

Sept 24 BMAF 10k. Championships, Swansea.

Oct 1 BMAF 10 mile Championships, Lytham St Annes.

Oct 15 BMAF Marathon Championships, Abingdon.

South

May 1 Ted Pepper 10k, Beckenham, Kent. **SCVAC Champ** Entry form included in this issue.

Jun 4 Dorking 10 miles. **SCVAC Champ**. Contact Road Running Sec. Walter Hill tel. 01923 862237.

Jun 18 **SCVAC T & F Championships, Battersea Park**. Entry form & details are included in this issue.

Aug 20 Burnham Beeches Half Marathon. Entry forms on Burnham Joggers website

Aug 27 Veterans A.C.Track & Field Championships, Battersea Park. Contact VAC T & F Secretary, Liam O'Hare 0208 672 6042.

Sept 3 **SCVAC T & F League Final**, Battersea Park.

Sept 6 Vets A.C. 10,000m Championships, Battersea Track Contact VAC Road Sec. Bob Belmore, tel. 01428 654749.

Oct 15 BMAF Marathon Championships Abingdon. **SCVAC Champ**.

**

Competing in international events. Any British competitor who wishes to compete in an international championship must do so through the BMAF. Entry brochures for the World & European Championships may be obtained through the BMAF Overseas Entry Coordinator:- Carole Filer, The Street, Hockering, Dereham, Norfolk. NR20 3AJ. Email: c.filer@uea.ac.uk or download from the linked websites. You can order entry forms in advance & they will be sent when available. **All completed entry forms must be sent to Carole and not direct to the organising committee.**

Southern Counties Veterans Athletic Club Committee 2005/2006

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Southern Counties Veterans website (still under construction) is: www.scvac.org.uk

Closing date for contributions for the Sept. 2006 edition of The Southerner to be sent to Rosemary Champion by Aug 25th 06.

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