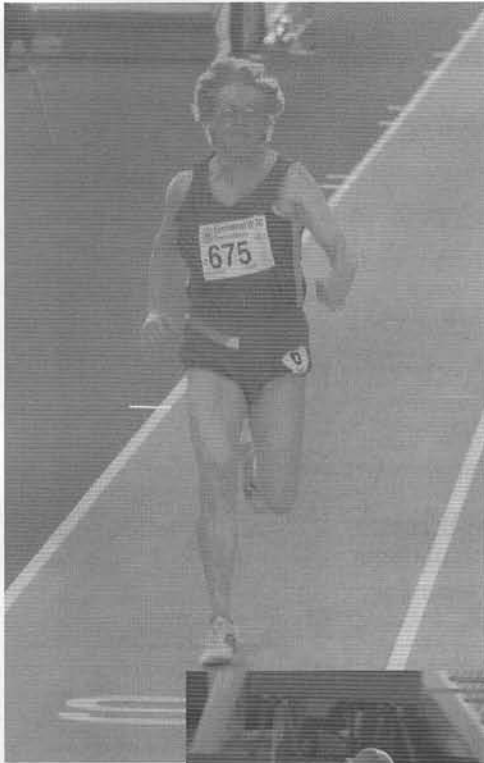


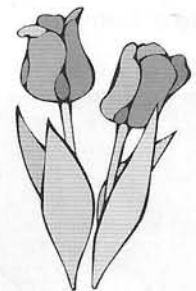
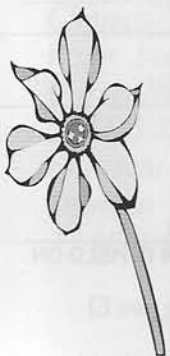
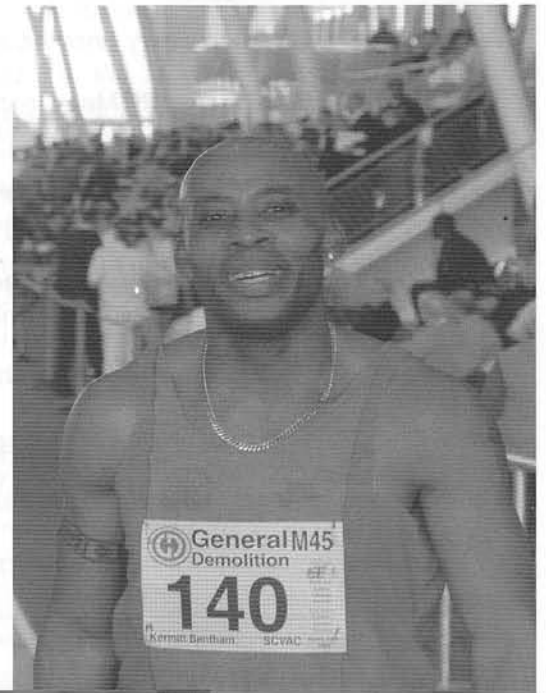
THE Southerner

No. 50 April 2007

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB



Southerners Spring Success at National Indoors



Clockwise from bottom left:
Rohan Samuel: 1st M40 60m.
Eileen Kear: 1st W70 60m.
Kermit Bentham: 1st M45 400m & 200m.
Paula Fudge: 1st W50 1500m & 3000m.



INSIDE

- Entry for SCVAC Outdoors Champs.
- Results of SCVAC Indoor Champs.
- Results of SCVAC Cross Country Champs.
- Club Cameo-Amos Seddon.
- Helsinki Indoors.



27TH BURNHAM BEECHES HALF MARATHON

Sunday 19th August 2007 at 10.00 am

Caldicott School, Crown Lane, Farnham Common, Bucks
Run under UK Athletics and BARR rules.



Incorporating both the Southern Counties Veterans AC & the RRC Half Marathon Championships



BARR Membership No. 955

SEAA Course Certificate (APPLIED FOR) & SEAA PERMIT (6424).
We regret that this course is unsuitable for wheelchair & disabled athletes.
Race medical cover standard 3



Awards: Medal to every finisher, spot prizes

Prizes: Athletic Club Teams: 1st Male Team (4 to score); 1st Female Team (3 to score)
In age groups (M/F) 17-39, 40-49, 50-59, 60-69, 70+ (depending on entry)

Entry fees: £14.00 affiliated, £16.00 unaffiliated. Race limit 1200 (1166 in 2004)
[After August 6th £2 extra]

Entries to: Burnham Joggers, PO BOX 2307, Maidenhead, SL6 0WD and on line
Cheques payable to 'Burnham Joggers'

Facilities: Changing facilities, refreshments, swimming pool & 2K Fun Run (enter on the day)

Website: www.burnhamjoggers.org.uk (on-line entry includes an administration charge of £1)

I hereby apply for entry to the 2007 Burnham Beeches Half Marathon - **PLEASE PRINT ALL DETAILS CLEARLY**

Surname _____	Address _____
First Name _____	_____
Male <input type="checkbox"/> or Female <input type="checkbox"/> (Please tick one box)	Town _____ County _____
Date of Birth ____/____/____	Postcode _____ Tel No _____
Age on Race Day _____	E-mail _____
(Must be over 17 on Race Day)	(Please circle one) UKA Registered Individual or Unattached
Club/Team: _____	(Please circle one) UKA Registered Club or Non-registered Club

UNDER THE TERMS OF THE DATA PROTECTION ACT 1984 WE ARE REQUIRED TO INFORM YOU THAT THIS INFORMATION IS HELD ON COMPUTER FOR RACE ADMINISTRATION ONLY

If you do not wish to receive future information about the Burnham Beeches Half Marathon or the Cliveden Cross Country please tick here

I enclose my cheque made payable to 'Burnham Joggers'. I understand that this fee is NOT refundable and that numbers are not transferable. I agree to abide by the rules of the UKA and of the event. I understand that I enter the race at my own risk and that no person(s) or organisations will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand that the organisers reserve the right to alter the arrangements and conditions should circumstances require.

PLEASE READ CAREFULLY AND CHECK THAT ALL DETAILS HAVE BEEN ENTERED LEGIBLY

Signed Date.....

PLEASE NOTE:

All postal entries will require a 9" x 6" (minimum) SAE for Race Number, Directions and Race Details. Unsigned entries will be returned. Entries on the day will qualify for Individual & Team prizes. In the event of cancellation due to circumstances beyond our control, entry fees will not be refunded. Course unsuitable for wheelchair and disabled athletes.

FOR OFFICIAL USE ONLY	<ul style="list-style-type: none"> • SCVAC Membership number: Enter • RRC Membership number: Enter
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From the editor:

Welcome to the Spring 2007 edition of the Southerner. Congratulations to all who competed at the BMAF Indoors Championships at Lee Valley, and the European Indoor Championships in Helsinki. SCVAC members certainly brought home the bacon in terms of medals, as you will see when you get your copy of "Masters Athletics".

Once again, many thanks to **Tom Phillips** for his photographs taken at Lee Valley.

A personal thanks to Treasurer **Robert Murkin** for his hard work in contributing articles/results for the Southerner, and all his hard work at the SCVAC Cross Country. In addition, Robert somehow manages to "keep his eye on the ball" as our Club Treasurer!

I guess you are all looking forward to our outdoors Track & Field Championships, on June 3rd. at the new (to us) venue of Julie Rose Stadium, Ashford. Also on the Summer calendar are the BMAF Championships, on July 28th/29th at Alexander Stadium, Birmingham..



I am eagerly awaiting another date! Is there anyone out there who, like me, is looking forward to July 1st when smoking will become illegal in pubs, restaurants and public places! Rejoice all you non smokers!! You will no longer have to avoid pubs, or endure passive smoking if you do visit a hostelry.

(I hear that an effigy of Sir Walter Raleigh is scheduled to be burnt somewhere!) I expect to be reading all the tales of smoking -related INCIDENTS, that are bound to appear in the National Press.

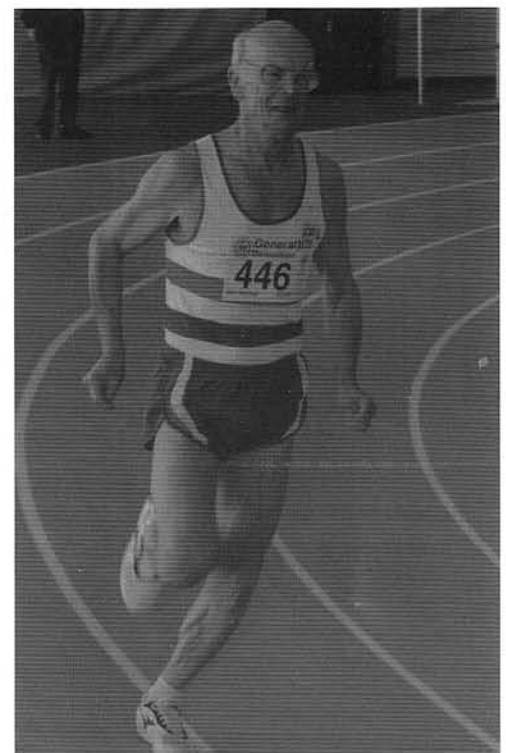
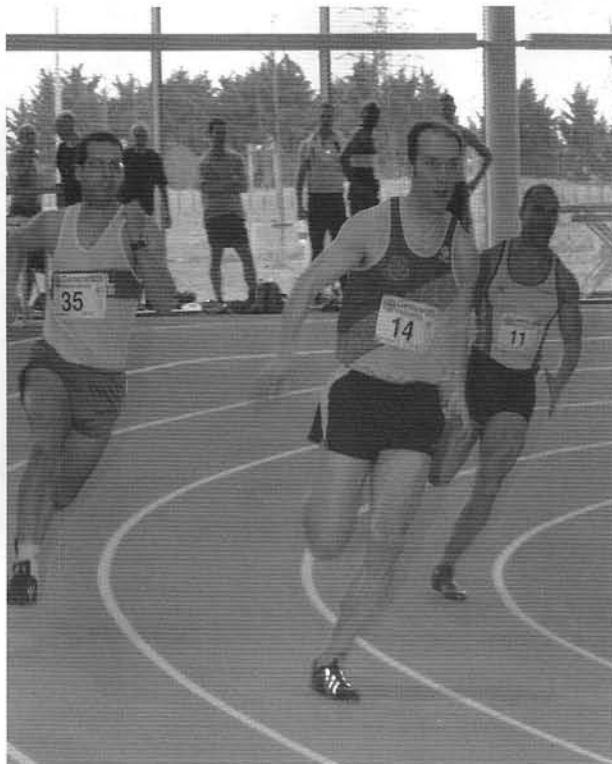
I wish all of you an enjoyable, and successful, season. Don't forget to tell us here at the Southerner how you get on.



Closing date for the September edition is August 25th 2007, to be sent to: - Rosemary Champion, 6 Woodlands Park, Bexley, Kent. DA52EL. Email: southern.veterans@ntlworld.com
It is easier for me if you could send your articles as an email attachment.

BMAF Indoor Champs:

Right- Scott Dorset No 14:
6th M35 200m.
Far right-John Seymour:
3rd M70 400m



PHOTOS:
courtesy of
Tom Phillips

A Message from Treasurer Robert Murkin- Spring 2007.



Hello everyone and a very late 'happy new year' to you all.

Much water has passed under the bridge since I last wrote. Firstly our cross country championships were held just before Christmas (see separate report) which was a great success with increased numbers and at new venue which proved to be popular.

Secondly our indoor championships which despite a clash of dates with other events still produced a good number of entrants, nineteen championship best performances AND a British record for Akin Oyediran!! A big thank you to all officials, committee members and members who helped out on the day.

I'm sure those of you who were at Picketts Lock for the BMAF indoor championships all enjoyed the event. It was great to finally meet some of you who up to that point had only been a name on my membership database. SCVAC supplied 27% of the athletes and managed to win a large number of medals. Well done to you all.

I confess to feeling envious of the positive press that our friends at the Eastern region have received of late. However, it is not until you dig deeper that you can appreciate that they totally deserve the credit. They have a general committee of roughly the same size as ours but they also have a separate committee to organise the track & field league and another to organize their track & field championships.

I have it on good authority that as at April last

year SCVAC had the largest number of members in the BMAF movement with 19.96% of the total membership. Despite this however, we must have one of the smallest committees. I therefore find it irritating when I hear complaints about the club from members when these very people haven't lifted finger for the club. I would ask that if you think we need to have more events or to do things differently, then please don't just sit back and complain. **DO SOMETHING ABOUT IT AND VOLUNTEER.**

As the summer approaches, I for one am very excited about the start of our track & field league. I think it is worth pointing out that our 'flagship' is our track & field league which provides friendly, relaxed competition for over sixty five teams and seven hundred athletes.

I defy anyone who was at Battersea Park for the league final last year to tell me that the event wasn't a well organized and exciting competition which resulted in a memorable day for all those who were there.

We are obviously keen to ensure that the track & field championships on 3rd June are a success. **THIS CAN ONLY HAPPEN WITH YOUR HELP!!!!!!** We have moved the event to a new, modern stadium and have hired the services for the first time of the Surrey County AA to provide the photo-finish/electronic timing. We will need a number of people to help in various ways on the day otherwise the event will not be able to run smoothly. The time to volunteer is NOW. Please contact Arthur Kimber, Xanine Powell or myself if are available to help.

There are also our road fixtures to look forward to which thanks to the initiative of Walter Hill are gaining in popularity each year. As you will read later in the issue, we have a walking section that is both large in number and strong on depth.

I am keen to create a real club atmosphere within SCVAC. I appreciate that this may be difficult given that most of us already have our own local clubs. I'd like to perhaps organize some social events throughout the year (perhaps tagged onto major championships). I would also like to do more for our first claim members. I think it would be

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Message from the Treasurer (cont)

good if we could compete as a team where possible e.g. in a cross country league or something like that. I haven't yet given a great deal of thought to it but perhaps monthly training or trail runs could be an idea. Anyway if anyone would like to help me with any of that or has other ideas, please let me know.

We now have a club sweatshirt and I'm hoping to have these available by the track & field championships in June for you to try on and hopefully purchase. Again this is just one of the many ways we can market / advertise the club and hopefully grow the membership.

I'm sure you will join me in welcoming Ann Bath as our new cross country secretary. Ann is a prominent endurance runner and also a keen cyclist. Ann and I have already spoken about entering an SCVAC team in a cross country league next winter. Should you wish to discuss this and any other issue concerning cross country then Ann's details can be found on the committee page of this magazine.

Finally a well done to those of you who competed in Helsinki and at the BMAF cross country championships. A report on those events will appear later.

In the mean time I hope you have lots of fun in whatever events you are taking part, during the year and I hope to see many of you during the coming months.



Taken at the SCVAC Cross Country Championships, Reigate, Dec.2006:



l-r: James Fitzmaurice, Steve Connolly, Walter Hill, Alistair Matson, Geoff Nicholson, Ken Sheppard, Robert Murkin.



Gary Thayre, winner M45, with Julie Briggs, winner W 35.

Left: photo taken at the BMAF Indoors Track & Field Championships, Lee Valley Centre, March 3rd/4th 2007: Dartford Harriers A.C. members, l - r: Anne Goad, Pat Halstead, Teresa May, Arthur Kimber.

SCVAC CROSS COUNTRY CHAMPIONSHIPS, SUNDAY 17th DECEMBER, REIGATE.

					SCVAC	HOLLY
					CHAMPS	RUN
<u>W35</u>						
Briggs	Julie	822	Arena 80	18.57		4
<u>W40</u>						
Gee	Sarah	823	Bracknell Forest Runners	DNS		
<u>W55</u>						
Bath	Ann	834	26.2 Road Runners	27.38	1	46
<u>W65</u>						
Cushen	Bridget	843	Sutton & District AC	30.03		59
<u>W75</u>						
Norrish	Betty	844	SCVAC	DNS		
<u>M45</u>						
Thayre	Gary	952	PhoenixAC	38.00	1	18
Warren	David	956	Croydon Harriers	40.12	2	24
<u>M50</u>						
O'Connell	Thomas	995	Thanet Road Runners	39.00	1	19
Hill	Walter	960	Crawley	40.15	2	25
Connolly	Steve	958	Swindon Harriers	44.51	3	50
Carmichael	Gerry	42	Crawley	45.28	4	57
Stacey	Michael	973	Invicta East Kent	DNS		
Archer	Kevin	954	Reigate Priory	DNS		
<u>M55</u>						
Wilkins	John	972	Invicta East Kent	DNS		
Edgely	Trevor	974	Invicta East Kent	DNS		
<u>M60</u>						
Newton	Geoff	30	Tadworth	41.39	1	32
Matson	Alistair	4	Crawley	48.48	2	80
Fitzmaurice	James	2	Sevenoaks	49.41	3	84
Burgon	Chris	953	Watford Harriers	DNS		
<u>M55</u>						
Newland	David	955	South London Harriers	43.16	1	38
Taylor	John	959	Hailsham Harriers	46.21	2	61
<u>M70</u>						
Sheppard	Ken	994	South London Harriers	57.46		114
North	Gerry	957	City Of Portsmouth AC	DNS		

A REPORT ON THE CROSS COUNTRY, by Robert Murkin.

Due to the change of venue and date, this was in fact the second SCVAC Cross Country Championship in 2006. In the summer of 2006, we approached Reigate Priory A.C. about combining our championships with their Holly Run, and they were very happy to oblige. The change of venue proved very popular, as the course is only 1 mile from Junction 8 of the M25. It has the reputation of being a "real" cross country course, with lots of undulations. We were blessed with a glorious sunny day, and entrants were double those of recent years.

We had three lady competitors, and the fastest of these was Julie Briggs from Arena 80, with an impressive 18.57 on the three mile course. Julie's partner Gary Thayre produced the fastest time of the men, with 38.00 on the six mile course. The largest age group proved to be the M50, with a close finish, and Tom O'Connell from Thanet Road Runners winning in 39.00.

Due to the proximity of Christmas, our members enjoyed mince pies and mulled wine in the SCVAC tent after the race. The event, and indeed the whole athletics year were discussed for long afterwards as the sun set over Reigate Hill.

Due to the popularity of the date and the venue, we are hoping to stage the championships at the same place and time this year. Our thanks go to Reigate Priory A.C. for accommodating us, and for all their pre-race help.

Obituary- Byron Gray : 1935 - 2007.

From Stan Allen -

When Herne Hill Harriers are asked to talk in public we normally set a time limit relating to the best performance of the club member. So a 4 minute miler will get four minutes and a marathon runner has to be persuaded not to talk for two hours plus. But this rule can't apply in Byron's case. Byron was really quick, and it is impossible to cover his achievements in less than 20 seconds.

Byron came back to track running some 40 years ago after originally retiring to re-start his racing career indeed his date of re-election in the club records is not a date but the phrase "Way Back". His origins go back to the West Indies when as a 17 year old he was reserve for the Jamaican 4 x 440 yards relay team and clocked around 47 seconds for the 440. He was a mean man in a relay where his legs would literally sparkle into high speed life. He ran in a HHH team that claimed UK records over 4 by 100 and 4 x 200 in 1978/9 with Keith Scott, John Howell and Jim Hurley. The 4 x 200 still stands as a HHH record and the 4x 100 only went last year. As a veteran he was competing for the club in a Southern League meeting on the last leg of the 4 x 100m and seemed to be racing with a fair degree of intensity as he stormed to victory. I asked about this and he told me that two youngsters had written off the old man in the outside lane and he had shown them!

He was even a multi-medallist in the over 60 group over 100m and 60m when he was 64 years old.

But the most important thing he ever did was coach, advise and mentor at Battersea Park track and Tooting Bec track. Those he helped know who they are and together form a roll of honour.

It is almost impossible to imagine the impact Byron had and still has on the athletic world. His influence will never pass.

From Barry Ferguson -

Byron Gray died on Sunday January 28th aged 71 finally succumbing to cancer. Born on the 19th of December in Jamaica, Byron competed mainly in the 400m as a Senior at the highest level, before

emigrating to England.

Here, as a member of Herne Hill Harriers and SCVAC, he competed as a Master, surprising many a younger man with his turn of speed. He "spoke" with his feet on the track!

His first love was athletics, as a coach, competitor, mentor and spectator. He spent many hours enjoying the atmosphere and the spectacle of local athletics competitions, introducing many others to the sport. He always seemed to have a calming influence on those around him.

His passing is a sad loss to the sport and to the many who loved him.



LETTERS TO THE EDITOR.

Ann Bath, Surbiton, Surrey.

I must write and say how much I enjoyed your Cross Country Championships at the Reigate Holly run. It was a very well organised event and the tannoy, super changing area / toilets / refreshments and friendliness made it seem an important event compared with the often very low key cross country events! However what was really great was the SCVAC awning, where I was offered mulled wine and mince pies afterwards!

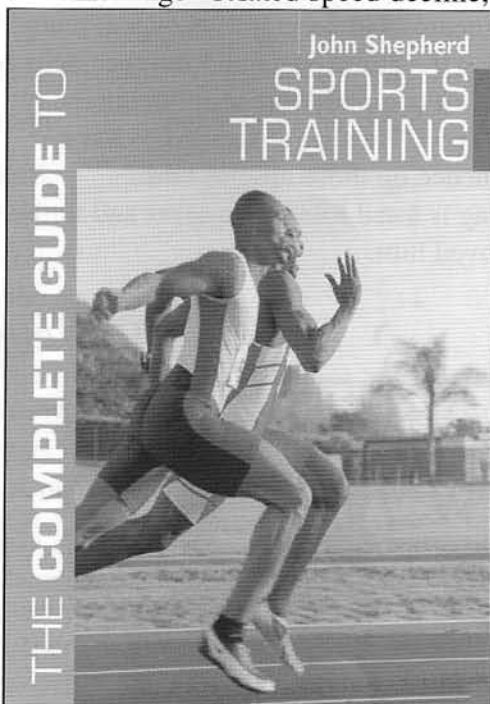
It was such a shame that more members, particularly ladies, did not enjoy the race and the post race refreshments, hopefully word will get out and there will be a better attendance next year.

Bridget Cushen, Croydon.

I ran in the SCVAC cross country championships at Reigate in December. I am sure the other competitors will wish to join me in thanking Robert Murkin and his family for organising it and providing much appreciated hot refreshments. Robert, as well as taking on this task, is also the SCVAC Treasurer and acting Secretary. A very enjoyable day.

“The Complete Guide to Sports Training” by John Shepherd, published by A & C Black in 2006, price £15.99, available from W.H Smith, Waterstones and acblack.com contains useful advice and training regimes for masters athletes who want to retain as much sprint speed as possible. John Shepherd is himself a M45 competitor in long jump and sprints.

His article “Mastering sprint speed” can be found at www.pponline.co.uk, and covers such topics as how to combat age - related speed decline; hill training, plyometrics, weight training and the use of Creatine Phosphate.

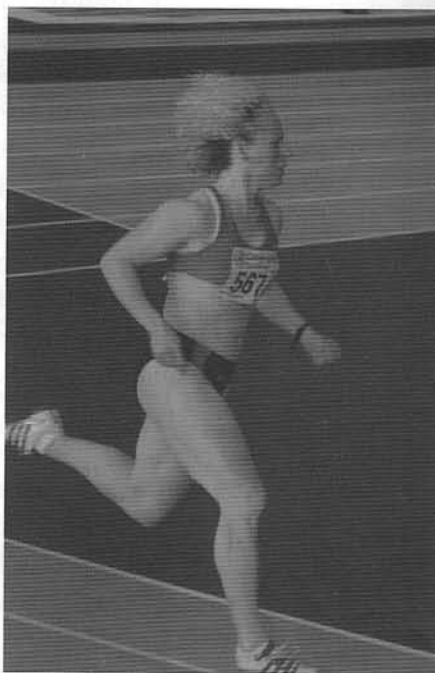
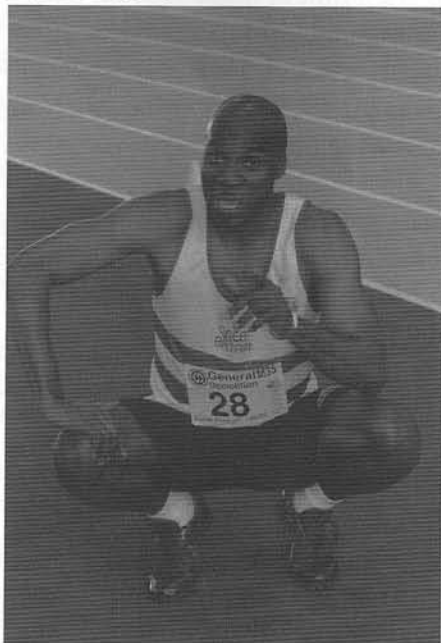


One of the helpful photographs used to demonstrate exercises.



More photos from the 2007 BMAF Indoors Track & Field Championships .

Left to right



Michael Osunsami: 2nd M35

200/400m. Lesley Hopkins: 2nd W45 400m, 3rd 200m. Terry Bissett: 2nd M60 400m, 1st 200m.

PHOTOS: Tom Phillips.

CLUB CAMEO

Robert
Murkin meets
Race Walker
Amos Seddon



RM. Amos I was keen to focus on a walker for my second interview in this series and I hear it from great authority that you are the club's most celebrated walker. Can you tell me how you got into walking?



AS. From about the age of 8, after first hearing about the Olympics I have been keen on sport. When I was 17 I met a lad who was very very unsporting. However, later that year he competed a 34 miles race walk and never stopped talking about it. So I was determined to do the same race the next year and did. For this I received a small trophy, my first ever. For my next race I gained a "6 miles in the hour" badge. This made me think "there are easy pickings here". Well it was many, many years later before I won anything again !

RM Were you always a walker or did you participate in other events/sports before?

AS At school I did quite well at most track and field events (I once held the school discus record) but really liked running, especially cross country.

I also played the usual games, rugby, hockey, cricket all of which I liked, though I never played football. I later tried sports such as tennis, badminton, squash, but realised games involving a ball did not really suit me. I had a go at judo and wrestling. I was disqualified in my first wrestling competition.

RM Do you think walking was more popular in the past than now?

AS Of that there is no doubt, thirty years ago there would be several races every weekend, each with a good turnout. National Championships and the Autumn Open 7's had fields of up to 200.

RM Do you think enough is being done these days to encourage youngsters to take up walking?

AS Not being currently involved at Junior level (in the 1980s I was National Event Coach for Juniors) or even attending many races, it would be unfair for me to be critical but I am aware that to get youngsters involved (I have 4 grandchildren) is not easy. There are so many sports and activities for them to choose from, as well as, the computers. It does appear to me, though, that there is not the encouragement for sport generally in schools. I feel it is a great pity youngsters don't get more opportunities to try race walking (obviously it would not suit everyone) because it is a great event. As well as the physical effort, there is the self discipline aspect. Unlike running you cannot just push as hard as you are physically able, but must comply with the strict contact and straight leg rules.

RM I guess most events stress the body in various ways. Have you ever had any injuries from walking.

AS The two main 'injuries' which have affected me are back and knees. About 20 years ago I started getting low back pain, much later diagnosed as 3 worn discs. It was not until about 8 or 9 years ago I finally admitted to myself race walking was not helping the problem, but it has not necessarily caused it in the first place. Ordinary brisk walking helps to keep my back fairly comfortable. So for the past 8 years I have done no race walking as training.

/cont.next page

But as I did not want to stop competing, albeit at a slower pace, I now only race walk in races.

The knees problem I have had for about 10 years. This is probably more as a result of all the miles running and walking. Apart from the discomfort, which you learn to live with, the most annoying part of the knees problem is the difficulty complying with the strict straight leg rule. Other injuries such as calf and groin strains have come from running.

RM What was your greatest athletic achievement to date?

AS There are several I was pleased with, such as the National 35 kms Championships in 1980. My time of 2 hours 40 min is still a respectable time even in 2007. That year I had trained very hard hoping to make the GB Team for Moscow. As well as the 35 kms I did several other personal bests, including 20 miles in 2 hours 31 mins and 50 kms in 4 hours 10 mins. 1980 also saw my greatest athletic disappointment and confirmed that I was destined not to compete in an Olympics. As you may remember Mrs Thatcher (Prime Minister) tried to stop British Athletes going to Moscow (the Russians were fighting in Afghanistan), she did not succeed, but she did have more influence on those in government employ and so the then Police Commissioner for London decreed 'no policeman will be allowed to go to Moscow', I was a policeman at the time.

RM Who do you admire most in the world of masters athletics?

AS Arthur Thomson, astonishing, brilliant demoralising (especially to 'young' walkers like me) fantastic, inspiring (again to me) marvellous, superb, just a few adjectives to describe what he achieved in 2006.

RM What do you think of the masters movement in GB in world terms?

AS One of the problems with Veterans athletics I think is contained in your question. MASTERS. I do not consider myself a master. I am an old man, a veteran. Some others may not be as old, but nor are they young.

I cannot agree that calling the movement "Masters" will make us more glamorous or appealing. We can still take our efforts seriously and aim to achieve great results. When I first started competing in Vets events in 1981, I thought it was terrific having represented GB and

England about 40 times at senior level. I still found the atmosphere and enthusiasm among the veterans, especially at international events inspiring.

I have not competed in international events recently, partly because my performances are unpredictable, and I have had injuries. Also, the two main reasons are cost and 'attitude'. By attitude I mean being told I must wear British Masters Team Clothing. I have never been selected to represent GB and certainly not been provided with expenses. So when I am representing myself in a competition, provided it is not illegal, I should be allowed to wear what I want. I am not ashamed of wearing GB clothing. The night before my first international in 1973 I was so proud of my new tracksuit I slept in it, to make sure I had it to wear the next day.

However to return to the main point of your question, as I have not recently had close experience of events outside the UK I cannot give a knowledgeable response. From the results, though, we do appear to give a good account of ourselves, which is great.

RM How much training were you doing at your peak and now?

AS At my peak, I was doing about 100-130 kms per week for most of the year. 1980 was a really serious year, as least for the first 6 months. For 5 weeks (not consecutive) I did about 280 kms a week, and the other weeks were fairly busy too. You can see why I was disappointed re. Moscow, especially as I did achieve some good results. Because of the problems I've had for the last 10 years or so my training has been very much 'of the moment'. I try and walk about 60 kms a week at about 6 ½ kph.. I also do a few sessions on an exercise bike. Until 3 years ago I did one or two runs a week, but the knees don't like that anymore.

RM What was your profession?

AS I was a policeman for 30 years. Since retiring I have done a few jobs. I have regularly worked for Bourne Sports at 'outside' events such as London Marathon exhibition and Veterans Championships.

RM Many thanks Amos. I wish you well for the future, and thank you once again for this information. I'm sure our members will really enjoy hearing all about your career.

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



I just don't know why I say things like 'good training sessions' and 'now life will get back to normal' – that was just asking the fates to step in once again. Severe bronchial problems and then urticaria (hives to you and me) put paid to any activity until after

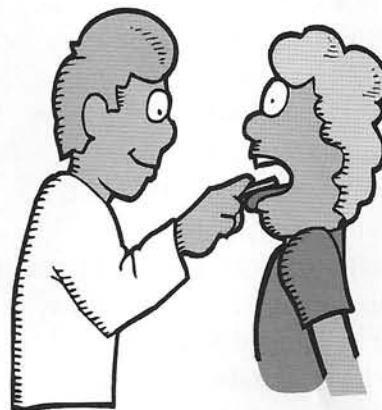
Christmas. However the high point was being able to chase the granddaughters around Richmond Park, and catch them, much to their surprise! The year ended with a ferry trip from hell, Force 10 gales and 17ft waves, we thought we wouldn't see Jersey again and would probably find that our car had been swept overboard – it had literally turned white with sea spray, but we were relieved to get on dry land and home, even though it was the middle of the night instead of late afternoon I was convinced that nothing could get any worse and this would be the turning point.

Training was commenced, very slowly – it was frightening to realise just how much fitness I had lost and how one leg was so weak, but I was making progress, albeit with the speed of a snail with a limp. Interruptions came and went, visitors and then another trip to England for James' christening. I had dug out the bright, shiny spikes I purchased in Poland and was contemplating putting the laces in, and all the imponderables like - should I go to Helsinki, should I enter the sprints at the Indoor Championships, you know the sort of things. Pride always comes before a fall.

February was here and I was starting to get back to running and conditioning, and one fateful night I was cock-a-hoop, 6 sprints back to back, OK not full throttle but good enough to lift my spirits and believe the end was in sight. We were

actually hosting a visit from Pete Lisle, one of the British Masters Teams' greatest supporters, and we went out to dinner that evening with him. When I got up from the table, the 'good' leg collapsed – no, it wasn't the G&T or the wine – you cynics! Catarina was on hand to drive us home and I went to bed trying to convince myself it was cramp – silly woman.

Thankfully I could still play bowls and went off on a tour of the South of England, every day I thought – it's gone - only to get the pain back within minutes. Oh well, no Helsinki but I would still make it to the British Indoors, even if it were only for the social side of things. So it was back to England and the family, Mummy was away on a Netball Tour so Grandchildren and the usual DIY were the order of the day. I escaped up to Vilma's and had a great time chilling, gossiping and sipping the G&T's. We were thinking of ourselves as two reconditioned athletes and looking forward to the year ahead. Vilma had a wonderful return to competition, mine was not so good, but as usual, my fellow competitors were full of advice and sympathy



*“Do you
know, I
have NEVER
seen anything
like
that before!”*

Having to go to the Doctor about something else, I mentioned my collapsing hip – a quick examination and a knowing nod – a trapped nerve and the best cure would be to go away somewhere warm and just relax for once in my life! The cheek of it! Well, you will be pleased to know I am doing just that – going to the Algarve – so I was being economical with the truth – I didn't tell him it was to the training camp at Alfamar! Him-Indoors is not coming, he is looking forward to a peaceful 10 days and perhaps the thought that I might come back brown instead of browned-off.

A great Finnish in Helsinki !

News from our "foreign correspondent" Arthur Kimber.



Tower of the Olympic Stadium, Helsinki.

Helsinki, the venue for the 2007 European Indoor Championships, is a relatively small capital city of about half a million inhabitants, a low rise city without skyscrapers. It was founded in 1550 by Swedish king Gustav Vasa : much of today's Finland was under Swedish rule for centuries before 1809 and the capital was Turku. Russia took control of Finland in 1809 and transferred the capital to Helsinki, farther away from Sweden and nearer to the Russian capital St. Petersburg and Finland finally gained independence only after the Russian revolution in 1917. Today signs in the streets and in railway stations, etc. are in Finnish and Swedish, reflecting Finland's history and the 300,000 Swedish speakers in the country.

One of the key tourist attractions for athletes is the Olympic stadium site, built in 1938 for the scheduled 1940 Olympics. Helsinki was unable to host the 1948 Games and the stadium was used for 1952. There are three attractions at the site, the stadium itself, the tower, which you can ascend by lift for a panoramic view of the city and the sports museum. The museum covers a variety of sports, but athletics takes up much of the space, with emphasis on the achievements of athletes in the two dominant areas of Finnish success, distance running and javelin, highlighting 1912 5000m./10000m. gold medallist Hannes Kolehmainen, the great **Paavo**

Nurmi, Finland's most famous athlete, winner of nine Olympic golds in the 1920s (a statue of Nurmi is at the site



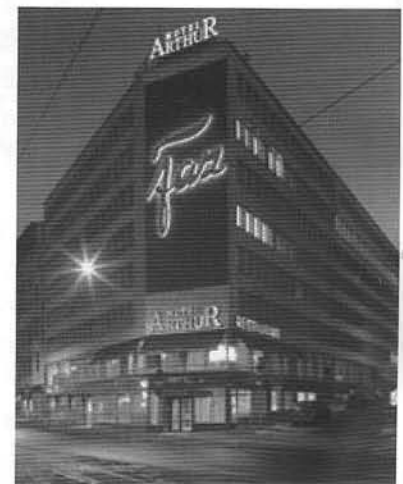
Statue of Paavo Nurmi outside the museum

outside the museum) and Lasse Viren, the only man to win both 5000m. and 10000m. in successive Games in 1972 and 1976. Javelin highlights include the great throwers of the 1920s and 1930s, such as Matti Jarvinen, the 1932 gold medallist and world record holder for six years. You can pit yourself against Viren on a running machine by running 200m. and checking whether you can beat his final half lap of 27 seconds in a 5000m. race. The museum also displays some of the memorabilia produced for the 1940 games. Do any Southerners have any memorabilia for an event that didn't take place? I'd be interested to know.

I stayed in the Hotel Arthur, prompting Tony Bowman to comment 'So you've got your own place here', while another comment suggested that my room 613 was not suitable, 750

the Sir Arthur Suite being more fitting. I'll stick to "Mister" -titles are dodgy these days!

Hotel Arthur, Helsinki



/cont.next page

/A great Finnish in Helsinki, cont. from previous page

Travel to the indoor arena, not near the Olympic Stadium site, was easy on the super efficient Metro, a 15 minute journey from the city centre, with the arena entrance about 20 metres from the Metro exit. The light and airy stations contrasted favourably with the rather claustrophobic London underground and the trains were modern, larger than in London, with no can of sardines atmosphere.

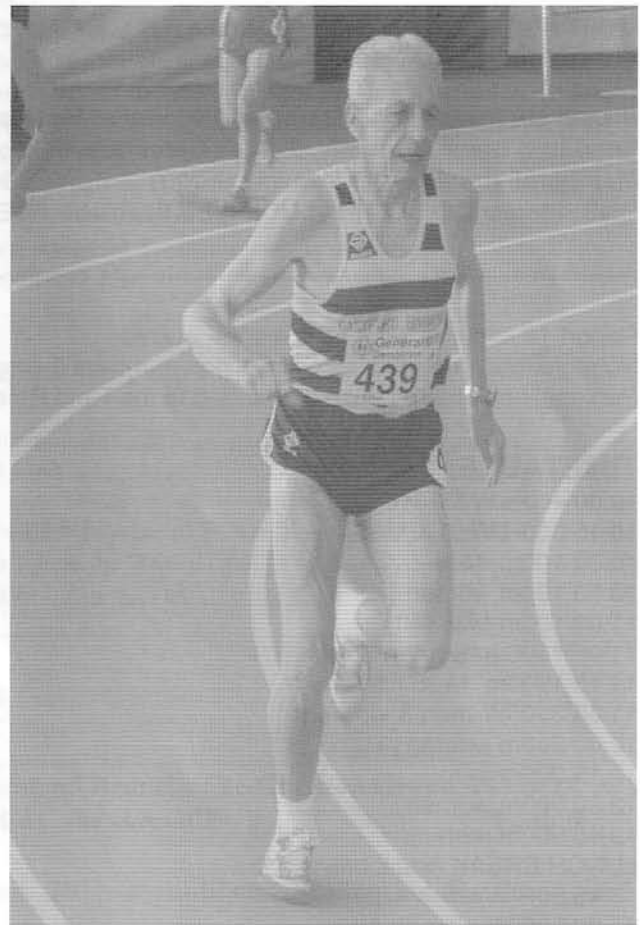
The arena, unusually, had the 60m. straight outside the 200m. oval, and I felt that spectators were allowed to get too close to the 60m. track, with a danger of impeding the athletes. The timing of events was spot on, to the minute, and results were posted quickly. The inside warm up area was small, crowded at times, and a bit short for fast strides.

Southerners will be pleased to know that one of the first people that I saw on arriving at the arena, supporting his wife Brenda, was Patrick Green, long time SCVAC committee member and league organiser. Pat has been ill with shingles for two years or so, but is recovering well now. Let's hope a complete recovery is not far off.

Southerners contributed well to the British haul of medals, in third place behind Germany and Finland. M40 Tony Noel took two silvers behind Italian stars Mario Longo in the 60m. with 7.08 and Enrico Sarecini in the 200m. in 22.37, the same time as Enrico and a British record. M55 Alisdair Ross took 200m. gold in 24.42 for a European record and a 60m. silver in 7.67, while M55 national rankings compiler Bob Minting ran a superb 800m. to win gold in 2:08.98, less than a second outside the European record and added a British record of 56.20 for silver in the 400m. M65 Barry Ferguson edged ahead of German superstar and triple gold medallist (60m. 200m. 400m.) Guido Muller to take the 60m. hurdles in 9.91. W60 Val Parsons, W50 Helen Godsell and W40 Sally Read-Clayton stood out with double golds, Val with two world records, 8.68 for 60m.

and 29.16 for 200m., Helen's 60m. in 8.37 and 200m. in 27.95., and Sally a British record of 59.05 for 400m. and a 2:15.72 800m. . W65 Jackie Charles set a British record of 12.61 for a bronze in the 60m. hurdles.

The great finish came with two golds in the M50 and M55 4x200m. relays. The M50 team with Steve Peters, Eric Smart and Southerners Wally Franklyn and ace photographer Tom Phillips ran 1:39.46 for a European record and the M55 team of Tony Wells, Viv Oliver and Southerners Bob Minting and Alasdair Ross beat the world record with 1:43.24. Well done Southerners.



Arthur Kimber winning the M70 400m at the BMAF Indoor Championships March 3rd/4th, 2007, Lee Valley Centre

Many congratulations to Val Parsons!

Since entering the W60 age group, she has broken the World Records for the indoor 60m and 200m several times, culminating most recently at the European Indoor Championships in Helsinki.

ENTRY FORM: SCVAC TRACK & FIELD CHAMPIONSHIPS.

Sunday 3rd June 2007, at the Julie Rose Stadium, Kennington Road, Ashford, TN24 9QP.

Please use block capitals.

Last name _____ First name _____

Member No. _____ Telephones: home _____ work _____

Address _____

Post code _____

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

UK first claims club _____

Events entered _____

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

Cheque payable to SCVAC for £ _____ enclosed.

Signature _____ Date _____

Closing date 19th May 2007.

Please enclosed an A5 Stamped Addressed Envelope for numbers, details etc.

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

Membership paid up to December 2007.....YES/NO (delete as applicable)

****NB: Please DO NOT INCLUDE MEMBERSHIP FEES WITH THIS ENTRY FORM.**

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Report 10 minutes before the start of events.

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

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

TIMETABLE.

10.00 400H W35 - 49, M35 - 59

10.15 300H W50 & M60+

10.30 100m. M45+

10.50 100m women

11.00 100m M35, 40

11.05 1500m. women & men 60+

11.15 1500m M 35 - 59

11.35 3000W men & women

12.00 200m women

12.15 200m men

12.30 800m women

12.40 800m men

LUNCH BREAK (track only)

13.45 80H W40+ & M70+

14.00 5000m women & M65

14.30 100H W35 & M60 - 69

14.45 5000m M35 - 64

15.10 110H M35 - 49

15.25 400m women

15.45 400m men

16.00 3000S/C M35 - 59

16.20 2000mS/C men & women 60+

10.00 hammer M35 - 49.

10.00 shot- women.

long jump- women & men 60+

10.45 hammer- M60+

long jump M50 - 59

pole vault- men & women

11.15 shot M50

12.00 high jump- men & women 60+(up
up to 1.30m)

long jump M35 - 49

hammer- women

shot M35 - 49

13.00 discus M35 - 49

high jump- women & men 35 - 59

shot- M 55+

13.45 discus M50 -59

14.10 triple jump - women

14.45 discus - women

javelin- M35 - 59

triple jump - men

16.00 discus - M60+

javelin - women

16.30 javelin- M60+

"The Southerner"

200+ Club.

Prizes won - October 2006 to March 2007

October, 2006: 1st: £35 179 Colin Monk [1392], 2nd: £20 021 Victor Novell [0872], 3rd: £15 010 Arthur Brooks [2928]. **November, 2006:** 1st: £35 157 Mike Hickman [1430], 2nd: £20 291 Caterina Hallden [3652], 3rd £15 102 William Gardiner [3309]. **December, 2006:** 1st: £35 177 The Southerner, 2nd: £20 011 Val Parsons [2584], 3rd: £15 Harriett Sargeant [3711], Special Prize: £100 149 The Southerner. **January, 2007:** 1st: £35 147 Ron Franklin [0004], 2nd: £20 221 Mark Butler [3617], 3rd: £15 287 Andrew Cunningham [3682]. **February, 2007:** 1st: £35 042 The Southerner, 2nd: 090 The Southerner, 3rd: £15: 299 Evaun Williams [0542]. **March, 2007:** 1st: £35 238 The Southerner, 2nd: £25 142 John Webster [0359], 3rd: £15 012 John Curtin [0931].

If you wish to make a contribution towards the costs of producing the Magazine of the Southern Counties Veterans A.C. - "The Southerner", this can be done by buying a share (or shares) in the 200+ Club. Just complete the form below. If you want to save some admin. costs to SCVAC, including sending reminders, please use the Bank Mandate part of the form to pay by Standing Order. This will also make sure that you are up to date, and you can include your Membership Renewal in the total, plus a donation if you are feeling generous and this will act as a buffer against any increases in Subs. Your share(s) will be eligible for inclusion in all monthly draws after the date your cheque is received or standing order is implemented. Please give your Membership Number on all correspondence. Shares cost £12 per annum (12 Draws). Prizes are as indicated above - the £100 Specials are drawn in June and December each year.

Ken Croke, Assistant Treasurer
Tel: 020 8657 4269

"The Southerner" 200+ Club. APPLICATION FORM

To: Ken Croke, 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA. 020 8657 4269

From: _____ Member No. _____ Address: _____
Post Code _____

I enclose a cheque for £ _____ in respect of _____ Shares in the 200 + Club payable to SCVAC
(£12 per Share for 12 monthly draws) Subscription runs from date joined the 200+ Club.

OR I have completed th Bank Mandate below. Cheque total includes £ _____ For: _____
Signature _____ Date _____

BANK MANDATE. TO (Name of your Bank) _____ Sort Code _____
Please pay to **BARCLAYS BANK PLC, Selsdon & Sanderstead Branch, The Croydon Group, PO BOX 95 1 North End, Croydon, Surrey CR9 1RN** Sort Code: **20-24-61** the sum of £ _____ (_____ Pounds only) on the
10th Day of _____ each year commencing 20 _____ until cancelled by me, for the CREDIT of:-

SOUTHERN COUNTIES VETERANS A.C. Account Number: 80037249 Reference _____
PLEASE DEBIT MY ACCOUNT NUMBER _____

Name _____ Signature _____ Date _____

ANNUAL PAYMENT.

**SCVAC INDOOR TRACK & FIELD CHAMPIONSHIPS 2007 SUNDAY
18thFEBRUARY, SUTTON ARENA.**

60 metres CR = Championship Record BR = British Record

M 35	Name	Club	Time
1	Jason CARTY	ESM	7.2 - CR

M 40	Name	Club	Time
1	Lincoln CAMPBELL	Kent AC	7.5
2	Robert MURKIN	Reigate Priory	8.7

M 50	Name	Club	Time
1	Geoff WALCOTT	Hercules Wimbledon	7.7
2	Ray WATKINS	Basingstoke	7.8
3	Trevor WADE	Thames Valley	7.8
4	Tom PHILLIPS	Blackheath & Bromley	8.0
5	Rod DAVIES	Team Southampton	8.7

M55	Name	Club	Time
1	Geoff KITCHENER	Sevenoaks	8.3

M60	Name	Club	Time
1	Glyn SUTTON	Newport	8.0

M70	Name	Club	Time
1	John GODBER	Cambridge Harriers	9.9
2	Colin SHEPPARD	Basingstoke	10.2

W45	Name	Club	Time
1	Kirstin KING	Bracknell	8.2 - CR
2	Angela GRIFFITH	Epsom & Ewell	8.6
3	Anne GOAD	Dartford	9.1

W55	Name	Club	Time
1	Anne NELSON	Epsom & Ewell	9.6

W60	Name	Club	Time
1	Val PARSONS	WSE & H	8.9 - CR
2	Rosemary CHAMPION	Dartford	10.8
3	Daphne MARLER	WSE & H	13.2

W65	Name	Club	Time
1	Iris HOLDER	Woking	10.3 - CR

W70	Name	Club	Time
1	Jeanne COKER	SCVAC	13.6

60 metres hurdles

M40	Name	Club	Time
1	Robert MURKIN	Reigate Priory	11.9

M55	Name	Club	Time
1	Geoff KITCHENER	Sevenoaks	11.6

M65	Name	Club	Time
1	Barry FERGUSON	Cambridge Harriers	10.0 - CR

Shot

W60	Name	Club	Length
1	Liz SISSONS	Epsom & Ewell	10.21

W65	Name	Club	Length
1	Rae BOXALL	Haselmere	4.83

M45	Name	Club	Length
1	Guy PERRIMAN	Reading	12.16
2	Allan LEIPER		11.48
3	Ashley KIBBLEWHITE	Serpentine	9.87

M50	Name	Club	Length
1	John FENTON	Dartford	11.03
2	Michael BALE	Hayward Heath	8.75

M55	Name	Club	Length
1	Tony RICHARDS	Croydon	10.91

M60	Name	Club	Length
1	Brian HARLICK	Epsom & Ewell	8.21

M65	Name	Club	Length
1	John HOWE	Rhondda	9.80

M70	Name	Club	Length
1	Barrie STRANGE	Oxford City	9.43
2	Jim DAY	Blackheath, Bromley	8.00
3	Norman FULLICK	Haselmere	7.35

Long Jump

W45	Name	Club	Length
1	Angela GRIFFITH	Epsom & Ewell	4.65 - CR
2	Anne GOAD	Dartford	4.07

W60	Name	Club	Length
1	Patricia OAKES	Medway & Maidstone	3.44
2	Rosemary CHAMPION	Dartford	3.10
3	Daphne MARLER	WSE & H	2.28

W65	Name	Club	Length
1	Iris HOLDER	Woking	3.33 - CR

M35	Name	Club	Length
1	Neil LINCOLN	Redhill, Surrey Beagles	5.92 - BR + CR

M45	Name	Club	Length
1	Akin Oyediran	Herne Hill	5.71
2	David SHIELDS	Reading	4.78

M50	Name	Club	Length
1	Trevor WADE	TVH	5.93 - CR
2	Rod DAVIES	Team Solent	4.45

M55	Name	Club	Length
1	Geoff KITCHENER	Sevenoaks	3.95

M60	Name	Club	Length
1	Allan CHEERS	Basingstoke	4.46

M70	Name	Club	Length
1	Colin SHEPPARD	Basingstoke	3.49

Triple Jump

M35	Name	Club	Length
1	Ian Bridgeman	AF & D	10.85

M60	Name	Club	Length
1	Allan CHEERS	Basingstoke	9.78 - CR

M70	Name	Club	Length
1	Colin SHEPPARD	Basingstoke	7.69

W60	Name	Club	Length
1	Daphne MARLER	WSE & H	5.65

W65	Name	Club	Length
1	Iris HOLDER	Woking	7.43 - CR

Pole Vault

M40	Name	Club	Height
1	Robert PEERS	Sevenoaks	2.80
2	Robert MURKIN	Reigate Priory	2.00

M50	Name	Club	Height
1	David BLUNT	Epsom & Ewell	3.40

M60	Name	Club	Height
1	Glyn SUTTON	Newport	3.00 - CR
2	Brian HARLICK	Epsom & Ewell	2.70

M65	Name	Club	Height
1	John Howe	Rhondda	2.70

M70	Name	Club	Height
1	Jim Day	Blackheath	2.30

M75	Name	Club	Height
1	Alf Woods	Epsom & Ewell	1.80 - CR

W50	Name	Club	Height
1	Sue YEOMANS	Watford	2.70 - CR

High Jump

M40	Name	Club	Height
1	Robert MURKIN	Reigate Priory	1.30

M50	Name	Club	Height
1	Trevor WADE	TVH	1.55 - CR
2	David BLUNT	Epsom & Ewell	1.40

M55	Name	Club	Height
1	Geoff KITCHENER	Sevenoaks	1.30

M60	Name	Club	Height
1	Brian HARLICK	Epsom & Ewell	1.15

M65	Name	Club	Height
1	John HOWE	Rhondda	1.30 - CR

M70	Name	Club	Height
1	Jim DAY	Blackheath	1.20

M75	Name	Club	Height
1	Keith FICKEN	Brighton & Hove	1.20 - CR

FIXTURES 2007

International

May 17 /20: European Non Stadia Championships, Regensburg, Germany.

June 23: Interland GB Masters v France v Belgium, Tournai, Belgium.

Sept 4/15: World Masters Athletics Championships, Riccione, Italy- Closing Date May 11.

Nov 17: British & Irish Masters Cross Country, Belfast.

National

May 12: BMAF Road Relays, Sutton Park, Birmingham.

June 17: Weight Pentathlon Championships, Milton Keynes.

June 24: BMAF 5k Road Championships inc. Walks.

July 7/8: BMAF Decathlon/Heptathlon Championships, Horspath, Oxford. Contact Bruce Charles on 01235 211532, email: bruce.charles@ntlworld.com

July 28/29: BMAF Long Distance Walk Championships, Battersea, London.

BMAF Track & Field Championships, Birmingham.

Aug 26: BMAF Half Marathon Championships, Leek.

Sept 16: BMAF Marathon Championships, New Forest, Hants. 9.30.

Sept 29: Throwers Festival, Stoke.

Sept 30: BMAF 10k Road Championships, Newtown, Powys. Traffic - free course, Masters only.

South

May 7: SCVAC 10k Championships, Ted Pepper Memorial Road Race, Beckenham, promoted by Blackheath & Bromley Harriers A.C.

May 15: VAC 5m Road Race & Walk, Battersea Park, 19.00.

June 3: SCVAC Track & Field Championships, Julie Rose Stadium, Ashford.

June 12: VAC 5m Road Race & Walk Championships, Battersea Park, 19.00.

June 27: VAC Track Meeting, Tooting Bec, 19.00

July 11: VAC Track Meeting, Wimbledon Park, 19.00.

July 17: VAC 5k Road Race Championships and 5m Walk, Battersea Park, 19.00.

Aug 1: VAC Track Meeting, St Mary's College, Strawberry Hill, Middlesex, 19.00.

Aug 8: VAC 10k Track Championships, Battersea, 19.00.

Aug 14: VAC 5m Road Race & Walk, Battersea Park, 19.00

Aug 19: SCVAC Half Marathon Championships, Burnham Beeches, promoted by Burnham Joggers.

Aug 26: VAC Track & Field Championships, Kingsmeadow, Kingston (limited guests may be allowed.)

Sept 9: St. Mary's Richmond Masters & Open Meeting, St Mary's College, Twickenham. Contact: John Curtin on 01932 787658, email: JCBuying@aol.com

Oct 21: SCVAC Marathon Championships, Abingdon, promoted by Abingdon Ramblers.

Mid November, to be confirmed: SCVAC 10m Championships, Epsom.

Useful websites for entry forms and further details of events:

www.bmaf.org.uk - British Masters Athletics Federation

“ *vetsac.org.uk* - Veterans Athletics Club

“ *scvac.org.uk* - Southern Counties Veterans Athletics Club.

“ *burnham joggers.org.uk* - Burnham Joggers

“ *abingdon ramblers.co.uk* - Abingdon Ramblers A.C.

“ *bandbhac.org.uk* - Bromley & Blackheath Harriers A.C.

Southern Counties Veterans Athletic Club Committee 2007

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WEBSITE INFORMATION:

Webmaster: Jeannette Holder, tel. 01420474078 jeannette.holder@virgin.net Southern Counties Veterans website is: www.scvac.org.uk

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

Club Records. Records may be set anywhere and claims should be sent to: Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HAO 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.

SCVAC EMAIL GROUP: If you would like to be included in the SCVAC email group, in which members can share news/views, please send your email address to Robert Murkin at murkinrg@hotmail.com