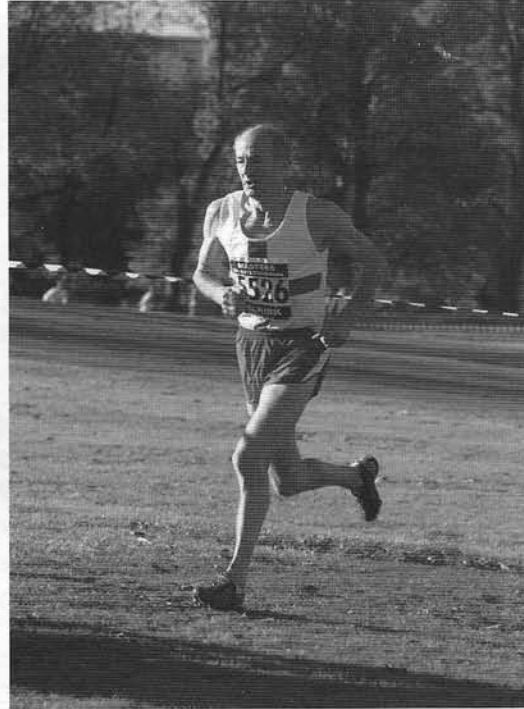


THE Southerner

No. 49 December 2006

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



**No rain,
No frost,
No mud,
NOVEMBER!**

**(three cheers
for global
warming)**

**Clockwise from
top left:**

**Falkirk International
Cross Country**
Des Michael 4th M55,
John Exley 5th.

Abingdon Marathon
Sarah Gee W35 3rd,
Sally Gillam 8th.

Photos
Jeremy Hemming.



MEMBERS WHO HAVE NOT PAID THEIR 2006 SUBSCRIPTIONS & WILL BE STRUCK OFF THE CLUB'S DATABASE ON 31st DECEMBER 2006

Abrehart	Wayne
Allen	Clarence
Allerton	Anne
Allerton	Melvin
Alvarez	Samantha
Appiah	Joe
Asgedom	Abraham
Ashton	Dave
Augee	Esther
Baker	Mr. N.
Balch	Mr. Michael
Ball	Mr. Reg
Ballard	Mr. Yarn
Barrett	Mr. Peter
Beard	Keith A
Bentham	Kermit
Bentley	Robin J
Biswell	Mr Harry
Boden	Veronica
Boden	Lazloe
Bond	Christine
Bostock	Brian
Bowen	Nancy
Boxall	Rae
Brand	Mr. Colin
Brenchley	Mr. Peter
Brown	Chris
Browne	Mr. John
Burgon	Christopher
Burrell	Mike
Burrows	Tracy
Calnan	Patrick
Cameron	Anthony
Campbell	Eric
Capon	Gary
Carter	Bronwin
Carty	Jason
Catton	Mr Andy
Caudwell	Mr. Michael
Chalstrey	Mr. George
Champion	Sheila
Chandler	Mr. John
Chapman	Mrs. Anne
Clark	Wendy
Clarke	Mr. Michael
Clarke	Mr. Alan
Collins	Mr. John
Convery	Mr. J.
Cox	David
Coxhead	Ian
Crabb	David
Creavalle	Dunston
Crennell	Susan
Croft	Michael
Crowley	Mr. John
Davies	Susan
Dickson	Robin

Edwards	Mike
Elderfield	Mr. David
Eldridge	Jane
Emerson	Paul
Evans	Mr Andy
Evans	Carol
Fell	Joe
Felton	Dr. Philip
Felton	Mrs. Lesley
Fenton	Mr. Malcolm
Figg	Paul C
Flower	Martyn
Foskett	Mr Richard
Fox	Ricky
Fraser	Mr. Robert
Gahagan	Patrick A
Gasson	Paul
Gibbs	Barry
Goatcher	Jane
Gore	Mrs. Una
Grant	Allen
Graves	Mr Derek
Gray	Mr. Byron
Hall	Mr. Terry
Harvey	Stephen
Harvey	Mr. Alan
Harvey	Mrs. Brenda
Hay	Ian R
Hayman	Jill
Henley	Mr. Ralph
Heywood	Mr. Bryon
Hickey	Mr. Gordon
Hickman	Colin
Hoad	Paul
Holden	Mr. Dennis
Hughes	Robert
Hyde	Mrs. Christine
Jeffreys	Dr. Roy
Jennings	Mrs. Sheila
John	Gilbert
Johnson	David
Jolliffe	Ian
Jones	Mr. Dave
Jones	Tim
Jones	Alun
Kemp	John
Kent	Mr. Tony
Khan	Ashraff
Knowles	Mr. Richard
Koppel	Mrs. Kay
Langridge	Robert
Lawson	Mr. Robert
Letterborough	Mr. Dennis
Lintern	Mr. Anthony
MacGee	Will
Mansfield	David R
Marples	Mr. James

Olsen	Gerry
Osunsami	Michael
Owusu-Boateng	Kwame
Oyediran	Akinbode
Parrott	Mr. Barry
Pashley	Terry
Paull	Mr. Stephen
Pearce	Deborah M
Peaty	Paula
Pender	Mr. Sean
Percy	Ian
Phillips	Mr. Brian
Phillips	Mark
Polgreen	Mr. John
Pollak	Tom
Popov	Mikhail
Rawlings	Anne
Rayner	David
Reilly	Stuart
Richards	Mr. Robert
Richardson	Mrs Lesley
Risley	Sandy
Robinson	Mr. V.J
Rockwood	Mr. Paul
Rosell	Martin
Rossiter	Martin
Rothman	Kimberley
Rowe	Mr. John
Rowley	Mr. Thomas
Rozelaar	Jeff.
Russell	Nic
Ryan	Dr John
Salmon	Yvonne
Saunders	Mr. Tony
Saunders-Mullins	Timothy
Saunders-Mullins	Joylyn
Sayer	Miss. Ann
Shannon	Kevin
Shipway	Mike
Sifford	Mr. Dave
Simons	Paul
Smith	Victor
Smith	Mrs. Dorothy
Smythe	Mr. Steve
Stacey	Mr. Michael
Stacey	Verity
Statham	Mrs. Maggie
Stedman	Dr. John
Stephenson	Mrs. Tessa
Stephenson	David
Stepney	Peter John
Stevens	Mr. John
Strode	Christine

From the editor:

Welcome to the December edition of *The Southerner*. Once again it looks as if members of the Club have been very active competitively with several Best Performances and new records set. Most noteworthy was Peter Field's M 75 300m hurdles Euro record in Poznan. Please do let me know if any of you break records, as I am not always aware, and I will be pleased to print it in the magazine.

We have had a fine "Autumn crop" of articles, all obviously ripened by the long hot summer of 2006! You seem to have been inspired, both athletically and journalistically. Just

keep it coming. I hope you will enjoy our now established and popular Mrs Derrien's Diary, as well as contributions from Robert Murkin and Tom Phillips. Our Chairman Arthur Kimber has produced another of his well - researched and informative articles, and this time, his subject is the Poznan Euro Track and Field Championship. Also Walter Hill is keeping us in touch with the Road Running section, and Tom Phillips has been busy snapping Southerners in track and field competition.

May I wish all of you a very Happy Christmas and an injury free 2007.

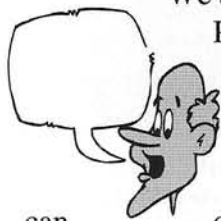
Contributions for the April 2007 *Southerner* to reach me by March 25th. Send to: Rosemary Champion, 6 Woodlands Park, Bexley, Kent. DA5 2EL. Email: southern.veterans@ntlworld.com



An appeal to all members from the Chairman, Arthur Kimber

As we approach our end of year AGM, we come to the election of our Officers for the coming year.

We are looking for four members to help with the running of the club.



Peter Hamilton, our Assistant Treasurer, is retiring and leaving the area. We need a replacement. It is not too onerous a task, and Robert Murkin our Treasurer will give you plenty of help.

We have no Cross Country Secretary at present, and need a volunteer for the role.

Xanine Powell, our Officials Secretary, is working full time and studying part time. She can continue in the role, but would like an assistant to help.

Jim Day, our medals and club kit officer, would like to pass the work to a new volunteer.

If you can help with any of this work, please contact me. We do not want any of our championship events, the league, or any of our other activities to be under threat.

NOTICEBOARD

- ★ SCVAC Cross Country Championships/ Reigate Priory Holly Run, December 17th - entry closing date is Nov. 27th, to Reigate Priory A.C. However, if you have not yet entered, you can enter on the day.

Just go to the Central Registration Desk, then go to the SCVAC tent to give your race number to an SCVAC official, so that they can record your time. For further details, contact Robert Murkin on 01737 225 788.

- ★ Club email group: Robert Murkin is interested in setting up an email group to enable the quick and easy circulation of important news amongst SCVAC members. Also, any Club member would be able to send their own news items to Robert, who would then distribute it. via Hotmail. If you are interested, let Robert have your email address. His email address is murkinrg@hotmail.com
- ★ **Many thanks to Tom Phillips of Blackheath & Bromley** for some great photos of SVAC members which appear on our website.

“MRS DERRIEN’S DIARY” by Carole Derrien (Jersey Spartan A.C.)

*Beware all ye who enter competitions- Carole’s
Comeback has
started!*



It was something of an anti-climax returning from Poland, no plans to do anything, no other competition until November

– the Jersey Spartan/SECTA event, and still on one leg. My own Doctor didn’t seem too impressed to read a letter addressed to ‘Whom it may Concern’ from the Master’s Medics, and an impatient patient with questions to hand, but grudgingly agreed that we have one last shot at it. Perhaps the fact that I said I was willing to pay might have sweetened him, and so the whole roller coaster took to the road – again. This time I saw a Doctor from A&E who specialised in Sports Injuries and whom I had known for many years. He read the letter with interest, agreed in general with the suggestions and booked me in for some scans. Mrs Claustrophobia nearly bailed out in the MRI room – they should not have told me I had to go in three times!! Obviously I survived, but had to have very loud music and an eye mask – what a coward, and it was costing £750, a rise of £100 in a year.

By the end of the week I had been summoned – Popliteal Artery Entrapment Syndrome had been detected and I was to have an Ultra Sound the very next week. Thankfully this confirmed the diagnosis, but then the down side – we don’t have a surgeon in Jersey to do the operation, and cheek of it, I was told that I would probably have to wait in the queue behind a mythical old lady who couldn’t get to the shops. That was a perfect description of me!!! Of course it was all a ploy to make me utter the magic words – ‘I’ll pay’.

We survived a visit from the ever-increasing family – they didn’t stay with me but the girls invited themselves for sleep-overs, and Casa Mariana took on its more usual chaotic roll. Toys to trip over, stories read, never ending feeding, and being woken up at 7.00 in the morning to watch Cbeebies – yes I do know the story in Balamory and I am word perfect with “Bob the Builder“. Paul visited to take part in the Healthspan meet in Guernsey, nearly missing the ferry home as his plane was late, and then he flew into Guernsey for the annual Inter Insular Athletics, sort of war of the roses between Us (The Crapauds) and Them (The Donkeys) – thankfully we won, and Paul was Man-of-the-Match – not bad for a newly hatched Master!

Great excitement – I received a letter to say I was to travel to Bournemouth for my procedure; the fact that the surgeon was called Mr Butcher didn’t faze me one bit! We managed to fit in 10 days painting, gardening and usual stuff over in London, felt like coming home for a rest but it was not to be. The next day the throwers started to arrive for the Weights Pentathlon, and we had an excellent weekend of fun and games. One of my young throwers officiated and was really taken aback by all these “wrinklies” just enjoying themselves and giving it their best shot.

The next day we took the last two athletes to the airport and boarded the next flight to Southampton; bless Wendy Dunsford she picked us up and took us all the way to Bournemouth. The procedure was a piece of cake and the relief instant, Carole Smith sprung me and took me on some retail therapy to try the reconditioned leg – it was magic!! It is nearly two weeks since and I have been told I can start training – slowly and carefully, I know it is good, I ran 100 metres the other night, haven’t done that since San Sebastian – but don’t tell anyone! Now it is fingers crossed that the condition doesn’t return and I might just be able to get a decent winters training – it is going to be hard balancing up my legs but nice that I don’t fall over all the time – got so fed up with all the cuts and bruises. So the Lady of the House has at last got peace of mind and “Him Indoors” can settle back into quieter waters, enjoy his papers and Bowls without the continual moaning – long may it last!

**Abingdon
Marathon
22nd October
2006:**
Southerners
captured by the
camera of
Jeremy
Hemming



Jeremy Carmichael



Sue Gardener



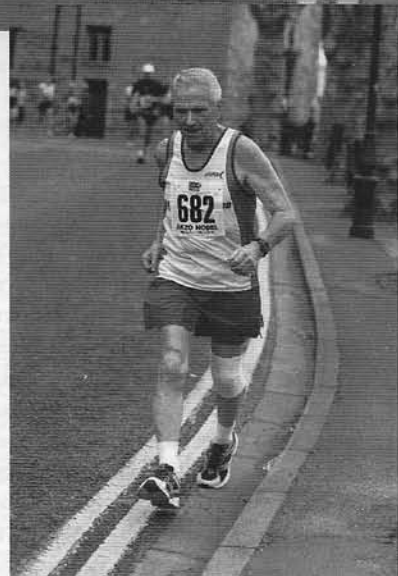
David Worcester

Right:- Walter Hill (437)



Sarah Gee (297)

Patrick Hefferman



**Southern Counties Veteran Athletic Club
INDOOR TRACK & FIELD CHAMPIONSHIPS.**

Sunday 18th February 2007, at Sutton Arena Leisure Centre, Middleton Road, Carshalton, Surrey.
TIMETABLE. 12.00: registration.

TRACK	FIELD	
13.00 60m. -1 st round M & W	13.00 shot- W.	15.00 long jump W
14.00 60m. - 2 nd round M & W	13.30 shot- M.	15.30. triple jump M
15.00 60m hurdles - 1 st round M & W	14.00 long jump- M	16.00 triple jump W
15.30 60m hurdles- 2 nd round M & W	14.15 pole vault M&W	16.30 high jump M & W

The better of the two times will be recorded as the athletes result.

SCVAC INDOOR TRACK & FIELD CHAMPIONSHIPS 2007 ENTRY FORM

Sunday 18th February 2007. CLOSING DATE: 3rd. February 2007.

Send to: Steve Connolly, 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS.

Please use block capitals-

Name:.....Membership number.....

Address.....

Telephone number: (day).....(evening).....

Age:..... Date of birth:.....Age group:.....UKA club:.....

Events entered.....

Entry fees per event: £4.00 (members) £5.00 (guests, no medals)

Entry fee enclosed: £.....(cheque payable to SCVAC)

Please enclose SAE (A.5 23 x 16cms) for confirmation, map, competition numbers & programme.

NB: membership subscription for 2007 must be up to date. DO NOT SEND WITH ENTRY FEE.

CONSTITUTION OF SCVAC TITLE: The name of the club shall be the Southern Counties Veterans Athletic Club.

OBJECTS: The objects of the club shall be to encourage, regulate and promote the sport for veteran athletes.

MEMBERSHIP: Membership is open to athletes over 35 years of age, who are amateurs as defined by UK Athletics and whose application for membership is approved by the committee. Life members, previously proposed and accepted by the committee, may be elected by the Annual General Meeting if supported by a majority vote.

SUBSCRIPTION: Each member shall pay a subscription to the Hon. Treasurer of the club, new members to pay their subscription on election, and all members to pay their subscription at the beginning of the subscription year, which is 1st January. The beginning of the financial year is 1st October.

MANAGEMENT: the management of the club shall be vested in a body consisting of the following- Chairperson, Vice Chairperson, Hon. Secretary, Membership Secretary, Assistant Treasurer, 10 committee members. All the forgoing members shall be elected annually at the Annual General meeting. The committee shall have the power to co-opt additional members to the committee as they see fit, and these members shall have full voting rights.

COMMITTEE MEETINGS: The committee shall meet every two months. Emergency meetings may be convened at any time by the Hon. Secretary, 7 members to form a quorum.

ANNUAL GENERAL MEETING: The committee must hold an Annual General Meeting, at which all paid- up members are eligible to attend and have the right to vote, at the end of the financial year.

a. All matters for the agenda to be dealt with at the AGM shall be forwarded to the Hon. Secretary not less than 28 days before the meeting.

b. The Hon. Secretary shall give 14 days notice of the AGM to all paid up members and shall include a copy of the agenda.

c. No alterations to the Rules or New Rules shall be made and no Rules rescinded unless notice of the amendment is given to the Hon. Secretary 14 days before the date of the meeting, and the Rule passed by a majority vote at the meeting.

d. A Special Annual General Meeting may be called by the Hon. Secretary at the discretion of the committee or on a request by 10 members, to be held within 28 days of the request.

CHAMPIONSHIP COMPETITIONS: The club shall promote championships for track & field, road running, cross country, marathon and race walking annually. Awards shall be made to each of the age groups at these championships. In track & field championships, athletes will be required to reach the standard set by the committee for an award to be made. Only paid up members of the club shall be allowed to compete in championship events, but the committee shall have the power in special circumstances to allow guest competitors to compete as non scorers. The committee shall have the power to deal with any matter not covered by these rules provided there is no conflict with UK Athletics rules in force at that time.

AFFILIATION: The club shall affiliate with the BMAF and the appropriate South of England AAA sections. **DEC. 2005**

SCVAC INDOOR MEDAL STANDARDS

EVENT	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	W35	W40	W45	W50	W55	W60	W65	W70	W75
60m	7.60	7.79	8.10	8.43	8.95	9.73	10.47	11.16	12.32	14.92	8.69	9.34	10.05	11.03	12.00	12.97	13.95	14.92	16.22
60m	9.80	10.02	10.65	10.81	11.34	11.86	12.23	12.60	13.65	15.22	12.28	12.28	12.69	13.12	13.65	14.38	15.12	16.17	17.22
PV	3.20	3.10	2.75	2.55	2.25	2.15	1.85	1.55	1.45	1.35	2.45	2.30	2.10	1.95	1.75	1.60	1.50	1.35	1.25
HJ	1.45	1.40	1.30	1.25	1.15	1.10	1.05	1.00	.75	.85	1.35	1.25	1.15	1.05	1.00	.95	.90	.80	.75
LJ	5.40	5.22	4.98	4.70	4.37	4.13	3.70	3.32	2.83	2.28	3.99	3.89	3.80	3.61	3.32	3.04	2.37	1.99	1.80
TJ	11.10	10.64	9.97	9.31	8.78	7.88	7.45	7.22	5.79	4.75	7.69	7.31	6.93	6.55	6.17	5.79	5.41	5.03	4.50
SP	10.80	10.45	9.50	10.45	9.50	9.02	8.31	8.31	6.41	4.86	8.55	8.31	7.60	7.12	6.65	6.17	5.89	5.46	5.00

SCVAC INDOOR CHAMPIONSHIPS BEST PERFORMANCES: compiled by Derek Thomas.

60m. M35 G.Griffin 7.5 2006 M40 A.Noel 7.1 2005 M45 W.Franklyn 7.5 1999, K.Sankofa 7.5 2005, P.Logan 7.5 2006 M50 G.Walcott 7.6 2006 M55 R.Fraser 7.8 2003 M60 B.Gray 7.9 1996 G. Sutton 7.9 2006 M65 C.Williams 8.1 1997 M70 D.Adair 8.5 1997 L.Williams 10.1 1998 M80 S. Stein 10.0 2000

W35 L.Hopkins 8.3 1999, K. Iddenden 8.3 2001 W40 H.Godsell 8.0 1996 K.King 8.0 2005 W45 H.Godsell 8.2 2003 W50 H. Godsell 8.2 2005 W55 V.Parsons 8.6 2006 W60 C. Graham 9.6 1997, B. Colwell 9.6 2001 W65 - W70 B.Green 10.9 2002 W75 B.Green 12.8 2005.

60m. Hurdles M35 - M40 D.Wilkinson 8.7 M45 D.Robinson 9.4 2002 M50 S.Brooks 9.6 1997 M55 J. Howe 9.6 2001, A.Roker 9.6 2005 & 2006 M60 J.Howe 10.1 2003 M65 P.Field 10.9 1997 M70 L. Williams 12.2 1996 M75 L. Williams 12.5 1998.

W35 C.Goddard 9.5 2005 W40 C.Filer 9.8 1996 W45 E.McMahon 10.6 1996 W50 E.McMahon 10.3 2001 W55 J.Charles 12.7 2001 W60 J.Hull 11.6 1999.

Pole Vault M35 R.Savage 3.40 2005 M40 J.Andrews 4.00 2005 M45 A Williams 4.21 2002 M50 A. Williams 4.02 2006 M55 J.Howe 3.20 2001 M60 J.Howe 3.00 2002, B. Hartlick 3.00 2003, M65 A. Woods 2.80 1997 M70 J.Day 2.50 2005 & 2006.

W35 - W40 A.Goad 2.20 2001 W45 S.Yeomans W50 S.Yeomans 2.70 2005 W55 M. Coombe 1.80 2001 W60 D.McLennan 2.00 1997 W65 D.McLennan 2.30 2005 W70 D. McLennan 2.10 2006.

Long Jump M35 A. Hicklin 4.70 2006 M40 T.Wade 6.29 1998 M45 T. Wade 5.94 2005 M50 M. James 5.45 2001, P.Pinnington 5.45 2002 M55 G.Kitchener 4.04 2005 M60 J.Howe 4.54 2002 M65 M. Collins 3.85 2002. M70 A.Kalirai 4.08

W35 J.Thorne 4.76 1996 W40 C.Filer 5.20 1996 W45 E.McMahon 4.50 1996 W50 C.Young 3.96 2006 W55 J.Charles 3.66 1999 W60 I. Holder 3.84 2005 W65 D. McLennan 2.83 2005 W70 D.McLennan 2.67 2006.

High Jump M35 - M40 T.Wade 1.76 1998 M45 D.Talbot 1.62 2001 M50 D.Talbot 1.58 2005 M55 M. Cole 1.40 2003 M60 J.Howe 1.40 2000 M65 J. Hanus 1.20 1996, R. Grubb 1.20 2001, J.Day 1.20 2001. M70 J. Robinson 1.25 2001.

W35 C.Goddard 1.64 2005 W40 J.Brown 1.60 2002 W45 P.Oakes 1.30 1996, T.May 1.30 2006 W50 P.Oakes 1.23 1998 W55 J.Charles 1.15 1997, P.Oakes 1.15 2003 W60 J.Hulls 1.15, J.Charles 1.15 2002.

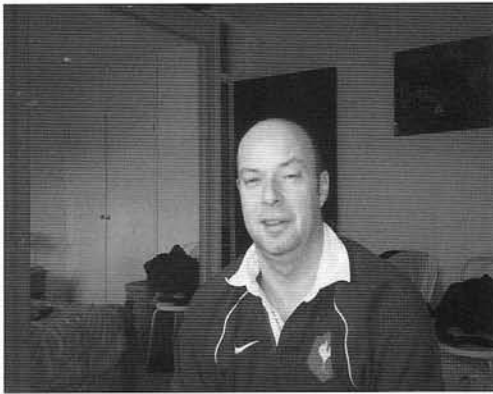
Triple Jump M35 - M40 A.Oyediran 13.15 2003 M45 T.Wade 11.95 2002 M50 J.Vernon 11.34 1996, M.James 11.34 2001. M55 A.Cheers 10.19 2001. M60 A.Cheers 10.19 2001 M65 J.Phillips 8.68 2001 M70 A.Kalirai 8.54 1999 M75 L. Williams 7.44 1998.

W35 J. Brown 10.79 1996 W40 J. Brown 10.54 2002 W45 J.Fail 9.26 1997 W50 P.Oakes 9.04 1997 W55 P. Oakes 8.30 2003 W60 C.Graham 7.97 2002.

Shot M35 - M40 G.Perryman 14.17 1999 M45 N. Griffin 13.74 1997 M50 N. Griffin 15.35 2001 M55 N. Griffin 14.25 2005 M60 E.Barker 13.11 2003 M65 G.Hickey 12.66 2002

M70 G.Hickey 12.12 2005 M75 J. Hanus 9.58 2005. W35 W.Dunsford 10.85 1996 W40 J.Brown 10.52 2002 W45 V. Thompson 9.95 1997 W50 B. Terry 10.81 1996 W55 B. Terry 10.58 2002 W60 E.Williams 11.17 1999 W65 E.Williams 11.20 W70 - W75 - W80 M. Williams 4.46 1997.

A Message from Treasurer Robert Murkin.



Hello everyone. Just a brief message from me this time. As you will see from the renewal form we have had to increase the membership fee to £10 from £9. This is the first increase for four years and still represents great value for money when you compare this to the other regional clubs.

Sadly there are a large number of you who have not yet paid their annual membership to SCVAC for 2006. These members are listed on another page and will all be struck off the membership database on 31st December 2006. I will be taking a much harder stance on this next year. Your membership fee is due on 1st JANUARY and I would ask that you please respect this date. Those of you wishing to compete in British Masters events like the indoors in March and the Cross Country will NOT be allowed to compete unless you have paid your subscription to SCVAC. So please don't come crying to me if you arrive at Pickett's Lock on 3rd March and are turned away. **YOU HAVE BEEN WARNED!!!**

2007 looks like being an exciting year for SCVAC. A year packed full of club events kicks off on 18th February with the Indoor Championships at the Sutton Arena. We are moving the venue for the Outdoor Track & Field Championships to the Julie Rose Stadium at Ashford in Kent. This represents a great financial saving to the club; however, it has always been the club's tradition to spread the event over the whole of our geographical area. As I'm sure you are aware the club operates the 200 club which for just £12.00 per year you will

entered into each monthly draw where the cash prizes are 1st) £35 2nd) £20 & 3rd) £15 with a quarterly special prize of £ 100.00. If you wish to join the 200 club there is an application form to join attached to the 200 club renewal form which is printed elsewhere in this publication. I would like to thank the entire committee for all of their hard work during the past year. We are very thin on the ground and putting on the events is getting harder and harder. John Dunsford is taking a step back from his duties as from now. Both he and Barbara have worked tirelessly over a very long period of time, not just for SCVAC but for the British Masters movement in general. I'm sure you will wish to join me thanking them for all of their efforts.

Finally I would like to thank Peter Hamilton for performing the role of Assistant Treasurer during the past 12 months. I am very grateful for all his help and wish him well for the future. That's all from me for 2006. I hope you enjoyed the athletics year as much I did.

Have a great 2007.

Go Southerners!!!!



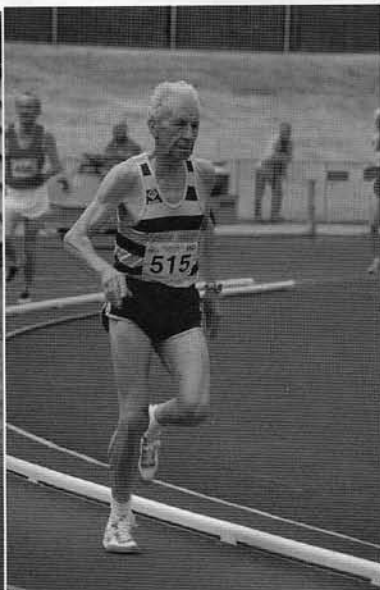
Robert in action, Summer 2006.

A SUMMER TO REMEMBER: SOUTHERNERS IN ACTION

Seen through the camera of Tom Phillips.



Alan Leiper



Arthur Kimber



Barry Ferguson



Bob Minting



Viv Bonner



Val Parsons

ROAD RACE SECRETARY'S REPORT from Walter Hill.

Unfortunately I am writing this race report after bumping down the stairs underneath a 22kg suit case 13 hrs before a flight to Spain. Result no Spain, no golf with my son and a disappointed wife / 10 year old daughter. However, the day before I was at Abingdon and ran with my training partners and friends from Crawley. OK, so what happened at Abingdon which incorporated the BMAF Champs that on this occasion was our clubs responsibility to co-ordinate? The answer is a big thank you to Ray Lewis from the BMAF who took control and ensured that all ran smoothly.

Your race secretary was at the start line with a small contingent who were participating in our SCVAC Club Champs and we were all hoping that the predictions of very poor weather were not to become a reality. Our prayers were answered and we were allowed to participate in a very well organised Marathon which is now the trade mark of Abingdon. I wish to personally congratulate David Worcester as 1st Male Vet 50 and Sarah Gee 1st Female Vet 35+ whose performances were of a very high standard. Patrick Heffernan and Patricia Seabrook you are the ambassadors of the sport we all love. Your consistency and achievements are outstanding.

Results below, with photographs from the man that can take a photograph and reproduce it to perfection. A big thank you Jeremy Hemming, for taking the time to stand there in the cold and rain to provide the readers of the Southerner with some excellent photographs.

Sue Gardener



Walter Hill



Jeremy Carmichael



David Worcester



Results for SCVAC Championship in age category

<u>Position</u> <u>(SCVAC)</u>	<u>Time</u>	<u>Name</u>	<u>Team</u>	<u>Category</u>	<u>Race No</u>
6	3:39:09	BARNES, Terence	Crawley AC	Male Vet 40-49	557
1	2:53:07	WORCESTER, David	Chicester Runners	Male Vet 50-59	99
2	2:58:59	HILL, Walter	Crawley AC	Male Vet 50-59	437
4	3:17:41	CARMICHAEL, Jeremy	Crawley AC	Male Vet 50-59	1100
7	3:46:16	LOW, Roger	Highgate Harriers	Male Vet 60-69	392
9	4:38:36	HEFFERNAN, Patrick	Paddock Wood AC	Male Vet 70+	682
3	3:06:29	GEE, Sarah	Bracknell Forest Runners	Female Vet 35-44	297
5	3:24:10	GARDENER, Sue	Victory AC	Female Vet 35-44	239
8	3:49:19	GILLAM, Sally	Ilford AC	Female Vet 35-44	473
10	5:19:50	SEABROOK, Patricia	Finch Coasters	Female Vet 65+	612

/cont. next page

/Road Race Report continued

Evaluation of the road race season and the way forward-

10K

Why change what we all think is a first class promotion. We all hope to be back next year at the Ted Pepper 10K in May.

10 Mile

I am recommending that we look for a race with fewer entrants next year. I was unable to attend due to a prior commitment and unfortunately a number of members did not register in the final printout from the organisers. This has caused embarrassment and confusion with respect to the distribution of medals. On reflection these things happen and perhaps some responsibility lies on my shoulders for not being present on the day. As I cannot guarantee to be available for next year, at this time of the year, I will look to an alternative and propose a new race /new venue to the committee when we next meet.

I wish to personally apologise to Keith Valentine Male Vet 50 with a time of 63-48, Dee Smale Female Vet 45+ with an excellent time of 67-13 and Ann Bath Female Vet 55+ with a time of 86-32. Plus apologies to those who are too polite to contact me.

Half Marathon

Thanks Keith Scudmore and your team for allowing us to incorporate our Champs within your race. Will you have us back if we promise to bring a few more runners to Burnham Beeches Half Marathon in August? Please note excellent times were recorded by Sarah Gee FV40 1:26:04, Sally Musson FV50 1:28:59 and Tom Horne MV 75 1:48:17

Marathon (results above)

Why Change?

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB MEMBERSHIP RENEWAL 2007

Membership Number.....
Title Mr/Mrs/Miss/Ms etc.....
Surname..... Forenames.....
Address.....
Telephone HomeOther.....
Clubs.....

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 2007 £10.00

2006 £9.00

Donation.....

Total Cheque enclosed for.....

Return to:- Robert Murkin - Treasurer SCVAC
10 Dents Grove, Tadworth, Surrey KT20 7DX

PLEASE DO NOT USE THIS FORM FOR 200 CLUB SUBSCRIPTIONS

Renewal Of 200 Club Subscriptions should be made on separate renewal form found elsewhere in this publication.

WOULD MEMBERS PLEASE BE AWARE THAT YOU ARE REQUIRED TO BE FULLY PAID UP FOR 2007 BEFORE BEING ALLOWED TO COMPETE IN ANY BMAF NATIONAL OR INTERNATIONAL COMPETITIONS

CLUB CAMEO

Robert Murkin meets Iris Holder, W60 sprinter & long jumper



RM: You were one of the first people I spoke to when I made my first appearance in the world of Masters athletics and so I thought it appropriate to choose you as my first 'victim' in this series of interviews with club members. I became aware of you when I saw you long jumping at the SCVAC Indoor Champs in 2005. Did you start as long jumper?

IH: No. I played netball and hockey at school. My first experience of athletics was at college where I learnt the Western Roll and occasionally ran the 200m., and long jumped for the college team.

RM: I see that you are a multi record holder for the long jump. What records do you hold?

IH: This was unknown to me so it was a surprise to look up the records and find out that I hold the following records -W60 Outdoors, 80m hurdles 15.39, long jump 3m 96, W60 Indoors. Long jump, 3m 94.

RM: You are a member of Woking AC. They are obviously very strong in depth especially amongst the women. Is it great to be a

member of Woking A.C.?

IH: It is great to be a Woking member. The coaches are a committed group and so the Masters are as welcome as the rest of the members. Unfortunately the women's team was relegated from the 1st division this year but is committed to rise again.

RM: Do you get to compete for Woking in the Southern league?

IH: No!

RM: What training do you do in a typical week?

IH: Training varies during the year but I try to fit in two gym sessions, a Pilates group, two track sessions, and in the winter, a hill session.

RM: Do your family members take part in athletics?

IH: I started athletics because of my son who joined Woking AC in 1985 and I got cold watching him train. He is still competing for the senior men's team. However, one of my daughters is interested in contemporary dancing, whilst the other is involved with horses. I have hope in my grandson, who at five likes the look of "that stick thing that you go up in the air with." Watch out you pole vaulters! My granddaughter is only six months old, so it's a bit early to assess her yet!

RM: Who do you admire the most in the world on Masters athletics?

IH: I admire all Masters athletes. Juggling work, family and athletics is a challenge and thousands of Master athletes do it. If I had to pick just one it would have to be Mary Wixey who is never phased by anything and is always so cheerful and helpful.

RM: What do you think of Masters athletics in this country?

IH: Masters athletics in England offers a way for all to compete through various leagues and open meetings. We need to encourage more athletes to move from leagues to compete at county, national and internationally. Finances can be a factor, and is the reason we do not see more of the older athletes travelling. A pension only stretches so far and I know from my own experience that it is a limiting factor.

RM: What do you think about SCVAC? (Be gentle with your response!) /cont next page

IH: SCVAC is a welcoming group. It would be good to have more competitors as I am often the only competitor in my age group. I enjoy reading the Southerner especially the missives from Jersey.

RM: What is your greatest athletic achievement to date?

IH: I treasure the world silver medals I won in Linz this year but hope to improve next year and capture that gold in Italy!

RM: Other than your own, what sporting achievements do you rate as the best during your life time?

IH: I vividly remember being in assembly at school and the headmaster announcing that Roger Bannister had broken the 4 minute barrier for the mile. We had to stand for 4 minutes! That will always be a special memory.

RM: Have you always lived in Surrey and where did you go to school?

IH: I was born in Berkshire as my mother was evacuated from Wimbledon. After the war we lived briefly in Southampton before returning to Wimbledon where I went to the county school. After college at Nonington in Kent I married and settled in Knaphill, Woking where I have lived ever since

RM: I think you told me that you are now retired. What was your profession?

IH: I was a physical education teacher and then moved into coaching people with special needs before moving to working with adults with learning disabilities. I learnt a lot from taking groups to the Mini – Olympics which was a competition just for people with learning disabilities. Their enjoyment and delight in being able to compete was such a positive experience for them and made me appreciate the sheer joy of competition whatever the outcome.

RM: What music do you like to listen to?

IH: My all time favourite is Neil Diamond with Roberta Flack and Chris de Burgh as close runners up.

RM: What is your favourite meal?

IH: Anything that is cooked for me is welcome but salmon and avocado would be very acceptable.

RM: Favourite TV programme / film?

IH: I love “ Open All Hours“, “As Time Goes

By” and any nature programme. My favourite film is “Rain Man”.

RM: What constitutes the ideal day for you?

IH: A day spent with my husband, children, partners and grandchildren, location immaterial.

RM: Thank you for agreeing to this interview. I look forward to seeing you in the coming months.

2007 FORTHCOMING EVENTS

International.

Mar 22nd - 25th. European Masters T&F Champs. Helsinki.

May 17th/20th European Non Stadia Champs. Regensburg, Germany.

June 23rd Interland- v. Belgium & France, Tournai, Belgium.

Sept 4th / 15th World Masters Athletics Champs. Riccione Italy.

National.

Feb 18th:BMAF & EVAC Pentathlon Championships, Lee Valley Athletics Centre Picketts Lock, Enfield, Mddx. CD 3rd Feb. Entry in magazine.

March 3rd & 4th BMAF Indoor T & F Champs. Lee Valley Athletics Centre, Enfield.

June 16th/17th Pentathlon, Weights Pentathlon, Track Walks, Stantonbury Stadium, Milton Keynes.

June 24th BMAF 5k. Road Champs. Horwich

July 7th/8th. Decathlon/ Heptathlon, Horspath Track, Oxford.

July 28th/29th BMAF T& F Champs. Alexander Stadium, Birmingham.

South.

Feb 18th: SCVAC Indoor T & F Championships, entry in magazine, CD Feb.3rd Sutton Arena.

June 3rd.SVAC T&F Champs. Julie Rose Stadium, Ashford, Kent.

Aug. 27th VAC T&F Champs. Battersea.

Sept 10th VAC 10,000m. Champs. Battersea.

Oct 8th. 5k.Walk Champs, Enfield (unconfirmed)

Nov 12th VAC 7m. Walk Champs. Enfield (“)

PERFECTION IN POZNAN

Arthur Kimber finds the competition and the weather at the European Championships "hot hot hot"!



Peter Field, gold medal & new record for the M75 300m hurdles.

My approach to Poznan was anything but perfection. The last leg of my journey was on the so-called 'Berlin-Warsaw express', a rather slow and oldish Polish train, taking over three hours, a marked contrast to the previous leg from Cologne to Berlin on a new, fast German ICE. With an outside temperature of 30-35C, and in a packed train with many passengers standing in the corridors, the air conditioning was not working and all efforts to repair it failed. Opening the small windows did not provide any serious relief from the heat. At Poznan I stepped out of the station into the sweltering four o'clock sun, but soon afterwards reached my hotel, the excellent **Vivaldi**, and at last escaped the heat as I felt the



welcoming cool of the hotel's efficient air conditioning. The hotel was near perfection, the location, the room, the food, especially the dinners, the price, and the very friendly service provided by the staff.

Poznan dates its origins back to the ninth century, a settlement on the island of Ostrow Tumski, between two branches of the river Warta. From 968 a cathedral was built there and Poznan became the capital of the Polish state. By the thirteenth century the settlement had expanded beyond the island and from 1253 a new town centre, known today as Stary Rynek, the old market square, and still the focal point of the city, was laid out on the left bank of the river. The town expanded for a further five centuries until in 1793 it came under Prussian, later German rule, and was renamed Posen. Since the 1919 Treaty of Versailles Poznan has remained Polish territory apart from the World War Two German occupation. Today it is a thriving city of over half a million inhabitants.

Stary Rynek is the most visited part of the city, with its many restaurants, bars, museums and other tourist attractions, the most impressive being Ratusz, the old town hall, a



superb example of Renaissance architecture constructed from 1550-60 to replace an earlier fire-destroyed Gothic building. Inside the building, which is now the Historical Museum of Poznan, the vaulted cellars are the only remains of the first town hall.

Two other sites of interest from Poznan's more recent history a mile or so from Stary Rynek are the Kaiserhaus, a classical style palace built from 1904-10 for the visits of the German emperor Wilhelm the Second, whose control of the city turned out to be much briefer than he expected. The building is now a cultural centre,

containing art galleries, a cinema, and the Blue Note Jazz Club. It's not easy to imagine the pompous Kaiser enjoying a night out at the Blue Note! The other is the Monument to the Victims of June 1956, two 20m. high crosses bound together, commemorating the workers' strike when 100,000 demonstrators gathered in the then Stalin Square, now happily renamed, and police and troops fired on the crowds. 76 died and 900 were wounded. In the last 15 years the Soviet era street names have gone and more acceptable foreign leaders are remembered, as in Franklin Roosevelt Street. One other place worth a mention is a large sloping park, Cytadela, in the north of the city, the south-west slopes of which are occupied by cemeteries for soldiers of the world wars from Soviet, Polish, British and Commonwealth armies. Here is one of the saddest war cemetery tombstone inscriptions I have ever seen, for a soldier of just 25 years old - 'Life's work is over'.

As usual athletes had free public transport passes and the frequent trams, 15 lines, took you to many parts of the city and the two stadia. I was able to take a warm-up jog from my hotel to the main stadium through shaded woodland paths, very convenient in the daily 30C. plus temperatures, and even a tram back if a bit tired after a race. Taxis also were cheap. The competition days at the end of July were some of the hottest and sunniest of the summer, but neither track had covered stands, making things a bit uncomfortable for some spectators. The other negative was that the toilets at the main stadium were sub-standard, old, some with pools of water on the floors and broken door locks. But there were far more positives in the main stadium. Registration was efficiently organised, as was signing in for competition. The track was fine, there was a separate area for the throws and plenty of space to warm up, especially along the shaded woodland paths. Events generally ran to time, with efficient officials and very friendly volunteers.

Cheap food and drink were served in the stadium refreshment tents and there were the usual souvenir T-shirts, polo shirts, etc. I was very pleased to be able to buy a Polish team vest.

The athletic highlight of my visit as a

spectator was the M75 300m. hurdles, in which my clubmate **Peter Field** was a good prospect for a gold medal, having been on good form all season, breaking the British record at the BMAF championships in Birmingham. Drawn in the outside lane he made a perfect fast start and held



a clear lead all the way down the back straight. My worry at this stage was that he had gone off too fast! As the stagger unwound on the bend it was not easy from my vantage point near the finish to track his progress, but he appeared to be holding his lead, and that became apparent as the athletes entered the finishing straight. Peter's hurdling had so far been a perfect textbook job. He maintained his lead and form until a stutter at the final hurdle and a nervous look round. but there was no need to worry and he crossed the line well clear of the second athlete in a European record of 55.81, an age-graded score of 92.47⁰/10, the only SCVAC member to break a European record at the championships. I have seen hundreds of Peter's races. This was his best. Perfection in Poznan. P. S.- The air conditioning was working on the journey back to Berlin!



Poznan Cathedral.

**BMAF Open Indoor Pentathlon Championships
and EVAC Indoor Championships with Open Events**

Lee Valley Athletics Centre, Enfield, Middlesex. **Sunday 18th February 2007** (Under UKA/IAAF/WMA Rules)

FIRST EVENT – Pentathlon [Hurdles] 10.30am

EVAC Champs: 60m, 200m, 400m, 800m, 1500m, 60mH, Shot, Long Jump, High Jump, Triple Jump and Pole Vault.

Open Events: 200m, 400m, 800m, 1500m and Shot

Hotel Accommodation options will be posted on website by New Year: (www.bmaf.org.uk)

ENTRY FEES: [which are non-refundable]

PENTATHLON: Affiliated: £18.00. Non-affiliated £21.00.

EVAC Championships: First Event £8.00 £5.00 each extra event.

OPEN Events: First Event Affiliated: £8.00 / Non-affiliated: £11.00 £5.00 each extra event.

**CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO
'BMAF' for Pentathlon and 'EVAC' for All other Events**

Postal stamps are **NOT** acceptable as payment of entry fees

MALE

FEMALE

Please use capital letters Surname _____ First Name _____

Address _____ Post code _____ Date of Birth _____
Age Group for Event _____

Telephone No. Home _____ Work _____ Email address _____

BMAF Affiliated Club: EVAC IoMVAC MVAC NVAC NIVAC SCVAC SWVAC SVHC VAA-NE VAC WMAA (Please tick ONE CURRENT CLUB ONLY)

Non-Affiliated Athletes – UKA Club [Member of] _____

FOR NON-AFFILIATED MASTERS ATHLETES ONLY [to confirm date of birth]

I enclose a copy of my driving licence/Or copy of my Birth Certificate/Or copy of my Passport details

PB2005/06

Pentathlon -	points	Event -	time/dist/ht
Event -	time/dist/ht	Event -	time/dist/ht
Event -	time/dist/ht	Event -	time/dist/ht

Payment enclosed for Entry fees as follows:

£18.00/£8.00/£5.00 for BMAF Affiliated Member £ _____

£21.00/£11.00/£5.00 for non BMAF Affiliated Member £ _____

£8.00/£5.00 EVAC Member £ _____

[SAE Essential for Confirmation of Entry(not by phone)/SAE for Hotel details]

I enclose a cheque/PO in sterling currency payable to BMAF/EVAC.

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2007 Indoor Pentathlon / EVAC Championships and Open Events.

Signed _____ Date _____

Entries close 3rd FEBRUARY 2007

PENTATHLON Entries to: Maurice Doogan, 5 Stadium Street, Chelsea, London SW10 0PU.

EVAC CHAMPS + OPEN EVENTS Entries to: Entries Secretary, 3 Fiador Court, 6 Midway Quay, Eastbourne BN23 5DG

[PLEASE NOTE: ATHLETES INSTRUCTIONS WILL NOT BE POSTED UNTIL 10th FEBRUARY 2007

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HELSINKI EVAC INDOORS 2007 FINLAND

6th European Veterans Athletic Championships Indoors.22nd – 25th March

Hotel accommodation available now in Helsinki offered by **U K Masters Sport** is ideally located for the Championship Stadiums either within walking distance or easily reached by public transport.

Suitable for everyone's budget. We are flexible with dates and sharing of accommodation. We welcome all athletes, coaches, accompanying persons as well as officials.

RICCIONE 2007 ITALY: Hotel accommodation available now in Riccione.

World Masters Athletic Championships Stadia.4th – 15th September 2007

U K Masters Sport; visit our Web Site www.grandprixsport.com

Email: info@grandprixsport.com

"THE NATURE OF INSPIRATION" by Tom Phillips (Blackheath & Bromley)



I used to have the largest paper round in London. Officially. These days, if they held a competition like the one I won, to see which 14 year old carried the most newspapers

for the longest time, before dawn, month in, month out, for below subsistence payment, the NSPCC would no doubt make a dawn raid. I just put up with it, though, from 13 to almost 18. I was well-read. as a result, but always seemed to have a buckled back wheel on my bike. Is this a reason I could run a bit? More likely the root cause of my back trouble, but it's only incidental to the point of this article.

I set world records for completing that paper round in October 1968. The reason was that I was desperate to get home to see the BBC coverage of the Mexico Olympic Games. Conveniently, the highlights programme was before breakfast, and I could usually watch all the track action before cycling off to school on the aforementioned pedal bike. As a means to maintain suspense, and complete the deliveries that bit quicker, I even tried to avoid reading the Olympic news I was carting around. Difficult when Bob Beamon jumped out of his socks and on to every front page, and David Hemery won 400 hurdles gold, but mostly I was able to watch the grainy late 60's black and white transatlantic broadcasts with teenage obsession and wonderment.

To me and my contemporaries, now in M50 or thereabouts, if they are still at it, the names are legendary:- Hines, Smith, Carlos, Evans, Keino, Ryun, Beamon, Hemery, Sherwood, Davenport, Besson, Board, Fosbury, Sanyeev, Szewinska, Sylvester. Need I go on? I found the coverage at the time by AW a bit academic, and that of "Athletics Arena" (remember Charlie Elliot's

"Arena"?) too obsessive, but on a school day trip to Calais early in the next Spring I bought a wonderful copy of "Athletisme 69" (long before that title might provoke teenage sniggers), and my devotion to these athletes became complete. Brilliant photographs, of a quality and quantity an English 15 year old couldn't obtain anywhere else.

That magazine and I were seldom parted – I have it still – save for those precious weeks when kindly stars we kids met training at Crystal Palace agreed to take it with them to overseas fixtures, and get otherwise unobtainable autographs for some of the pictures. I've been for ever in Paul Nihill's debt for autographs obtained at the European Championships in Athens in 1969, and to the lovely, late Lillian Board for hawking the magazine round the ladies changing rooms after one international meet at the Palace!

There's no doubt in my mind now that British success inspired we youths to train that much harder - especially when we were sharing a track on a Sunday morning with David Hemery. It's easy in these days of instant gratification and football team strip mimicry to be cynical about the nature of inspiration, but back then, it was very real. To the youth of 2006, I suspect that today's football heroes are tomorrow's forgotten men, but "my" stars inspire me still. On those increasingly rare occasions when the BBC shows flashbacks to Mexico, such hairs as remain on the back of my neck still rise. I know why I ran then, and know why I run still, even though my own athletic endeavour never came close to those levels. Not emulation, but a sense of shared endeavour.

It's not just age that sends me to sleep when I watch a modern Golden League or Grand Prix meeting on TV – and it fails to inspire me any more. I assume that this is because, subconsciously, I know I can't feel any sort of shared endeavour with an athlete earning thousands of pounds /dollars per second. My heroes just didn't do that. That's not to say I'm not impressed, but that's different from being inspired, isn't it?

CLUB RECORDS

HIGH JUMP					POLE VAULT					LONG JUMP					TRIPLE JUMP				
W35	J. Brown	1.72	94	M. Newton	3.00	01	J. Brown	5.35	94	J. Brown	11.36	94							
W40	C. Drewry	1.55	86	S. Yeomans	2.72	01	J. Wills	5.35	91	J. Wills	10.23	92							
W45	J. Hulls	1.40	87	S. Yeomans	2.82	02	J. Charles	4.71	90	P. Oakes	10.18	94							
	I. Marti	1.40	90																
W50	J. Charles	1.26	92	S. Yeomans	2.91	03	J. Charles	4.57	93	P. Oakes	9.39	96							
W55	P. Oakes	1.21	01	D. McLennan	2.10	94	C. Graham	4.10	92	P. Oakes	9.03	01							
	J. Charles	1.21	99																
	J. Charles	1.21	00																
W60	J. Charles	1.21	01	D. McLennan	2.10	97	C. Graham	3.99	96	C. Graham	8.48	96							
	J. Charles	1.21	02																
W65																			
W70										M. Williams	5.23	88							
W75																			
W80																			
M35																			
M40	M. James	1.80	89	N. Phipps	3.80	92	M. James	7.15		B. Hull	13.84	91							
M45	E. de Andre	1.65	88	M. Edwards	3.60	89	A. Treacher	6.05	86	J. Vernon	12.37	91							
	G. Long	1.65	90																
M50	D. Talbot	1.61	04	J. Howe	3.20	92	F. Taylor	5.95	86	A. Cheers	11.24	94							
M55	G. Hickey	1.52	91	A. Woods	3.39	86	R. Ruff	5.19	97	T. Chapman	10.64	93							
M60	A. Woods	1.40	90	A. Woods	3.30	89	A. Kalirai	5.11	88	L. Williams	10.58	86							
				A. Woods	3.30	90	A. Lovett	4.58	87										
M65	L. Williams	1.35	91	A. Woods	3.10	95	A. Kalirai	4.66	92	A. Kalirai	9.66	94							
M70	L. Childs	1.22	96	A. Woods	2.70	98	A Lovett	4.52	88	A. Kalirai	9.31	98							
M75	S. McSweeney	1.18	87	A. Woods	2.20	03	A. Kalirai	3.52	03	A. Kalirai	8.17	03							
M80	J. Searle	1.05	85																
	J. Searle	1.05	88																

SHOT					DISCUS					HAMMER					JAVELIN				
W35	J.Kerr	13.48	85	J. Kerr	40.72	85	E. Augee	51.50	01	V. Thompson	34.06	90							
W40	J. Kerr	13.04	87	J. Wright	44.86	97	P. McNab	33.44	87	A. Goad	28.75	01							
W45	J. Kerr	11.50	91	J. Wright	34.29	01	P. McNab	40.84	90	D. Morris	32.14	90							
W50	E. Williams	12.13	92	C. Graham	30.30	90	R. Alexander	39.04	97	C. Graham	34.46	89							
W55	E. Williams	13.22	93	E. Williams	31.04	97	E. Williams	45.02	94	E. Williams	39.52	97							
W60	E. Williams	12.13	98	E. Williams	30.45	98	E. Williams	43.90	99	E. Williams	36.06	98							
W65	J. Ogden	9.08	92	J. Ogden	18.26	92	J. Ogden	29.52	92	J. Ogden	32.30	92							
W70	M. Williams	7.01	87	A-M. Grant	16.07	04													
W75	M. Williams	4.97	92							M. Williams	9.86	92							
W80																			
M35																			
M40	M. Fenton	14.62	96	C. Ellis	46.86	86	M. Fenton	61.35	98	K. Turnbull	60.22	89							
M45	M. Small	14.03	02	C. Ellis	48.44	87	M. Fenton	62.13	02	K. Turnbull	58.14	93							
M50	M. Small	15.45	04	M. Small	48.30	04	D. Bayes	52.56	86	R. Bartlett	53.78	91							
M55	G. Hickey	12.57	89	I. Briggs	41.30	85	D. Bayes	50.98	91	R. Bartlett	50.48	95							
M60	A. Woods	11.87	89	I. Briggs	41.82	92	P. McAvoy	39.58	92	V. Adcock	40.83	01							
M65	C. Brand	10.65	03	I. Briggs	41.08	93	P. Barber	44.94	99	C. Brand	41.20	03							
M70	B. Metcalfe	10.40	87	I. Briggs	33.20	99	P. Barber	43.82	03	B. Metcalfe	24.50	89							
M75	B. Metcalfe	9.02	92	I. Briggs	27.24	04	B. Metcalfe	26.14	92	A. Rawlinson	24.22	92							
M80	W. Baker	7.04	86	W. Baker	14.72	86				B. Baker	23.14	88							

100m					200m					400m					800m				
W35	A. Mullinger	12.7	93	S. Woodman	26.1	89	J. Bigos	59.03	89	J. Bigos	2:15.50	89							
W40	J. Vernon	12.76	86	B. Blurton	26.5	92	B. Blurton	58.38	91	B. Blurton	2:19.9	88							
	R. Allcock	12.7	87				E. Roe	61.75	00	B. Blurton	2:16.22	96							
W45	H. Godsell	12.86	00	V. Bonner	26.1	97	E. Roe	61.44	02	J. Hulls	2:30.2	92							
W50	V. Parsons	13.30	96	V. Bonner	26.6	99	P. Oakes	81.3	01	P. Jones	2:49.63	90							
W55	V. Parsons	13.58	02	V. Parsons	28.66	01	J. Ogden	76.1	88	J. Ross	2:57.2	90							
W60	J. Ogden	14.83	91	J. Ogden	30.62	89	P. Taylor	1:47.21	89										
W65	J. Ogden	14.84	92	J. Ogden	31.34	92													
W70	M. Williams	19.2	86	J. Waller	41.95	92													
W75	M. Williams	20.7	90																
W80																			
M35				D. Scott	21.62	05													
M40	I. Green	11.1	86	D. Lucas	22.8	91	R. Bush	50.0	87	P. Browne	1:51.25	91							
	A. Ross	11.19	95	A. Ross	22.87	93													
M45	J. Browne	11.0	01	A. Ross	23.14	97	A. Ross	51.18	97	J. Treadwell	2:01.4	90							
M50	W. Franklyn	11.60	02	W. Franklyn	23.70	02	W. Franklyn	52.63	02	B. Bartholomew	2:04.1	87							
M55	C. Williams	11.62	87	F. Taylor	24.59	86	C. Williams	53.98	87	D. Thomas	2:11.2	85							
M60	C. Williams	12.7	91	C. Williams	25.5	91	C. Field	63.9	99	J. Charman	2:17.99	89							
M65	S. Stein	13.2	86	S. Stein	27.9	86	S. Brooks	63.2	95	D. Thomas	2:24.0	95							
M70	L. Williams	14.64	92	S. Stein	30.11	91	S. Busby	69.9	85	E. O'Bree	2:38.6	90							
M75	S. Busby	15.6	87	S. Busby	31.8	87				P. Frean	4:00.5	92							
M80	A. Beckett	17.77	90	A. Beckett	40.98	86	B. Baker	98.57	86										

<u>1500m</u>				<u>5000m</u>				<u>10000m</u>				<u>SPRINT HURDLES</u>				
W35	S. Young	4:33.14	91	S. Young	16:53.01	91	A. Fletcher	35:43.85	97	J. Vernon	14.7	85				
W40	M. Statham	4:53.0	93	M. Statham	17:13.32	93	A. Fletcher	35:10.30	02	J. Vernon	11.78	86				
W45	D. Farnham	4:52.33	02	M. Govender	19:05.15	91	M. Govender	39:10.48	91	P. McNab	12.65	89				
W50	J. Smith	4:58.74	92	J. Smith	18:51.3	92	P. Jones	45:17.1	90	J. Hulls	14.04	91				
W55	P. Jones	5:39.4	92	P. Fletcher	20:27.63	87	P. Fletcher	42:12.8	88	E. Williams	15.2	95				
W60	J. Ross	5:51.6	91	J. Ross	21:02.3	89	J. Ross	43:01.1	89	J. Charles	16.22	02				
W65	J. Ross	6:10.2	93	J. Ross	21:57.1	93	J. Waller	46:52.2	89							
W70	J. Waller	6:55.8	92	J. Waller	23:21.1	92	J. Waller	48:33.8	92							
W75																
W80																
M35	I. Johnston	4:16.2	05	I. Johnston	15:55.94	05	I. Johnston	33:09.36	05							
M40	C. Thomas	3:59.88	89	B. Foster	14:40.9	98	B. Foster	30:14.47	98	M. Coker	14.90	98				
M45	P. Molloy	4:02.4	94	M. Duff	15:20.82	89	M. Duff	31:55.0	89	B. Ferguson	16.10	90				
M50	B. Bartholomew	4:14.2	87	J. Dear	16:11.0	92	L. Presland	31:59.6	89	B. Ferguson	14.58	94				
M55	L. O'Hara	4:24.8	85	L. Foster	16:25.6	85	E. Richardson	34:13.7	90	B. Ferguson	15.18	97				
M60	L. O'Hara	4:42.3	93	L. O'Hara	17:10.9	92	G. Brindley	37:01.0	86	G. Daborn	16.61	92				
									G. Daborn	16.6	94					
M65	E. O'Bree	5:00.28	86	S. Charlton	17:52.7	91	S. Charlton	37:39.3	90	L. Williams	17.9	87				
M70	E. O'Bree	5:30.5	90	L. Jones	20:52.04	85	R. Hale	44:15.1	97	L. Williams	14.73	92				
M75	D. Adie	6:06.9	03	L. Jones	23:27.92	92	L. Jones	47:13.88	91	R. Evans	20.2	87				
M80	W. Chapman	7:39.5	89	W. Chapman	27:24.41	87	W. Chapman	57:22.25	89							

<u>400/300m Hurdles</u>				<u>3000/2000m Steeplechase</u>				<u>3000m Walk</u>				<u>5000m Walk</u>					
W35	J. Bigos	67.8	89					G. Cann	19:37.5			J. Bleach	29:34.4	86			
W40	J. Farry	67.8	85					C. Bean	15:58	87		S. Brown	25:01.0	92			
W45	N. Cross	80.7	87					C. Bean	15:53.2	89		A. Lewis	27:02.29	96			
W50	J. Hulls	50.29	89					A. Lewis	15:57.7	98		A. Lewis	27:09.12	98			
W55	J. Charles	64.5	98					A. Lewis	16:55.28	04		A. Lewis	29:10.02	03			
W60								I. Hazle	21:03.0	86							
W65												I. Hazle	34:37.0	90			
W70																	
W75																	
W80																	
M40	M. Coker	54.57	98	M. Dixon	9:31.63	85	P. Hannell	13:16.1	85	P. Hannell	22:38.4	85					
M45	M. Coker	56.29	02	M. Dixon	9:53.2	89	D. Stevens	12:54.1	85	D. Stevens	22:25.0	85					
M50	D. Barrington	46.5	92	M. Doogan	11:03.16	91	D. Stevens	13:23.6	87	D. Stevens	23:28.4	87					
M55	G. Daborn	46.58	89	J. Wood	12:36.89	88	D. Stevens	13:57.4	91	D. Stevens	23:08.1	91					
M60	G. Daborn	47.6	93	G. Brindley	7:46.2		D. Fotheringham	15:31	90	D. Fotheringham	26:23.0	90					
M65	L. Williams	50.85	87	G. Brindley	8:18.49		H. Jaquest	18:37.6	92	H. Jaquest	32:29.06	90					
M70	L. Williams	55.77	92				C. Megnin	17:08.7	86	C. Megnin	28:06.3	86					
M75	R. Evans	74.0	87														
M80																	

<u>PENTATHLON</u>			
W35			
W40			
W45	J. Charles	3119	90
W50	J. Charles	3253	92
W55	J. Charles	3174	98
W60	J. Charles	3714	02
W65	K. Koppel	3582	01
W70			
W75			
W80			

<u>HEPTATHLON</u>			
	P. Oakes	4057	86
	J. Charles	4131	90
	J. Charles	4213	92
	E. Williams	5388	95
	J. Charles	4596	02
	K. Koppel	4516	01

<u>DECATHLON</u>			
M40	P. Oakes	3223	93
M45			
M50	B. Loten	3324	95
M55			
M60			
M65			
M70			
M75			
M80			

Southern Counties Veterans Athletic Club Committee 2005/2006

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Closing date for contributions for the April 2007 edition of The Southerner to be sent to Rosemary Champion by Mar 25th 07.

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)

*******LATE NEWS FLASH**** (JUST AS WE WERE GOING TO THE PRINTERS!!) -
Ken Crooke is back! (welcome back, Ken) & will fill the post of Asst. Treasurer. If you want shares in the 200 Club, or to renew, please contact Ken on 020 8657 4269; 8 Ryelands Rd. Selsdon, Croydon CR2 8EA.*****