

THE Southerner

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THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

Jan W. Hudson, J. Hegner, P. Webster



World champion Tony Noel, treble M40 sprint winner at the BMAF National Championships, Birmingham.

INSIDE

- Hotels for Helsinki EVAC Indoors Champs and Riccione WMAF Outdoors Champs 2007.
- SCVAC Track & Field Champs results.
- Burnham Beeches Half Marathon results.
- Road racing report.
- More photos from the BMAF National Champs.



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SOUTHERNER 200 CLUB WINNERS: from Peter Hamilton.

Jan. W.Hudson, J. Hepner, P.Webster

Feb. J.Johnson, J.Andrews, S.Grant

Mar. D.Bird, R.Burton, D.Hartwell

Apr. J.Wilson, J.Seymour, V. Parsons

May E.Barker, A.Matson, K.Crooke

June M.Waddell, A.Williams, S.Smith.

Special draw: M.Reynolds, G. Cunningham.

Robert Burton kindly donated his winnings, after deduction his subscription.

Surrey County A.A. 2006 rankings lists

are being produced by Robert Murkin. You can email your results to him at vets-rankings@surreyathletics.org.uk or send them to him at 10 Dents Close, Tadworth, KT20 7DX.

CORRECTIONS CORNER



Apologies to Duncan Talbot of Abingdon Amblers, who was incorrectly listed as runner - up in the Southern indoors M50 high jump result, when he was actually the winner, with David Blunt second. Both athletes finished in the same places at the BMAF Indoors Champs.

Alan Davidson was unfortunately missed from the website results after winning the SCVAC M55 5000m at Battersea in a time of 20:21.

T.V. documentary about older adults competing in sport:

Julie Aberdein, a television producer based in Manchester, is hoping to make a documentary about sport, and how more and more 'older adults' are competing in sports events. She says, "We are looking for inspiring and true stories featuring ordinary people aging in extraordinary ways who provide positive role models and challenge the way we look at ageing."

If you fit this description and would be happy to talk to her, then contact **Julie Aberdein, Unique factuals, direct line 0161 874 5702 or mobile: 07973 286101.**

Email: juliea@uniquefactuals.com

FIXTURES

Sunday 17th December 2006: SCVAC Cross Country Champs. Incorporated within the Holly Run. New venue- Reigate Priory Park, organised by the Reigate Priory A.C. Start time last year was 1.40- time to be confirmed. A 3 - lap cross country challenge, with an uphill section followed by a very steep down hill section which requires spikes. Total distance 6 miles, mostly flattish. Further details on the Reigate Priory Athletic Club website. Contact Walter Hill tel. 01293862327, email: walterhelen@tiscali.co.uk

Sunday 22nd October: SCVAC /BMAF Half Marathon Champs., Abingdon.

Hon. Treasurer Robert Murkin reviews the summer's athletics.



Hello everyone, I trust that you all have enjoyed a good summer season, with lots of good performances!

I have for the first time this year been able to experience at first hand the SCVAC track & field league and the European Veterans championships. These two competitions, whilst being very diverse, both play a highly important part in our calendar.

I had the privilege to compete for Sutton & District AC which fielded one of the smallest teams in the SCVAC track and field league. I soon discovered that the league is all about winning points!!!. It was great to see people doing events that they would not normally do - shot putters sprinting and middle distance runners throwing the discus etc. Competing for a team was a refreshing change from what is essentially an individual sport, and I can't imagine that there is a league anywhere in the country as relaxed and friendly as ours. It reminded me of my school sports days, with people doing any event, just to score points.

The best thing about the league is that the atmosphere is not intimidating and presents an ideal opportunity for newcomers to athletics to try out track & field or to give the chance to people from other sports to try athletics. We should be shouting this from the roof tops, to attract new members.

I was also privileged to make my overseas debut at the European championships in Poznan. I had originally treated this trip as a fortieth

birthday present to myself as I felt that being a newcomer to the sport and a relative novice at that, that I maybe didn't really deserve to be at such a prestigious event. I was relieved in the end that after the heats of the 100 metres there were three of the twenty six M40 competitors slower than myself and I actually avoided finishing last in my heat!!!

The highlight for me was sitting at the finish of the 100m straight, watching the 100 metre finals. There was a fantastic atmosphere and it seemed that every final resulted in a Briton coming home in gold medal position (many of them SCVAC members). What really inspired me though was watching the 'older' (80+) competitors. It's fantastic that they have kept their bodies in such good shape, and still have the desire and will to compete. These people are the true champions.

Beyond the competition, it was great to be surrounded by sports enthusiasts from every corner in Europe. Masters athletics is truly a global family. At the end of the day, we are all on the same side, supporting each other to enjoy our sport to the utmost.

I want to briefly mention the track & field championships at Battersea Park in June. Many of you were disappointed with a number of things on the day, such as the slowness in producing results and the accuracy; medal distribution, the lack of an announcer etc. Admittedly some of these things were within our control but most weren't. Once again this boils down to the same old thing. The sheer lack of people willing to help and to play a role in getting events on.

“Where are you all? Come & help to organise YOUR events!!”



To those of you who did come forward to help we thank you. However, in many areas of the club we are still dangerously thin on the ground. Extinction threatens with the lack of officers and helpers. We would like to put on the best possible show for you at our events but it is increasingly difficult to do this. Let's hope we are still in existence in 2007!!!

SCVAC Competitors in 27th Burnham Beeches Half Marathon, 20th August 2006

Race Position	Running Number	Time	Name	Club	SCVAC Category
33	415	1:24:05	FLINT, Frank	Thanet Road Runners	MV50
41	438	1:25:03	O'CONNELL, Thomas	Thanet Road Runners	MV50
46	2021	1:26:04	GEE, Sarah	Bracknell Forest Runners	FV40
56	609	1:27:36	BEATTIE, David	Crawley AC	MV55
59	527	1:27:46	MCGRATH, Robert	Chiltern Harriers	MV40
67	2050	1:28:59	MUSSON, Sally	Tonbridge ac	FV50
109	658	1:32:40	CARMICHAEL, Jeremy	Crawley AC	MV50
114	2162	1:33:02	BROWNHILL, Alison	Maidenhead AC	FV40
137	2067	1:34:44	FINDLAY, Celia	St Albans Striders	FV40
237	595	1:40:52	JONES, Stephen	Thanet Road Runners	MV50
386	662	1:48:17	HORNE, Tom	Barnet and District Athletic Club	MV75
422	2187	1:50:39	MCEWEN, Susan	Maidenhead AC	FV55
597	2172	2:05:20	KERNAGHAN, Lesley	Maidenhead AC	FV50
604	2256	2:05:29	FITZGERALD Maureen	Thames Valley Harriers	FV60

Category	Position	Name	Time
MV40	1	Robert McGraph	1:27:46
MV45	1	No competitor	
MV50	1	Frank Flint	1:24:05
MV50	2	Thomas O'Connell	1:25:03
MV50	3	Jeremy Carmichael	1:32:40
MV50	4	Stephen Jones	1:40:52
MV55	1	David Beattie	1:27:36
MV60	1	No competitor	
MV65	1	No competitor	
MV70	1	No competitor	
MV75	1	Tom Horne	1:48:17
FV40	1	Sarah Gee	1:26:04
FV40	2	Alison Brownhill	1:33:02
FV40	3	Celia Findlay	1:34:44
FV45	1	No competitor	
FV50	1	Sally Musson	1:28:59
FV50	2	Lesley Kernaghan	2:05:20
FV55	1	Susan McEwen	1:50:39
FV60	1	Maureen Fitzgerald	2:05:29
FV65	1	No competitor	

ROAD RACE SECRETARY'S REPORT

from Walter Hill

RESULTS FROM THE SCVAC 10 MILE CHAMPIONSHIPS,
DORKING, JUNE 4TH 2006



RESULTS

FIRST NAME	SURNAME	No.	DOB	TIME	VET STATUS
Keith	BROWN	205	05/08/1	68.42	1M50
Tony	MERRITT	193		81.22	1M65
Carl	CROSS	271	03/11/1	86.58	2M70
Trevor	CROWHURST	264	05/02/1	108.06	4M65
Trevor	EDGLEY	232	28/12/1	63.36	1M55
Sue	GARNER	705	22/01/1	81.20	1F55
Jenny	GRAHAM	753	13/03/1	86.25	1F45
Ken	HALES	358	11/07/1	86.05	2M65
Patrick	HEFFERNAN	334	24/06/1	77.15	1M70
Norman	HEMMING	36	16/03/1	80.45	2M50
David	HENNEM	231	07/11/1	85.44	3M60
Marion	JAKEMAN	885	13/10/1	83.51	2F55
Percy	JORDAN	86	04/03/1	91.26	3M70
Alistair	MATSON	418	24/03/1	73.46	2M60
Colin	OXLADE	89	24/01/1	65.04	1M45
Mark	PALMER	92	01/05/1	64.02	1M40
Derek	PORTER	84	06/10/1	96.40	4M70
Keith	SCUDAMORE	345	09/08/1	72.30	1M60
Kio	VEJDANI	19	01/11/1	88.24	3M65

SCVAC 10 MILE CHAMPS DORKING JUNE 4th

Unfortunately I was unable to attend on the day. As I do not have a definitive list of SCVAC Members who finished I was totally dependent on the feedback from the promoters who put together an excellent race as usual. They informed me that the above were SCVAC Members based on their entry forms. If there is a mistake I will be able to make adjustments if necessary. All medals were sent by post for those who I had addresses for.

Results of the TED PEPPER 10k

NAME	CATERGORY	TIME
<i>Steve Smythe</i>	<i>MV45</i>	<i>36.29</i>
<i>Paul Kent</i>	<i>MV45</i>	<i>38.27</i>
<i>Walter Hill</i>	<i>MV50</i>	<i>38.45</i>
<i>John Wilkins</i>	<i>MV55</i>	<i>37.21</i>
<i>Trevor Edgley</i>	<i>MV55</i>	<i>37.50</i>
<i>Julian Spencer- Wood</i>	<i>MV55</i>	<i>41.08</i>
<i>Lionel Stielow</i>	<i>MV55</i>	<i>43.02</i>
<i>Andrew Johnson</i>	<i>MV60</i>	<i>41.12</i>

<u>James Fitzmaurice</u>	<u>MV60</u>	<u>47.09</u>
<u>John Batchelor</u>	<u>MV65</u>	<u>39.20</u>
<u>Michael Conway</u>	<u>MV65</u>	<u>40.23</u>
<u>Tony Merritt</u>	<u>MV65</u>	<u>48.12</u>
<u>Kio Vejdani</u>	<u>MV65</u>	<u>55.28</u>
<u>Trevor Crowhurst</u>	<u>MV65</u>	<u>59.18</u>
<u>Patrick Heffernan</u>	<u>MV70</u>	<u>45.55</u>
<u>Ron Franklin</u>	<u>MV70</u>	<u>59.57</u>
<u>Alison Fletcher</u>	<u>FV40</u>	<u>51.55</u>
<u>Lesley Hall</u>	<u>FV50</u>	<u>41.45</u>
<u>Liz Bowers</u>	<u>FV50</u>	<u>45.45</u>
<u>Zoe Gaffen</u>	<u>FV50</u>	<u>47.53</u>
<u>Christine Egglestone</u>	<u>FV55</u>	<u>46.03</u>
<u>Jane Dicker</u>	<u>FV55</u>	<u>50.03</u>

24 Members of the SCVAC finished the TED PEPPER 10K On the 1st May 2006.

In pleasant weather conditions for road running we witnessed sound performances by many of the club. Athletics Weekly reported that good veteran performances were recorded and many of these were members of the SCVAC. Performances of note were John Batchelor's 39.20 (M65), John Wilkins's 37.21 (M55) Lesley Hall's 41.45 (W50), Patrick Heffernan's 45.55 (M70) and Pamela Jones 50.17 (W65)

LONDON MARATHON 2006

I have enclosed the two responses I received from SCVAC finishers from the London Marathon 2006. I have no intentions of invading the privacy of other members although I think many fulfilled their potential on the day. I have immense respect for Bill Young and his achievements which I am sure you will agree with when you read his response.

From a personal point of view I was unable to resist the challenge of a 12 hr Track Race that was organised two weeks before London. It was held on my local track at the new K2 Leisure Centre in Crawley. Pam Storey the promoter put together a 5 Star event with every athlete who participated singing her praises at the end of the day. Although I was delighted to win with a distance of 77 miles I found the London very hard work. My only aim was to finish in one piece, however, when the target of 3hrs seemed a possibility my mind took control and I finished with a respectable 2hrs 58mins. I was lucky on the day and I hope that those who enter the Abingdon in October have the same luck.

My Marathon Achievement by Bill Young, of Seaford Striders R.C.

A couple of years before completing his 100th marathon on his 50th birthday my club captain suggested to me that I could complete my 100th marathon on my 70th birthday. At that time I had completed 55 marathons, was 61 years old and this had not been a target that had been in mind. Over the next 2 years I completed 12 more marathons and with my 70th birthday occurring in April 2006 it became a strong possibility. This would mean an average of roughly 5 marathons a year for the next 7 years along with all the other events I was competing in.

Shortly after competing in the 2004 London Marathon, my personal life and my running career took a devastating turn for the worse when I was diagnosed with Prostate Cancer. Unfortunately some cancer

cells had spread and affected the bones in the hip and lower leg area of my right leg making them weak. My consultant said this meant no more running or jogging again ever as I could risk fracturing or breaking bones in that area, especially if running on hard surfaces. It would also take some time to heal and the bones would be that much weaker. At this time I had completed 93 marathons and the 100th was so close so I asked if I could walk the remaining seven and was given the ok. Soon after my diagnoses Glynis, my life partner for over 12 years, and I were married. Glynis retired in 1999 having contracted osteoarthritis in her knees. She has completed 30 marathons herself and since the end of her running career has always been there to support me, keeping me focussed, and providing back up. I have so much to thank her for.

On Sunday the 23rd of April 2006 I completed my 100th marathon at London walking with my son Rob, his partner Sam and my stepdaughter Helen. Also with us for much of the time were my wife Glynis, her eldest daughter Toni, son-in-law Paul, and grandchildren Rachel and Nathan. It was an experience none of us will ever forget and I sincerely thank them all for their support on the day. My thanks go also to Ray, Alan and Andrew from my club Seaford Striders who were filming and taking photos all round the course.

One week later with 183 family, friends and fellow runners I celebrated my 70th birthday. I was also presented with my 100-marathon medal by Peter Graham the secretary of the 100 Marathon Club. I hope that any runners or walkers who read my story so far will take some inspiration from it. Remember there will always be problems in life, always look forward, be positive, and stay focussed, no matter what your ability, there are always people around to help you. Generally I have found runners and walkers tend to be the most friendly, helpful and sociable people around

From Dave King -

I just wanted to thank you for giving me the opportunity to run the London Marathon yesterday. I have to say it was probably the hardest thing I have ever done particularly as my main athletic events are 200m and long/triple jump! As such my time of 4-53 will not set any records but for me it was a huge personal triumph.

Once again very many thanks.



SCVAC athletes

at the 2006 BMAF Champs

L-R: Lesley Hall W50 5000m 6th; Joylin Saunders Mullin W50 shot 1st; Wendy Dunsford W45 shot 3rd; bottom: Jonathan Tilt (leading) M40 400 hurdles 1st.



TIGAR'S EYE VIEW OF THE VETS- 2, by Jeremy Tigar.



Jeremy winning the National M40 javelin with 48.15m. at Birmingham in July this year.

It is now a couple of seasons since I wrote of my experiences shadowing the Maestro's exploits at a Vet's championships and this time I think I'll have to show a bit more respect about Vets as I have become one myself and having just had my last competition of the year, just wanted to share a few further reflections and thoughts.

Incidentally the Maestro was there at this competition, albeit in a supporting role, and we were very lucky to have his support as he had kindly taken a break from filming; yes he's looking to "launch the big one" in his new career as a film star. While he has a steady outlet for his talents in certain areas of the WC2 suburbs of London, there are a few irons in the fire at Pinewood, and he has often been seen double parked outside a relatively new studio near Putney Bridge, where filming has started on *Boogie Nights 2*. The Maestro even had to shave off his moustache to get the part of Dirk Diggler's long and lost uncle in this exciting sequel, in which Mr Wolf plays a crucial part in the final reel of the movie.

On a more serious note, without a five o'clock shadow of a doubt, the most successful age group of athletes in the UK is the veterans. To those that receive Maurice Doogan's occasional brief emails, we are probably aware of the "plight" of the vets as

compared to some of our foreign rivals such as France and Belgium. It is almost as though the sport's governing bodies would rather that vets stopped competing and trained up to be officials or provided their services in some other voluntary capacity.

Given that UKA earns (and spends) nearly £20,000,000 annually, surely they could have financed the Interland trip. I estimate that a budget of £200 per head for a team of around 40 people (18 women, 18 men, Maurice and a couple of rubadubdub people). UKA probably spills £8,000 every week in coffee and paperclips. If it was an under 15/17/20/23 or a match for athletes with disabilities, or a match for protestants, catholics, muslims, jews or some other religious branch, they would have found the money. How do they get away with this ageist discrimination?

With all these centres of excellence around the country, and no doubt with the existing £25million legacy money and Norwich Union's new £50million (of which only £300k is earmarked for "elite" athletes), there will be more world class facilities built, why can't these facilities be used by the current crop of highly successful Master's Athletes? I'm sure we would be able to make a space for an elite athlete should anyone of the seven of them turn up!!!! Besides, some of us coach tomorrow's contenders. These centres lie empty much of the time, apart from a few ex-international athletes who have poached athletes previously been coached to a good level by volunteer, mostly vet., club coaches,. Hopefully Maurice can provide us all with the phone numbers of these facilities so that we can call them up and tell them we're coming.

As far as I can see, vets perform because they love the juice of the competition. They train harder than most, act as true mentors to their younger clubmates. This fine group of athletes has more podium time and experience than any other group of athletes. As a bare minimum they should be afforded the courtesy of using the current facilities within the UK, free and on demand.
Food for thought.

Jack Braughton, a competitor in the 1948 Olympic Games and a member of the British Olympic Association, shares some thoughts on athletics from 1931 to the present day. He has enjoyed a considerable amount of success at all levels, and in his seventies completed the first ten London Marathons, most of them in less than 3 ½ hours. Now aged 86, he still enjoys running on the road, in local parks, at the track and in cross country.

A backward glance at the Olympiad of 1948 by Jack Braughton.



Jack in action in 1952

It is difficult in these days of affluence to imagine the austerity after World War 2, when food and clothing were rationed and there were housing shortages due to the destruction and devastation.

In 1946, the City of London was invited to stage the first post-war Olympiad, taking only two years instead of the normal four to organise. Pessimists predicted we would be unable to feed and house competitors, their entourage and spectators at such short notice. They were proven wrong.

Many countries brought their own food and a chef. America flew in food, including bread, daily for their athletes and sent any surplus to hospitals and children's homes. The Ministry of

Food agreed to a maximum food allowance, augmented by two pints of milk and 8 ounces of sweets and chocolate per week, once the athletes were resident in their camps.

The Chinese even supplied edible birds nests, and the French had a battle with customs to import enough wine into the country, and the camp! Various Empire countries, realising our disadvantages, sent in food parcels for "Olympic possibles"- this was the Olympic ideal at its best.

Invitations were sent out to over 50 nations to compete, Germany and Japan being excluded for obvious reasons. Russia declined as at that time they had not formed an Olympic Committee (or perhaps ideological differences or fear of poor results). The British team was housed in the RAF camp at Uxbridge, and Wembley Stadium was chosen as the venue for the Games. A new track was laid over one used 20 years earlier. Various surfaces tried out by well known athletes, such as McDonald Bailey and Arthur Wint, who confirmed that a good standard had been achieved.

I remember with pride the honour of being selected to represent Great Britain in the 5000m. Though I can think of other performances that gave me equal satisfaction. For example, I was one of the first English athletes to beat 14 minutes for 3 miles. At the time, there was no sponsorship, so earning a living was a priority, and it was difficult to get time off work.

The Opening Ceremony was unforgettable. King George IV declared the Games open, with all the usual pageantry, and our captain Donald Finlay, took the Olympic Oath on our behalf. However, I would rather forget my event, which was on Saturday 31st August! The compensation was meeting and making friends with some of the greatest athletes, who were present, as well as warming up with Emil Zatopec.

In conclusion, I quote a line from Sir Henry Newbolt's poem written some 100 years ago- " to love the game beyond the prize". Nowadays, subventions, sponsorship and appearance money have corrupted the Olympic ideal. Damage is being done to the sport of athletics in general by the few, or maybe the many, who are more interested in financial gain.

**Mrs Derrien's Diary by Carole Derrien
(Jersey Spartan A.C.)**



Now where was I when last we spoke? – ah yes – the Pain Clinic. The procedure was extremely interesting, I chose to stay awake and watch it on TV, then was mortified to

be taken out of the hospital in a wheel chair, but pleased that I had done so many hopping drills !The Man-of-the House did not relish the idea of carrying me indoors. I was doubly cheated – no improvement and no pain, surely if you go to the Clinic the least they can give you is a pain! “Oh, by the way , you need to see your doctor a.s.a.p. as your blood pressure is off - the -wall.” Not surprising, considering the stress of the last few months.

So it was still no improvement, very little training. So, what the hell, off I went to the Weights Pentathlon and the British, neither done very well, but not a complete break down. Managed to do our annual Charity Cycle Ride, up until lunch time, though I was persuaded to stop at lunch time. England were playing Portugal and the pack needed to get to a TV for the match. In temperatures of 35 plus, the back up vehicle earned its keep, the increased pace felling them like flies, ‘Nurse’ Derrien brought them all round again with hot G&T’s – well, the bottle had been in the wagon all day, and sorrows had to be drowned! All felt revived later in the evening, when France got through and the river town of Redon erupted into an impromptu carnival complete with fireworks.

So we whizzed off to Poland and the relentless heat, arriving before the facilities were ready. There were lads sweeping up after the track-layers and the paint man was busy putting lines

on the track. There was not a loo in sight and the throwing field was bald, not a blade of grass and no cages. The portaloos eventually arrived – four of them, along with the throwing bits and pieces ready for erection, so we sighed deeply, shook our heads and followed the tram lines, hoping they would lead us back to Poznan city centre.

As usual, it was alright on the night – the lack of cover was thankfully not tested as it didn’t rain. We would have hated to have seen the throwing field if it had. It was great to catch up with everybody. Obviously I was not going to be competitive, so I had to do the social rounds. The medical staff were intrigued with my white foot, and a trip to the University for a Doppler Test was very illuminating. I had to run up and down stairs until the symptoms could be replicated. My own shortcomings on the throwing field meant that I had plenty of time for supporting, and I even went to see the brave souls in the 20k Walk. They had to contend with the heat and the traffic, and all deserved medals.

We enjoyed the company, and Poland; the food was fantastic, the portions enormous and the bills very moderate. The ambience in the Old Town was great, and the heat made outdoor dining a pleasure, but sleeping without air conditioning not quite so good. We arrived back in England just as the weather broke, unfortunately trying to pass through Gatwick in peak holiday time – it was great to see Jersey through the clouds, savouring the prospect of a night in our own bed.

So here we go again, another round of medical practitioners, this time armed with information from Steve Peters and a plethora of pertinent questions. Marvellous how things change when they realise that you are not going away to take up knitting and you are not content with your quality of life, and there is more that can be done. Suddenly, other avenues miraculously open, coupled with the fact that I am paying!

All is not sombre in the House of Derrien, at the beginning of August we celebrated the 35th birthday of my son. He says he ‘isn’t old enough’ for Masters competitions, but watch this space!

Memories of a wannabe runner – Do you remember the first time?

Peter Hamilton goes all “misty-eyed”!

Whilst the Olympic flame was ignited on the slopes of Mount Olympus, the first sparks for me personally began to glow on a golf course and the roads around Winchester. In 1960 following a successful 11+ exam I became a boarder at what is now Peter Symonds sixth form college, and attempted the transition from big fish in a medium sized lido to malnourished minnow in an Olympic size pool complete with high diving board and wave machine.

Quite early on I experienced what I now know to be deferred success, and being unable to kick or catch a ball with ease, but having a best friend who ran a bit, I joined him one day for cross country practice. There was pressure on the individual in a boarding house to be in a school team, and soon I discovered “Hamilton’s Law” - with running, the more you put in, the better you became. Running through the summer holidays I could steal a march on my chain-smoking but more naturally talented team-mates. When the autumn cross country season started they were smoking behind the bike shed while I was cycling past the tobacconist’s and I showed up well in training until about mid November when I would be overhauled.

School team selection followed for local two-match derbies and away trips to Churcher’s College, King Edward VI, Taunton’s and Portsmouth Grammar were treasured as much for the event as for the tea that followed. Strange characters from the school staff took charge of the teams during my seven years, with their own ideas of what form of training would improve our performances.

Mr. Summers wore an old tracksuit top emblazoned on the back with Bath & Percy A.C. and introduced me to uphill repetitions on a ploughed field. He was also responsible for Religious Instruction and it caused me great amusement one evening, when together marking out a road turning with chalk for the following day’s event, an elderly woman cycling by and mistaking our actions, told us we should be

ashamed of ourselves. There followed a teacher called Mr. Mancey-Jones who introduced us to regular interval training, barefoot on the outer field. He ran in one of those, even then, old fashioned v necked Oxbridge pullovers, and strode round the school on CCF days in army uniform with Intelligence Corps flashes displayed on his shoulders.

Small successes extended the sporting universe such as selection for the area schools team, Mid Hants, the prize being a trip to the county championships. There, the names of the leading runners were whispered with reverence; “that’s McReath, he runs for a club” and heroes were established. I had already taken to reading World Sports and worshipped at the altars of Cerutti and Lydiard. I read the latter’s “Run to the top” and could not put down “Running Wild” by Gordon Pirie. But Herb was the man, despite his relatively short running career. “The Golden Mile” by Herb Elliot became and has remained my inspirational bible. His base at Portsea under the eccentric Australian coach Percy Cerutti was recreated at Studland Bay, one step before my friend and I would turn up on Cerutti’s doorstep to present ourselves as future world beating milers. This of course never happened but the physical challenges, the naturally based diet, the poetry and philosophical discussions seemed the perfect existence in our youthful daydreams.

I joined Salisbury A.C. and spent Saturday afternoons running in local races sometimes landing me in trouble at school. On one occasion, after the Hampshire championships, unsuccessful hitch hiking made a friend and me late for tea. To attend the championships had been bad enough, but the further mistake was in revealing our silver and bronze medals. “You don’t mean to tell me you actually competed?” was the unamused housemaster’s retort.

I left school in 1966 with wins at 440 and 880 in the school sports, runner up in the senior school cross country race. There were fond memories, and - oh yes, I was bitten by the running bug!

RESULTS OF SCVAC TRACK & FIELD CHAMPIONSHIPS,

Battersea Track, 18th June 2006.

M35

100m 1) Nick Lauder 12.38 200m 1) Guy Giffin 23.79, 2) Gary Palmer 24.95 3) Nick Lauder 25.61 4) Andy De Nevo 30.21 400m 1) Ed Williams 50.06, 2) Guy Giffin 54.25 800m 1) Ed Williams 1.56.21 1500m 1) Andy Del Nevo 4.31.71 5000m 1) Ian Johnston 16.16.68 2) Rob Savage 20.17.90 3K SC 1) Andy Del Nevo 11.24.00 Long Jump 1) Neil Lincoln 6.21 Shot 1) Chris Toms 9.97 Discus 1) Chris Toms 29.70 Javelin 1) Chris Toms 43.75, 2) Stuart Earl 37.64, 3) Andy Briggs 30.69 Hammer 1) Chris Toms 29.73

M40

100m 1) Rohan Samuel 11.30, 2) Lincoln Campbell 11.77 3) Barrington King 12.23 4) Milton McIntosh 12.30 5) Keith Palmer 12.32 6) Glen Reddington 12.90 7) Michael Brown 12.97 8) Robert Murkin 13.65 200m 1) Anthony Noel 22.67, 2) Lincoln Campbell 24.11 3) John Shepherd 24.57 4) Keith Palmer 24.83 5) Milton McIntosh 25.69 6) Barrington King 25.96 7) Glen Reddington 26.35 8) John Dickinson 26.37 9) Robert Peers 26.87 400m 1) Anthony Noel 53.63 2) Keith Palmer 55.59 3) Lincoln Campbell 800m 1) Robert Peers 2.14.91 2) Luke Armitage 2.16.05 1500m 1) Luke Armitage 4.30.23 2) Dave Rayner 4.40.69 3) Bob Fursey 4.57.23 5000m 1) Gary Thayre 17.25.65 2) Dave Rayner 17.33.15 3) Bob Fursey 18.29.25 4) Adrian Moody 19.22.82 5) Milton McIntosh 20.13.98 110h 1) Clarence Allen 15.28 2) Glen Reddington 17.79 400h 1) Danny Hodge 63.02 Long Jump 1) Michael Brown 5.83 High Jump 1) John Dickinson 1.40 Triple Jump 1) Michael Brown 13.21 2) Junior Lewis 12.80 Shot 1) Jeremy Tigar 10.49 Discus 1) Jeremy Tigar 36.36 Javelin 1) Jeremy Tigar 48.76 Pole Vault 1) John Dickinson 2.50, 2) Rob Peers 2.40

M45 100m 1) Pat Logan 11.95, 2) Kwei Sankofa 12.08, 3) Rod Davies 13.81 200m 1) Pat Logan 23.92 2) Rod Davies 28.66 400m 1) Kermit Bentham 53.93 2) Kwei Sankofa 54.04 3) Allan Leiper 58.11 800m 1) David Warren 2.20.01 3k SC 1) David Warren 12.49.60 Long Jump: 1) Rod Davies 4.51 High Jump/Pole Vault: 1) Allan Leiper 1.72 / 4.00 Shot 1) Allan Leiper 11.72 2) Jacek Drzewiecki 9.64 Discus: 1) Jacek Drzewiecki 34.77 Javelin: 1) Allan Leiper 40.27

M50

100m 1) Walwyn Franklyn 12.16 2) John Browne 12.18 3) Alastair Ross 12.38 4) Tom Phillips 12.39 5) Ray Watkins 12.51 6) Clemont Leon 12.89 7) Ed Costley 13.31 8) Paul Wignall 13.42 400m 1) Stuart Condie 60.39 2) Ed Costley 61.67 3) Malcolm Martin 64.66 4) Mark Eaton 89.38 800m / 1500m Kevin Archer 2.15.34 / 4.29.82 3k Walk 1) David Sharpe 16.42.30 Long Jump: 1) Trevor Wade 5.92 2) Clemont Leon 4.73 Discus: 1) Peter Morgan 22.61 Javelin: 1) Paul Oakes 42.65 2) Peter Morgan 25.06

M55

100m 1) Geoffrey Kitchener 13.17 2) Julian Spencer-Wood 14.38 200m 1) Geoffrey Kitchener 26.85 2) Julian Spencer-Wood 29.20 400m 1) Julian Spencer-Wood 63.42 800m 1) Ed Connolly 2.17.21 2) Ken Daniel 2.17.53 3) Julian Spencer-Wood 1500m 1) Ken Daniel 4.33.05 2) Julian Spencer-Wood 5.04.83 3) Alan Davidson 5.31.50 5000m 1) Alan Davidson 20:21 3k Walk Martin Yates (Guest) 19.49.72 100H / 400H / High Jump Geoffrey Kitchener 21.00 / 72.80 / 1.16 Triple Jump 1) Ian Edwards 2) Geoffrey Kitchener 8.75 Shot 1) Anthony Richards 11.73 2) James Edgar 9.47 Discus 1) Anthony Richards 34.82 2) James Edgar 29.82 High Jump 1) James Edgar 29.73

M60

100m 1) Ken Smeeth 13.16 2) Charles Isetts 13.82 200m 1) Ken Smeeth 27.30 2) Charles Isetts 28.37 800m 1) Fred Bush 65.92 100h 1) Barry Ferguson 17.69 300h 1) Barry Ferguson 50.23 2) Fred Bush 51.21 3) Bruce Charles 59.61 4) Snowy Brooks 61.22 Long Jump: 1) Allan Cheers 4.71 Pole Vault: 1) Brian Harlick 2.20 Shot 1) John Gilbert 9.91 2) Brian Harlick 8.32 3) Brian Yeomans 7.71 Discus 1) Brian Harlick 33.43 2) John Gilbert 31.83 3) Brian Yeomans 28.92 Javelin 1) Ashley Fox 39.40 /cont.

ljavelin cont. -2) John Gilbert 28.90 3) Bruce Charles 28.54 4) Brian Yeomans Hammer 1) John Gilbert 34.56, 2) Chris Court 3) Brian Harlick 27.50 4) Brian Yeomans

M65

100m 1) Roger Bruck 15.77 2) Alan Sowden 3) Colin Field 14.62 200m 1) Alan Sowden 32.30 2) Colin Field 5000m 1) John Taylor 21.53.17 2) Tony Meritt 22.34.97 100h/ PV / JT John Webster 22.61 / 2.20 / 33.72 300h 1) David Barrington 54.66, LJ / HJ 1) Roger Bruck 1.21 / 1.21 Shot 1) William Hudson 10.28 2) Peter Shevlane 8.76 Discus 1) William Hudson 34.80 2) Pete Shevlane 31.60 Hammer 1) William Hudson 29.21 2) Peter Shevlane 34.33 3) John Webster 35.37

M70

100m 1) Roy Grubb 16.45:400m 1 John Seymour 75.23 800m 1) Leonard Parrott 2.58.50 2) John Seymour 3.02.44 1500m 1) Leonard Parrott 5.59: 5000m 1) Brian Shave 23.36.72 3k Walk 1) Ron Powell 18.21.69 High Jump 1) Jim Day 1.21 2) Roy Grubb 1.15 PoleVault: Jim Day 2.40 Discus: Barrie Strange 29.120 Shot 1) Barrie Strange 10.18 2) Roy Grubb 7.86 300m Peter Field 57.98

M75

800m / 1500m Don Adie 3.13.51 / 6.30 3k walk: Harvey Jaquest 24.22.67: Discus Ian Briggs 24.36

M80

3k walk; Jack Fitzgerald 26.08.80

M85

5000m - Gerald Cunning 31.40.23

W35

100m 1) Chika Aghadiuno 13.89 2) Adele Forsyth 14.54 200 1) Chika Aghadiuno 30.14 2) Adele Forsyth 3) Jenni Van Deelen 400 1) Candy Hawkins 62.19 800 1) Candy Hawkins 2.20.22 2) Deborah Doherty 2.27.44 3) Jenni Van Deelen 2.40.80 5000m 1) Julie Briggs 17.5.85 400h 1) Deborah Doherty 69.15 JT 1) Jenni Van Deelen 17.84 2) Deborah Doherty 28.41 HJ / PV / SP – Jenni Van Deelen 1.27 / 2.00 / 7.71

W40

100m 1) Alison Duke 14.86 200m 1) Melina Healy 29.54 2) Alison Duke 30.77 400m 1) Mary Edwards 61.68 2) Gill Tree 66.59 3) Melina Healy 67.42 800m 1) Mary Edwards 2.20.08 80h / LJ / TJ Alison Duke 15.53 / 4.21 / 8.57

W45

100m 1) Chris Salvary 17.34 2) Janice Thorne 17.87 200m 1) Chris Salvary 31.92 800m 1) Jane Searle 2.44.68 80h / LJ / HJ Janice Thorne 17.11 / 4.05 / 1.24

W50

100m 1) Fiona Argent 15.16 2) Anne Nelson 15.30 200m 1) Fiona Argent 30.89 2) Anne Nelson 31.92 400m 1) Fiona Argent 69.11 1500m 1) Pat Halstead 5.40 2) Liz Bowers 5.48 5000m 1) Lesley Hall 20.07.48 2) Liz Bowers 22.32.65

W55

100m / 200m 1) Viv Bonner 13.80 / 28.66 Long Jump 1) Daphne Marler 2.21 Hammer 1) Lesley Shrobbree 34.53

W60

100m 1) Val Parsons 14.54 2) Ann Bolitho 17.34 3) Rosemary Champion 17.87 200m 1) Val Parsons 29.88 2) Ann Bolitho 36.85 80h 1) Jackie Charles 16.69 LJ 1) Jackie Charles 3.49 2) Rosemary Champion 3.22 TJ 1) Jackie Charles 7.92 Discus 1) Ann Bolitho 12.42

W65

1500m 1) Cecilia Morrison 6.27 2) Bridget Cushen 7.41 5000m 1) Cecilia Morrison 23.16.94 2) Bridget Cushen 24.33.95 SP / DT / JT / HT 1) Evaun Williams 10.86 / 30.33 / 33.22 / 38.33

W70 SP / DT 1) Marie Grant-Stevens 6.03 / 15.45 **W75** 1500m / 5000m 1) Betty Norrish 9.54 / 26.43.23

CHAMPIONSHIP BEST PERFORMANCES ACHIEVED AT SCVAC 2006 CHAMPIONSHIPS

compiled by Derek Thomas.

M35 400m /800m Ed Williams 50.06 / 1.56.21 1500m / 3K SC Andrew Del Nevo 4.31.71 / 11.24 LJ Neil Lincoln 6.21 SP / DT / JT / HT Chris Toms 9.86 / 29.70 / 43.75 / 29.73 **M40** 400h Danny Hodge 63.02 **M45** PV/HJ Allan Leiper 4.00/1.72 **M50** LJ Trevor Wade 5.92 **M55** 1500m Ken Daniel 4.33.05 **M75** 800m Don Adie 3.13.51 300h Peter Field 57.98 **M85** 5000m Gerald Cunning 31.40.23 **W35** 400h Deborah Doherty 69.15 **W40** 800m Mary Edwards 2:20.08 **W60** 100m Val Parsons 14.54 200m Val Parsons 29.88 (also a British Record) **W65** JT / HT Evaun Williams 33.22/38.33 5000m Cecilia Morrison 23:16.94 **W70** SP / DT Marie Grant-Stevens 6.03 / 15.45 **W75** 1500m / 5000m Betty Norrish 9.54 / 26.43.23



British Masters Championships, Birmingham, July 8th/9th 2006.

5,000m. Men 55/60. In the lead- Des Michael (392) M55 winner in 17:26.79 followed by Alan Daghish (368) M55 2nd in 17:43.14; Peter Hamilton (378)- M55 4th in 17:49.85; Mike Mann (390) M55 3rd in 17:46.52. Peter Giles (443)- M60 2nd in 18:14.15

Southern Counties Veterans Athletic Club Committee 2005/2006

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Closing date for contributions for the December 2006 edition of The Southerner to be sent to Rosemary Champion by Nov 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)	50p

Prices include postage & packing)
Contact Jim Day (details above)