

THE Southerner

No. 52 December 2007

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

“The Italian Job”?



Job done!

**Kirstin King –
double W45 World
sprint gold in
Riccione.**

Photos by Tom Phillips

Inside . . .

- *More from the 2007 World Track & Field Championships in Italy.*
- *SCVAC Club Records – the latest list.*
- *Ann Bath reports on the British & Irish International Cross Country in Ireland.*

Message from Chairman Arthur Kimber:

For the first time in our history, the SCVAC Indoor Track and Field Championships 2008 will have a full range of events, and will be held at Lee Valley on Saturday 9th February. An entry form is included in this edition of "The Southerner".

This year, we have welcomed two new officers- David Lipscomb as Secretary and Ann Bath as Cross Country Secretary. However, we still have two vacancies. Following the untimely death of Jim Day, we need a Medals and Kit Officer. We also need a Team Manager for the Inter Area Match against other veteran regions. If you would like to find out more about these posts with a view to volunteering, please contact me.



NOTICE: *Clermont - Ferrand.*

Combined events athlete Brian Harlick is driving to Clermont - Ferrand and is offering a lift to any athlete prepared to share the petrol costs. He will also transport your vaulting pole.

You can contact Brian on 0208 397 6690.

***The late Jim Day:** Christine Day would like to thank all those who contributed so generously to the British Heart Foundation in respect of her husband Jim. A grand total of £875 was raised.*

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB MEMBERSHIP RENEWAL FORM 2008

Title Mr/Mrs/Ms etc _____ Membership Number _____
Surname: _____ Fornames _____
Address _____

Telephone: home _____ other _____

Email: _____

Clubs: _____

I HEREBY DECLARE 1. That I will abide by the rules of the Club.
2. That the above particulars are complete and correct.

Signature _____ Date _____

Annual subscription: 2008 **£11** _____

Donation _____

Total cheque enclosed for _____

RETURN TO - Robert Murkin, 10 Dents Grove, Tadworth, Surrey KT20 7DX

Members please note that you are required to be fully paid up before competing in any national or international competitions.

From the Editor Rosemary Champion-

*I just can't believe that it is almost Christmas again! Once again I see that quite a few Southerners have been contributing to "global warming" going by the number of you who have been on your travels! I am informed that some of you even managed to create hurricanes and rain storms whilst out in Riccione. No wonder we are called "Master" athletes. I hope you enjoy in this issue Tom Phillips' Riccione photos and diary and Arthur Kimber's article on international competing. Don't forget to enter the **SCVAC Indoor Track & Field Champs on Feb 9th**. As it is being held at Lee Valley, you will have the chance to compete in a full range of indoor events and maybe set some new SCVAC records!*



From the Treasurer Robert Murkin.-

I hope you are all well and have enjoyed the year as much as I have. I'm pleased to say that I've now handed over the role of club secretary to David Lipscombe. I'm not sure I've made a very good job of it so it's great to have someone dedicated to this role rather than have an acting Secretary. It's great to have someone like David on the committee and we thank him for coming forward.

I'm afraid we have put up the subscription by £ 1.00 to £ 11.00 for 2008 (renewal form included in this edition) and may well increase by similar amounts in future. However, I'm sure you'll agree this is better than one large increase once every five years.

I'm sad to report that the Sussex AAA have rejected our application to affiliate to them and so we cannot compete as a team in their cross country league. I was furious about this when I received their letter of rejection. I had made initial contact with them in May so any problems with our participation would be ironed out well before the start of the season. All through the summer I was reassured that everything would be ok. In the first fixture our men's team (Kevin Archer, Godfrey Rhimes, Ray Lewis & myself) had run so well and were 1st team home in division 3 and 1st vets team to finish. Ann Bath also ran for us in the women's race. However, when the results appeared on their website I noticed that we were not included. I then approached the Sussex AAA who decided that we needed to apply to be affiliated before being included in the league. This I did but the day before the second fixture when I had a team all ready to run, I received a letter informing me that our affiliation application had been rejected on the grounds that we did not have a base in Sussex! Regardless of their reasoning, I was angry they left it so late to inform us.

The sad thing is that it's now far too late to enter another league and we'll have to wait until next season. If anyone can recommend a suitable league for us for next year I'd be grateful if you could inform either Ann Bath or myself. I look forward to seeing you in 2008. Best wishes to you all.

RESULTS OF THE SCVAC INDOOR PENTATHLON 21.10.07 SUTTON

Name	Club	Age	Points	60m.H	LJ	SP	HJ	60m.
Meryl Austin	Reading	W40	3149	9.8	4.69	8.29	1.27	8.7
Alison Duke	Worthing	W40	2439	11.2	4.09	7.15	1.24	9.4
Anne Goad	Dartford	W45	2818	12.5	3.99	8.63	1.21	9.2
Teresa Eades	Dartford	W45	2739	11.3	3.89	5.84	1.30	9.6
Fiona Argent	GIAAC	W50	2596	12.1	3.34	6.15	1.09	9.6
Pat Oakes	Medway	W60	3048	13.3	3.11	7.71	1.06	11.0
Jackie Charles	Radley	W65	3877	12.5	3.18	6.72	1.12	10.5
Wayne Gadd	EVAC	M35	2746	9.5	5.60	9.42	1.62	7.9
Neil Lincoln	Redhill	M35	2287	11.6	5.77	7.63	1.50	7.7
Eddie McKenzie	SVHC	M40	2414	10.8	4.84	9.79	1.38	8.1
Robert Murkin	Belgrave	M40	1771	12.1	4.13	7.46	1.29	8.4
Wayne Martin	Hastings	M45	2016	11.3	4.10	6.85	1.35	9.1
Brian Slaughter	Eastbourne	M50	3530	9.7	4.99	11.88	1.50	8.3
Dennis Thacker	Dartford M50	2394	12.8	4.44	8.65	1.38	8.8	
Anthony Roker	Woking	M55	3517	9.7	4.54	7.86	1.44	8.0
Graham Page	Epsom	M55	3055	10.9	4.53	9.15	1.29	8.6
Roger Buck	Barnet	M65	2919	13.7	4.07	8.03	1.26	9.7
Bruce Charles	Oxford	M65	2381	13.3	3.41	7.53	1.08	10.2

MASTERS INTERNATIONAL TRACK AND FIELD COMPETITION: an article for athletes who make infrequent appearances or who have never been to international championships.

By Arthur Kimber.

My first international competition was at the 1978 European Championships in Viareggio, Italy, and I've been to and thoroughly enjoyed many subsequent championships. There's so much to be said for them.

The very friendly atmosphere is evident, possibly on the outgoing journey, but certainly when you arrive. As athletes gather at registration they meet once again, discuss recent progress and look forward to the coming days of competition. There's a friendly atmosphere in the hotels. As you come down to meals there's usually a welcoming table of friends and acquaintances, sometimes commenting on my reluctance to get out of bed early! The atmosphere is at its best at trackside, with its exciting races and obvious camaraderie. Vocal support for clubmates, other compatriots and foreign friends is strong, loud and sustained. Friends may be taking photos or videoing races and medal ceremonies for you.

Fierce competition is another attraction. For our better athletes it may be relatively easy to win medals at county, regional and national competitions, but international competition with its larger entries and preliminary rounds is a tougher challenge. This level of competition can bring out the best in you. Many of my season's best performances have come in international competition. Qualifying for a final and then placing well in it may be a realistic aim, and winning a medal, of course, can give much greater satisfaction than at domestic level. It's terrific to win, but also good to be beaten. It puts your ability into correct perspective when you can recognise the clear superiority of some of your opponents.

International championships are great

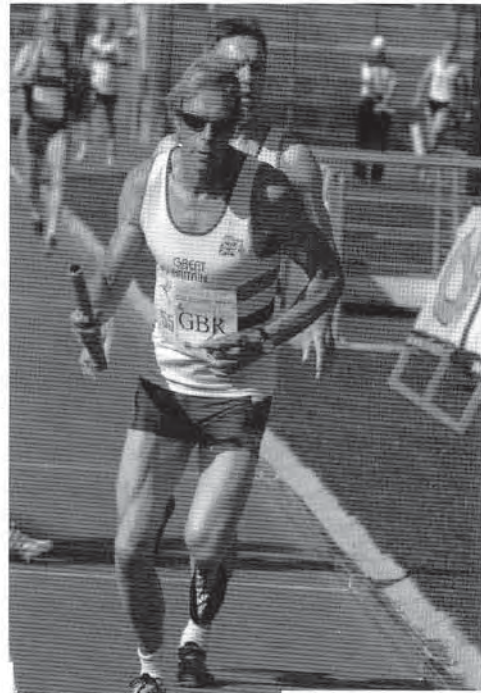
occasions for meeting friends and acquaintances. You may meet the same athletes time after time at county and regional league level and get to know them quite well, and others occasionally at national level. But at international championships you can get to know British athletes and sometimes their friends and families better, especially if you stay in the same hotel, as the championships extend to a few days (indoor) and ten days or so (outdoor) rather than the single day or weekend. With longer periods to chat you may discover other mutual interests outside athletics. In Riccione I met an athlete from my own area that I have known for thirty years. I hadn't seen him at all for many years and thought perhaps that he had retired from athletics as a result of injury or illness, or worse that he had died. It was so good to meet him again and know that he was fit and well and competing and that there was a happy reason for his disappearance from the local scene, emigration to France. The championships also provide enjoyable occasions to meet foreign friends again and exchange news and photos.

Championships have been held at a variety of attractive venues, mainly in Europe, as most world championships have been held there. But you could have ventured to Brisbane, Durban or Buffalo, although not yet to mainland Asia or Latin America. In Europe there have been upmarket seaside resorts like San Sebastian and Riccione, well known cities like Bordeaux, Strasbourg and Helsinki, and places that you'd probably never heard of before, Eskilstuna and Sindelfingen. Places that you have never visited or even intended to visit as a tourist may be surprisingly attractive on arrival and during your stay, encouraging a return visit in later years. Others may be near to other attractions within easy reach on your free days, Potsdam, very attractive in itself and 20 minutes by train from the multitude of tourist sites in Berlin, Viareggio/Pisa for the leaning tower, also 20 minutes, and Linz/Salzburg incongruously the home of Mozart and The Sound of Music, just over an hour. I prefer train to air travel

and the expansion of the European Union, the abolition of many border controls and the development of high speed trains, particularly the French TGVs and the German ICEs have made it much easier to reach the venues. I travelled on a sleeper from Paris to Viareggio in 1978. The train stopped at the Italian border at 3a.m. and we were all woken for a passport check! Not in 2007 on the way to Riccione.

Ljubljana, Slovenia, hosts the European Championships in 2008, a venue that provides quite easy access to Croatia. I've never visited Slovenia or any other part of the former Yugoslavia and am hoping to take a day trip to Croatia. Sacramento California, beckons in 2011.

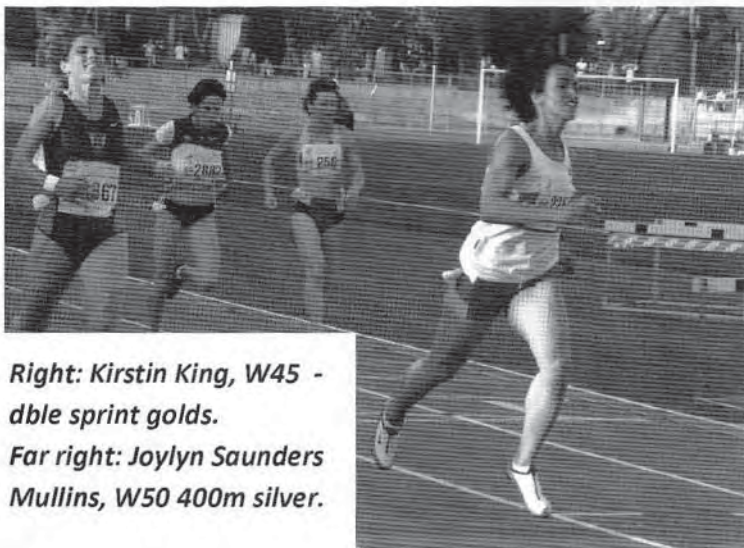
PHOTOS FROM RICCIONE WORLD



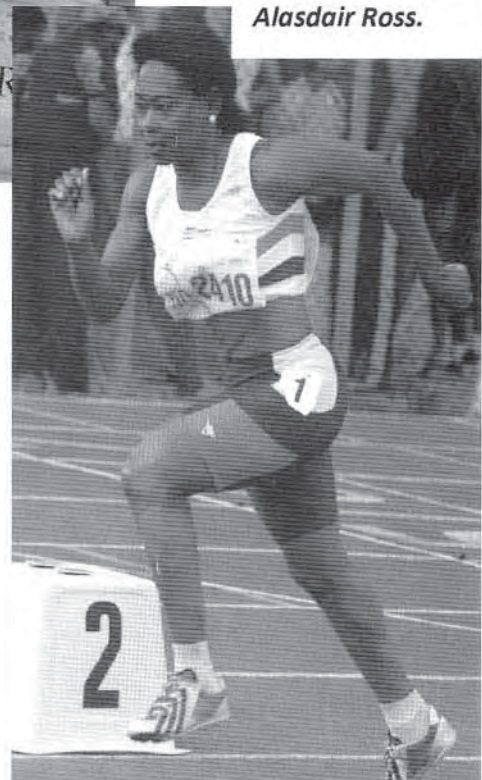
Above: Alasdair Ross.



Left: double gold and world record M55 100m & 400m relay team l - r Geoff Walcott, Chris Padmore, Wally Franklyn, Alasdair Ross.



**Right: Kirstin King, W45 - dble sprint golds.
Far right: Joylyn Saunders Mullins, W50 400m silver.**



BRITISH AND IRISH MASTERS INTERNATIONAL CROSS COUNTRY 17/11/07, STORMONT CASTLE, BELFAST, by Ann Bath

SCVAC were well represented at the wonderful setting of Stormont Castle. The journey was certainly worthwhile as each participant came away with either a Gold, Silver, or Bronze medal, and there were excellent performances from the 3 reserves in the open race.

The facilities were very good with a large upstairs café and balcony actually overlooking the finish, so when the predicted rain came, many were tempted to stay inside and watch and listen to the commentary.

The 2K lap course was ideal from a spectator viewpoint as it looped around and it was very easy to see runners several times on each lap.

The course was undulating with wonderful views of Stormont Castle, and lovely loops through the woods. The women and M65+ were lucky as the predicted rain only amounted to a little light drizzle, but it was very



windy and cold. The M35-M60 had worsening conditions as the rain got heavier, making the downhill sections treacherous. The first event was the Open Race, and as expected, this was hotly contested by the reserves. They certainly showed their form, and the SCVAC ladies were 1st, 2nd and 11th. Tina Oldershaw (W40 10 mile national champ) stormed home first with a time only a few seconds adrift of the 4th team member in the main race, followed by Nicola Gomm (W45). W55 Susan James had a great run to finish 11th and faster than the 4th team member in the main race.

LADIES RESULTS IN THE INTERNATIONAL RACE (6K)

Jane Clarke W35 finished 9th overall and a Gold team medal for England. Ann Bath W55 ran for Scotland and a team Bronze medal. Pam Jones W65 secured a team Silver medal for England.

MENS RESULTS IN THE INTERNATIONAL RACE (8K)

Stephen Male M40 secured a team Gold medal for England. Des Michael (M55 national 10 mile champ) got a team Silver medal for England. John Exley moved up to M60 on the day, and was first M60 and got a team Gold medal for England.

Full results are on www.niathletics.org, scroll down and click on latest results.

After being whisked back by bus to our hotel the day was rounded off by a wonderful dinner and prize-giving ceremony at the luxurious Europa Hotel. This has been completely refurbished, and is in the Guinness Book of Records for having been bombed ten times! Guest of Honour giving out the medals was Mary Peters. Many commented that it was one of the best Internationals and the dancing carried on till late in the hotel. It was wonderful to see how a city can turn itself around, and you could sense the pride, and enjoy the friendliness of the locals. Let's hope we can get an even bigger representation next year at Swansea, Wales.

*John Exley
celebrated his
60th birthday by
winning the
M60 race, plus
a team gold
medal.*



SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

INDOOR TRACK AND FIELD CHAMPIONSHIPS Lee Valley Athletics Centre, 61 Meriden Way, Picketts Lock, London N9 OAS Saturday February 9th 2008

Track 60m, 200m, 400m, 800m, 1500m, 3000m, 60m hurdles, 3k walk Field LJ, TJ, PV, HJ, SP

Full timetable will be in programme . Closing Date January 26th

LATE ENTRIES WILL NOT BE ACCEPTED

Send to **STEVE CONNOLLY, 64 GODDARD ROAD, SWINDON, WILTS SN1 4HS**

PLEASE USE BLOCK CAPITALS Name..... Membership
No.....

Address.....post code.....

Telephone No. Day.....Evening.....

Date of Birth.....Age Group.....Age.....

First Claim Club.....

Events Entered.....

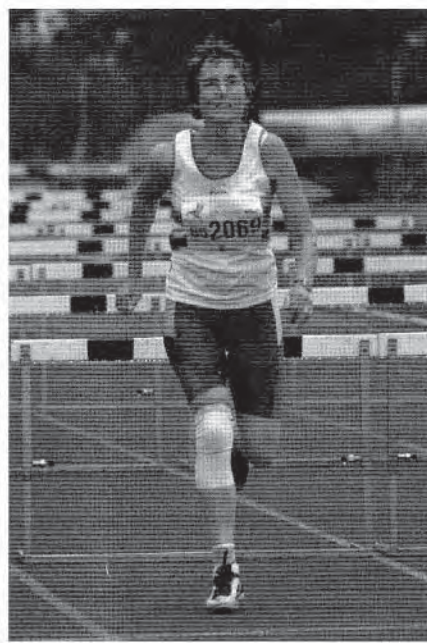
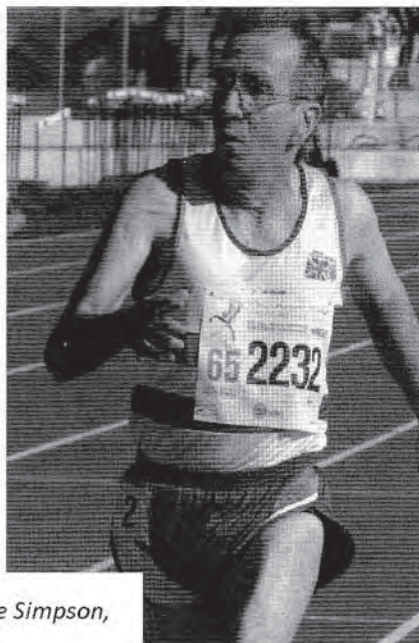
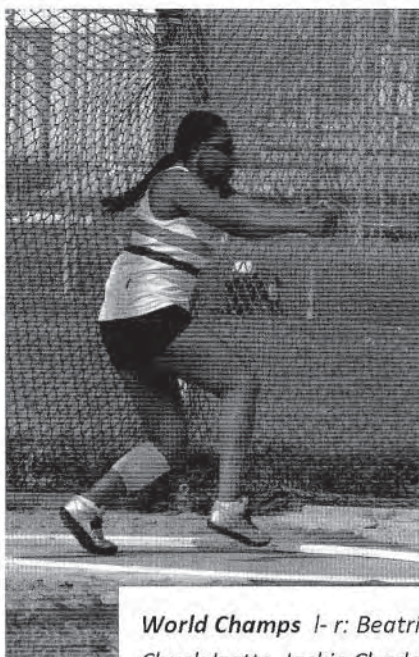
Entry fees : members £4 first event, £3 subsequent events, guests £5/£4

Cheque payable to SCVAC for £.....enclosed

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

Please enclose SAE, A5, 23x16cms for competition numbers, programme and map

MEMBERSHIP SUBSCRIPTION FOR 2008 MUST BE UP TO DATE. DO NOT SEND WITH ENTRY FORM



*World Champs l- r: Beatrice Simpson,
Chuck Izatts, Jackie Charles.*

Tom Phillips gives a “photographers - eye view” of Riccione!

Southerners were again amongst the best in the world at Riccione.

Pride of place? In my view, a dead heat between Kirstin King and the M55 4x400m relay team. Kirstin won the W45 100m and came back a couple of days later to take the 200m crown too, with a big smile on her face both times. There were five Brits in the M55 400m final. The four who made up the 4x400 relay squad were all SCVAC members, and pulled off a new World Record in great style. Chris Padmore was part of that team. After an indifferent summer and injuries since the winter, he was at the point of packing it all in. Then he got himself into a scintillating M55 200m final, ran a cracking heat in the 400m, and won his semi-final, before placing sixth in the final, which was one of the best races in the whole Riccione championships. A place in a World Record relay squad was then icing on a very satisfying cake!

No sooner had the dust settled from the M55 400 race, the M50 women took their turn. A world Record for Puerto Rico, and who powered into silver? None other than our own Joylyn Saunders Mullins, who had the biggest smile on her face in Riccione for the next 24 hours!

Brilliant to see Helen Godsell winning medals again. Barry Ferguson set a European sprint hurdles record, Ken Daniel narrowly missed a medal in the 1,500m. Wally Franklin got five M55 medals in all (100, 200, 400 and both relays). Good planning to have your 55th birthday just a couple of weeks before the Championships, Wally!

Pat Oakes and Jackie Charles took part in the heptathlon through the most abominable conditions, with Jackie ending up with a bronze medal, followed a few days later by a silver in the W65 triple jump.

Almost every round of every event gave Southerners something or someone to cheer. Whatever else one might think about Riccione, it was a great event from SCVAC's

point of view!

Monday. Arrive. Ooh, nice and warm, too. I could get used to this. Seems our tour operator has managed to persuade the Riccione organisers to start the Opening Ceremony parade in the evening from right outside our hotel. Good to see old faces (I mean that kindly). The Kiwi Team Manager tells me that their guys want to dance a haka, but are a bit shy. At a point that the parade slows to a crawl, with the Kiwis right in the middle of the local shopping mall, I sense the time is right for a photo opportunity, and talk them into it. Actually, they don't take any persuading at all! Opening Ceremony speeches 1/10, “erotic dancing” on-stage cabaret (what, you missed it?) 5/10, firework display 10/10 (or so I'm told) I'd gone to bed by then.

Tuesday. 8.45am BIG storm blows up from out of nowhere. Cold, rain and a severe gale. Cross country races get cancelled. “Softies”, say the decathletes and heptathletes, whose starts were merely delayed, meaning that they compete until after midnight in some cases.

Wednesday. Another storm over night wreaks havoc with the tented village at the main stadium which houses various concessions and information tents. This is just a couple of hours after they had rebuilt it following Tuesday's storm. The decathletes finish after midnight again, in some cases having only done three events yesterday, and taking on seven today. Big respect!

Thursday. I run a rubbish 100m but still find that a time just 0.01 faster got through to the semis. No excuses. Join the ranks of the paparazzi at trackside. Well, Lesley Richardson, Canadian Doug Smith and me, with occasional appearances by the official meeting photographers. Have to wear a fetching green bib to work trackside. I say “I feel like an office cleaning lady”. “I know where I could get you one”, says a colleague who will remain nameless.

Friday. Courtesy of yesterday's poor race, I have the whole day at my disposal to photograph the semis and finals of the 100's. Much delight at Helen Godsell's W50 silver

medal and Kirstin King's W40 win. Spend from 8.30am to 9pm on my feet, ending up taking pictures of the M65 5,000m in a nearly deserted stadium, thus missing the last shuttle bus back to the town. Even on evenings with competition scheduled until late, these stop at 8.20. One of many organisational shortcomings for which the Riccione Worlds will no doubt become notorious.

What a good thing that...**Saturday** ... was a rest day, unless you were involved in the re-scheduled cross-country races. I spend as much time as possible with my feet up, drinking coffee and doing both simultaneously.

Sunday. Tom's big day. Win my 200m heat in a new PB. Buy a new hat to fit new head, see the medics for work on "sprinters bum" (aka piriformis syndrome), and see out the day photographing the 800m finals at the Misano stadium, an hour's bumpy shuttle bus ride from the main stadium. Lucky to blag a taxi ride back to Riccione with some Yanks afterwards, as there were about 300 people waiting for shuttle buses that "officially" stopped running half an hour before. Some got home after midnight.

Monday. What, week two already? Got knocked out in the 200 semis, but ran my second fastest time ever. Job done. Back on with the green pinny, and loads of fun behind the camera again. Stood a bit close to the finish of an M50 200m semi and get a real shock to see how fast we sprinters really move! Have the honour today of adding pictures to my portfolio of shots of the M85 and W85 and above athletes.

Tuesday. My wife and I visit Urbino. We've wanted to go there for ages. It rains.

Wednesday. All morning at Misano photographing the 400m qualifying rounds. Take one set of shots from the start of the back straight, then jog to the finish line for more. Thus, for every heat, I run 100m, and as the older age groups went first, and the races

get progressively faster, and I have to jog faster. Reckon I did 50 x 100m reps that morning, carrying about 10 kilos of camera gear, and the green bib. Afternoon covering the hurdles qualifiers at Riccione. Very bored officials start getting fussy about where the photographers can and can't go. Get very hacked off, accidentally set my flashgun to the wrong setting, and take a load of indifferent pictures. I've got blisters from this morning, too.

Thursday. San Giovanni stadium by rickety bus to photograph some 10,000m races, and meet a load of friends I'd not so far bumped into. Manage to get most of my shots from a picnic chair beside the track. My feet are grateful. Then 400m semis at Misano, and another 25 x 100m reps getting the best shots.

Friday. A day I'll long remember for the sheer sporting excellence I saw at Misano, with the 400m and 1,500m finals. Hard physical effort to photograph them all, but great to be at trackside and be amongst the first to congratulate or commiserate. Such a shame that this Worlds has to work on split sites, as we hear snippets of great hurdles competitions going on at Riccione at the same time. I've made the sprint relay team for tomorrow, but can't drag myself away for an early bed. Bus back from the stadium dangerously overloaded.

Saturday. Tom wins a gold. Run lead off for the M50 sprint team, and we win. Actually, it isn't as simple as that, as three others have a hand in it, of course. It was close, but hey – World Champion! And it was the Germans and Yanks we beat, too. Pity that the organisers cancel the medal ceremonies for a two and a half hour lunch-break, and we never do get to stand on the podium. My feet don't hurt as I work at trackside that afternoon. I don't actually think they touch the ground!

And then it is all over. I find myself with a PB, a gold medal, 4,000 photos, blisters, photographer's stoop, a complimentary green pinny, and face-ache from two weeks of the

**World Masters Championships,
Riccione, Italy, Sept 4th - 15th
2007.**

*Clockwise from left:- Carl Sheldon,
Barry Ferguson, Bruce Charles
Pat Oakes*



Photos taken By Tom Phillips.

CLUB RECORDS

<u>HIGH JUMP</u>				<u>POLE VAULT</u>				<u>LONG JUMP</u>				<u>TRIPLE JUMP</u>			
W35	J. Brown	1.72	94	M. Newton	3.00	01	J. Brown	5.35	94	J. Brown	11.36	94			
W40	C. Drewry	1.55	86	S. Yeomans	2.72		J. Wills	5.35	91		10.23	92			
W45	J. Hulls	1.4	87	S. Yeomans	2.82	02	J. Charles	4.71	90	P. Oakes	10.18	94			
	I. Marti	1.4	90												
W50	J. Charles	1.26	92	S. Yeomans	2.91	03	J. Charles	4.57	93	P. Oakes	9.39	96			
W55	P. Oakes	1.21	01	D. McLennan	2.10	94	C. Graham	4.10	92	P. Oakes	9.03	01			
	J. Charles	1.21	99												
	J. Charles	1.21	00												
W60	J. Charles	1.21	01	D. McLennan	2.10	97	C. Graham	3.99	96	C. Graham	8.48	96			
	J. Charles	1.21	02												
W65															
W70										M. Williams	5.23	88			
W75															
W80															
M35															
M40	M. James	1.8	88	N. Phipps	3.80	92	M. James	7.15	90	B. Hull	13.84	91			
M45	E. de Andre	1.65	88	M. Edwards	3.60	89	A. Treacher	6.05	86	J. Vernon	12.37	91			
	G. Long	1.65	90												
M50	D. Talbot	1.61	04	J. Howe	3.20	92	F. Taylor	5.95	86	M. James	11.95	01			
M55	G. Hickey	1.52	91	A. Woods	3.39	86	R. Ruff	5.19	97	T. Chapman	10.64	93			
M60	A. Woods	1.40	90	A. Woods	3.30	89	A. Kalirai	5.11	88	L. Williams	10.58	86			
				A. Woods	3.30	90	A. Lovett	4.58	87						
M65	L. Williams	1.35	91	A. Woods	3.10	95	A. Kalirai	4.66	92	A. Kalirai	9.66	94			
M70	L. Childs	1.22	96	A. Woods	2.70	98	A. Lovett	4.52	88	A. Kalirai	9.31	98			
M75	S. McSweeney	1.18	87	A. Woods	2.20	03	A. Kalirai	3.52	03	A. Kalirai	8.17	03			
M80	J. Searle	1.05	85												
	J. Searle	1.05	88												
<u>SHOT</u>				<u>DISCUS</u>				<u>HAMMER</u>				<u>JAVELIN</u>			
W35	J. Kerr	13.48	85	J. Kerr	40.72	85	E. Augee	51.5	01	V. Thompson	34.06	90			
W40	J. Kerr	13.04	87	J. Wright	44.86	97	P. McNab	33.44	87	A. Goad	28.75	01			
W45	J. Kerr	11.50	91	J. Wright	34.29	01	P. McNab	40.84	90	D. Morris	32.14	90			
W50	E. Williams	12.13	92	C. Graham	30.30	90	R. Alexander	39.04	97	C. Graham	34.46	89			
W55	E. Williams	13.22	93	E. Williams	31.04	97	E. Williams	45.02	94	E. Williams	39.52	97			
W60	E. Williams	12.13	98	E. Williams	30.45	98	E. Williams	43.90	99	E. Williams	36.06	98			
W65	J. Ogden	9.08	92	J. Ogden	18.26	92	J. Ogden	29.52	92	J. Ogden	32.30	92			
W70	M. Williams	7.01	87	M. Grant-Stevens	16.21	05									
W75	M. Grant-Stevens	6.37	07							M. Williams	9.86	92			
W80															
M35															
M40	M. Fenton	14.62	96	C. Ellis	46.86	86	M. Fenton	61.35	98	K. Turnbull	60.22	89			
M45	M. Small	14.03	02	C. Ellis	48.44	87	M. Fenton	62.13	02	K. Turnbull	58.14	93			
M50	M. Small	15.45	04	M. Small	48.30	04	D. Bayes	52.56	86	R. Bartlett	53.78	91			
M55	G. Hickey	12.57	89	I. Briggs	41.30	85	D. Bayes	50.98	91	R. Bartlett	50.48	95			
M60	A. Woods	11.87	89	I. Briggs	41.82	92	P. McAvoy	39.58	92	V. Adcock	40.83	01			
M65	C. Brand	10.65	03	I. Briggs	41.08	93	P. Barber	44.94	99	C. Brand	41.20	3			
M70	B. Metcalfe	10.40	87	I. Briggs	33.20	99	P. Barber	43.82	03	B. Metcalfe	24.50	89			
M75	B. Metcalfe	9.02	92	B. Metcalfe	26.34	92	B. Metcalfe	26.14	92	A. Rawlinson	24.22	92			
M80	W. Baker	7.04	86	W. Baker	14.72	86				B. Baker	23.14	88			
<u>100m</u>				<u>200m</u>				<u>400m</u>				<u>800m</u>			
W35	A. Mullinger	12.7	93	S. Woodman	26.10	89	J. Bigos	59.03	89	J. Bigos	2:15.50	89			
W40	J. Vernon	12.76	86	B. Blurton	26.5	92	B. Blurton	58.38	91	B. Blurton	2:19.9	88			
	R. Allcock	12.7	87												
W45	H. Godsell	12.86	00	V. Bonner	26.1	97	E. Roe	61.75	00	B. Blurton	2:16.22	96			
W50	V. Parsons	13.30	96	V. Bonner	26.6	99	E. Roe	61.44	02	J. Hulls	2:30.2	92			
W55	V. Parsons	13.58	02	V. Parsons	28.66	01	P. Oakes	81.3	01	P. Jones	2:49.63	90			
W60	J. Ogden	14.83	91	J. Ogden	30.62	89	J. Ogden	76.1	88	J. Ross	2:57.2	90			
W65	J. Ogden	14.84	92	J. Ogden	31.34	92	S. Lowry	79.67	07						
W70	M. Williams	19.2	86	J. Waller	41.95	92									
W75	M. Williams	20.7	90												
W80															
M35	D. Scott	10.77	6	D. Scott	21.6	09									
M40	I. Green	11.1	86	D. Lucas	22.8	91	R. Bush	50.0	87	P. Browne	1:51.25	91			
	A. Ross	11.19	95	A. Ross	22.87	93									
M45	J. Browne	11.0	01	A. Ross	23.14	97	D. Elderfield	50.23	01	A. Kimber	2:00.85	82			
M50	W. Franklyn	11.60	02	W. Franklyn	23.70	02	W. Franklyn	52.63	02	B. Bartholomew	2:04.1	87			
M55	C. Williams	11.62	87	W. Franklyn	24.38	07	C. Williams	53.98	87	D. Thomas	2:11.0	85			
M60	C. Williams	12.7	91	C. Williams	25.5	91	T. Bissett	63.50	07	J. Charman	2:17.99	89			
M65	S. Stein	13.2	86	S. Stein	27.9	86	S. Brooks	63.2	95	D. Thomas	2:24.0	95			

M70	L. Williams	14.64	92	S. Stein	30.11	91	S. Busby	69.9	85	E. O'Bree	2:38.6	90
M75	S. Busby	15.6	87	S. Busby	31.8	87				P. Frean	4:00.5	92
M80	A. Beckett	17.77	90	A. Beckett	40.98	86	B. Baker	98.57	86			

1500m

W35	S. Young	4:33.14	91
W40	M. Statham	4:53.0	93
W45	D. Farnham	4:52.33	02
W50	J. Smith	4:58.74	92
W55	P. Jones	5:39.4	92
W60	J. Ross	5:51.6	91
W65	J. Ross	6:10.2	93
W70	J. Waller	6:55.8	92

5000m

S. Young	16:53.01	91
A. Fletcher	17:05.76	02
M. Govender	19:05.15	91
J. Smith	18:51.3	92
P. Fletcher	20:27.63	87
J. Ross	21:02.3	89
J. Ross	21:57.1	93
J. Waller	23:21.1	92

10000m

A. Fletcher	35:43.9	97
A. Fletcher	35:10.3	02
M. Govender	39:10.5	91
P. Jones	45:17.1	90
P. Fletcher	42:12.8	88
J. Ross	43:01.1	89
J. Waller	46:52.2	89
J. Waller	48:33.8	92

SPRINT HURDLES

J. Vernon	14.7	85
J. Vernon	11.78	86
P. McNab	12.65	89
J. Hulls	14.04	91
E. Williams	15.2	95
J. Charles	16.22	02

W75
W80
M35

M40	C. Thomas	3:59.88	89
M45	P. Molloy	4:02.4	94
M50	B. Bartholomew	4:14.2	87
M55	L. O'Hara	4:24.8	85
M60	L. O'Hara	4:42.3	93
M65	E. O'Bree	5:00.28	86
M70	E. O'Bree	5:30.5	90
M75	D. Adie	6:06.9	03
M80	W. Chapman	7:39.5	89

B. Foster	14:40.9	98
M. Duff	15:20.82	89
J. Dear	16:11.0	92
L. Foster	16:25.6	85
L. O'Hara	17:10.9	92
S. Charlton	17:52.7	91
L. Jones	20:52.0	85
L. Jones	23:27.9	92
W. Chapman	27:24.41	87

B. Foster	30:14.47	98
M. Duff	31:55.0	89
L. Presland	31:59.6	89
E. Richardson	34:13.7	90
G. Brindley	37:01.0	86
S. Charlton	37:39.3	90
R. Hale	44:15.1	97
L. Jones	47:13.88	91
W. Chapman	57:22.25	89

M. Coker	14.9	98
B. Ferguson	16.1	90
B. Ferguson	14.58	94
B. Ferguson	15.18	97
G. Daborn	16.61	92
G. Daborn	16.6	94
L. Williams	17.9	87
L. Williams	14.73	92
R. Evans	20.2	87

400/300m Hurdles

W35	S. Staples	66.96	00
W40	J. Farry	67.8	85
	S. Staples	67.8	03
W45	S. Staples	70.8	06
W50	J. Hulls	50.29	89
W55	J. Charles	64.5	98

3000/2000m Steeplechase

3000m Walk

G. Cann	19:37.5	
C. Bean	15:58	87
C. Bean	15:53.2	89
A. Lewis	15:57.7	98
A. Lewis	16:55.28	04
I. Hazle	21:03.0	86

5000m Walk

J. Bleach	29:34.4	86
S. Brown	25:01.0	92
A. Lewis	27:02.3	96
A. Lewis	27:09.1	98
A. Lewis	29:10.0	03

W60
W65
W70
W75
W80
M35

M40	M. Coker	54.57	98
M45	M. Coker	56.29	02
M50			
M55	A. Roker	62.91	05
M60	G. Daborn	47.6	93
M65	L. Williams	50.85	87
M70	L. Williams	55.77	92
M75	R. Evans	74.0	87

M. Dixon	09:31.6	85
M. Dixon	09:53.2	89
M. Doogan	11:03.16	91
J. Wood	12:36.9	88
G. Brindley	7:46.2	
G. Brindley	8:18.49	

P. Hannell	13:16.1	85
D. Stevens	12:54.1	85
D. Stevens	13:23.6	87
D. Stevens	13:57.4	91
D. Fotheringham	15:31	90
H. Jaquest	18:37.6	92
C. Megnin	17:08.7	86

P. Hannell	22:38.4	85
D. Stevens	22:25.0	85
D. Stevens	23:28.4	87
D. Stevens	23:08.1	91
D. Fotheringham	26:23.0	90
H. Jaquest	32:29.1	90
C. Megnin	28:06.3	86

PENTATHLON

W35			
W40			
W45	J. Charles	3119	90
W50	J. Charles	3253	92
W55	J. Charles	3174	98
W60	J. Charles	3714	02
W65	K. Koppel	3582	01

HEPTATHLON

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

DECATHLON

M35			
M40	P. Oakes	3223	93
M45			
M50	B. Loten	3324	95
M55			
M60			
M65	D. Haines	6051	06
M70			
M75			
M80			

Corrections and additions to
jeannecoker@yahoo.co.uk

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

Lee Valley Athletics Centre, Enfield, Middlesex.

Sunday 10th February 2008

(Under UKA/IAAF/WMA Rules)

FIRST EVENT – Pentathlon [Hurdles] 10.30am

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

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

Hotel Accommodation options will be posted on website before Christmas: (www.bmaf.org.uk)

ENTRY FEES: [which are non-refundable]

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

EVAC Championships: First Event £9.00 £5.00 each extra event.

OPEN Events: First Event Affiliated: £9.00 / Non-affiliated: £12.00 £5.00 each extra event.

CHEQUES AND POSTAL ORDERS MUST BE MADE PAYABLE TO

'BMAF' for Pentathlon and 'EVAC' for All other Events

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

MALE

FEMALE

Please use capital letters and state FULL POSTAL ADDRESS

Surname _____ First Name _____

Address _____

Date of Birth _____ Age Group for Event _____

E-mail Address _____

Telephone No. Home _____ Work _____

BMAF Affiliated Club: EVAC ToMVAC MMAC NVAC NIVAC SCVAC SWVAC SVHC VAA-NE VAC WMAA (Please tick ONE CURRENT CLUB ONLY) Non-Affiliated Athletes – UKA Club [Member of] _____

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

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

PB's 2006/ 2007: pentathlon total points: _____ events - _____
time/distance/height _____

Payment enclosed for Entry fees as follows:

£18.00/£9.00/£5.00 for BMAF Affiliated Member £ _____

£21.00/£12.00/£5.00 for non BMAF Affiliated Member £ _____

£9.00/£5.00 EVAC Member £ _____

[SAE Essential for Confirmation of Entry(not by phone)/NO RECORDED DELIVERIES ACCEPTED]2 0QU

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

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the BMAF 2008 Indoor Pentathlon / EVAC Championships and Open Events.

Signed _____ Date _____

Entries close THURSDAY 24th JANUARY 2008

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

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

[PLEASE NOTE: ATHLETES INSTRUCTIONS ETC, WILL NOT BE POSTED UNTIL 2nd FEBRUARY 2008]

The Southerner 200 + Club

Prizes won: September to November 2007

September, 2007: 1st £35 072 Mike Martineau 2400, 2nd £20 100 Colin Field 2938, 3rd £15 117 Brian Buonvino 0503.

October, 2007: 1st £35 018 Jack FitzGerald 0006, 2nd £20 111 Graham Page 2032, 3rd £15 218 The Southerner.

November, 2007: 1st £35 027 Wendy Dunsford 2900, 2nd 090 The Southerner, 3rd £15 231 Don Adie 3174.

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.*

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

TO: Ken Crooke, 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA. 02086564269.
email:kc003r3806@blueyonder.co.uk

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 _____
Branch Address _____
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 <u>80037249</u>
Please DEBIT my Account _____ (No) _____ (Name)
Reference _____
Signature..... Date.....
Print Name..... ANNUAL PAYMENT

FIXTURES WINTER 2007 TO SUMMER 2008.

INTERNATIONAL

Mar 17/22 2008 World Masters Indoor Championships, Jean - Pellez Stadium, Clermont - Ferrand, France.

June 14 Interland v. France & Belgium, Julie Rose Stadium, Ashford.

June 21/22 8th GB v US Decathlon / Heptathlon Challenge, Univ. of S. Missouri, USA.

June 23/Aug 3 Euro Vets Track & Field Champs, Ljubjana, Slovenia.

NATIONAL

Feb 10 2008 BMAF Indoor Pentathlon Champs, Lee Valley Athletics Centre, N. London.

Feb 23/24 BMAF Indoor T & F Champs, inc. full winter throws, Lee Valley Athletics Centre.

Mar 16 BMAF Half Marathon Champs, Bath.

Mar 29 BMAF Cross Country Champs, Banbury.

May 17 BMAF Road relays, Sutton Park, Birmingham.

May 25 BMAF Pentathlon, 10,000m and long distance walks, Horspath Stadium, Oxford.

June 22 BMAF 5k Road Running & Walk Champs, Horwich.

June 28/29 BMAF Track & Field Champs, Alexander Stadium, Birmingham.

Sept 13/14 BMAF Decathlon/Heptathlon Champs, Horspath Stadium, Oxford. Contact Bruce Charles, 01235 211532. email: bruce.charles@ntlworld.com

Sept 21 BMAF Marathon Champs, Anglesey.

SOUTH

Dec 16 2007 SCVAC Cross Country Champs, Reigate Priory Park. Contact Ann Bath, 0208 398 2775, email: madshus@tiscali.co.uk

Dec 22 VAC Cross Country, Wimbledon, 14.30. Contact Bob Belmore for all VAC Cross Country & Road events, on 01428 654749.

Jan 12 2008 Sussex Cross Country League, Stanmer Park, Brighton.

Jan 19 VAC Cross Country Champs, Wimbledon, 14.30.

Feb 9 SCVAC Track & Field Indoor Champs, Lee Valley Athletics Centre.

Feb 16 VAC Cross Country, Wimbledon, 14.30.

Feb 16 Surrey Cross Country League.

June 1 SCVAC Track & Field Champs, Julie Rose Stadium, Ashford, Kent.

WALKING NEWS: from Dave Sharpe.

October 13th, 5k walk, Queen Elizabeth Stadium, Enfield.

M45 1st Ivor Groves 32.44 M50 1st Dave Sharpe 28.16. M60 1st Amos Seddon. M65 1st Shaun Lightman 28.51. 2nd Mick Harran 29.26. 3rd Chris Flint 30.33. M70 1st Ron Powell. 31.42 M75 1st Doug Fotheringham 32.34. 2nd Peter Emery 38.49. M80 1st Harvey Jacquest 43.55. .

W55 1st Ann Lewis 38.39.

Nov. 10th Open 7 miles.

M50 1st Nick Sylvester 56.15. M50 2nd Dave Sharpe 65.54. M65 1st Amos Seddon 66.26. 2nd Mike Harran 68.55. Gary MacDonald M50 70.40, Ron Powell M75 72.37, Nolan Simmonds M65 73.73 .
Barbara Eldon W60 82.10.

FIXTURES. Dec 16 10.30, Ilford Xmas 10k, Chigwell Row.

Dec 26 11a.m. Enfield & Haringey A.C. Boxing Day walkers & runners 5k, Lee Valley Stadium.

Dec 31 11a.m. Ely New Years Eve 10k. Contact Ron Wallwork on 01638751869.

2008- Jan 5 2p.m. 5 miles- Enfield League Opening Fixture & presentation of 2007 awards

Feb 16. 2p.m. 10 miles inc RWA & County Champs- Lee Valley Stadium.

Mar 15 2p.m. 5 miles - Pat Furey Open Races.

Mar 29 2p.m. Crawley 12 hour track event- walkers welcome.

Southern Counties Veterans Athletic Club Committee 2007.

OFFICERS

Chairman Arthur Kimber 22 Asquith Road, Wigmore, Gillingham Kent ME8 OJD Dartford Harriers. 01634 389554 arthur.kimber@talktalk.net

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

Club Secretary David Lipscomb, 120 New Road, Croxley Green, Herts., WD3 3EP. 01923448852. lippy@serpentine.org.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

Contributions for the April 2008 edition of The Southerner to be sent to Rosemary Champion by March 21st 2008.

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

Handwritten notes:
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