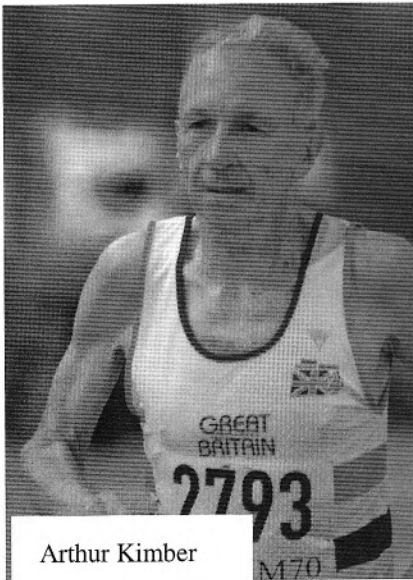


The

No 53, April 2008

# Southerner

THE MAGAZINE OF THE SOUTHERN  
COUNTIES VETERANS ATHLETICS CLUB



Arthur Kimber



Fiona Argent



Brian Slaughter

## FRANCE



Glen Reddington

**World  
Indoor  
Champs  
2008-  
Clermont  
Ferrand**

PHOTOS: Tom  
Phillips



Jenny Brown

**SOUTHERN COUNTIES VETERANS ATHLETICS CLUB TRACK AND  
FIELD CHAMPIONSHIPS Julie Rose Stadium, Kennington Road,  
Willesborough, Ashford, TN24 9QP**

**Sunday June 1<sup>st</sup> 2008**

**Track 100m, 200m, 400m, 800m, 1500m, 5000m, 80/100/110m hurdles, 300/400m  
hurdles, 2000/3000mSC, 3k walk**

**Field LJ, TJ, PV, HJ, SP, DT, HT, JT**

**Full timetable will be in programme**

**SCVAC Track and Field Championships 2008 Entry Form**

**Sunday June 1<sup>st</sup> 2008 Closing Date Saturday May 10<sup>th</sup>**

**LATE ENTRIES WILL NOT BE ACCEPTED**

**Send to STEVE CONNOLLY, 64 GODDARD AVENUE, 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(no medals)**

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

**Signature.....Date.....**

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

**MEMBERSHIP SUBSCRIPTION FOR 2008 (£11) MUST BE UP TO DATE. DO NOT SEND  
WITH ENTRY FORM**

**FROM THE EDITOR- Rosemary  
Champion.**



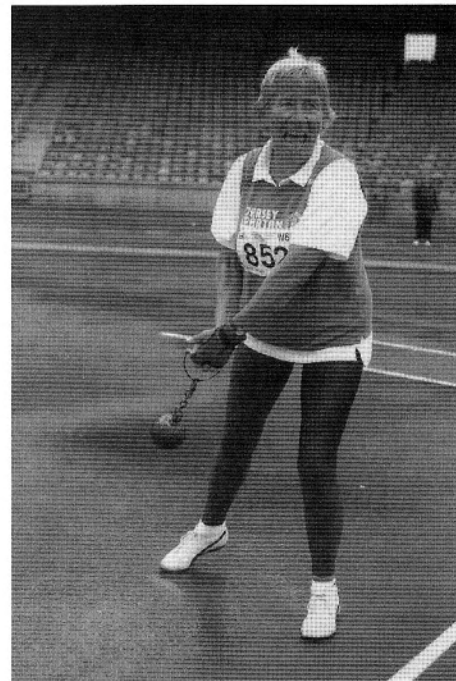
*Welcome to the Spring 2008 edition of the Southerner magazine. It's the year of the Beijing Olympic Games, which may well inspire some of you! In our household, everything comes to a standstill, as Alan watches ALL the repeats. The house, garden and social life are all neglected. So I might just have to sneak out for some retail therapy.*

*Congratulations to all of our Club members who have competed indoors this winter, both here and in France. You deserve top marks for clearing the first hurdle i.e. the check - ins at the airports,( and more especially, Heathrow. )*

*I hope to see some of you in competitions this year. That is, if the Glucosamine tablets work. They're supposed to be for "healthy joints". I had thought about growing something in my garden for "healthy joints" but someone told me it was illegal.*



**Mrs Derrien's Diary: by Carole  
Derrien of Jersey Spartan A.C.**



Life is in a quiet period at the moment – long may it last, but I should know better than to take calm for granted. Like everyone else who entered the Championships in Riccione – I have a story or three to tell.....

It all started so well, flights on time to the UK, a relaxed evening meal with our hostess before travelling to Heathrow to catch our flight. We had been routed through Rome and despite an hours delay, we managed to catch our connection to Rimini with little stress. The flight over the spine of Italy in our small aircraft was spectacular, and we were in good spirits when we arrived in the evening sunshine – it was not to last – our luggage had not come with us! It was very dark by the time we left in our hire cars to find our way up the foothills to our villa – thank goodness Camilla had the route planned, we just followed the tail lights and hoped.

The villa – what can I say, it could have been absolutely gorgeous, the views were spectacular, the location idyllic, but – it hadn't been cleaned, we had no food or clothes, only toothbrushes hastily purchased at the airport. But, everything always looks better in the light of day, a foray to the local shops, which seemed to open before dawn, lots of brushing,

mopping and general chores (underwear to be dried in the oven!!) and all looked a lot better. Then, what became a twice-daily trip to the airport to hassle for our luggage – thank goodness we had arrived a few days early.

Our initial view of the stadiums was not good – we even failed to find one on the first recce because of a Motor Cycle ‘Grand Prix’ taking place, and it didn’t fill us with confidence. The arrival of half the bags lifted spirits a little and those of us who hadn’t got theirs were at least able to borrow from the lucky ones – except for my husband who couldn’t find anything in his size or colour,



and the girls had to take him to buy new underwear – I didn’t ask!

Eventually, all fell into place, but then we realized that although we were all Throwers, our competitions were in different stadiums, on different days and in no particular order; so a tight roster had to be drawn up to get people to the right venue at the right time. My own first was in the main stadium, then I caught the transport to Misano to catch up with Camilla, who would then take us on to San Giovanni to catch up with Catarina – I reckon we could nearly have walked faster and I was so glad that we didn’t have to rely on this mode of transport to get between venues, my already elevated blood pressure wouldn’t have stood the ordeal. It seems a lot of people missed events and others arrived 2 hours before – just in case; thank goodness for our hire cars. The final insult to injury was the fact that the Weights Pentathlon had been scheduled on the day of the relays and in the furthest apart venues – I was totally not amused having spent a long time convincing the powers that be that Throwers can run.

We hardly saw the rest of the GB team, in fact we saw more of them in San Marino than we did track side – we couldn’t support them as we were always somewhere else, usually out in the sticks at San Giovanni – which thankfully was the closest stadium to our villa – the only plus.

It wasn’t all bad, the trip to San Marino in the rain - meeting lots of lady competitors also buying leather goods; the Ferrari Museum bringing back many memories; another trip to San Marino, in the sunshine, catching up with a lot of male competitors, just to enjoy the views. We went into the Bat Cave at Grotto di Inferno – we have never experienced such blackness and were lucky not to have anything drop on us from what seemed like millions of pipistrelle bats.



However, we were not too sad to leave, very early on a beautiful

morning, for our trip home – this time it all went like clockwork, we even reached Jersey on time, but it had been a long day, and quite an experience.

Four days later we were off again – two days hard labour at my son’s house – then, British Columbia for nearly 3 weeks, followed by a visit to my family just outside San Francisco. So you can imagine that getting back to training has been hard, the dark evenings had arrived whilst I was away, along with wind and rain – yeuk! It is all going well at the moment, fitness is returning – but, I am not sure what I am going to do with all this good health and general well-being – I am off to Dubai, New Zealand and Australia and will miss all the indoor competitions, then the question will be, can I possibly be fit again for Ljubljana?

## *From Club Secretary* *David Lipscomb.:*



Having promised Rosemary a note for the Southerner, I have made myself a cup of tea and am staring at a

blank piece of paper feeling much as a sprinter in their starting blocks but in my case not knowing where to go !.

If you have joined the Southern Veterans Athletic Club in the last few months then a warm welcome to you.

As I write, we have now completed the main domestic Indoor Track and Field Championships. In respect to our own Indoor Track and Field Championships I would like to thank all the officials, athletes and volunteers who made the day run smoothly. A special thanks also to Steve Connolly, the club's entries Secretary who offered his services in 1997 and who continues to do a terrific job in this field. While being Chairman of the club and having organised the officials, our Chairman was awarded no special favours as he found out when he was disqualified from his race for running out of his lane!

At the BMAF Indoor Track and Field Championships and Winter Throws, it was good to see the club represented so well with many of our club members winning medals and in some cases breaking records.

So what have we to look forward to...?

By the time you have read this the World Indoor Track and Field Championships in Clermont Ferrand will have taken place. It would be good to hear from members what they thought of these championships.

Domestically the BMAF Cross Country Championships will have been held in Banbury and we are the organising club this

year. A special thanks goes to Ann Bath who has been dealing with the entries for this event and also to Dave Wheeler and his colleagues at Oxford City AC, for all the local arrangements at Warriner School regarding the course and hopefully removing the frisky bull from the farmer's field which formed part of the course !!

On a more serious note despite Arthur requesting in the last edition that somebody look after the Club Kit and Medals after the sudden death of Jim Day, it is disappointing to note that nobody has volunteered for these roles. For the time being, Arthur and Robert Murkin have added these duties to their ever increasing list of jobs they perform so efficiently for the club. This is not ideal however and therefore if you are reading this and feel that you can perform either of these roles ( which can be split), Arthur, Robert or myself would be delighted to hear from you and tell you more about what would be involved.

Finally as I've nearly finished my cuppa, best wishes to you all for a good summer, whatever you do.

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### **SCVAC CROSS COUNTRY CHAMPIONSHIPS, 16/11/07 REIGATE PRIORY - report by Cross Country Secretary Ann Bath.**

Last year proved very popular incorporating our championships with the Reigate A C Priory Holly run so we decided to do this again. It is very convenient for travelling by car as it is 1 mile from the M25. It is so good to have a real undulating cross country course, out and back so in places you get a good chance to check out other competitors' positions! Many thanks to Robert Murkin for providing a very spacious tent which was ideal for changing and leaving kit in. It was also big enough to shelter in if the weather was bad but once again we had a glorious sunny crisp December day. We also set up a table to serve welcome post race refreshments which included mulled wine, hot ginger, mince pies and cookies. We had two ladies compete and Bridget Davey was fastest

with an excellent 20.18 for the 3 mile course and 13th overall.

Eight men competed the 6 mile course and fastest was Scott Smith-Bannister in 34.51, also 13th overall. It was good to see 2 M70's competing for the medals.

We hope to hold the championships here again and thanks to Reigate Priory A C for all their pre-race help and letting us use their race for our championships.

**SCVAC CROSS COUNTRY  
CHAMPIONSHIPS, SUNDAY 16TH  
DECEMBER 2007, REIGATE PRIORY  
PARK**

**SCVAC CHAMPS HOLLY RUN**

W40 Bridget Davey SCVAC 20.18 1 13 W55

Ann Bath SCVAC 28.00 1 58

M40 Scott Smith-Bannister SCVAC 34.53 1

13 M50 Walter Hill Crawley AC 39.53 1 31.

Jeremy Carmichael. M55 Steve Connolly

Swindon Harriers 42.27 1 47 M60 Geoff

Newton Tadworth AC 40.03 1 32 M65

Michael Dee Henfield Joggers 54.46 1 105

M70 Brian Shave SCVAC 54.54 1 106 Ken

Sheppard SCVAC 56.43 2 114

## ***NOTICES***

The 2007 Veteran Women's Track & Field Ranking book is now ready. It can be obtained from Mrs Sally Gandee at a cost of £3.50 (cheques payable to Mrs S Gandee please) together with an A5 2nd class stamped self addressed envelope. The address to send to is 4 Westfield Road, Hertford, Herts, SG14 3DJ.

**Road Races 2008- news from  
Walter Hill, Road Running  
Secretary.**

We now have a confirmed date for the Epsom 10 mile. The date for the Epsom 10 has never before been fixed this early in the year. But I can confirm it will be Sunday Nov 16<sup>th</sup>.

This year the Road Race series kicks off with the Ted Pepper 10K on the 5<sup>th</sup> May at 11am.

We have been very fortunate to be invited back to use this race as our Club Championships. In my opinion this event is

the true club race promoted for club athletes. Furthermore, the entry fee is very realistic, you can guarantee that the course is accurate and the timing and marshalling is spot on. You finish knowing you can have a shower and a then enjoy refreshments with club members at a very reasonable price.

This year there is a further incentive to run as we will be celebrating the achievements of **Jim Day**. I am sure you are aware that Jim was a member of the promoting club. I will always remember on race day that Jim would at the refreshments station to provide fluids to the athletes. Less than an hour later he was working out the results to establish who should receive a SCVAC Medal. I will miss him. Jim was a gentleman that we all respected in the world of athletics. To celebrate his achievements the committee have actioned a special SCVAC award which will be awarded to the best age related achievement of the day. This award will be presented at the AGM in December 2008.

Enclosed in this newsletter is a copy of the entry form. I look forward to another Bank Holiday Monday which I know will be special in 2008

## **GET WELL SOON**

**ARTHUR:** We are shocked to hear that our Chairman Arthur Kimber was rushed into hospital on Sun. March 30<sup>th</sup> for an emergency operation to remove a ruptured appendix. Only the week before, he was running in the World Indoor Championships!

**All of us at SCVAC wish him a speedy recovery.**

**BLACKHEATH AND BROMLEY HARRIERS AC  
PRESENT**

# **THE TED PEPPER MEMORIAL ROAD RACE**

**AN OPEN ROAD RACE OVER 10KM  
INCORPORATING SCVAC 10KM CHAMPIONSHIPS  
UNDER UK ATHLETICS RULES  
MONDAY 5 MAY 2008, 11.00AM START**

**SEAA LICENCE NO: 10263  
COURSE MEASUREMENT  
CERTIFICATE NO: SEAA 02/036r**

Venue: Langley Park Boys School  
South Eden Park Road, Beckenham, Kent  
(Parking, changing, showers, refreshments)

Course: 3 laps, accurately measured and almost flat.

Awards: Winner: TED PEPPER MEMORIAL TROPHY

Prizes: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Man and Woman

Individual Vet Prizes according to entry

SCVAC, individual medals in 5year age groups

Fee: £6.00 BAF Affiliated Clubs, £8.00 Non Affiliated, Additional £1 SCVAC Members, £10.00 Late Entries, including on the day (on the day also accepted for SCVAC)  
Cheques payable to "Blackheath and Bromley Harriers AC", enclosing Entry Form and large (A5) SAE for acceptance and details to:  
Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent  
(E-mail: andytucker@hotmail.com)

**MEMENTO ALL FINISHERS**

Closing Date: For postal entries Monday 28 April 2008 or race limit of 250

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ENTRY FORM – BLOCK CAPITALS PLEASE – PHOTOCOPIES & STANDARD ENTRY FORM ACCEPTED

Surname: Forename: Male/Female

Address:

Postcode:

Affiliated club, if any:

Member of SCVAC entering Club Championships: Yes/No Membership No, if known:

Date of Birth: Age on 5 May 2008 (minimum 15 years old):

Telephone No. (including STD code):

I certify that I will not take part in the race unless I am medically fit to run and I will in no way hold the Organisers responsible for any injury, illness, accident, loss or damage resulting from my participating in the event. I will abide by UKA rules governing this event.

Signature: Date: Fee: £6.00 Affiliated £8.00 Non-Affil.  
£10.00 Late Entry

Add £1.00 SCVAC Cheques: "Blackheath and Bromley Harriers AC"

Entries to: Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent, BR2 7QQ

PLEASE DON'T FORGET YOUR FEE & LARGE (A5) SAE

Official Use Only  
RACE NO.

## **SCVAC INDOOR CHAMPIONSHIPS**

**Feb 9<sup>th</sup> 2008- a report by Arthur Kimber.**

For the first time in our history a full indoor championships was held at Lee Valley on February 9<sup>th</sup>, and with 184 entries produced close and exciting competition.

The most pleased athlete was M75 Gordon Daborn who set a British record for 60m. hurdles with 12.38. Two other hurdles performances stood out, M45 Glen Reddington's win in 8.92, not far outside the British record, and Meryl Austin's 9.68 to take the W40 title.

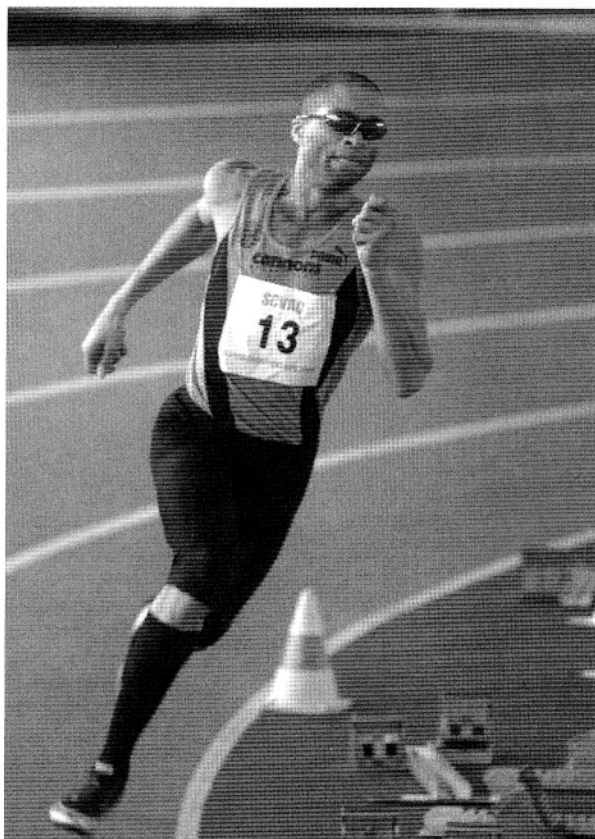
In the 60m. men in most age groups faced heats and had to work hard to reach the finals. Pat Logan ran a good 7.40 to take the M45 title, while the M55 race produced a very close finish, Wally Franklyn (7.76) just edging out Alasdair Ross (7.77). Kirstin King easily won the W45 race in 8.20, Helen Godsell took the W50 in 8.60 and Emily MacMahon, back on form after illness, the M55 in 9.29.

In the 200s Will MacGee ran a fast 23.46 to win the M35, Pat Logan completed an M45 double in 24.30 and Tom Phillips took the M50 title in 25.97. In the M55 race Alasdair Ross turned the tables on Wally Franklyn recording 25.24 to Wally's 25.48, while Kirstin (27.36) and Helen (28.94) added second golds to their 60m. successes.



Fast times in the 400 races gave Edward Williams the M35 title in 51.41, Kermit Bentham the M45 in 53.59 and **M55 Alasdair Ross** (left) his second gold in 56.60. The middle

distance events were less well supported, but



**Edward Williams** (above) took his second gold as he got under the classic barrier with a 1:59.68 800m., while superstar Arthur Thompson walked 3000m. in 15:52.3 for the M70 title.

Most field events had small entries. The pole vaulters deserve a mention in two age groups. Allan Williams won the M50 with 3.60 to David Blunt's 3.40 for silver, while the M55 had Nick Phipps, 3.20, beating Tony Watson, 3.00. The female shot putters produced good performances in the W55, W60 and W70 groups, Vilma Thompson 10.78, Liz Sissons 10.35 and Evaun Williams 10.08. The BMAF indoor championships were to follow two weeks later and the prospects for SCVAC athletes looked promising.

**60m W40** 1 Lolita BYFIELD-MOORE(G) 8.67, 2 Yvonne SALMON 8.68, 3 Alexandra DAVOILE(G) 9.28, 4 Gill TREE 9.52; **W45** 1 Kirstin KING 8.20, 2 Gaye CLARKE(G) 8.87, 3 Angela FUDGE(G) 9.16, 4 Anne GOAD 9.41; **W50** 1 Helen GODSELL 8.60, 2 Joan TRIMBLE 9.36, 3 Sue KEEN 9.53, 4 Christine YOUNG 9.65, 5 Gwen CUNNINGHAM 9.79, 6 Christine SALVARY



9.85; W55 1 Emily MACMAHON 9.29, 2 Anne NELSON 9.62; W60 Daphne MARLER 13.09; 1 W65 1 Mary AXTELL 10.31, 2 Ann BOLITHO 10.70; W70 Valerie CASE 15.99; W75 Brenda GREEN 15.49; M35 FINAL 1 Will MACGEE 7.27, 2 Joe APPIAH 7.39, 3 Ben RADCLIFFE 7.75, 4 Nick LAUDER 7.94, 5 Julian SMITH 8.01; Heat 1, 1 Will MACGEE 7.32, 2 Joe APPIAH 7.41, 3 Neil LINCOLN 7.95, 4 Nick LAUDER 7.98; Heat 2, 1 Ben RADCLIFFE 7.84, 2 Julian SMITH 8.10, 3 Chris DOGGETT (G) 8.70; M40 1 Rohan SAMUEL 7.28, 2 Milton MACINTOSH(G) 7.66, 3 Lincoln CAMPBELL 7.69, 4 Q-Ell BETTON 8.25; M45 FINAL 1 Pat LOGAN 7.40, 2 Glen REDDINGTON 7.60, 3 John SHEPHERD 7.79, 4 Nick GROOCOCK 7.82, Glasford JONES(G) 7.83; Heat 1 1 Pat LOGAN 7.65, 2 Glasford JONES(G) 8.02, 3 Michael VASSILIOU(G) 8.16, 4 Des WILKINSON(G) 8.22, 5 Tom GORT 8.45, 6 Michael MAY 8.67; Heat 2, 1 Glen REDDINGTON 7.66, 2 Kwei SANKOFA 7.66, 3 Nick GROOCOCK 7.80, 4 John SHEPHERD 7.80, 5 Robin BAYNHAM 8.54; M50 FINAL 1 John BROWNE 7.83, 2 Tom PHILLIPS 8.00, 3 Trevor WADE 8.17, 4 Clement LEON 8.41; Heat 1, 1 John BROWNE 7.86, 2 David CURZON 8.08, 3 David MARTINDALE(G) 8.10, 4 Eddie COSTLEY 8.51; Heat 2 1 Tom PHILLIPS 7.99, 2 Trevor WADE 8.22, 3 Clement LEON 8.27, 4 Denis MINN 8.35, 5 Rod DAVIES 8.80; M55 1 Walwyn FRANKLIN 7.76, 2 Alasdair ROSS 7.77, 3 Ray WATKINS 7.97, Tom CLINTON(G) 8.89; M60 1 Ken SMEETH 8.23, 2 Terry BISSETT 8.48; M65 1 Charles ISETTS 8.98, 2 Card SHELDON 9.12, 3 Robert RUFF 9.42, 4 Roger BRUCK 9.83; M70 Colin FIELD 9.11; M75 Allan SOWDEN 9.96, 2 Ken LIVERMORE(G) 10.4; **60m hurdles** W40 1 Meryl AUSTIN 9.68, 2 Catherine GODDARD 9.70; W45 Gaye CLARKE(G) 9.68; W55 Emily MACMAHON 10.93; W65 Jackie CHARLES 13.58; M45 1 Glen REDDINGTON 8.92, 2 Des WILKINSON(G) 8.95, 3 Robin BAYNHAM 11.00, 4 Wayne MARTIN 11.07; M50 Brian SLAUGHTER 9.62; M55 Geoffrey KITCHENER 11.82; M65 Barry FERGUSON 10.64, 2 Bruce CHARLES 13.20; M75 Gordon DABORN 12.58; **200m** W40 1 Lolita BYFIELD-MOORE(G) 28.23, 2 Euphemia SCOTT 28.54, 3 Yvonne SALMON 28.57, 4 Alexandra DAVOILE(G) 30.40, Gill TREE 31.93; W45 1 Kirstin KING 27.36, 2 Lynn TALBERT 29.45, 3 Angela FUDGE(G) 30.76; W50 1 Helen GODSELL 28.94, 2 Christine SALVARY 32.26, 3 Joan TRIMBLE 32.28, 4 Sue KEEN 32.69, 5 Gwen CUNNINGHAM 33.18; W55

1 Anne NELSON 32.59, 2 Helen JAMES(G) 37.02; W65 1 Mary AXTELL 35.19, 2 Ann BOLITHO 38.12; W75 Brenda GREEN 59.4; M35 1 Will MACGEE 23.46, 2 Joe APPIAH 24.78, 3 Michael PEACOCK 25.32, 4 Nick LAUDER 25.61, 5 Julian SMITH 26.50; M40 Lincoln CAMPBELL 24.56, 2 Milton McINTOSH(G) 25.28, 3 Danny HODGE 26.30, 4 Lance CROFT(G) 26.30, 5 Eddie BAYNE(G) 26.55; M45 FINAL 1 Pat LOGAN 24.30, 2 Rez CAMERON 25.09, 3 John SHEPHERD 25.38, 4 Michael VASSILIOU(G) 25.52, 5 Robin BAYNHAM 27.96; Heat 1 1 Rez CAMERON 25.67, 2 Robin BAYNHAM 26.96, 3 Ty HOLDEN 26.96, 4 Tom GORT 28.50; Heat 2 1 Pat LOGAN 25.21, 2 John SHEPHERD 25.50, 3 Michael VASSILIOU(G) 25.88, 4 Michael MAY 28.24; M50 FINAL 1 Tom PHILLIPS 25.97, 2 Kevin CAREY(G) 26.22, 3 Eddie COSTLEY 27.69, 4 **Clement LEON (below) 27.79** Heat 1 1 John BROWNE 26.25, 2 Kevin CAREY(G) 26.64,



3 Eddie COSTLEY 27.50, 4 Rod DAVIES 28.33; Heat 2 1 Tom PHILLIPS 26.48, 2 David CURZON 27.19, 3 Clement LEON 27.73, 4 Denis MINN 27.85; M55 Alasdair ROSS 25.24, 2 Walwyn FRANKLYN 25.48, 3 Ray WATKINS 26.61, 4 Geoffrey KITCHENER 27.85; M60 1 Terry BISSETT 27.13, 2 Ken SMEETH 27.65, 3 Victor NOVELL 27.83, 4 Derek WARDLE 28.11; M65 1 Barry FERGUSON 29.42, 2 Charles ISETTS 29.43, 3 Card SHELDON 30.42, 4 Allan SOWDEN 32.79,

5 Bruce CHARLES 34.67; M70 Alan CARTER(G) 29.76; 400mW35 Deborah DOHERTY 66.38; W40 1 Euphemia SCOTT 65.35, 2 Yvonne SALMON 66.91; W45 1 Lynn TALBERT 65.73, 2 Sarah Heath 66.19; W50 1 Helen GODSELL 70.04, 2 Christine YOUNG 76.57; M35 1 Edward WILLIAMS 51.41, 2 Michael PEACOCK 56.45; M40 1 Lance CROFT 57.08, 2 Danny HODGE 57.11, 3 Geoff GALLAGHER, 58.33, 4 Eddie BAYNE 58.50; M45 1 Kermit BENTHAM 53.59, 2 Kwei SANKOFA, 3 Nick GROOCOCK 54.62, 4 Andy GANNAWAY(G) 57.75, 5 Robin BAYNHAM 61.26, 6 Ian MACKETT 65.28; M50 1 Kevin CAREY(G) 59.58, 2 Clement LEON 61.14, 3 Eddie COSTLEY 62.52; M55 Alasdair ROSS 56.60; M60 1 Terry BISSETT 68.91, 2 Victor NOVELL 71.68; M70 Colin FIELD 76.40; 800mM35 1 Edward WILLIAMS 1.59.68, 2 McQUILLEN-WRIGHT(G) 2.03.05; M40 1 Roger BRADLEY 2.14.69, 2 Leroy GOULD 2.15.06, 3 Geoff GALLAGHER 2.17.04, 4 David COULSDON 2.20.28; M45 1 Mark ASHBY 2.17.04, 2 Bob FURSEY 2.21.23, 3 Robin BAYNHAM 2.21.28; M50 1 Kevin ARCHER 2.14.97, 2 Malcolm MARTIN 2.15.27; M55 1 Joe GOUGH(G) 2.11.13, 2 Roger HEAD 2.52.94; M60 1 Derek WARDLE 2.29.24, 2 Ray LEWIS 2.49.05;

1500mW50 Anne LIPPITT 6.45.13; M35 C McQUILLEN-WRIGHT(G) 4.17.36; M45 1 Mark ASHBY 4.38.94, 2 Richard HOLLAND 4.39.51; M50 Keith McCLELLAN(G) 4.54.02; M60 Peter HAMILTON 5.10.42; 3000mW50 Anne LIPPITT 14.01.21; M45 1 Richard HOLLAND 9.42.06, 2 Glasford JONES(G) 9.42.83, 3 Bob FURSEY 10.10.16; M50 1 MalcolM MARTIN 10.02.72, 2 Keith McCLELLAN(G) 10.10.80, 3 Kevin ARCHER 10.22.45, 4 Andy CATTON 10.38.18; M60 Ptere HAMILTON 10.55.56; M65 Tony MERRITT 14.11.23; M70 Brian BOWERING 14.43.53; 3k walkW70 Valerie CASE 27.09.0; M50 1 Nick SILVESTER 13.7.70, 2 Trevor JONES 14.40.4, 3 Jon HALL 14.51.0, 4 Dave SHARPE 16.40.2; M55 1 Dave AINSWORTH 21.12.7, 2 Dave HOBEN 21.39.7; M65 1 Amos SEDDON 16.43.2, 2 Brian STURT 19.41.1; M70 1 Arthur THOMPSON 15.52.3, 2 Ron POWELL 19.06.0, 3 Bernie HERCOCK 21.08.5; ShotW35 1 Sue LAWRENCE 10.44, 2 Lesley RICHARDSON 6.76; W45 1 Julie WILSON 9.29, 2 Wendy DUNSFORD 9.21, 3 Anne GOAD 8.02; W50 Jenny PIERCY 7.82; W55 Vilma THOMPSON 10.78; W60 1 Elizabeth SISSONS 10.35, 2 Barbara TERRY 9.16; W70 1 Evaun WILLIAMS 10.08 2 Valerie CASE

4.10; W75 Marie GRANT STEVENS 5.76; M35 Mark WISEMAN 14.65; M40 David LIPSCOMBE 8.23; M45 1 Albert JOHNSON 12.72, 2 Guy PERRYMAN 12.12, 3 Alan LEIPER 11.28, 4 Wayne MARTIN 7.96; M50 Tim SAUNDERS-MULLINS 8.96; M60 Richard JEGOU(G) 10.90;

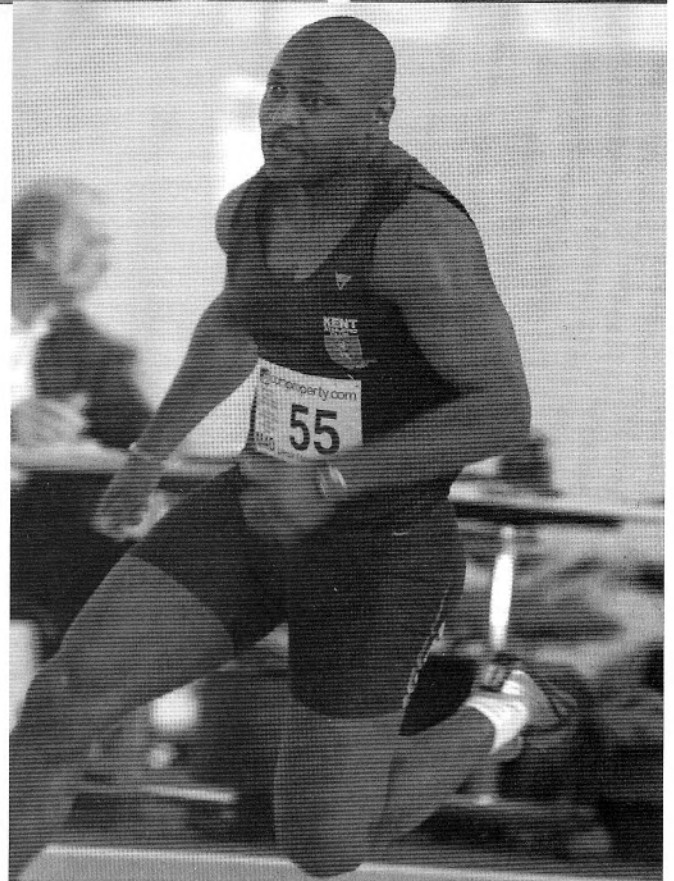
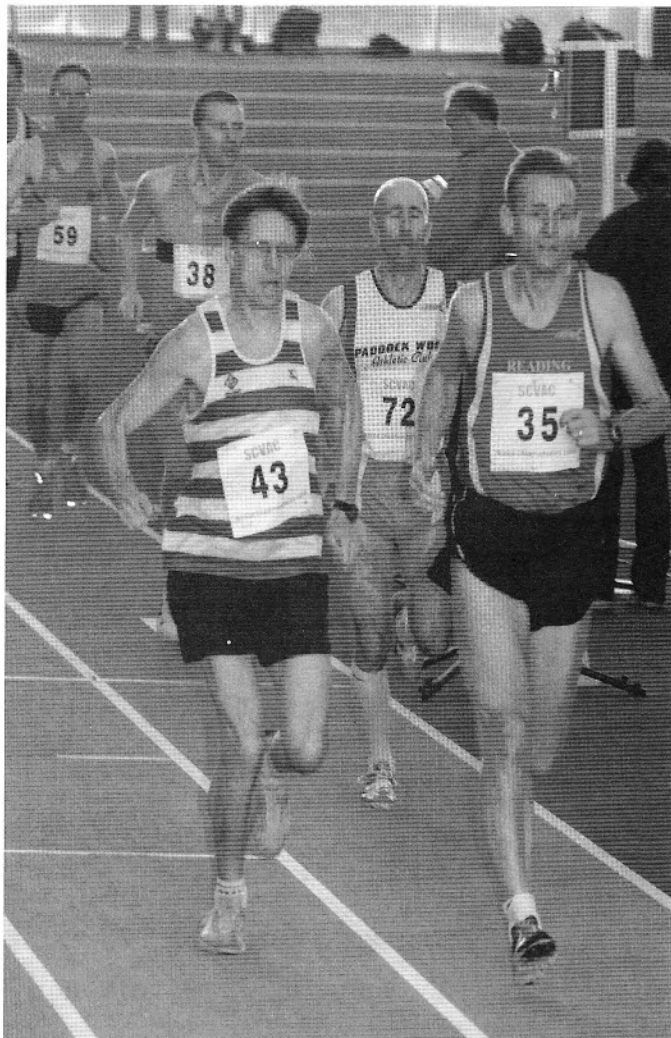
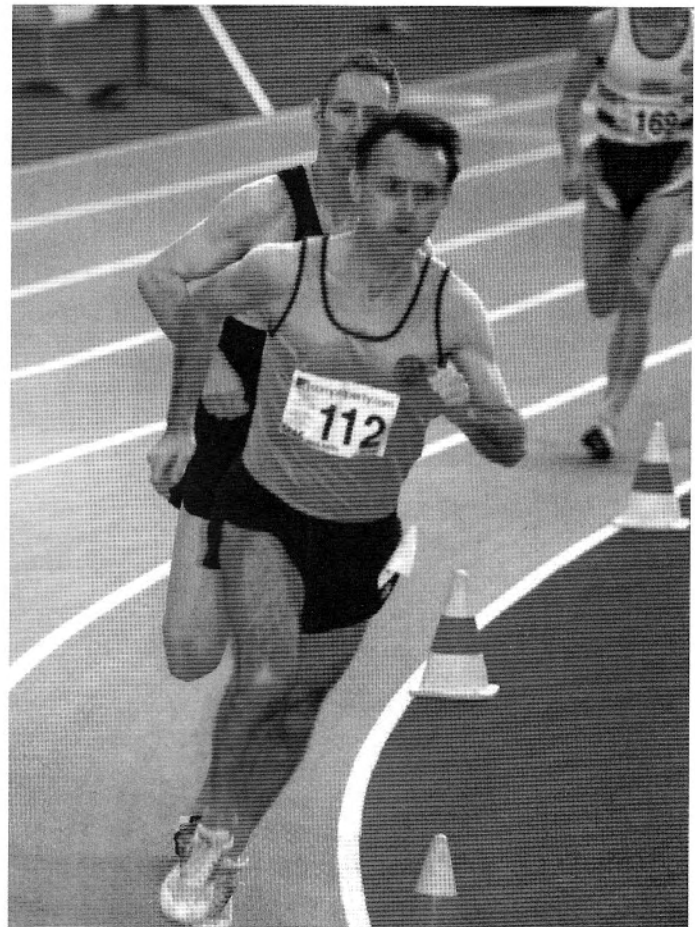
### Wendy Dunsford



M65 1 Garry NEGUS 11.16, 2 Brian HARLICK 8.28; M70 1 Gordon HICKEY(G) 9.60, 2 Norman FULLICK 7.39; M75 Jaroslav HANUS 8.39; long jumpW40 1 Catherine GODDARD 4.78, 2 Meryl AUSTIN 4.56, Alison DUKE 3.96; W45 1 Anne GOAD 4.05, 2 Teresa EADES; W50 1 Christine YOUNG 3.74, 2 Christine SALVARY 3.38; W60 1 Pat OAKES 3.04, 2 Daphne MARLER 2.40; W65 Ann BOLITHO 2.60; M35 1 Neil LINCOLN 5.60, 2 M45 1 Glasford JONES(G) 5.11, 2 Stephen LANGFORD 4.95, 3 Dave SHIELDS 4.72; M50 1 Trevor WADE 5.41, 2 Clement LEON 4.83, 3 Rod DAVIES 4.26; M60 Allan CHEERS 4.16; M65 1 Robert RUFF 4.15, 2 Roger BRUCK 3.79; M70 Colin SHEPPARD 3.05; high jumpW45 Teresa EADES 1.25; W60 Pat OAKES 1.10; W65 Jackie CHARLES 1.10; M40 Robert PEERS 1.45; M50 1 Trevor WADE 1.55, 2 Clement LEON 1.55, 3 David BLUNT 1.50; M55 Geoffrey KITCHENER 1.30; M65 1 Roger BRUCK 1.20, 2 Bruce

CHARLES 1.10;triple jumpW40 Meryl AUSTIN 9.99; W45 Teresa EADES 8.47; W50 Gwen CUNNINGHAM 7.53; W60 1 Pat OAKES 7.29, 2 Daphne MARLER 5.68; W65 Jackie CHARLES 7.14;M35 Neil LINCOLN 11.76; M45 1 Rez CAMERON 11.89, 2 Stephen LANGFORD 10.38, 3 Dave SHIELDS 10.33; M50 Trevor WADE 11.05; M55 Geoffrey KITCHENER 7.97; M60 Allan CHEERS 9.26; M65 Robert RUFF 7.90;pole vaultW40 Alison DUKE 2.30; W45 Teresa EADES 1.80; M35 Ben RADCLIFFE 3.20; M40 1 John ANDREWS 3.70, 2 Richard WATERHOUSE 3.30, 3 Alan EASEY(G) 3.20, 4 Robert PEERS 2.40; M45 Wayne MARTIN 2.80; M50 1 Allan WILLIAMS 3.60, 2 David BLUNT 3.40, 3 Brian SLAUGHTER 2.80; M55 1 Nick PHIPPS 3.20, 2 Tony WESTON 3.00; M65 Brian HARLICK 2.30

*The 1500m field.*



*Southerners Mark Ashby (top) & Lincoln Campbell made it a double, competing at the BMAF Indoors as well as the SCVAC Indoors.*

## **BMAF INDOOR CHAMPIONSHIPS 2008: report by Arthur Kimber.**

The BMAF indoor championships were held at Lee Valley on February 23<sup>rd</sup> and 24<sup>th</sup>, two days of competition with many outstanding performances.

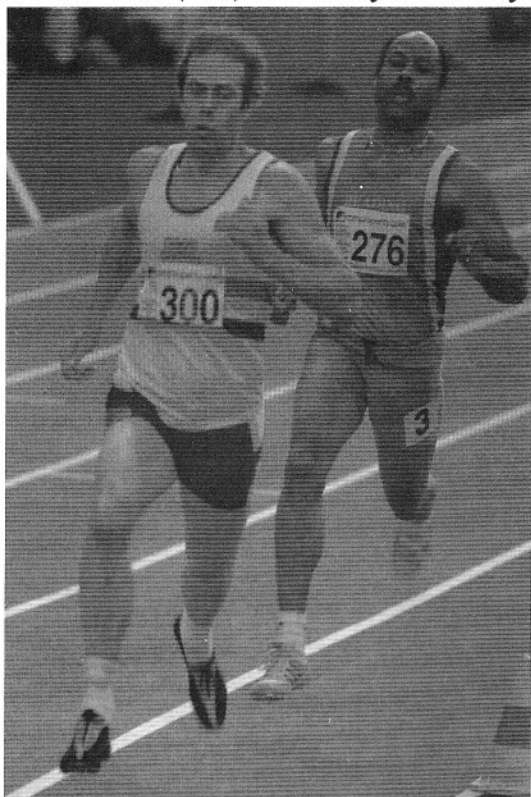
Four world records were set, two by SCVAC W70 Evaun Williams, and 19 British records, eight by SCVAC athletes, including two by M80 Ajitsingh Kalirai.

Evaun threw world records of 31.43 in the javelin and 10.67 in the shot plus a British hammer record of 35.00. Ajit Singh set British records of 2.62 for long jump and 5.94 for triple jump. In the sprints Kirstin King, fresh from her SCVAC indoor championships successes, equalled the British record of 8.14 to win the W45 60m. Glen Reddington took the M45 60m. hurdles for a record of 8.80 and Wally Franklyn ran 55.93 for an M55 400m. record. M75 Peter Barber, 14.18, set a British weight record and W75 Marie Grant-Stevens, 5.90, a British shot record.

SCVAC athletes featured heavily in the 60m. races. Matthew Richards took M35 gold in 7.19. Rohan Samuel M40 in 7.17 and Pat Logan won the M45, to add to his SCVAC title, in 7.36. Ken Smeeth took the M60 in 8.11. Helen Godsell easily won the W50 in 8.58, Emily MacMahon the W55 in 9.21 and Mary Axtell the W65 in 10.13. In the 60m. hurdles M65 Barry Ferguson ran a fine 10.38 to take the title and Emily ran 10.74 for her second W55 title.

Kirstin King doubled her gold tally with an easy 200m. win in 26.90 and Mary Axtell ran 35.20 for her second gold. Generally the men, in fierce competition, were less successful in 200s, but Will MacGee showed his class with a fine 23.28 to take the M35 title. In the M45 400m. Jonathan Tilt with a fast 53.77 had to settle for silver behind a very speedy British record, 51.11, by Daniel Maynard from Welsh Masters.

### ***Alastair Ross(300) & Walwyn Franklyn***



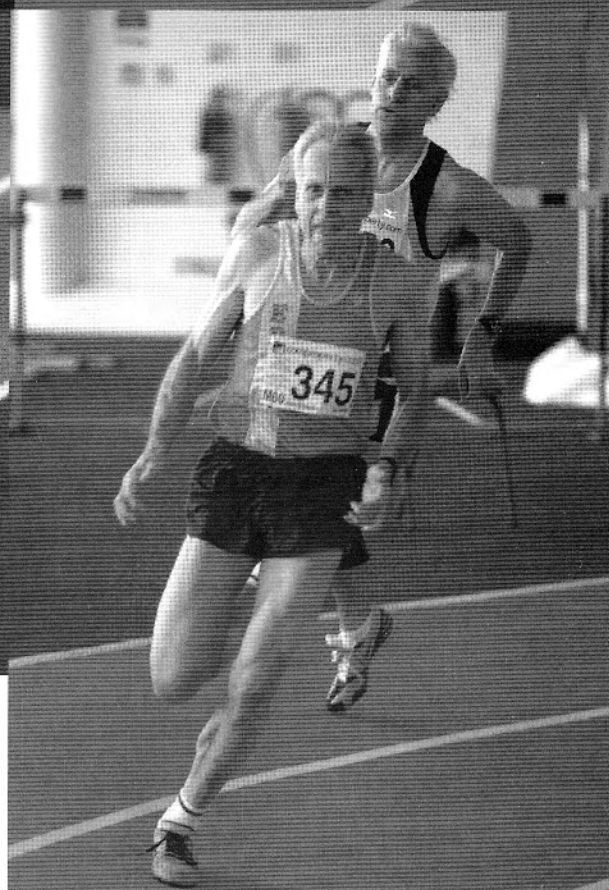
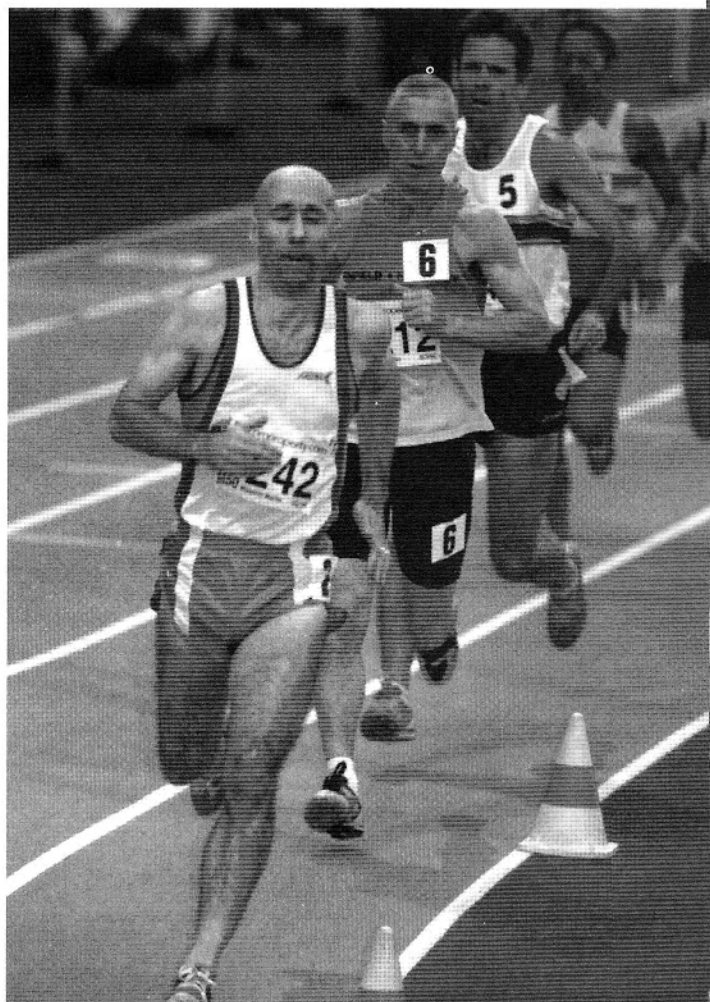
There were fewer middle distance golds than in the sprints, but Arthur Kimber took the M70 1500m. title in 5:50.35, Ian Johnston the M40 3000m. in 9:06.88 and Pam Jones the W70 3000m. in 14:28.8. Nick Silvester easily won the 3000m. walk in 13: 25.54.

In the field events M50s Allan Williams and David Blunt continued their SCVAC championships rivalry, Allan widening the gap by taking gold with 3.70 to David's 3.40, as did M55s Nick Phipps and Tony Weston, Nick extending the margin to win with 3.30 to Tony's 3.00. Other jumps gold medallists were M45 Masakatsu Kondo, 5.99, and M50 Trevor Wade, 5.48, in the long jump, while triple jump winners were Keith Newton, M35, with a fine 13.61 and M70 Michael Collins with 8.01.

In the shot Sue Lawrence took the W35 with 10.90 and Liz Sissons the W60 with 10.30. In the men's competitions Guy Perryman, 12.68, won the M45 in a very close contest with Rob Earle, 12.67,

while Eric Barker, 11.85, pushed Garry Negus, 11.60, into second place in winning the M65 shot and again in the weight, 12.93 to 12.45, but Garry turned the tables in the hammer, throwing 36.66 to Eric's 34.99. Michael Ferne won easily in the M60 discus with 43.40 and Chris Melliush narrowly took the M60 hammer title with 45.46.

Many of our successful SCVAC athletes will next be testing themselves in international competition in The World Masters Indoor Championships in Clermont-Ferrand, France.



*Top left: Malcolm Martin. Right: Pat Logan*

*Below right: Ken Smeeth*



# 28<sup>TH</sup> BURNHAM BEECHES HALF MARATHON

## Sunday 17<sup>th</sup> August 2008 at 10.00 am

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



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



**BARR Membership No. 955**

SEAA Course Certificate 06/112 & SEAA PERMIT (10175).

We regret that this course is unsuitable for wheelchair & disabled athletes.  
Race medical cover standard 3



**Awards: Medal to every finisher, spot prizes**

**Prizes:** Athletic Club Teams: 1<sup>st</sup> Male Team (4 to score); 1<sup>st</sup> Female Team (3 to score)

In age groups (M/F) 17-39, 40-49, 50-59, 60-69, 70+ (depending on entry)

**Entry fees:** £14.00 UKA affiliated, £16.00 other runners. Race limit 1200

[After August 6<sup>th</sup> £2 extra]

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

Cheques payable to 'Burnham Joggers'

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

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

I hereby apply for entry to the 2008 Burnham Beeches Half Marathon - **PLEASE PRINT ALL DETAILS CLEARLY**

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

£2 surcharge unless UKA registration number is supplied

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

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

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

Signed \_\_\_\_\_

Date.....

**PLEASE NOTE:**

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

- |                                   |       |
|-----------------------------------|-------|
| • <b>SCVAC Membership number:</b> | Enter |
| • <b>RRC Membership number:</b>   | Enter |



# **FIXTURES**

## **INTERNATIONAL.**

**2008: June 21/22:** 8<sup>th</sup> GB/US heptathlon challenge, Univ. of South Missouri. Contact Bruce Charles, tel.01235 211532. email bruce.charles@ntlworld.com

**June 21:** Interland v France & Belgium; Julie Rose Stadium, Ashford.

**July 23/ Aug 3:** Euro. Vets Track & Field Championships, Ljubljana, Slovenia.

**Nov 15:** British & Irish X country international, Swansea.

**2009: Mar 26/29:** Euro. Vets Indoor Championships, Ancona, Italy.

**May 29/31:** Euro. Vets non stadia championships, Aarhus, Denmark.

**July 28/ Aug 8:** World Masters Track & Field Championships, Lahti, Finland.

## **NATIONAL. All events organised by the BMAF.**

**May 17:** Road relays, Sutton Park, Birmingham.

**May 25:** Pentathlon, 10k track run & 10k track walk, Horspath Stadium, Oxford.

**June 15:** Weight pentathlon championships, Milton Keynes.

**June 22:** 5k.road running & walk championships, Horwich.

**July 5/6:** Track & field championships, Alexander Stadium, Birmingham.(10k track run moved to May 25 with outdoor pentathlon.)

**July 12:** 10k road walk championships, Enfield.

**Sept 13/14:** decathlon/ heptathlon championships, Horspath Stadium, Oxford. Contact Bruce Charles (as above)

**Sept 21:** Marathon Championships, Anglesey.

## **SOUTH.**

**June 1:** SCVAC track & field championships, Julie Rose Stadium, Ashford.

**Sept 7:** SCVAC track & field league final, Ashford.

**St Mary's Richmond A.C's Open & Masters meeting will be held on Sunday 14th September at St. Mary's College University, Twickenham - contact**

**John Curtin 01932 787658 email jcbuying@btinternet.com**

**Sept 7<sup>th</sup> - The Kent Coastal Marathon, at 9.30 a.m., start/finish in Margate. KENT COUNTY & SCVAC CHAMPIONSHIP. Organisers- Thanet Roadrunners AC. Fees- affiliated £13, non- affil. £15. Entries on day if available £16. SCVAC- add £1 to entry fee.**

## Southern Counties Veterans Athletic Club Committee 2008.

### 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 Croke**, 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

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**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 01793 538245 steve.connolly@ukgateway.net

**Club kit & medals- VACANCY.**

### WEBSITE INFORMATION:

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

**Contributions for the Sept.2008 edition of The Southerner to be sent to Rosemary Champion by Aug. 25<sup>th</sup> 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

**The Southerner "200 Club"**- if you would like to buy shares, please contact Ken Croke, Assistant Treasurer, tel. 020 8657 4269; 8 Rylandes Road, Selsdon, South Croydon, CR2 8EA.