

THE Southerner

No. 51 September 2007

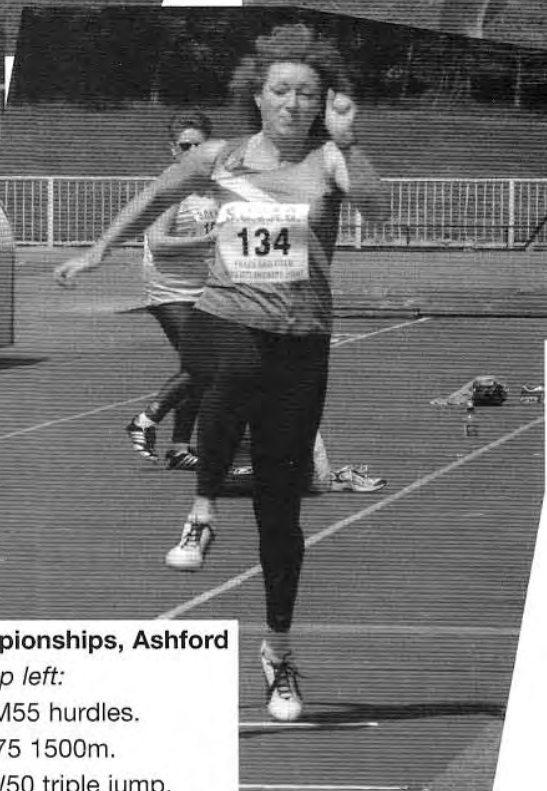
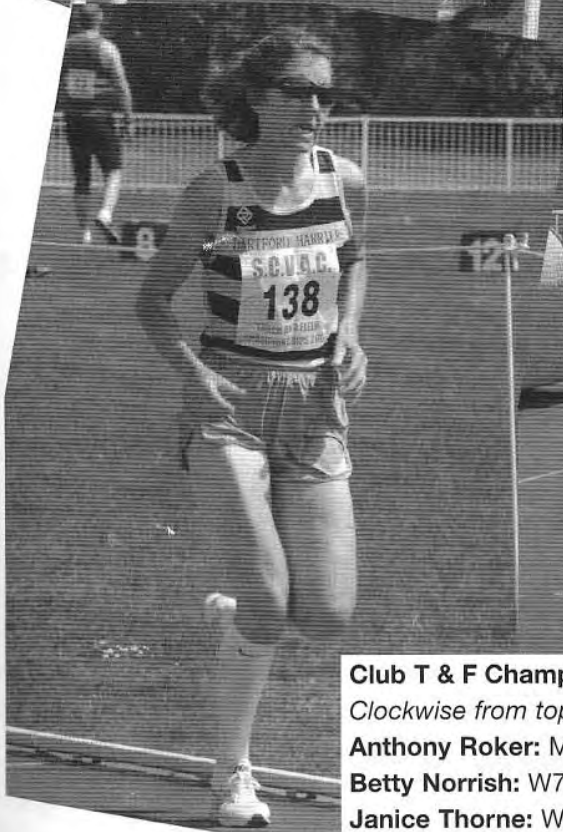
THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

INSIDE . . .

Tribute to Jim Day • Results and photos from the 2007 SCVAC T & F Champs

Entry forms for the Epsom 10 & the Club Indoor Pentathlon

Cross Country Report • "Sprint speed" article



Club T & F Championships, Ashford

Clockwise from top left:

Anthony Roker: M55 hurdles.

Betty Norrish: W75 1500m.

Janice Thorne: W50 triple jump.

Pat Halstead: W50 1500m.

JIM DAY, 1933 - 2007.



An obituary contributed by Arthur Kimber.

It was a great shock to SCVAC athletes and many others in early July to hear the news of Jim's death at the relatively early age of 73.

Jim was born in Beckenham and was educated at Beckenham and Penge Grammar School. On leaving school he joined the Royal Navy and was one of the youngest seamen to serve in the Korean War. He became a navy physical training instructor, took up pole vaulting and joined Royal Navy AC (South), transferring on leaving the Navy to Blackheath Harriers in 1958. He competed regularly for the club senior team until in his sixties. Jim paid meticulous attention to detail and his diary shows that he competed for the club on 935 occasions. He was elected club president in 1983.

He competed for the first time in 1957 in the Kent Championships and this year received a special award for taking part in fifty consecutive championships. As a senior Jim was good enough to be selected for the Inter-counties Championships, but moving into the veteran

scene Jim took up sprint hurdling, long jump, high jump and shot.

Jim joined SCVA, later SCVAC, when it was formed in 1975 and took a very active part in its work. He was a member of the committee from the start until his death. He was chairman from 1983 to 1988 and again from 2001 to 2004. As chairman Jim believed in starting committee meetings on time, sticking to the agenda, firmly but pleasantly discouraging repetitive and irrelevant comments and concluding meetings in good time. Jim was a constant presence at SCVAC championships, as competitor, organiser, official or helper in other ways, not just in his special area of track and field, but at other SCVAC championships, such as the Ted Pepper 10k, working at the drinks station and later presenting the medals.

He served for many years as Kent coordinator of the track and field league, and as medals and kit officer.

As a veteran Jim regularly competed in SCVAC evening league fixtures, SCVAC championships, BMAF championships and European and World Championships. He won countless medals, and stood on the winners' podium eleven times in international championships, gaining eight European and three World medals.

Jim will be greatly missed, mostly, of course, by his family, but also by hundreds of athletes, colleagues and friends. He made a massive contribution to veteran athletics.



CoolClips.com

From the Editor:

I hope you will enjoy the September edition of the "Southerner", where we have a good selection of photos of lots of you in action at various places. I am very grateful to **Tom Phillips**, who once again supplied many of the photos. Yet to come are the World Masters Championships at Riccione Italy, so don't forget to tell us of your triumphs, or even your failures! Don't forget, (human nature being what it is) disasters invariably make the best "after dinner" stories!

off the mark by Mark Parisi
www.offthemark.com



In this edition, John Shepherd's article "Mastering sprint speed" will certainly be very helpful to all who enjoy track and field events. Also, Tom Phillips article "Heroes or freaks" provides much food for thought.

Thanks are due to Treasurer **Robert Murkin** and Chairman **Arthur Kimber** for their continuing hard work for the SCVAC, but in particular for a very enjoyable and successful SCVAC league Final at Ashford on August 19th. I have included the team results in this issue, although I ran out of room for the individual results.

I appreciate all contributions to the "Southerner" magazine, though perhaps I could make one small plea. Please could you send information to me as an email or a "Word"

attachment. I do not have the software to deal with Excel spreadsheets! So please could you send all race results in as compact a form as possible.

Closing date for the December "Southerner" is November 25th 2007. Please send to :-
Rosemary Champion, 6 Woodlands Park, Bexley, Kent. DA5 2EL. tel 01322522934
email:southern.veterans@ntlworld.com

The New England Athletics Competition Licence

What it Means For SCVAC Members

If you belong to a club other than SCVAC (your first claim club), then you first need to ask that club whether it is affiliating to England Athletics and whether it will be registering you as a first claim member. If the answers are yes then you don't need to do anything.

If your first claim club is affiliated to England Athletics, but not registering you as a first claim member, then you need to discuss with them the benefits and costs of being registered through them.

If no other club is registering you as a first claim member, then you can choose to be registered as a first claim member by SCVAC. This might be because you don't belong to any other club or that you belong to a club that has chosen not to affiliation to England Athletics.

If you decide to be registered as a first claim member by SCVAC then you need to send a fee for £ 3.00 for a 2007 competition licence to myself by 30th September 2007. SCVAC will then register only members who have paid the £ 3.00 fee. We will assume that those who have not sent in a fee will either be registering through another club or choosing not to be registered. - Robert Murkin.

A message from the treasurer Robert Murkin.

Greetings to you all.

I hope you had a good summer despite the weather. I'm mindful that at the time of writing many of you would not yet have reached the pinnacle of your athletics year - the World Championships in Riccione. By the time you read this you would have either realised your dreams or at the very least had a great time in Italy. We will no doubt read all about your exploits in these pages in the next issue.

I would like to say a very big thank you to all the officials and members who helped at our Track & Field championships in June. We enjoyed what must have been the best weather this year and from the emails I received in the following days you obviously enjoyed yourselves. I won't deny that there were moments of panic behind the scenes at the start of the day and that the organising team weren't painfully thin on the ground but I'm sure you will

agree that it was a great improvement on the previous year.

You'll read about other club events on subsequent pages but I just wanted to ask if you could give Ann Bath every encouragement as we approach the X-country season. As you will read in Ann's brief we have both a men's & ladies cross country team entered in the Sussex x-country league and so please advise Ann ASAP if you would like to be considered.

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB :-ANNUAL GENERAL MEETING

The AGM of the Club will be held on Friday, 7th December 2007 at the Civil Service Recreation Centre, Chadwick Street London SW1 P 2EP, commencing at 18.30 hours

AGENDA

1. To receive and confirm the minutes of the AGM held on Monday 4th December 2006
2. Matters arising from the previous Minutes
3. Apologies for absence
4. To receive the report of the Chairman
5. To receive the report of the Secretary
6. To receive the report of the Membership Secretary (Robert Murkin -Acting)
7. To receive the report of the Hon.Treasurer & Annual Accounts for the Year to date
8. Presentation of the Annual Awards.
9. Amendments to the Constitution (if any)
10. Election of Officers (2007-2008)

Current Officers

- | | |
|---|---|
| a) Chairman | Arthur Kimber |
| b) Vice-Chairman | Ivor Groves |
| c) Hon. Secretary | David Lipscombe |
| d) Hon. Treasurer | Robert Murkin |
| e) Assistant Treasurer | Ken Croke (includes 200 Club) |
| f) Membership Secretary | (Robert Murkin keeps membership database) |
| g) Assistant Membership Sec. | Vilma Thompson |
| h) Minutes Secretary | Ron Franklin |
| i) 9 Committee Members each of whom co-ordinates a specific activity. | |

Current responsibilities:

1. Medals & Kit -Vacant
2. Officials -Xanine Powell,
3. Road -Walter Hill,
4. Cross Country -Ann Bath,
5. T.& F. League -Chairman,
6. T&F Champs. -Chairman
7. CC & Road Team Captain -Vacant,
8. "The Southerner" Editor -Rosemary Champion,
9. Race Walking -Dave Sharpe. (Vacancies have been covered by other Club Officers -in addition to their main responsibilities)
11. AOB (items to the Secretary by 30th November 2007)

Proposals to amend the Constitution must be submitted to the Secretary by 23rd November 2007.

12. Any other business (including date of next AGM) A meeting of the T&F Divisional coordinators will follow afterwards.

SCVAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS 2007 SUNDAY 3rd JUNE ASHFORD

100 METRES

W35: Adele FORSYTH 14.87; W45: I Kirstin KING 12.97(Cbp); 2 Angela GRIFFITHS 14.01; W50: I Helen GODSELL 13.38; 2 Joan TRIMBLE 14.84; W55: I Anne NELSON 15.30; W60: I Val PARSONS 14.27 (CR); 2 Angela PRICE 16.70; W70: Eileen KEAR 18.43 (CR); M35: I Jason CARTY 11.17; 2 Scott DORSET 11.68; M40: I Rohan SAMUEL 11.34; 2 Mark PHILLS 11.61; 3 Barrington KING 12.20; 4 Glen REDDINGTON 12.37; M45: I Pat LOGAN 11.79; 2 John SHEPHERD 11.91; 3 Kermitt BENTHAM 12.31; M50: I John BROWNE 12.13; 2 Ian BROADHURST (G); 12.40; 3 Tom PHILLIPS; 12.48; M55: I Geoff WALCOTT 12.22; 2 Alasdair ROSS 12.33; 3 Mike MAISEY 13.00; M60: I Charles ISETTS 13.80; M65: I John WEBSTER 13.82; 2 Carl SHELDON 14.93; M70: Colin FIELD 14.87; M75: Ken CROOKE 21.42;

200 metres

W35: Deborah DOHERTY 29.02; W40: I Euphemia SCOTT 28.05; W45: I KING 26.62; 2 Jenny HUGHES 30.62; W50: I GODSELL 27.82; 2 Ed ROE 29.14; 3 TRIMBLE 30.95; W55: NELSON 31.60; M35: I CARTY 22.78; 2 DORSET 23.56; M40: I PHILLS 23.90; 2 KING 26.09; M45: I LOGAN 23.60; 2 SHEPHERD 23.66; 3 Robert Allen 25.10; M50: I BROADHURST (G) 24.57; 2 PHILLIPS 25.19; 3 Ray WATKINS 25.79; M55: I WALCOTT 24.53 (CBP); 2 ROSS 24.69; 3 Anthony Roker 26.30; M60: I Terry Bissett 26.93; 2 Peter MOLLISON 27.93; 3 ISETTS 28.06; M65: SHEDDON 30.92; M70: FIELD 30.55; M75: CROOKE 44.35;

400 metres

W40: I SCOTT 63.81; 2 Mary EDWARDS 64.27; W45: HUGHES 69.47; W50: ROE 68.85; W60: Sue LOWRY 79.67 (CR); M40: Lincoln CAMPBELL 59.06; M50: I BROADHURST (G) 55.88; 2 Stuart CONDIE 58.30; 3 Eddie COSTLEY 60.84; M55: I WALCOTT 55.6 I (CBP); 2 Anthony ROKER 59.68; 3 Julian Spencer Wood 62.60; M60: I BISSETT 63.50; 2 Ray LEWIS 71.94; M70: Arthur KIMBER 77.79;

800 metres

W40: EDW ARDS 2.26.62; W45: I Dee SMALE 2:40.08; 2 HUGHES 2.43.89; M45: Steve BOND 2.16.39; M55: SPENCER-WOOD 2.24.44; M60: LEWIS 2.39.15; M65 I John TAYLOR 3:01.78; 2 Bruce CHARLES 3.12.70;

1500 metres

M40: Ede CAMPBELL 5.32.77; M50: Ivor WHITMORE 5.41.06; M55: Ken DANIEL 4:45.80; M65: TAYLOR 5.56.51; M70: I Arthur KIMBER 5:53.33; 2 Patrick HEFFERNAN 6.37.72; M80: Ron HALE 8.23.14; W45: SMALE 5.15.65; W50: Pat HALSTEAD 5.50.24; W75: Betty NORRISH 10.38.80;

5000 metres

W50: Lesley HALL 20.26.51; W75: NORRISH 37.26.00; M35: Ian JOHNSTONE 16.32.37; M40: Eric CAMPBELL 22.04.94; M45: David FELTON (G) 19.39.92; M50: WHITMORE 20:02.69; M65: Tony MERRITT 24.45.81; M70: HEFFERNAN 24.48.55; M75: Ron FRANKLIN 32.07.49;

3000 m Walk

M45: I Gary McDONALD 17:25.15; 2 Ivor GROVES 19.26.06; M60: Peter HANELL 16.35.02; M70: I Ron POWELL 18:03.99; 2 Bernard HERCOCK (G) 20.10.22;

80m Hurdles

W50: Janice THORNE 16.17;

100m Hurdles

W35: Amanda WALE (G) 15.98; M55: Anthony ROKER 16.36; M65: John WEBSTER 22.78;

110 Hurdles

M40: Glen REDDINGTON 16.75;

400m Hurdles

W35: Deborah DOHERTY 71.29; M55: I ROKER 65.44; 2 SPENCER-WOOD 86.10;

300 Hurdles

M60: Mike MARTINEAU 65.09; M65: Bruce CHARLES 63.05; M70: FIELD 58.24;

Long Jump

W40: Paula HING 4.06; W45: I GRIFFITHS 4.69 (CBP); 2 Teresa MAY 3.78; W50: THORNE 4.30; W60: MARLER 2.63; W65: Jackie CHARLES 3.35 (CR); W70: Eileen KEAR 2.59 (CR); M35: Neil LINCOLN 5.94; M45: Dave SHIELDS 4.84; M50: I Trevor WADE 5.84; 2 Clement LEON 4.61; M55: Mike MAISEY 4.81; W45: MAY 9.36;

TripleJump:

W50: THORNE 8.62; W60: MARLER 5.72; M35: 1 LINCOLN 12.06 (CBP); 2 Ian BRIDGEMAN 11.81; M45: I Rez CAMERON 12.19; 2 SHIELDS 10.21; M50: 1 WADE 10.69; 2 LEON 9.63; M55: MAISEY 9.55; M65: WEBSTER 7.91; M70: Michael COLLINS 8.10;

High Jump

W35: WALE 1.43; W40: Alison DUKE 1.25; W45: MAY 1.31; W50: THORNE 1.25 (CR) =; M35: Ian BRIDGEMAN 1.60 (CR); M45: John BANCROFT 1.50; M50: I WADE 1.50; 2 LEON 1.50; 3 David BLUNT 1.40; M60: Allan CHEERS 1.28; M65: I Brian HARLICK 1.20; M70: Jim DAY 1.15

POLE VAULT:

W40: DUKE 2.40; W45: MAY 1.90; W50: Jennifer IBBITSON (G) 2.90; M40: PEERS 2.70; M45: Wayne MARTIN 2.80; M50: Paul OAKES 2.80; M65: Brian HARLICK 2.40; M70: DAY 1.90; M75: Alf WOODS 1.80;

Shot

W40: Julie WILSON 8.75; W45: Wendy DUNSFORD 8.72; W50: 1 IBBITSON 10.15; 2 Beatrice SIMPSON 8.91; 3 Joy SAUNDERS-MULLINS 8.16; W60: 1 Elizabeth SISSONS 9.89; 2 Barbara TERRY 9.04; W65: Rae BOXALL 4.70; M35: I Stuart EARL 8.81; 2 David GLENDOWER 7.03; M40: I Jeremy TIGAR 10.37; M45: 1 Guy PERRYMAN 11.88; 2 Albert JOHNSON 11.40; M50: 1 Tim SAUNDERS-MULLINS 9.19; 2 Michael BALE 8.60; M55: I Tony RICHARDS 11.26; 2 James EDGAR 8.92; M60: 1 Richard JEGOU 10.38 ; 2 John GILBERT 10.08; 3 Lester MONAHAN 7.92; M65: I Garry NEGUS 11.68; 2 HARLICK 8.30; M70: I Barrie STRANGE 9.63; 2 Peter BARBER 7.34; 3 Norman FULLICK 7.09; M75: 1 Alf WOODS 6.97; 2 Ken CROOKE 4.60;

Discus

W40: 1 WILSON 29.36; 2 DUKE 24.64; W45: I DUNSFORD 24.82; W50: 1 IBBITSON (G) 29.69; 2 SIMPSON 28.28; 3 Jenny PIERCY 20.50; W60: I Barbara TERRY 22.56; 2 Elizabeth SISSONS 19.36; W65: BOXALL 9.22; M35: I EARL 22.12; 2 David GLENDOWER 17.26; M40: TIGAR 34.87; M45: I JOHNSON 34.43; 2 PERRYMAN 34.01; 3 Anthony TIPPING 33.67; M50: I Paul OAKES 34.34; 2 BALE 27.87; 3 SAUNDERS-MULLINS 21.02; M55: 1 Tony RICHARDS 36.89; 2 EDGAR 29.12; M60: I GILBERT 34.28; 2 Jegou (G) 31.96; 3 MONAHAN 26.87; M65: I HARLICK 32.07 ; M70: I Colin BRAND 38.35 (CBP); 2 Hamilton THOMAS 30.08; 3 STRANGE 28.90; M75: Ian BRIGGS 24.22;

Javelin

M60: 1 Ashley FOX 38.50; 2 Ken MCKENZIE (G) 36.97; 3 GILBERT 28.61; M65: 1 John WEBSTER 31.68; 2 HARLICK 28.] 0; 3 CHARLES 24.94; M70: I BRAND 37.74; 2 FULLICK 20.18; M35: EARL 36.40; M40: TIGAR 50.06; M45: Anthony TIPPING 34.65; M50: I Oakes 39.63; 2 SAUNDERS-MULLINS 23.17; 3 BALE 21.52; M55: I Joe EASTWOOD 42.70; W35: 1 WALE (g) 28.32; 2 DOHERTY 28.15; W50: 1 IBBITSON (g) 26.46; 2 SIMPSON 26.42; 3 SAUNDERS-MULLINS 23.74; W60: Elizabeth SISSONS 29.93;

Hammer

W40: WILSON 29.44; W45: DUNSFORD 27.82; W50: I IBBITSON (G) 42.63; 2 SIMPSON 37.10; 3 Sigrid ROBERTS 25.03; W60: I SISSONS 32.56; 2 TERRY 24.96; M40: TIGAR 32.78; M45: I PERRYMAN 37.93; 2 Anthony TIPPING 35.25; M50: I BALE 33.49; 2 SAUNDERS MULLINS 30.43; M55: I Clive THOMSON 37.46; 2 EDGAR 27.91; M60: I Chris MELLUISH 46.07; 2 GILBERT 35.77; 3 MONAHAN 32.93; M65: NEGUS 39.13; M70: I THOMAS 36.10; 2 BARBER 33.83; 3 FULLICK 23.57;

SCVAC Track & Field League Final, Julie Rose Stadium, Ashford, August 19th 2007.

Mens match:	points	Ladies match:	points
1 Blackheath & Bromley	230.5	Blackheath & Bromley	238.5
2 Oxford City	214	Havant	211
3 Basingstoke & Mid Hants	200.5	Radley	184
4 Barnet & District	187.5	Epsom & Ewell H.	178
5 Herne Hill H.	158	Herts Phoenix	153.5
6 Epsom & Ewell	124	Serpentine	133
7 Eastbourne/ Hailsham	72.5	Hastings	78

**OUTDOOR
CHAMPIONSHIP
BEST
PERFORMANCES
2007
COLLECTED BY
DEREK THOMAS.**

100m W45 Kirstin King 12.97;
W60 Val Parsons; W70 Eileen
Kear.
200m M55 Geoff Walcott
24.53.
400m W60 Sue Lowry 79.67;
M55 Geoff Walcott 55.61;
Terry Bissett 63.50.
1500m W75 Betty Norrish 10:38.80.
100m hurdles W35 Amanda Wale 15.98.
Long jump W45 Angela Griffiths 4.69; W65 Jackie Charles 3.35; W70 Eileen Kear 2.59.
Triple jump M35 Neil Lincoln 12.06.
High jump W50 Janice Thorne 1.25 (Eq. Pat Oakes CBP 1996). M35 Ian Bridgeman 1.60.
Pole vault W40 Alison Duke 2.40; W50 Jennifer Ibbitson 2.90; M75 Alf Woods 1.80.
Shot M35 Stuart Earl 8.81.
Discus M35 Stuart Earl 22.12; M70 Colin Brand 38.35.
Javelin M70 Colin Brand 37.74 (correction to previous mark)
Hammer W50 Jennifer Ibbitson 42.63.



SCVAC T & F Champs:
Stuart Earl, M35 javelin
and Kirstin King- en route
to a W45 100m CBP

M60

A full list of all - time Outdoor Championship Best Performances will be published in the December "Southerner"



Neil Lincoln triple jumped to a
M35 CBP at the SCVAC T&F
Champs, Ashford.

**INDOOR CHAMPIONSHIP BEST
PERFORMANCES 2007**

60m W45 K. King 8.2 (Eq record held by Helen Godsell); W60
V.Parsons 8.9; W65 Iris Holder 10.3
M35 J. Carty 6.2.
60m hurdles B. Ferguson 10.0.
Pole vault W50 S. Yeomans 2.70 (Eq. own record) M60 G. Sutton
3.40; M75 A Woods 1.80.
High jump M65 J. Howe 1.30; M75 H. Ficken 1.20.
Long jump W45 A. Griffiths 4.65; W65 I. Holder 3.33; M50
T.Wade 5.93.
Triple Jump W65 I. Holder 7.43; M45 A. Oyediran 13.55; M60 A.
Cheers 9.78.
NB D. Talbot still holds the high jump CBP of 1.58 (2005)- not
T.Wade who jumped 1.55 this year.



Arthur Kimber, M70 800m 1st
2:50.74



Colin Oxlade, M45
3000mSC 5th 12:01.74



Deborah Doherty, W35
2000m SC, 1st 8:13.27



Joe Appiah, M35
110m H. 1st 15.12



Gwyneth Hueter,
W50 2000m SC 1st
9:01.22



Pat Logan (233),
M45 100m 1st 11.54



Alan Newman, M50
5000m 5th 18:33.91



Brian Shave, M70 10000m.
7th 53:30.52.

**TOM PHILLIPS
CAPTURES ON
CAMERA
SOUTHERNERS
AT THE 2007
BMAF
NATIONAL
CHAMPIONSHIPS
AT BIRMINGHAM,
JULY 28TH/29TH.**

Mastering sprint speed:

by John Shepherd.

John Shepherd is contributing editor to "Ultra FIT" magazine. He writes regularly for other sports, fitness and health publications, including "Peak Performance" and "Running Fitness." He is the author of two books- "Ultra FIT: your own personal trainer" (2004) and "The complete guide to sports training" (2006). Both are published by A & C Black. He is a M45 competitor at sprints and long jump.



Of all sporting physiological components speed seems to decline more quickly than others with age (mind you try telling Tony Noel or Steve Peters). As master sprinters it seems that we can easily get overtaken by the *grim speed reaper*. However, with the right training we can keep the *reaper* in our rear view mirror.

Firstly, let's take a look at why we slow with age? One significant factor is declining muscle mass. We'll lose 10% between the ages of 25 and 50 and a further 45% by our eighth decade - if we do nothing about it. And with our bodies producing less growth hormone (GH), we'll have a reduced capacity to build and maintain muscle. Less muscle means decreased strength

and power capability which equates to less sprinting power.

Unfortunately the bad news keeps on coming - fast twitch muscle fibre, that most precious of commodities for speed and power, declines much more quickly than slow twitch (endurance) fibre with age. Silver speedsters are not as blessed as mature endurance athletes in the aging and performance stakes. The latter can expect to even increase the number of their slow twitch fibres (by as much as 20%) with the right training as they ripen. They can also hold on to nearly all their aerobic capacity until at least late into their fifth decade. If only it were the same for their sprinting compatriots whose fast twitch fibres can decline by as much as 30% between the ages of 20 and 80.

To put the brakes on even harder on sprint performance in middle and older age, creatine phosphate (CP), one of the premium body fuels for sprinting also decreases with age. With less quick release energy in our muscles, we'll be less able to tackle high intensity sprint type workouts.

Another important physiological variable flexibility also declines with age. Our soft tissue (muscles, ligaments and tendons) harden and our joints stiffen. Possessing the optimum range of movement for sprinting is therefore crucial to reduce injury potential.

Numerous studies indicate that stride length declines by large amounts as time passes - by as much as 40%. A team from Finland analysed the performances of 70 finalists (males 40-88 years/females 35-87 years) at the European Veterans Athletics Championships in 2000. Velocity, stride length (SL), stride rate (SR),

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ground contact time (CT), and flight time (FT) during the acceleration, peak velocity, and the deceleration phases of the 100m were all calculated. Not surprisingly a general decline in sprint performance was discovered as the masters age groups went up. This became particularly marked for the 65-70 year olds.

Sprint speed declined on average by 5 to 6% and 5 to 7% per decade in males and females respectively. Key to this slowing was an increasing reduction in SL and an increase in CT. Interestingly SR remained largely unaffected until the oldest age groups in both genders.

I also discovered that range of motion at the knees during sprinting can decline by 33 per cent (from 123 degrees to just 95 degrees) between the ages of 35 and 90. This means that for the oldest sprinters (and runners) the lower part of the leg attained a near right angle with the thigh at the point of maximum flexion. This long lever position dramatically slows the free leg pull through into the next stride and therefore sprint speed.

How to combat age related sprinting speed decline

I have summarised some of the training options available to the master sprinter that will aid their quest for speed.

1)Hill training

As I indicated crucial factors that affect speed decline in the master sprinter are a reduction in stride length and an increase in ground contact time. Hill sprinting can reverse these negatives. The gradient will emphasis dorsiflexion (a greater toe up foot position) on foot strike. This will lead to more work being done on the part of the calf muscles on push-off, which can enhance stride length and reduce contact times on the level. Hill sprints (and other exercises such as, leg cycling – see picture) can also

challenge the lower leg pull through lethargy that occurs with age. Note: you should not sprint up Box hill – a light gradient of 2-5% is best (too steep and the biomechanics of the sprint action will be negatively affected).Also keep the distance to 30-80m and take a full recovery, you want to move fast.

Increase the speed of the cycling movement as you gain exercise



familiarity. Concentrate on pulling your heel up toward your butt behind your body as you pull your leg through. Do: 4 x 20 reps – this exercise can easily be incorporated into your warm-ups.

2)Weight training

Weight training is crucial for the master sprinter determined to hang onto as much zip as possible, particularly post 50, when the more significant decreases in muscle mass begin. Training with weights at around 75% of one rep maximum (1RM) will seriously off-set muscle mass decline (and are also best for releasing growth hormone).

Another crucial benefit of weight training is its role in strengthening soft

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tissue. This will reduce injury potential.

3)Plyometrics

Plyometric exercises increase the speed and power capability of our muscles. As I've indicated stride frequency does not decline significantly with age but stride length does, therefore plyometrics (like hill training) offer the master sprinter another significant training option with which to combat this decline. Bounding and hopping make for very effective stride length enhancing options, however they may place too much strain on our older bodies, so try some lighter movements, such as low backward and forward jumps over a line. With a low knee lift and beginning from a feet hip-width apart position just behind the line, use a low trajectory to jump about a foot over the line and then immediately jump (re-bounce) back to the start position. Perform 20 quick fire reps in this manner.

Growth hormone release

Exercise stimulates GH release. In terms of maintaining youthful sinews this is crucial for speed maintenance in later life. We'll hold onto more lean muscle mass, have more energy and be more likely to off-set the general ageing process. It seems that the higher exercise intensity the greater the release of GH.

Creatine phosphate and creatine supplementation

Intense speed and power training can lead to a fight back against age related CP decline. One study found that six weeks of cycle ergometer training increased the CP levels of 61-80 year olds to similar levels found in younger adults. Sprint training's regular anaerobic workouts will maintain and increase the ability of our muscles to replenish these high energy phosphates regardless of age.

However, there's nothing wrong with

giving mother-nature a legal helping hand by supplementing with creatine. Numerous studies indicate that this natural supplement will increase muscles power and power maintenance over a series of anaerobic repetitions.

Train smart

Finally, the older sprinter should use that wise head on their shoulders. Training needs to be intense if you want to be competitive however, it also needs to account for the fact that our older body may be less able to sustain daily regular flat out, power orientated workouts. Rest, proper nutrition and supplementation and a common sense approach that involves *listening* to our body also needs to be a key feature of the master sprinters training routine.

Letter to the Editor- from Jeremy Tigar. (abbreviated)

I'd be interested to hear your view on this. I plan to do all I can to resolve this ludicrous situation where there is no Anti-doping policy for vets, and Neil Griffin has suffered too long. He has now served thirteen months of a two - year ban. My plan is to speak loud and clear at this year's BMAF AGM (before your next Southerner Issue). There is no reason why this can't be implemented quickly and sensibly.

BMAF has singularly failed to protect one of its own in Neil and has thus put the whole nation at risk for Riccione. I'm sure there are plenty of politics involved between the various governing bodies, especially if the Chairman of BMAF is also the Acting Secretary for WMA. I don't really care about how people's careers progress within these organisations, I only care about the vets who compete, and those that facilitate vets competitions. Of course I understand that we need a BMAF, and that it is made up of volunteers, but the only thing worse than not having a volunteer, is having a volunteer that doesn't do the job. This is 2007, communications can be turned around in minutes and hours, not weeks and months; especially when we are talking about the outstanding career of an athlete like Neil, for whom the system hasn't worked.

Difficult when there isn't a system that is clear, precise and concise, isn't it?

I have copied in a few other vets that I know and invite their feedback as well. I want the BMAF Antidoping issue cleared up before the end of August, and I'll do whatever I can to make sure this happens. Certainly before Riccione. Again, Neil is just someone that they picked on because they knew (after he told them!) that he could be a positive test. (NB Neil has been treated for some time with testosterone for a known medical condition, on the advice of his doctor and consultant physician) Maybe everyone then thinks that Master's athletics is being monitored properly and IAAF can keep sending in a cheque and everyone can keep having a nice lobster meal on expenses.

Normally around this time I try and remember something funny and tell you guys about it so that we can have a laugh. Don't get me wrong, there have certainly been some hilarious moments, but the whole season for me, including the indoor one, has been overshadowed by the Neil Griffin affair. I had to remind myself why I came (back) into athletics at a late stage: the trials and tribulations of getting fit; the juice of the competition; the satisfaction of coaching youngsters to perform better, the opportunity to try and improve their lot.; the camaraderie of watching other old gits bust their guts out in a competition. In fact one of my abiding memories was at Linz watching all the 800metre races, one after the other, a voice among a roaring crowd, edging on mates to go that little bit harder. St. Patrick's Day providing the excuse to pour libations down the throats of competitors and supporters alike. The atmosphere was a thousand times better than any of the "Grand Prix's" that I've been to, and I went to all of them last year.

So here's the thing, why has this season been such a damp squib for me? The answer is that normally I get to do a few southern league matches with Neil Griffin, and he's been locked up with the keys lost. I miss his giggle, I miss his "strolling around like a caged tiger", you know the one: short steps, usually circular, trying to hide that infectious grin, preparing for the next throw. He never teased me when I didn't make the cut in the shot! Quite frankly I miss him.

No right of appeal. Nothing.

Report from Road Running Secretary Walter Hill

May 5th 2007 was blessed with good conditions for the Club 10 k championships incorporated within the Ted Pepper Road Race promoted by Blackheath & Bromley A.C. The race is a true road race organised for club athletes who want a decent competitive run, a shower and an opportunity for a chat over a cup of tea with like-minded athletes. Personally, I could ask no more from a road race and I hope we will be invited to return next year. **(NB- results and photos on another page)**

The results are self explanatory, though I would like to draw your attention to our Chairman Arthur Kimber's performance; Not bad for a track runner who occasionally enters a road race!

You will find in this edition of the Southerner an entry form for our club 10 mile championships, held within the Epsom Downs 10. I hope I can persuade you to run. The Vets A.C take advantage of this excellent one lap course. Therefore, I recommend we join them and explore the Epsom Downs area. Fill in the entry form and send it in before you forget!

The Burnham Beeches Half Marathon:

report from Keith Scudamore, chairman, Burnham Joggers

The 27th Burnham Beeches Half Marathon attracted more than 1200 entries from all parts of the UK and beyond with 916 runners completing the 13.1 miles.

Runners from Dubai, USA, Spain, Scotland and Ireland gave the event an international flavour. This race is now recognised as one of the best and well organised in the UK although with its ups and downs in Burnham Beeches, it will never be a fast personal best course. However, both the Southern Counties Veterans AC Road and the Runners Club

decided to incorporate their Half Marathon Championships in this race. The cool damp weather was ideal for running and not wet enough to worry the spectators unduly.

There was a surprise guest for the runners and spectators as international runner David Bedford of London Marathon fame asked to attend during the week and was invited to start the race. Bewhiskered David was seen throughout the race supporting and cheering the runners.

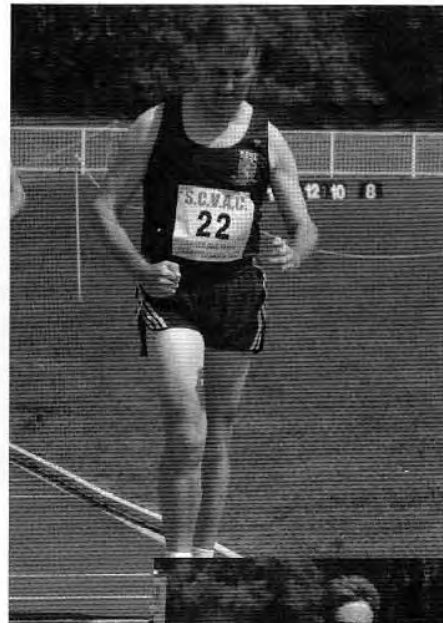
First back was Alan Buckley of Gateshead Harriers in 1 hour 9 minutes and 17 seconds although this was well outside the course record. Ian Johnson of The Stragglers Running Club was 2nd in 1-14.11 with Robin Ward of Portsmouth Joggers 3rd in 1-14.37. Michelle Lee was the winner of the ladies race in 11th position overall with 1-18.25, with Josephine Buckley of Halifax Harriers 2nd in 1-22.46 (29th overall) and Tina Dowling of the USA 3rd (49th overall) and first veteran lady in 1-25.04.

Race Director John Irwin was delighted with how smoothly the event ran. Despite being forced to move the race parking to the Farnham Park Playing Fields and having to train a new race entry and result team there were very few problems. Once again the Club is indebted to the Headmaster and Bursar of Caldicott Boys School without whose continued support and encouragement the race could not continue and to the Corporation of London for access to Burnham Beeches.

Burnham Beeches Half Marathon 19th August 2007: prov. SCVAC Results.

31 GODFREY RHIMES City of Portsmouth AC 01:23:08 M50
 53 TONY SAUNDERS Portsmouth Joggers 01:25:49 M55
 82 GEOFF NEWTON Tadworth AC 01:28:59 M60
 89 IVON WHITMORE Medway & Maidstone AC 01:29:38 M50
 126 AB DALE None 01:32:09 M45
 163 ALAN ROBERTS Vale of Aylesbury AC 01:34:38 M40
 170 KEITH SCUDAMORE Burnham Joggers 01:35:14 M65
 175 GREGORY HILL Watford Joggers 01:35:28 M50

177 CELIA FINDLAY David Lloyd Pacers 01:35:33 W45
 197 TERENCE BARNES Crawley AC 01:36:40 M40
 234 JACKIE COPITCH Reading Road Runners 01:39:10 W40
 347 RUSSELL DEVITT Shaftesbury Barnet Harriers 01:44:57 M55
 360 JANICE MOOREKITE Invicta East Kent AC 01:45:42 W50
 375 PETER HUTCHINSON Essex Road Runners 01:46:38 M55
 416 CHRISTINE EGGLESTON Lingfield RC 01:48:15 M55
 470 PATRICK HEFFERNAN Paddock Wood AC 01:50:47 M70
 570 TONY MERRITT Burnham Joggers 01:55:14 M65
 821 KIO VEJDANI Lingfield RC 02:13:47 M65



**SCVAC
T&F
Champs.
Ashford.
Ivor Groves
M45 3k
Walk; Mary
Hughes
W45 800m**



2007 Ted Pepper 10k road race, Beckenham, incorporating the SCVAC 10k Championship.

RESULTS: M40: Terence Barnes 1st 39.07. M45: Terry Knightley 1st 37.34. Dave Warren 2nd 39.01. M50: Walter Hill 1st 39.12, Rob Sargent 2nd 40.52, Jeremy Carmichael 3rd 43.54. M55: Trevor Edgley 1st 39.41, David Beattie 2nd 40.29, Julian Spencer Wood 3rd 41.41, Geoffrey Vine 4th 44.00. M65: Kio Vejdani 1st 55.18. M70: Arthur Kimber 1st 46.21, Patrick Heffernan 2nd 50.13. W40: Nicola Hopkinson 1st 46.05. W45: Clare Wyngard 1st 48.36. W55: Christine Eggleston 1st 47.05. Anne Unseld 2nd 53.27. W70: Pam Jones 1st 51.58.



Clockwise from left:

Nicola Hopkinson (273)

Christine Egglestone (255)

*Rob Sargent (260) with Terry Knightley (261),
Terry Knightly and Pam Jones, (272) at the
finish.*



EPSOM 10



10 mile road race

Sunday 18th November 2007 at 9.30 am

One lap scenic course on country roads
around Epsom and Walton Downs

Start and finish close to Epsom Grandstand
Excellent Parking - Medal for all finishers

Prizes: First 3 Men/Women,

1xM40, 1xM50, 1xM60

1xFV35, 1xFV45, 1xFV55

1st Male/Female Club Teams - 3 to score

Race incorporates the 10 mile championships of
both Vets AC and Southern Counties Vets AC

but is NOT a vet's only race

[Vets entries accepted on the day this year]

Entry Fee: £7 (£9 unattached)

ALL ENTRIES ON THE DAY £10

Add 50p if entering Vets AC champs.
Add £1 if entering SCVAC champs.

We WILL accept VAC & SCVAC entries on the day
Cheques payable to Epsom & Ewell Harriers.

Name: _____ male/female? _____

Address: _____

Club: _____ Age on _____
race day: _____

Your telephone _____

If Vets AC give member
number (+50p) _____

Tick if SCVAC member
(+£1) _____

I hereby agree that the organisers shall not be liable for any
accidents, injury, loss or damage as a consequence of my



participation in this event.

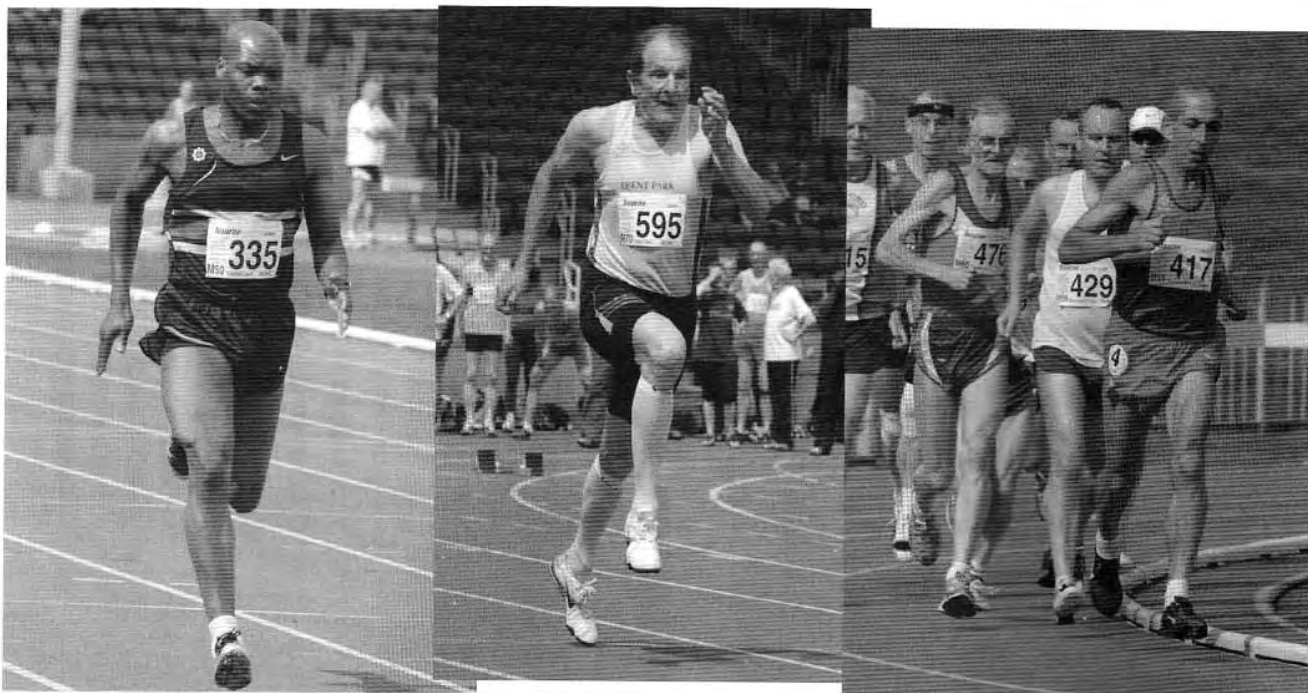
Under UKA rules - permit applied for



Send entry and + 9x6 SAE to John Cock,
153 Westway, Raynes Park, SW20 9LR

Tel: 020 8542 1379

Enquiries? davidaclarke@blueyonder.co.uk



*Clockwise from top left: BMAF Birmingham:- Clem Leon M50 400m; Colin Field M70 100m; Des Michael (417) M55 5000m.
 SCVAC Ashford:- Ed Roe (144) W50, & Jenny Hughes W45 ,400m
 Ian Bridgeman M35 triple jump,*



**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
4TH CLUB INDOOR PENTATHLON**

At

Sutton Indoor Arena

Tweeddale Road, Carshalton, SM5 1SL

Sunday 21st October 2007

First Event 12.30pm

EVENTS 60 m Hurdles, Long Jump, Shot putt, High Jump, 60 m

ENTRY FORM

Entry Fee: £8.00

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO 'S.C.V.A.C.'

Closing Date: 6TH October 2007

Please use capital letters

Surname:.....First Name:.....Male/Female

Club Number:.....

Address:.....

Telephone Day:.....Eve:.....

Age:.....Date Of Birth:.....

Age Group:.....

First Claim Club:.....

Please send entries to:

Grand Prix Sport/U K Masters Sport,Hawley Manor,Hawley Road,Dartford,Kent,DA1 1PX

Please Note:

Programmes with time-table,travel directions,list of competitors and numbers will be sent a few days before the competition.

Because of time constraints would all competitors please measure and mark their Long Jump run ups prior to 12.30. This will enable us to commence the event for each age group at the designated time.

Heroes or Freaks?

**Tom Phillips
contemplates age,
weight and tables.....**



To set the scene:

When I was
“nobbut a lad” (about
14, actually), and
joined my Club, I can
vaguely remember a
genial bunch of what

we certainly regarded as “old blokes”, who were always there, ran far too slow for our juvenile tastes, and who seemed to have an endless store of anecdotes, advice and athletics mythology. As I approached my own big 4-0, I began to realise that these fellas were doubtless the club’s Vets at that time. They were probably only in their 40s and early 50s. Ancient to we boys, of course.

More recently – well, OK, it was just this March, I was at a club’s AGM, and heard the Head of Active Athletics (is there another sort?) give his report on the budget for running the previous year’s track teams. An elder statesman of the Club stood and commented – not completely tongue in cheek – that he was personally glad to see that none of the money in the budget had gone to the Club’s, albeit highly successful, Masters Teams.



*Is this the official
attitude to putting
money into sport, or
more especially,
athletics?*

Disconnected events, and I’ve sort of portrayed them out of context here, but they’ve had me thinking about what we are as Masters athletes,

and why many people think of us like they do.

The Editor of AW thought I was being unfair a year or so back when I told him I felt his coverage was lamentable, given the growth and success of Masters Athletics. He disagreed with me, but I note a steady trail of letters and comments from others persist, even though there is just a glimmer that he is trying to do something about it. Oh that UK Athletics (is that what they are called this week?) would do likewise. We do get a link to the BMAF site from somewhere buried deep in the UKA web site, these days. Well, thanks guys.

I was out of our sport for a number of years during my thirties and early forties, due to long term injury. I was also a long time deciding whether to come back at all. I became quite aware of a good range of views about why one should, or shouldn’t, think about becoming a Vet. These tended to portray us in the following ways, either singly or in combination:

1. Self-centred has-beens, who’d be far more use devoting all their time to coaching youngsters and running the Club, than searching for their lost youth;
2. Genetic freaks who were perhaps to be pitied;
3. Gallant, driven, heroes (and heroines), plugging away at their sport in the face of adversity (that is to say, age)
4. Obsessed objects of amusement who ought to “grow up” (in the pejorative sense);

You’ve been there too. You can add your own.

This was at a time that Masters Athletics, as it had by then become, was rolling out the M35 age group. Remember the opposition to that? Actually, it’s not really gone away, has it? For every athlete I meet in his mid to late thirties who is revelling in remaining competitive in Masters competition, I meet three or four who have variously decided not to bother, are still needed in Senior teams and so can’t spare the time/effort etc, or who have fallen for the mocking, and finally decided to “grow out of it”.

I guess what has really bugged me as a Master, is the absence of a sense of what many aspects of life currently call “parity of esteem”. Against many odds, disability sport seems to be getting there, aided by progressive changes in wider attitudes to ability and access. But does it feel to me, eight years into my Masters career,

that what I am, what I do, and what I achieve gets the recognition it would were I thirty years younger? I don't mean to sound like an attention seeker. I mean "recognition" in the sense of being able to enthuse and inspire, or just plain interest others.

It was an eye-opener to me that the Masters world contains such things as "age-weighted tables". The science of producing these, and the statistical or actuarial skills involved are both beyond me, and beyond this article. But as a motivational tool, a marker of achievement, and as a potential instrument to move us towards that elusive parity of esteem, I firmly believe that the age-weighted tables have big, and thus far untapped, potential. Furthermore, it surprises me how many of my compatriots are unaware of these things even now!

I made my faltering return as a 46 year old sprinter. I did, of course ponder whether, in purely relative terms, I was anywhere near as competitive as I was as a Senior in my short-lived prime. In that respect, the age-weighted tables were a revelation. No, be honest Tom, actually they were a disappointment to begin with! They said to me "No, you're not." However, they have become something of a motivational aid and training tool, by helping chart what improvement I'd have been making in the "real world", as I improve in this world. When I reached the point that the tables told me I was running better than ever I had, I even thought I should stop wearing my favourite T-shirt, with the logo "The older I get, the faster I was"!

Of course, it's all make-believe, isn't it? You run what you actually run, not what a complicated spreadsheet tells you it would be worth in a mythical, in-your-dreams world. I'm enough of a realist to recognise the truth in that. Yet I'm enough of an optimist to feel that we're missing something here that could do a little to help the status of Masters athletics. Might Joe Public just be a bit more interested, if we could market the fact that, say, Steve Peters' M50 European record for the 200m (23.22) was worth 19.87 in age-adjusted terms?

Heroes? Freaks? That's tabloid talk, of course. We're neither, but lets continue to hold out for that parity of esteem. As the girl on the

ads says "Because you're worth it!"



CROSS COUNTRY REPORT

By Ann Bath.

The SCVAC Cross Country Championships will be held on the afternoon of Sunday December 16th 2007. It will be incorporated within the Holly Run at Reigate Priory Park and details will be on www.hollyrun.com. Last year. The women ran three miles and the men six. It is a true cross country course, undulating and well organised with excellent changing and catering facilities within the park.

Come and join us at the SCVAC covered awning, and enjoy refreshments, mulled wine and cakes afterwards! I really enjoyed the course and atmosphere last year, and would highly recommend it as an excuse **not** to do last minute Christmas shopping.

Of course, there are the Age Group Championship medals to go for. I hope to see lots of you there; please contact me for any more information. I will put in a block entry, or you can enter individually if you wish.

The BMAF International Cross Country is to be held in Belfast on Saturday November 17th - England v. Scotland v. Wales v. Northern Ireland v. Ireland. I will be attending the selection meeting in Birmingham in October, so if anyone feels they would like to be considered for a team, the selection details are on www.bvaf.org.uk - click on England team entry criteria. They will be looking at races such as the BMAF 10k at Powys on 30.09.07 as evidence of recent form. Remember that even if you live in England, you can choose to run for the country of your birth. At times there may be places available due to illness or injury if the team doesn't have reserves. When it was held in Croydon, I was lucky to run for Scotland when my age group had a spare space.

There is also a highly competitive Open Race with those not selected trying to make a point! All in all, there is a great atmosphere for competitors and spectators.

Anne Bath: 0208 398 2775.mob. 07751 308105. madshus@tiscali.co.uk

CLUB CAMEO

Fiona Argent meets triple jumper Pat Oakes.

(Medway & Maidstone)

FA: As well as triple jumping, you do multi-events. How did you get into that?

PO: I was a multi-eventer decades before triple jump for women existed. I joined Cambridge Harriers in 1963 as a potential high jumper because I could scissor the highest over a rope on the school field. Coach Charlie Warner taught me the western roll technique and how to hurdle over bamboo canes supported by chairs along a school corridor. In club matches I was usually entered for high/long jump, 80yds hurdles and 4x100yds relay. I also ran in the 4x220yds relay team that won bronze in the WAAA Championships. That meant I'd competed in all the pentathlon events except shot, so it was a natural progression to the multi-events. I really loved the pentathlon until the dreaded 800m replaced the 200m. I persevered and later dabbled in the javelin when the heptathlon was introduced. I still enjoy this event because it is an unpredictable challenge and such camaraderie is built up over the 2 days of competition.

I was introduced to triple jump by chance when SCVAC team manager, Barbara Terry, asked me to substitute for her in a match at Millfield School in 1989. The competition was already into its 2nd round so I guessed a run-up, landed in the sand on my step and was given a NJ for my effort. Eventually I won with 9.13m. I had no idea whether this was a good performance but I knew from that day that it was the event for me. However, with pregnancy and an achilles injury to follow it was another 4 years before I competed again at the age of 47.

FA: As a W60 what inspires you to continue competing?

PO: Amongst the highlights of my childhood were the local residents' sports days and the district primary schools athletics championships. The sport is obviously in my blood and I can't see that changing just because I'm over 60. Injuries and weight gain have impaired my performances in recent years but something within me still



wants to go on competing as long as I physically can.

The Masters movement has been a huge influence. It came along just at the right time for my generation and the travel opportunities are a huge bonus. I have competed in at least 14 countries, an unlikely scenario without BMAF.

FA: Which athletic achievement has given you most pleasure a) as a senior b) as a master?

PO: There have been many highs and lows along the way. The first (literal) high was just before I became a senior. I had been competing for only a few weeks when I won silver in the Intermediate WAAA high jump behind Linda Knowles. Later memorable moments were my first senior county title in 1969, winning the Welsh WAAA 100m Hurdles title in 1974 and being selected for Wales in 100mH, 400mH and heptathlon in the mid/late 1970s.

As a veteran one of my most satisfying achievements was breaking Pat McNab's W45 British triple jump record at the BVAF Championships at Bedford. Although I bettered it shortly afterwards to 10.18m the all-important wind gauge was not available.



Helsinki 2007: indoor Euro Champs- triple jump bronze medal.

Of my international medals W55 silver (TJ) and 2 bronzes (heptathlon and 80mH) at the World Championships in Brisbane in 2001 probably count as my best. I was also pleased with my performances, aged 38, in the 1984 Europeans at Brighton when my pentathlon results included 1.54m HJ, 5.01 LJ and a surprising 2.37.18 800m.

/cont. next page

FA: Your family is quite unusual I believe in its combined athletics achievements. Can you give a brief description?

PO: It's not without reason that we receive Christmas cards addressed to The Oakes AC. Paul and I have 4 children and all 6 of us have won county titles and represented Kent, between us covering every age-group from sportshall to masters. Our eldest son changed sports at 14 but the remaining 5 in the family have each won national titles for at least 2 athletics associations including English Schools, Welsh WAAA, NIAF, NIVAA, AAI, Army, British Banks, BMAF & USA Masters. Probably the most notable performance was our daughter's silver medal in the 2000 Commonwealth Youth Games and this year our 16 year old son represented Ireland in the U18s Celtic Games International.

FA: How would you encourage more women to join the Masters' movement, and sustain their interest?

PO: 'Recruitment' is my middle name! Some of our SCVAC members, male as well as female, have joined via me. When new parents arrive at my club one of the first things I ask is their age. They are rather taken aback until I explain. I am team manager for M&M's female masters so I am always looking for fresh (or not so fresh) blood. No O60 for the hammer? - bring in the tea lady! I'm currently working on the lady at the post office who let slip she was once a Kent sprint champion and a friend of Mum's has actually approached me because she wants to get fit in her retirement.

What puzzles me is that for many their enthusiasm stops at the leagues. I find it difficult to persuade regulars to enter individual championships.

FA: As well as organiser of a busy household, I believe you are a carer. How do you manage to find time for training?

PO: Yes, I care for my disabled mother who lives with us. Our youngest son is still at school and we often have our grandson to stay. We are fortunate to live walking distance from Ashford's Julie Rose Stadium so training is not a problem. We are also creating a gym in our garage. Paul is not such a keen traveller and is restricted by work commitments so he often looks after folk at home while I globe-trot. I am very lucky to have his

support.

FA: Your offspring were involved as teenagers in athletics. How would you promote the sport in schools?

PO: When I was a Maths teacher I was in a prime position for organising after-school athletics. I also formed a Sportshall team at our local primary school and entered them in the county championships. What I found was that those who were good at athletics were also good at other sports. I often took individuals to local clubs. One of these was Topsy Ojo who was the star player in the junior football club my eldest son founded. The athletics coach had great ambitions for him at his first and only session. Where is he now? He's in the England Rugby Team. When I began my athletics career my father asked for my school to affiliate to the local schools athletics association. Looking on the internet I'm pleased to see they are still affiliated but disheartened that fewer than half the schools in that area are. So many youngsters are missing the opportunity of tasting a sport that is so diverse that anyone can enjoy it.

This year the English Schools Championships were shown on Sky TV. We need more of this so youngsters can see the achievements of their own peer group and think, 'That could be ME'. However, there was the usual lack of coverage of field events. Not all kids are cut out to be runners.

FA: What are your future ambitions?

PO: A world record and world gold would be the ultimate. The closest I have come to a world record is 8cms. It was a realistic target in San Sebastian in 2003 when, leading in the final round and just short of the record, I was leapfrogged by 2 other competitors.

As for a World gold medal - I did achieve that at the World Masters Games in Melbourne in 2002 but I hold my hands up to the fact that competition was weak with few Europeans returning to Australia following Brisbane the previous year.

At the moment I'm happy to be part of the Masters Family. My aim is to get back on form so that in due course I can be a real 'threat' to my triple jump and heptathlon friends around the world. I would also like to complete a decathlon and qualify as an official.

“Mrs Derrien’s Diary”

by Carole Derrien (Jersey Spartan A.C.)



It has been a very quiet time on the athletics front – the training camp in Portugal proved to be a winner, we came home much refreshed and with a lot of new ideas about training. Seems that all the Throwers had relocated to Alfamar,

including the Portuguese National Squad, and they proved to be an inspirational group, always cheerful and courteous, never once pushing in and taking over the circle. This was certainly not the case with some of the young European throwers, one even started brushing the circle whilst Catarina was throwing!! (We were tempted to start the 3rd World War!)

As usual, the BMAF and the Clubs managed to double book dates and we had to make choices, and as usual, we made the wrong one! The Weight Pentathlon was postponed, we could have gone to the South West Championships instead, but our flights were booked to go in to Gatwick. The new date on offer was inconvenient and British Airways wanted big bucks to change the flights, no wonder they have made record profits.

This meant that our only domestic competition would be the British Championships in Birmingham, an event we always look forward to, as much to catch up with all our friends as for the competition. Flights were duly booked on the strength of the Provisional Programme, only to discover five days before we travelled that the W35 and W40 discus competitions had been scheduled

for late Sunday, at the time that we should have been half way back to Gatwick to catch the last plane home! Panic, but managed to change the flights to



“I hope a separate seat for my hammer is included in the price?”

the first early Monday morning slot (more cash to BA) and book into a hotel at Gatwick for the night, it was a case of damn the expense by that time, and we could breath a sigh of relief.

Our flight took off from Jersey in ideal conditions and we had great service en route – then, we aborted our landing and flew off towards the North Sea, the flaps were not working, and we had to make a full emergency landing, chased down the runway by 6 fire engines and an assortment of ambulances etc – obviously there was no damage, as we lived to tell the tale. There was absolutely no panic on board, probably because a great number of the people on the flight were seasoned travellers and had most likely seen it all before. It did make us late for our rendezvous with our lift to Birmingham, and the detour to bypass the M25 and not get too near any floods, along with the usual Friday traffic, made for a long journey north.

However the weather treated us well on the competition days, and our depleted Jersey contingent – only 2 throwers – had a successful weekend. We enjoyed catching up with everybody, competing along side familiar faces and managed to come away with our bodies more or less intact – can’t be bad. There was also a quiet determination to make the most of the weeks before Italy to put in quality training. Of course this is where I lose the plot, 2 grand daughters flown in, one for each Granny, whilst parents swan off to Paris. Maybe I should take up steeple chasing, my house is an assault course, and keeping up with a 7 year old who I swear is plugged in to the National Grid, takes long hours and stamina. Roll on Italy- it has to be easier!



“I’d like to trade him in for something quieter and better behaved.”

The Southerner 200 + Club

Prizes won: April to August 2007

April, 2007: 1st £35 264 The Southerner, 2nd £20 284 Max Dolding 2955, 3rd £15 241 Dave Wilcock 3549.

May 2007: 1st £35 078 The Southerner, 2nd £20 163 Jenny Denyer 3304, 3rd £15 218 The Southerner.

June, 2007: 1st £35 202 Brenda Green 0635, 2nd 083 Peter Ilo 3559, 3rd £15 119 The Southerner, Special £100 144 The Southerner. July, 2007: 1st £35 047 Jim Rayner 2402, 2nd £20 258 Winston Thomas 0448, 3rd 290 £15 The Southerner. August, 2007: 1st £35 200 The Southerner, 2nd £20 022 Andrew Blackman 0226, 3rd £15 017 Eric Shirley 3072.

New Shareholders are welcome to join in the 200 + Club at any time during the year. Your renewal date will be one year from your original Share Purchase. Shares may be paid for by cheque or by completing the bank mandate form below for a Direct Credit, which operates the same way as a "Standing Order" (a term no longer used by banks). YOU have the total control over how much is paid and when paid. As indicated above prizes are: Every Month 1st £35, 2nd £20 & 3rd £15 PLUS a Special of £100 in June and December. Ken Croke Assistant Treasurer, Telephone: 020 8657 4269 Email: kc003r3806@blueyonder.co.uk

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"The Southerner" 200 + Club. APPLICATION/RENEWAL FORM

TO: Ken Croke, 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA

From _____ Member No: _____

Address: _____

I enclose a cheque for £ _____ in respect of (_____) shares in the 200 + Club @ £12 per share. See above for details of the monthly draws.

I include any arrears of Membership Fees (£10 per annum).

BANK MANDATE To: _____ Bank. Sort Code _____

Please pay to BARCLAYS BANK PLC, Selsdon & Sanderstead Branch, The Croydon Group, PO BOX 957, 1 North End, Croydon, Surrey CR9 1RN (Sort Code 20-24-61) the sum of: £ _____ (_____ POUNDS ONLY) on the 10th day of _____ (Month) each year commencing _____ until cancelled by me, for the Credit of SOUTHERN COUNTIES VETERANS ATHLETIC CLUB. Account Number 80037249

Please DEBIT my Account _____ (No) _____ (Name)

Reference _____

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

Print Name.....

ANNUAL PAYMENT

CILS L2711

Southern Counties Veterans Athletic Club Committee 2007.

OFFICERS

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

Vice chairman Ivor Groves "Loyalty", 10 Redyear Court, Willesborough, Ashford, Kent. TN24 OTE. 01233642475.

Treasurer Robert Murkin 10 Dents Grove, Tadworth. Surrey. KT20 7DX. Belgrave Harriers. 01737 225788 murkinrg@hotmail.com

Assistant Treasurer Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey. CR2 8EA. Croydon Harriers. 02086574269. kc0033806@blueyonder.co.uk

Membership Secretary Robert Murkin (as above)

Asst. Membership Secretary Vilma Thompson 18 Albury Road, Boyfield Street, London. SE1 OSB Belgrave Harriers 020 7928 9577 020 8871 7542 (Day) villy@sports93.fsnet.co.uk

COMMITTEE

Minutes Secretary Ron Franklin 23 Boundary Road, Wood Green. London. N22 6AS Barnet and District AC 02083768452 Rf015b2516@blueyonder.co.uk

Road Running Secretary Walter Hill Tain Cottage, Ifield Road, Charlwood, Surrey. RH6 00Q. Crawley AC 01293 862327 walterhelen@tiscali.co.uk

Walking Secretary Dave Sharpe 56 Bonham Road, Dagenham, Essex RM8 3BD. 0208599 5153.

Cross Country Secretary Ann Bath, 61 St Mary's Road, Long Ditton, Surbiton, Surrey. KT6 5HB. 26.2 Road Runners. 02083982775. madshus@tiscali.co.uk

T & F League Secretary Arthur Kimber (as above)

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

Officials Secretary Xanine Powell 3 Wynne House, Bessom Street, New Cross, London SE14 5AT powellxa21@supanet.com

Entries Secretary Steve Connolly 64 Goddard Ave., Swindon, Wiltshire. SN1 4HS. Swindon Harriers 01793538245.01793 511033(day) steve.connolly@ukgateway.net

Club kit & medals- Due to the recent passing away of Jim Day, there is a vacancy in this post.

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 Dec.2007 edition of The Southerner to be sent to Rosemary Champion by Nov. 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 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*