

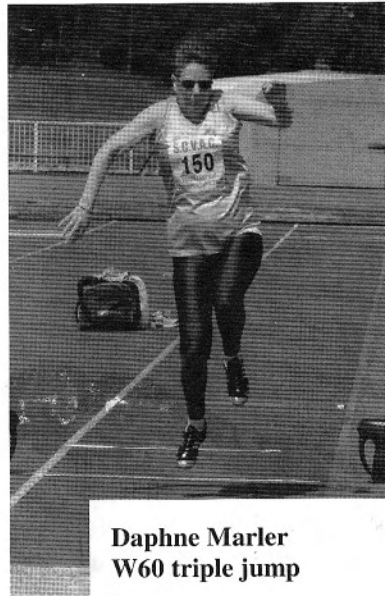
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No 54, Sept. 2008

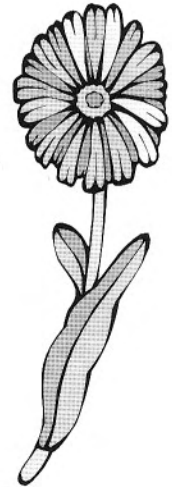
SOUTHERNER

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

Summer



Daphne Marler
W60 triple jump



Helen Godsell &
Joylyn Saunders -
Mullins, W50 sprints

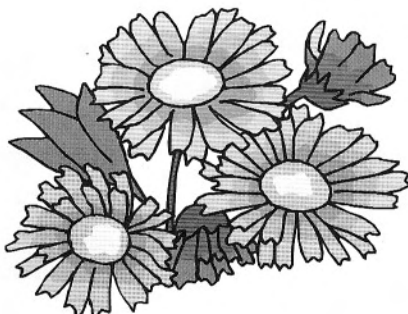
Photos: Tom Phillips



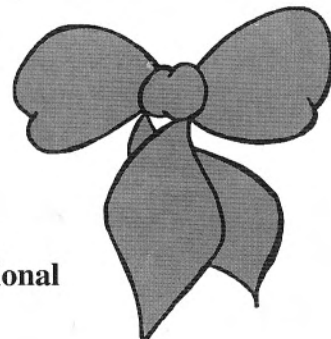
Pat Halstead, W55
longer distances



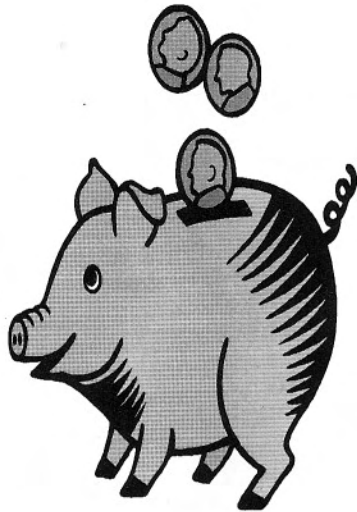
Sue Lowry, W60 sprints
& mid. distance



A "bouquet" of SCVAC ladies who competed this summer in local, national or international events!



22840



FOR THE URGENT ATTENTION OF MEMBERS WHO PAY BY STANDING ORDER

The membership subscription for 2009, due on Jan. 1st, will increase to £9.

If you pay by standing order, please can you advise your Bank immediately of the new amount for January 2009. This will save me the problem of having to chase members for the outstanding balance. Also please remember that some of you include your £12 subscription to the 200 Club- therefore please bear this in mind when you contact your Bank.

Robert Murkin, Hon. Treasurer.

“Mrs Derrien’s Diary” - alas, the now - famous Diary is taking a “sabbatical”!.....

At least, we at The Southerner hope that’s all it is!

Since September 2001, Carole Derrien has entertained us all with her adventures, not only in Jersey but at athletics events round the world. As a committed thrower, as well as a throws coach, she has kept us all amazed, with the triumphs, and the disasters, of her sports career.

Now, her husband’s ill health has forced her to focus on what really matters in her life. Also, she is recovering from a broken arm caused when her hammer wire broke. Carole has asked me to express her gratitude for all the support, messages and flowers she has received. It is a very difficult and stressful time for her, her husband and family.

I as Editor of The Southerner much appreciate all the effort she has put into her Diary. She has written it for twenty issues of the magazine, without fail.

I know that the members of SCVAC will want to send her their warmest regards. She and her husband will certainly be in our thoughts. *Rosemary Champion.*

Congratulations to Arthur Kimber who at the AGM at Birmingham in July was elected BMAF Vice Chairman for Policy and International Affairs.

SCVAC TRACK AND FIELD LEAGUE. The winners of the seven divisions who compete in the final at Ashford on September 6th are:-

| MEN | | WOMEN |
|---------------------------|---------------------------|---------------------|
| Hants and Surrey | Basingstoke and Mid-Hants | Havant |
| South West London | Epsom and Ewell | Epsom and Ewell |
| Herts and North Middlesex | Enfield and Haringey | Herts Phoenix |
| Western | Oxford City | Radley |
| Mid London | Herne Hill | Serpentine |
| Sussex | Eastbourne/Hailsham | Eastbourne/Hailsham |
| Kent | Blackheath and Bromley | Cambridge Harriers |

From the Editor:

I am always pleasantly surprised at the amount of meetings some of the Southern Vets Club members manage to attend! As usual, we have reports from track and field in other countries as well as in the UK.

Our Chairman, **Arthur Kimber**, has made an excellent recovery from his operation for a burst appendix. Whilst recuperating, he has been out of active competition. However, I am delighted to say that he hasn't wasted his time! As you will see Arthur has increased his literary output, and honed his journalistic talents even more. He has contributed reports from the SCVAC Championships, the European Vets Championships in Slovenia, the Inter Area and the Interland matches.

Arthur did leave a little space for **Walter Hill's** road running pages, **Ann Bath's** cross country report, and articles from **Tom Phillips** and **David Lipscomb**.

Ann Goad has been in the wars as well! Many of you will know Ann well as a keen competitor, and arranger of hotels for athletics competitions abroad. However, whilst training recently, she cracked a bone in her foot, which is predicted to take several weeks to heal. We send her our good wishes and hope to see her back on the track soon.

Robert Murkin our Hon. Treasurer is leaving office as soon as a replacement can be found. Robert has done so much to help the Club in various capacities and deserves both our thanks and our praise. So come on all you Club Members- get involved! Come and help your Club, so that events can run smoothly and the background work is not all left to the few!.

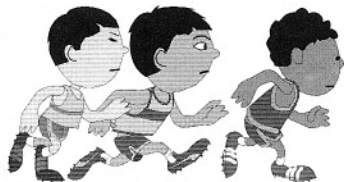


CROSS COUNTRY REPORT from Ann Bath.

BMAF CROSS COUNTRY CHAMPIONSHIPS, BANBURY, OXFORDSHIRE MARCH 29TH 2008.

SCVAC hosted the championships and there was a record entry of over 500. Many thanks go to David Lipscombe and Robert Murkin who did much work behind the scenes and on the day and David Wheeler, Oxford City A C who organised the venue and supplied many officials.

We had a total of 10 women and 15 men from SCVAC with some impressive results in stormy



conditions on a relatively flat, but soggy course. Sarah Gee, W40 was second lady overall. The women and men 70+ ran together over 6km, and men 35 - 49 and 50 - 69 ran 8km. Well done to all our competitors and I hope it has inspired you to consider applying for the International in November!

WOMEN 6km Overall winner Nickie Nealon, W40, 25.37

| Positon overall | Age Group | Time | |
|-----------------|-----------|-------|--|
| 2 | W40 | 26.01 | Sarah Gee Reading Road Runners |
| 14 | W45 | 27.43 | Nicola Gomm Witney Road Runners |
| 42 | W55 | 29.33 | Penny Forse Stubbington Green Runners & AC |
| 58 | W55 | 31.27 | Sue James Paddock Wood A C |
| 63 | W55 | 31.43 | Pat Halstead Swanley & District A C |
| 70 | W50 | 32.54 | Gwyneth Hueter Oxford City A C |
| 90 | W70 | 35.45 | Pam Jones Ilford A C |
| 101 | W50 | 37.48 | Zoe Gaffen Kent A C |

Cross Country (cont)

| | | | |
|-----|-----|-------|------------------------------------|
| 105 | W50 | 38.42 | Janice Moorekite Invicta East Kent |
| 110 | W60 | 40.51 | Rose Webb Radley A C |

MEN 8km 35 - 49: Overall winner Robert Whalley M40

| Position overall | Age Group | Time | |
|------------------|-----------|-------|---|
| 8 | M40 | 30.09 | Stephen Male Oxford City A C |
| 32 | M45 | 32.02 | Steve Overton Oxford City A C |
| 67 | M40 | 33.52 | Gaizeth Williams Medway & Maidstone A C |
| 83 | M45 | 35.16 | Simon Johnson Reading Road Runners |
| 97 | M40 | 38.49 | Alan Roberts Vale of Aylesbury A C |

Men 8km 50 - 69: overall winner Ian Furness M50, 30.11

| Position overall | Age group | Time | |
|------------------|-----------|-------|---|
| 24 | M50 | 34.09 | Richard Grant Oxford City A C |
| 32 | M55 | 34.51 | Desmond Michael Barnet & District A C |
| 40 | M55 | 35.14 | Phil Manley Ealing, Southall & Mddx A C |
| 42 | M50 | 35.16 | Alan Newman Paddock Wood A C |
| 49 | M50 | 35.29 | David Hartwell Oxford City A C |
| 122 | M55 | 41.18 | Steve Connolly Swindon Harriers |
| 123 | M50 | 41.23 | Stuart Nice Medway & Maidstone |

Men 70 + 6km overall winner Steve James M70 28.38

| Position overall | Age Group | Time | |
|------------------|-----------|-------|------------------------------|
| 7 | M70 | 33.40 | John Steed Herts Phoenix A C |

(Men 70+ cont)

| Overall position | Age group | Time | |
|------------------|-----------|-------|---------------------------------|
| 12 | M70 | 37.57 | Brian Shave Herne Hill Harriers |

There was one competitor in the M80- Ronald Hale- 46.02- Kent A C, well done!

**SCVAC CROSS COUNTRY CHAMPIONSHIPS, Sunday
December 21st 2008.**

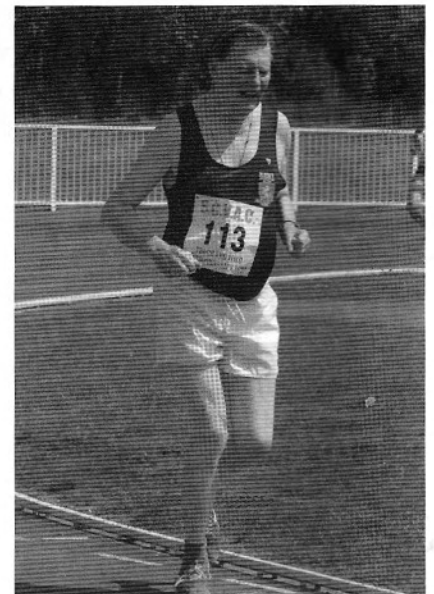
Once again these will be held within the Holly Run at Reigate Priory Park , details on www.hollyrun.com. It is well organised and we will have our tent with seasonal refreshments, a good excuse to catch up with freinds. Contact me if you would like to be on the block entry, or enter individually.

**BMAF INTERNATIONAL CROSS COUNTRY, Saturday
November 15th 2008**

This will be held at Singleton Park, Swansea. England v Scotland v Wales v Northern Ireland v Scotland. The selection meeting will be after the BMAF cross country relays at Mansfield on Saturday October 4th. Anyone interested the selection details are on www.bvaf.org.uk, click on England selection criteria. It is worth considering applying as all age groups have a reserve, and some age groups end up with incomplete teams. There is also an open race and the atmosphere is always great for spectators as well.

SEAA MASTERS CROSS COUNTRY CHAMPIONSHIPS

These will be held on 31/1/09 at Shuttleworth Old Warden Park, Biggleswade www.seaa.org.uk



From Club Secretary David

Lipscomb:



A warm welcome to any new members that have joined the Southern Counties Veterans Club over the Summer.

The summer seems to have flown by

probably because it has been a busy one with good athletics, and that was before the Olympics started!!.

Apart from the Club's own Track and Field Championships held at Ashford, we have also had the Interland Track and Field Meeting between Belgium, French and two Great Britain teams competing at the same venue. With the carnage of the 4 x 100 relay teams at Beijing it reminded me of the contrast at the Interland Meeting where the Great Britain quartet broke the world record. Many of the club members represented their Country at this meeting and also at the European Masters Championships later in the summer in Slovenia.

Nearer home the Inter Area Match was held for the first time in recent years at Hemel Hempstead in August, and whilst Team Manager Arthur Kimber has written a fuller report of this event, I just wanted to pass on my congratulations to all those athletes who contributed to the club winning the Bill Taylor Cup for the overall winning team.

So what lies ahead over the next few weeks and months. Well, by the time you have read this article, the club's Track and Field "League" Championship Final will have been held on the 6th September. The final is a culmination of a lot of fixtures throughout various divisions this summer in different weather conditions. Special thanks must go to the Divisional Co-ordinators who have ensured the smooth running of their leagues.

Finally it is disappointing to note that since the last issue of the Southerner, nobody has come forward to volunteer to undertake any of the roles

outlined. Going forward, Robert Murkin will be stepping down as Treasurer next year, and the amount of work and commitment he has contributed over the last few years has been immense. It would be ideal from a transitional point of view if somebody could come forward as early as possible so that they could work alongside Robert initially before taking over.

There are ideas/work that we would like to undertake as a Committee but unless we have a more diverse level of contribution to club affairs then these ideas will have to be abandoned as we will centre on prioritising what is essential rather than spending time looking at matters which if a few extra hands were available could greatly benefit the club going forward.

Message from the Hon. Treasurer, Robert Murkin.

I am sad to tell you all that I have recently advised the Committee that I will be withdrawing my services to the Club at the end of 2009, or earlier if a replacement can be found. I have very much enjoyed playing a part in the Club's growth, and I have found it highly rewarding. However, there are other areas of my life that require my full attention and so I need to move on.

You'll be aware that the Club is totally reliant on the help of volunteers. Given that we have over a thousand members, it is immensely frustrating that we have so much trouble getting people to come forward, to help at events and fill roles on the committee. The Club's existence is once more under threat, unless more people come forward to help.



**EUROPEAN VETERANS
CHAMPIONSHIPS IN LJUBLJANA,
SLOVENIA- by Arthur Kimber**

George W. Bush once famously showed that he couldn't distinguish between Slovakia and Slovenia and before my journey to Ljubljana, when asked where I was going, a common reply to my 'Slovenia' was 'Where's that?'

Slovakia was the eastern part of Czechoslovakia and is now an independent state. Slovenia was the westernmost part of Yugoslavia, bordering Italy and Austria, and gained its independence in 1991 as Yugoslavia began to disintegrate. It joined the European Union in 2004 as the most economically advanced country of the ten new entrants and by 2008 had adopted the single currency.

Ljubljana is a relatively small and compact capital city of only about a quarter of a million inhabitants. It was a Roman settlement, known as Emona, from the first century BC and after the fall of the Western Roman Empire Slavs began to settle in the area. Ljubljana is first mentioned (as Laibach) in a written source in 1144 and was under Hapsburg rule from 1335 until the end of the first world war. During that period it developed as a centre of Slovene language and culture despite Hapsburg opposition. In 1919 most of Slovenia was incorporated into the new state of Yugoslavia.

Today Ljubljana is quite an affluent, clean, green and safe city, although on my first evening there for a fraction of a second I doubted the safety. In the main city square as darkness was falling a tall and threatening figure appeared suddenly out of the dusk and moved up very close to me. For that fraction of a second thought I might be attacked, but then realised that the tall figure was none other than Cambridge Harrier Ray Daniel on a practical joke. Perhaps Ray has a promising future in a television crime series as a menacing thug!

(I've cleared the previous sentence with Ray to ensure that he doesn't beat me up.)

Only 45 minutes by train from Ljubljana is Slovenia's number one tourist attraction, the small town of Bled. At its centre is a clear turquoise lake with a perimeter of about four to five miles, a very attractive walk as the spectacular scenery changes all the way round. The lake contains a small island with a church and in the background are the peaks of the Julian Alps. In summer Bled is often packed with tourists, there for the swimming, sunbathing, boating and walking, but in winter the scenery is transformed: it snows, the lake freezes and Bled becomes a skiing and skating resort. If you visit Slovenia, Bled is a must.

The athletics venue was well suited to the championships, two adjacent tracks, one with a stand that gave good shade from the 30 plus degree heat for most of the day, and a basement warm up strip providing much cooler conditions. Registration and results tent, call room and souvenir and refreshment tents were all nearby. Southerners gained 42 individual medals. W70 Evaun Williams topped the list with five, three gold, including two world records, and two silver. W55 Joylyn Saunders-Mullin took three, all gold, as did W70 Pam Jones, two golds and a silver. Double medallists were W45 Virginia Mitchell and M65 Barry Ferguson, both two golds, M45 Jonathan Tilt, a gold and a silver, M80 Harvey Jacquest, a gold and a bronze, M45 Pat Logan, a silver and a bronze and M50 Brian Slaughter, also a silver and a bronze. Two members of our committee performed well, new members secretary Vilma Thompson gained a bronze in the W55 pentathlon and road running secretary M55 Walter Hill timed 3:09.28 in the hot conditions for a good fifth place in the marathon in his first international championships.

MEDAL WINNERS IN SLOVENIA.

GOLD

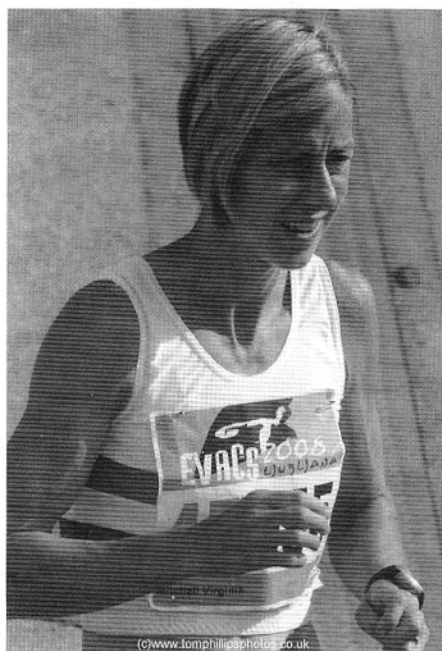
| | | |
|-----------------------|---------|----------|
| M35 Darren Scott | 200 | 21.15 |
| John Munroe | LJ | 6.82 |
| Mark Wiseman | DT | 53.69 |
| M45 Glen Reddington | 110H | 15.94 |
| Jonathan Tilt | 400H | 57.84 |
| Makasatsu Kondo | LJ | 6.30 |
| Rez Cameron | TJ | 14.11 |
| M55 Wally Franklyn | 100 | 12.44 |
| M65 Barry Ferguson | 100H | 15.79 |
| Barry Ferguson | 300H | 49.08 |
| M80 Harvey Jacquest | 5000W | 43:06.01 |
| W45 Virginia Mitchell | 400 | 58.57 |
| Virginia Mitchell | 400H | 65.22 |
| W50 Gwen Bird | DT | 38.00 |
| W50 Joy Saunders-M | 100 | 14.01 |
| Joy Saunders-M | 200 | 28.32 |
| Joy Saunders-M | 400 | 65.52 |
| W70 Evaun Williams | JT | 32.29 WR |
| Evaun Williams | W Pent. | 6189 WR |
| Evaun Williams | HT | 35.51 |
| Pam Jones | 5000 | 24:48.62 |
| Pam Jones | 10000 | 50:41.03 |

SILVER

| | | |
|--------------------|-------|---------|
| M45 Pat Logan | 100 | 11.74 |
| Jonathan Tilt | 400 | 51.02 |
| John Shepherd | LJ | 6.25 |
| M50 Trevor Wade | LJ | 5.95 |
| Brian Slaughter | Pent. | 3649 |
| M55 Kevin Archer | 1500 | 4:32.77 |
| W50 Helen Godsell | 100 | 13.57 |
| W70 Evaun Williams | SP | 10.28 |
| Evaun Williams | DT | 26.82 |
| Pam Jones | 1500 | 6:55.76 |

BRONZE

| | | |
|----------------------|-------|----------|
| M45 Pat Logan | 200 | 23.58 |
| Kermit Bentham | 400 | 52.05 |
| Larry Mangleshot | 800 | 2:03.53 |
| M50 Brian Slaughter | Dec. | 6921 |
| M65 Anthony Treacher | 400 | 64.43 |
| M75 Peter Field | 80H | 19.27 |
| M80 Harvey Jacquest | 20kW | 3:10:18 |
| M85 Jack Fitzgerald | 5000W | 43:05.75 |
| W55 Vilma Thompson | Pent. | 3739 |
| W65 Iris Holder | TJ | 8.05 |



Double gold in Slovenia: From left-Virginia Mitchell, Walwyn Franklin, Joylyn Saunders-Mullins.

TOM PHILLIPS AT THE BMAF NATIONAL TRACK & FIELD CHAMPIONSHIPS IN BIRMINGHAM

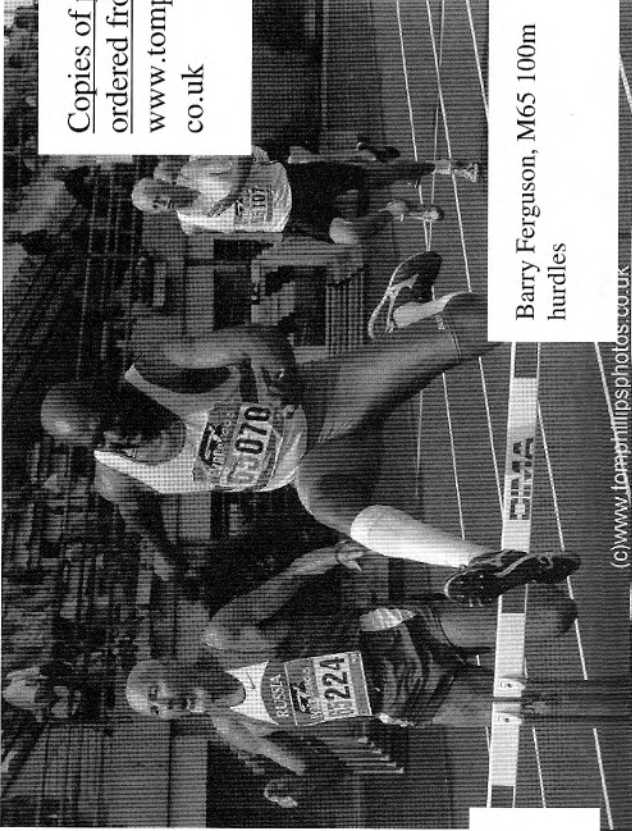
Copies of photos can be ordered from www.tomphillipsphotos.co.uk



Alan Leiper, M45 javelin



Helen Godsell, W50 sprints



Barry Ferguson, M65 100m hurdles

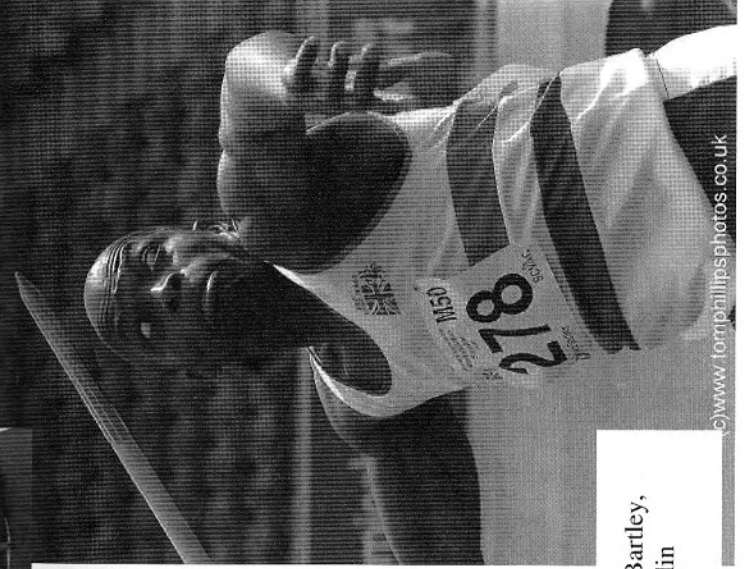
(C)www.tomphillipsphotos.co.uk



John Seymour, M70 400m



Jonathan Tilt, M45 400m



Clement Bartley, M50 javelin



Mike Small, M50 shot

(C)www.tomphillipsphotos.co.uk

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SOUTHERNERS TRIUMPH AT INTER-AREA MATCH:

Words & pictures by Arthur Kimber.



The winning team

The Inter-area match was held at Hemel Hempstead on August 10th with five teams, SCVAC, MMAC (Midlands), EVAC (Eastern), WMAA (Wales) and SVHAC (Scotland). SCVAC men won their match with an impressive lead of 40 points over MMAC while the women were placed third 17 points behind winners EVAC, so giving SCVAC a win overall to take the Bill Taylor* trophy.

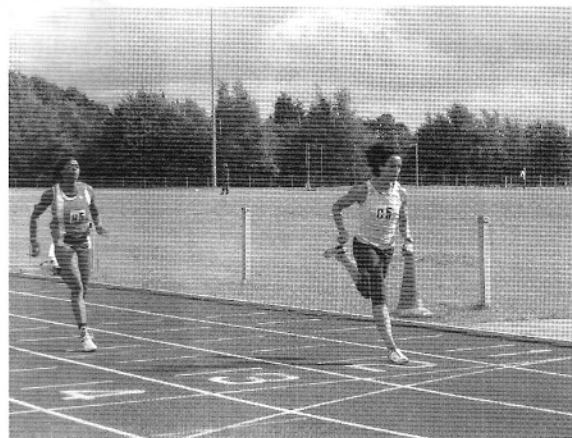
Six men gained double victories, four field and two track. Our throwers dominated the shot and discus competitions in all three age groups, with Mark Wiseman winning the M35 shot (14.71) and discus (51.91), Richard Healey the M50 with 12.02 and 42.33 and Neil Griffin the M60 with 13.04 and 45.72. Add the points from their placings in the hammer and Mark and Richard scored 14 points each and Neil 12. Ian Bridgeman took the other double with M35 high jump (1.70) and triple jump (12.30).

Two double winners on the track were M35 Chris McQuillen-Wright (4:10.4 in the 1500) and an impressive 2:02.5 800 and M60 Vic Novell taking the 100 (13.3) and the 400 (63.7). Barry Royden got under the 9 minute barrier to destroy the field in the M35 3000 with 8:58.9

and other winners were Trevor Wade, M50 5.66 long jump, Jeremy Tigar, M35 43.90 javelin, Rohan Samuel, M35 100 in 11.6, M50 Tom Phillips, 100 in 12.4, M60 Terry Bissett, a 27.0 200, Kermit Bentham a fine 53.4 M35 400 and M50 Nick Silvester 9:17.9 for 2000 walk.



Dave Wilcock (above) won the M50 800 (2.13.2) and placed second in the 400 (57.1) and was then well set up by Pat Logan and Glen Reddington (200s) and Kermit Bentham (400) in the medley relay, where he ran a storming 800 to cross the finish line 60 metres ahead of the Midland team.



Seven women were double winners, four track and three field. **Kirsten King, W40**, (above)(13.2 for 100 and 27.0 for 200) and W50 Helen Godsell, (14.4 and 28.5) dominated the short sprints, Joylyn Saunders-Mullin took the W50 400 and 800 with 67.3 and 2:44.6 and newcomer Cara Oliver won the W35 800 and 1500 in 2:29.2 and 5:07.8. In the field the multi-talented Imeta Barauskiene won the W40 high

Inter area match (cont)

and triple jump decisively with 1.50 and 10.62, and took two second places in the shot (8.03) and, on the track, the 80 hurdles (13.5) to become the highest scoring SCVAC athlete, 18 points. Natasha Brunning won the W35 high jump (1.45) and triple jump (10.60), and Liz Sissons took the W50 shot and javelin (9.80 & 22.30) European Veterans Athletic Association photographer Lesley Richardson and Natasha (200's), Jo Wade (400) and Cara (800) easily won the W35 relay in 4:50.2.

* the late Bill Taylor was a talented middle distance runner who in the 1980's & 1990's served as vice chairman, chairman & president of the BVAf, now BMAF.

FINAL SCORES: MEN: SCVAC 179, MMAC 139, WMAA 129, EVAC 124, SVHAC 79.

WOMEN: EVAC 149, MMAC 139, SCVAC 132, WMAA 70, SVHAC 79.

OVERALL: SCVAC 311, MMAC 278, EVAC 273, WMAA 199, SVHAC 89.

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB :-ANNUAL GENERAL MEETING

The AGM of the Club will be held on Friday, 5th December 2008 at the Civil Service Recreation Centre, Chadwick Street London SW 1 P 2EP, commencing at 18-30 hours

AGENDA

I. To receive and confirm the minutes of the AGM held on Monday 5th December 2007

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
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 (2008-2009)

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 28th November 2008)

Proposals to amend the Constitution must be submitted to the Secretary by 21st November 2008.

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

LOCKER ROOM LIMERICKS

Just for fun! A series of limericks that can be written inside birthday cards to send to your athletics friends! I Can't guarantee they will all see the funny side!!



**No.1: for javelin throwers.
A thrower called Sam said "It's right
To give your javelin height".
But his angle of release
Speared a whole flock of geese-
Now, he's dining on them every
night!**



**No 2: for shot putters.
I have the distinct impression
That shot putters need some aggression,
So just concentrate
On someone you hate-
The spite improves every session!**



More next time- that is, if I'm still Editor!

In the aftermath to the Beijing Olympics, Dave Collins is no longer in his job as Performance Director of UK Athletics. I heard that they decided to appoint a woman! Her first act in her new job is to make a shopping list!!

It reads as follows:- 1 Jamaican sprinter, 1 Ethiopian middle distance runner, 1 Russian hammer thrower.....

SCVAC TRACK AND FIELD CHAMPIONSHIPS: report by Arthur Kimber.

The track and field championships at Ashford on June 1st attracted a rather smaller entry than the indoor championships at Lee Valley in February, but many of our top athletes were there.

In the sprints Rohan Samuel ran 11.56 to take the M40 100 title, John Browne just edged out Tom Phillips to win the M50, 12.52 to 12.56, but Tom won the 200 in 25.40, decisively pushing John into the bronze medal position (26.20), Alan Harrison taking the silver with 26.10. Colin Field ran an impressive 14.34 to take the M70 100 gold and win the trophy for the best age-graded over 70 performance, with a 91% score. Helen Godsell easily won both W50 100 and 200 (13.68 and 28.70) and Kermit Bentham's 52.66 for the M40 400 gold left him well clear of the rest of the field.

Ken Daniel's 2:19.91 was an impressive M55 800 for the gold and Kevin Archer's M50 1500 in 4:34.16 a good run that only just kept Ray Marriott (4:35.16) in the silver medal slot.

Three fine hurdles performances gave Andy Lewis the M40 110 in 15.68 and Barry Ferguson the M60 100 in 17.31 and the 300 in 51.65.

In the throws Liz Sissons was the outstanding athlete winning three W60 golds, shot 9.65, hammer 29.42 and javelin 24.78, and Gwen Bird took the W50 discus title with 31.49 and shot with 10.20. Chris Melluish stood out amongst the male hammer throwers with a fine 43.58 for the M60 gold, and Paul Oakes and Vic Adcock amongst the javelin men, Paul reaching 40.33 for the M55 title and Vic 37.03 for the M70.

W40 Imeta Barauskiene dominated the jumps winning three titles, long jump with 5.29, high jump 1.55 and triple jump 10.72 and Iris Holder took two W65 golds, long jump 3.65 and triple 7.82. Masaktsu Kondo was still able to exceed the six metre mark for long jump at age 45 with 6.10.

Colin Field will be presented with his trophy at the club's AGM in December.

SCVAC Track & Field Championships 2008

1st June 2008 – Julie Rose Stadium, Ashford, Kent

100m M40 1.Rohan Samuel 11.56, 2.Ben Radcliffe 12.23, 3.Barrington King 12.32

M45 1.Glen Reddington 12.14, 2. John Shepherd 12.18, 3. Kermit Bentham 12.22, 4. Masakatsu Kondo 12.26, 5. Robert Allen 12.44, 6. Des Wilkinson (G) 13.34, 7. Michael May 13.71 M50 1. John Browne 12.52, 2. Tom Phillips 12.56, 3. Alan Harrison 13.20, 4. Rod Davies 13.23, 5. Eddie Costley, 13.24, 6. Brian Slaughter 13.26, 7. Gary McDonald 17.27 M55-1. Ray Watkins 12.64, 2. Geoff Kitchener 13.49, 3. Tim Carter 13.51, 4. Dennis Wallington 13.91 M65-1. Charles Isetts 14.09 M70-1. Colin Field 14.34, 2. Alan Carter 14.40 M75-1. Peter Field 16.38, 2. David Hamilton 18.68 W35-1. Gurdeep 15.10 W45-1. Yvonne Salmon 14.06, 2. Lynn Talbert 14.38 W50-1. Helen Godsell 13.68, 2. Joan Trimble 14.90, 3. Christine Salvary 16.09 W55-1. Joylin Saunders-Mullins 14.23 2. Anne Nelson 15.53 W60-1. Sue Lowry 16.76 2. Pat Oakes 17.87 W65-1. Iris Holder 16.79

200m M40-1. Keith Palmer 25.23 2. Lance Croft (G) 25.48 3. Barrington King 26.56 4. Eric Campbell 29.46 M45-1. John Shepherd 24.91 2. Robert Allen 25.43 3. Michael May 27.99 M50-1. Tom Phillips 25.40, 2. Alan Harrison 26.10, 3. John Browne 26.20, 4. Stuart Condie 27.01, 5. Rod Davies 27.09, 6. Eddie Costley 27.20 M55-1. Ray Watkins 25.8 2. Tim Carter 27.3 3. Geoff Kitchener 27.7 4. Julian Spencer-Wood 29.0 5. Ian Edwards 33.0 M65-1. Charles Isetts M70-1. Alan Carter 29.45 2. Colin Field 30.18 M75-1. Peter Field 35.08 W35-1. Debbie Doherty 29.64 2. Gurdeep 31.61 W45-1. Yvonne Salmon 28.29 2. Lynn Talbert 29.16 3. Jenny Hughes 32.03 W50-1. Helen Godsell 28.70 2. Joan Trimble 30.81 3. Christine Salvary 32.87 W55-1. Anne Nelson 32.50 W60-1. Sue Lowry 34.90 2. Pat Oakes 39.28 W65-1. Iris Holder 35.85 2. Jackie Charles 36.85

400m M40-1. Kermit Bentham 52.66 2. Lance Croft (G) 56.40 3. Geoff Gallagher 57.06 4. Keith Palmer 57.63 4. Keith Palmer 57.63 M50-1. Alan Harrison 58.36 2. Stuart Condie 60.74 3. Eddie Costley 61.99 M55-1. Tim Carter 61.74 2. Julian Spencer – Wood 62.19 W35-1. Debbie Doherty 65.39 W45-1. Jenny Hughes 63.47 W55-1. Joylin Saunders-Mullins 67.65 W60-1. Sue Lowry 82.45 M80-1. George Hopcroft 111.04

800m M40-1. Roger Braley 2.14.71 2. Geoff Gallagher 2.17.39 3. Bob Fursey 2.28.34 4. Alistair Hipperson 2.35.85 5. Ian Mackett 2.40.20 M50-1. Kevin Archer 2.16.48 2. Gary MacDonald 3.07.56 M55-1. Ken Daniel 2.19.91 2. Julian Spencer-Wood 2.21.67 M60-1. Peter Hamilton 2.37.65 W45-1. Jenny Hughes 2.44.00 2. Elisabeth McBatty 2.50.00 M65-1. Tony Merritt 3.42.1 M75-1. David Hamilton 3.21.1 M80-1. George Hopcroft 4.09.6

1500m M40-1. Phil Crane (G) 4.27.00 2. Colin Oxlade 5.04.24 M50-1. Kevin Archer 4.34.39 2. Ray Marriott 4.35.16 M55-1. Ken Daniel 4.49.86 2. Julian Spencer-Wood 5.08.90 M60-1. Peter Hamilton 5.13.90 M65-1. Tony Merritt 7.01.56 M70-1. Pat Heffernan 6.36.53 W50-1. Elisabeth McBatty 5.40.06

110m H M40-1. Andy Lewis 15.68 2. Glen Reddington 16.58

100m H M60-1. Barry Ferguson 17.31 M50-2. Brian Slaughter 17.79 W45-1. Gaye Clark 12.83 W65-1. Jackie Charles 18.18

3k Walk 1. Gary Macdonald (M50) 18.14.14

5000m M40-1. Bob Fursey 17.46.08 2. Colin Oxlade 17.53.25 3. Adrian Moody 18.57.18 M50-1. Nigel Burnell 19.03.81 M55-1. Ivon Whitmore 20.29.88 M65-1. Tony Merritt 24.23.49 M70-1. Patrick Heffernan 23.37.51 M80-1. Ron Hale 29.27.01 W55-1. Pat Halstead 21.04.96

300m H M60-1. Barry Ferguson 51.65

400mH 1. Brian Slaughter (M50) 65.22 2. Debbie Doherty (W35) 74.47 3. Geoff Kitchener (M55) 77.78

Discus M40 – 1. David Lipscomb 26.42 M45 – 2. Allan Leiper 33.67 M50 – 1. Jacek Drzewiecki 37.86, 2. Brian Slaughter 36.62, 3. Bob Hammond 29.63, 4. Mike Bale 23.70 M55 – 1. Tony Richards 34.42 M65-1. Garry Negus 23.61 M70-1. Hamilton Thomas 29.15, 2- Norman Fullick 19.38

Discus (cont) M75-1.Jaroslav Hanus 26.01 2.Peter Barber 25.27 3.Ian Briggs 22.80 W35-1.Sue Lawrence 33.09, 2.Camilla Thrush 31.42 W45-1.Julie Wilson 29.57 W50-1.Gwen Bird 31.49, 2.Sigrid Roberts 16.58

W55-1.Linda Harrison 13.31 W60-1.Barbara Terry 21.52

Shot W35-1.Sue Lawrence 10.48 2.Camilla Thrush 9.98 W45-1.Julie Wilson 9.08 W50-1.Gwen Bird 10.20 2.Sigrid Roberts 6.29 W60-1.Elizabeth Sissons 9.65 2.Barbara Terry 8.76 M40-1.Stuart Earl 9.36 M45-1.Albert Johnson 2.Allan Leiper 11.83 M50-1.Brian Slaughter 10.73 2.Bob Hammond 9.79 3.Jacek Drzewiecki 9.20, 4.Michael Bale 7.92 M55-1.Tony Richards 10.93 2.Tim Saunders-Mullins 9.28 M60-1.John Gilbert 9.63 M65-1.Garry Negus 10.82 M70-1.Hamilton Thomas 9.20 2.Norman Fullick 6.81 M75-1.Jaroslav Hanus 8.36 2.Peter Barber 7.13

Hammer W35-1.Camilla Thrush 36.97 2.Sue Lawrence 35.04 W45-1.Julie Wilson 32.54 2.Gaye Clarke 25.09 W50-1.Sigrid Roberts 28.43 W55-1.Linda Harrison 19.08 W60-1.Elizabeth Sissons 29.42 2 .Barbara Terry 25.27 3.Stella Bacon 18.48 M45-1.Chris Privett 43.79, 2.Guy Perryman 37.41 M50-1.Brian Slaughter 38.48 2.Michael Bale 35.23 M55-1.Clive Thomson 34.91 2.Tim Saunders-Mullins 30.48 M60-1.Chris Melluish 43.58 2.John Gilbert 31.58 M65-1.Garry Negus 36.10 M70-1.Hamilton Thomas 33.33 2.Norman Fullick 18.29 M75-1.Pete Barber 36.73

Javelin W35-1.Sue Lawrence 29.17 2.Deborah Doherty 27.32 W45-1.Julie Wilson 23.92 W50-1.Sigrid Roberts 12.44 W55-1.Joylin Saunders-Mullins 21.64 W60-1.Liz Sissons 24.78 2.Stella Bacon 23.98 3.Barbara Terry 17.30 M40-1.Jeremy Tigar 45.94 2.Stuart Earl 38.08 M45-1.Stephen Rouault 37.68 2.Alber Johnson 36.14 M50-1.1Brian Slaughter 36.09 2.Michael Bale 21.74 M55-1.Paul Oakes 40.33,2.Tony Richards 35.90 3.Joe Eastwood 34.57 4.Tim Saunders-Mullins 21.80 M60-1.1Brian Yeomans 32.12 2.John Gilbert 27.68 M65-1.Ashley Fox 33.43 M70-1.Vic Adcock 37.03 2.Norman Fullick 17.61

Long Jump W40-1.Imeta Barauskiene 5.29 2.Meryl Austin 4.47 W55-1.Sue Yeomans 3.89 2.Linda Harrison 2.55 W60-1.Pat Oakes 3.04 2.Daphne Marler 2.09 W65-1.Iris Holder 3.65 M35-1.John Munroe 6.45 2.Neil Lincoln 5.86 3.Ben Radcliffe 5.77 M45-1.Masaktsu Kondo 6.10 2.Steve Langford 5.13 M50-1.Trevor Wade 5.11 2.Roderick Davies 4.72 M55-1.Dennis Wallington 4.48 M65-1.Robert Ruff 3.97

High Jump M40-1.Stuart Earl 1.45 M50-1.Trevor Wade 1.55, 2.Brian Slaughter 1.45, M55-1.Geoff Kitchener 1.25 W40-1.Imeta Barauskiene 1.55 W60-1.Pat Oakes 1.05

Triple Jump M35-1.Neil Lincoln 11.33 M40-1.Stuart Earl 10.22 M45-1.Rez Cameron 12.19, 2.Steve Langford 10.44 M55-1.Ian Edwards 8.45 M65-1.Robert Ruff 8.07 W40-1.Imeta Barauskiene 10.72, 2.Meryl Austin 9.68 W55-1.Susan Yeomans 8.40, 2.Linda Harrison 5.49 W60-1.Pat Oakes 6.70, Daphne Marler 5.11 W65-1.Iris Holder 7.82,2.Jackie Charles 7.64 Pole Vault M35-1.Ben Radcliffe 3.30 M55-1.Nick Phipps 3.20 W55-1.Susan Yeoman 2.60

INTERLAND MATCH

Some of our younger athletes were selected for the Interland match at Ashford on June 21st against France and Belgium and contributed well to the British victory.

In the men's events 39 year old sprinter Darren Scott stood out winning the 100 in 11.31, the 200 in a very speedy 22.06, a time that gives him 93% on the age graded tables, and then helped both 4x100 and 4x400 relay teams to their victories. Mark Wiseman was the top man in the field winning the discus with 51.80 and the shot with a hefty 15.19. Andy Lewis long jumped an impressive 6.78, closely followed by John Munroe with 6.65 and in the 110 hurdles Andy took second place in a fast 15.87 behind French ace Patrice Legrand. Glenn Gray ran 57.46 for a very good second in the 400 hurdles behind double winner Patrice. Paul Ralph was our other second placer with a 13.80 triple jump.

In the women's match 40 year old Kay Reynolds was the star, winning the 100 in 13.15 and 100 hurdles in 15.39 and then contributing to the 4x100 relay win. Imeta Barauskiene won the triple jump with 11.14 and placed second in the long jump with 5.34. Janet Smith secured another second spot with a weight throw of 14.38, and two thirds were taken by Kim Heffernan, 66.32 for 400 hurdles and Jo Wade, with a javelin throw of 35.18.

The British men won the match by 10.5 points, the women by the greater margin of 16.5 to give a comfortable overall lead of 27.

ROAD RUNNING with Walter Hill.



Ted Pepper 10k, 5.5.08

Once again we have to thank for allowing us to incorporate this open promotion. As in the that a club athlete could want will be invited to return next We were fortunate to be able to Jim Day on the day with a prize awarded by Christine Day.

Further to this the committee

performance in the Club's 10K would be recognised each year with a special SCVAC award which will be presented at the Club's AGM in December. I am now in a position to announce that this year Sally Musson will be awarded with this prize. Sally's time of 41:24 was outstanding as was Pamela Jones. In fact 3 of the 4 open female veteran prizes were won by SCVAC ladies. SCVAC men have been set a target by our ladies for 2009.

Blackheath and Bromley HAC our Club Championships within past this club race provides all from a road race and I hope we year.

celebrate the achievements of giving where the medals were

decided that the best age graded

| NAME | AGE | GROUP | TIME | AGE GRADED |
|---------------------|-----|-------|-------|------------|
| Mark Cross | 49 | M45 | 37:12 | 80.1 |
| Paul Kent | 47 | M45 | 38:41 | 75.9 |
| Walter Hill | 54 | M50 | 39:15 | 79.1 |
| Julian Spencer-Wood | 57 | M55 | 40:35 | 78.5 |
| Rob Sargent | 53 | M50 | 41:00 | 75.1 |
| David Beattie | 60 | M60 | 41:14 | 79.4 |
| Sally Musson | 55 | F55 | 41:24 | 86.2 |
| Jeremy Carmichael | 54 | M50 | 41:51 | 74.2 |
| Clare Wyngard | 47 | F45 | 46:00 | 72.0 |
| Terence Barnes | 44 | M40 | 46:50 | 61.3 |
| Geoffrey Kitchener | 58 | M55 | 47:11 | 68.2 |
| James Fitzmaurice | 66 | M65 | 49:40 | 70.1 |
| Tony Merritt | 68 | M65 | 51:25 | 69.3 |
| Pamela Jones | 74 | F70 | 52:56 | 81.6 |
| Ann Bath | 59 | F55 | 54:31 | 68.3 |
| Kio Vejdani | 69 | M65 | 58:40 | 61.4 |

Results of the Burnham Beeches Half Marathon, 17th August 2008.

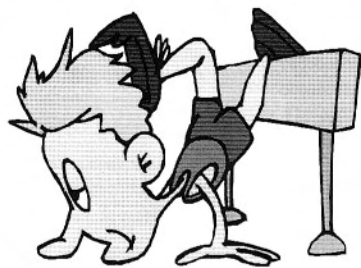
I have included these results although they are still provisional. I intend to post the medals out after club members who ran on the day have had time to check them. This will then ensure that the correct athlete gets awarded with the correct medal.

NB My decision to follow this route was confirmed when I received an e-mail the next day from a SCVAC athlete who ran an excellent time and was not included in the official results.

| NAME | AGE | GROUP | TIME |
|----------------------|-----|-------|---------|
| Tina Oldershaw | 41 | F40 | 1:23:14 |
| Walter Hill | 55 | M55 | 1:26:40 |
| Trevor Edgley | 60 | M60 | 1:27:22 |
| Peter Williams | 54 | M50 | 1:27:35 |
| Lesley Whiley | 48 | F45 | 1:27:47 |
| Tony Brackstone | 65 | M65 | 1:30:42 |
| David Beattie | 61 | M60 | 1:34:37 |
| Celia Findlay | 46 | F45 | 1:36:35 |
| Carl Heap | 55 | M55 | 1:37:59 |
| Alan Roberts | 44 | M40 | 1:39:18 |
| Russell Devitt | 59 | M55 | 1:42:55 |
| Stephanie Mackie | 40 | F40 | 1:44:35 |
| Christine Egglestone | 59 | F55 | 1:44:46 |
| David Oflaherty | 44 | M40 | 1:46:19 |
| Michael Byrne | 66 | M65 | 1:47:06 |
| Ken Creffield | 73 | M70 | 1:55:54 |
| Colin Carpenter | 58 | M55 | 1:58:04 |
| Jane Hudson | 49 | F45 | 1:58:49 |
| Tony Merritt | 68 | M65 | 2:01:37 |
| Matthew May | 41 | M40 | 2:02:41 |
| Kid Vejdani | 69 | M65 | 2:14:34 |
| Barry Newman | 39 | M35 | 2:22:25 |
| Charlie Burt | 43 | F40 | 2:22:50 |

The Burnham Beeches Half is a big race which has all the ingredients of a first class promotion. We were lucky with the weather and that combined with a challenging two lap course which was virtually car free led to an enjoyable day out. I leave you to evaluate the results and if you plan to run next year I recommend you enter well in advance of the closing date, as there were no entries on the day to this oversubscribed race. **Our next two promotions are the Thanet Marathon on the 7th September and the Epsom 10 Mile Road Race on the 16th November.**

Take heed! Take heart!



“Your first hurdle is yourself!!”

Tom Phillips wishes we'd all compete more often.

We all do it. We all look at the entry lists, seedings and so on for competitions we enter, and try to work out where we're going to finish. I guess that many of us extend this to mental algebra before even entering some competitions. “Shall I do this, or will so and so be there?”, “Do I want to get beaten by such and such again..?” Maybe this is why the entries for some Masters events are smaller than we all know they could be. I've been conscientiously trying not to fall into those mind-traps, and I want to say IT PAYS OFF!

Last summer, I politely sat and listened while an athlete of my acquaintance ran through an incredible permutation of ifs and buts about how things were going to go in the competition at their event in the BMAF national championships. Boiled down to its bare bones, the argument was predicated on Athlete A being there and that this person would run/throw/jump (I'm hiding the example's identity, see) a specific performance. My friend was sure he/she was quite capable of doing just as well, but was fed up with being beaten by this particular athlete. Result? They didn't even enter. Actually, no, worse than that. “Athlete A” didn't turn up either, and the competition was won with a performance that both of them could easily have bettered. And, it goes without saying, the quality of the competition was that much poorer for their non-attendances.

Or was it? Did the eventual gold medal winner really think so, or did he/she share the view I've taken to adopting – that you can only compete against, and try to beat, those who turn up?

I have few illusions about my abilities as an athlete. I'm good, but not top drawer in my age

group in the UK. This was drummed into me on occasions such as the time I made a European final, but still wasn't good enough to get into the GB relay team. If I'd let it daunt me, I'd have probably talked myself out of even attending two world championships where I've come home with a relay gold medal. But, like I said, you can only take on the opposition who line up on the day. By being there, I was in contention when it mattered. And believe me, the prospect of being in a semi-final with a real chance of a place in the final does give your feet wings when you're so often the “also ran” like me.

The psychologists have it right, but we so often forget. You can only do your own best. Nothing you can do (outside of blatant cheating, of course) can affect how anyone else in the race performs. If, on the day, their best is better than your best on the day, they'll beat you. Accept it – there's nothing you can do, and nothing you could have done. But if you were not at your own best, what made you think you could win anyway?

“Oh, I never run/jump/throw well at X” is something we've all heard too. It's the bane of some team captain's lives, especially if the athlete advances past failures as a justification for future absence. The sprinters amongst you can chuckle at the protestations a few years back in Birmingham of an athlete who was convinced the wind was more strongly against him in his lane there than in other lanes, but I'd ask you to have pity, not sympathy! Wind, rain, cold, heat, plagues of frogs and so on are indiscriminate. If you expect to be turning out a PB every time you compete, you've either been out of the sport for too long, or have a secret you ought to be sharing with the rest of us (pleeeeeeease.....!).

I may have got this wrong where a few people are concerned, but I always thought we do what we do for the sake of competition, rather than glory. Glory's nice, but it's pretty short-lived, and hard to maintain. So, if you agree, and want, or even need, the competition, please don't talk yourself out of it again, whether “it” is the Worlds, or the Hoppington Under The Bush 10k. Go. Do your best. You might even win.

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB

INDOOR PENTATHLON CHAMPIONSHIPS

Sutton Arena Leisure Centre, Middleton Road, Sutton, Surrey SM5 1SL

Sunday October 26th 2008

60m. hurdles, LJ, SP, HJ, 60m.

Full timetable will be in programme

.....
SCVAC Indoor Pentathlon Championships 2008 Entry Form

Sunday October 26th 2008 Closing Date October 11th

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.....

Entry fees : members £8, guests £10 (no trophies)

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

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

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

Competition numbers will be distributed on the day

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

"The Southerner" 200plus CLUB.

Prizes Won: December, 2007 to August, 2008

December, 2007:- 1st. £35 Share 207 Kirstin King Member No. 3261, 2nd. £20 274 *The Southerner*, 3rd. £15 049 James Leith 0411, Special Prize £100 017 Eric Shirley 3072.

January, 2008:- 1st. £35 014 Iris Holder 3748, 2nd. £20 169 *The Southerner*, 3rd. £15 Rodney Turney 1503.

February, 2008: 1st £35 300 Yvonne Miles 0668, 2nd. £20 Stephen Allen 3223, 3rd £15 103 John Seymour 1000.

March, 2008:- 1st. £35 252 *The Southerner*, 2nd. £20 074 Susan Yeomans 3578, 3rd. £15 242 Pat Seabrook 3111

April, 2008: 1st. £35 273 *The Southerner*, 2nd. £20 Oil Val Parson 2584, 3rd. £15 228 Wayne Martin 3563

May, 2008:- 1st. £35 207 Kirstin King 3261, 2nd. £20 284 *The Southerner*, 3rd. £15 015 Brian Jackson 1346

June, 2008:- 1st. £35 025 Jack FitzGerald 0006, 2nd. £20 086 *The Southerner*, 3rd. £15 041 Gary Mantey 3772 Special Prize £100 092 Jack FitzGerald 0006

July 2008:- 1st. £35 075 Sue Yeomans 3578, 2nd. £20 001 Arthur Kimber 0132, 3rd. £15 005 John Seymour 1000.

August 2008:- 1st. £35 056 Martin Reynolds 1445, 2nd. £20 Jim Rayner 2402, 3rd. £15 *The Southerner*.

New Shareholders are welcome. To join, complete the form below. You become available to win a prize from the next Draw after your remittance or Bank Mandate is received by me. Prizes of £35, £20 and £15 are awarded to winning shares each month throughout the year. Additionally **a special £100 prize is drawn each June and December**. You may pay by cheque - payable to SCVAC or by Direct Credit. To assist your poor overworked club officers, you may like to pay both your Membership Renewals and 200 + Club share(s) at the same time by Direct Credit. If so, the Bank Mandate should be made out to commence from the 10th January the following year. ie. Membership 2009 £12*, 100 + Club Share(s) @£12each TOTAL £24 or £36 (2 shares) etc. In case we have to increase Membership fees* you may also like to add a small donation.

Ken Crooke (Assistant Treasurer, SCVAC). Call 020 8657 4269 if you need help!!

My new email is: ken.crooke@talktalk.net

The Southerner" 200 + Club Application/Renewal Form (delete as applicable)

To: Ken Crooke, Assistant Treasurer, SCVAC, 8 Rylandes Road, Selsdon, South Croydon, Surrey, CR28EA

From: Name _____ Member No. _____

Address: _____ Post Code _____

I enclose a cheque for £ ____ _ in respect of (_____) share(s) in the 200 + Club @ £12 per share.

If you have not yet paid your 2008 Club Membership fee of £11 you may include it now (by cheque), or ADD £12 for 2009 to the total if completing the Direct Credit form on the next page.

BANK MANDATE FOR THE 200 CLUB

TO: Bank.
Sort Code
Branch Address: PostCode
Please pay to: **BARCLAYS BANK PLC, The Croydon Group, PO Box 657, 1 North End, Croydon CR9
IRN (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 number
Print Name Reference
Signature
Date

ANNUAL PAYMENT

Please complete statement below, if applicable:-

PLEASE CANCEL EXISTING ORDER FOR £..... Signature.....

FIXTURES 2008 /2009.

INTERNATIONAL

- Nov 15 2008 British & Irish Cross Country International - Singleton Park, Swansea
- Mar 25 / 29 2009 European Veterans Indoor Championships - Ancona, Italy
- Mar 29/31 2009 European Veterans Non Stadia Championships - Aarhus, Denmark
- July 29/Aug 9 2009 World Masters Track & Field Championships - Lahti, Finland

NATIONAL

- Sept 13/14 2008 BMAF Decathlon / Heptathlon Championships - Horspath Stadium, Oxford. Contact: Bruce Charles, phone 01235 211532
- Sept 14 BMAF 2008 10 Mile Championships - Tynedale Jelly Tea, Hexham
- Sept 21 2008 BMAF Marathon Championships - Anglesey
- Oct 4 2008 BMAF Cross Country Relay Championships - Mansfield Contact: Race Director, 28 Vale Close, Mansfield NG18 4HR
- Jan 31/ Feb 1 2009 Indoor Heptathlon/Decathlon - Kelvin Hall, Glasgow
- Feb 15 2009 Indoor meeting SCVAC/EVAC - Lee Valley
- Feb 22 2009 Indoor Pentathlon - Lee Valley
- Mar 7 / 8 2009 BMAF Indoor Track & Field Champs, incl. Full Throws - Lee Valley
- Mar 21 2009 BMAF Cross Country Championships - Ruthin School, Denbighshire

SOUTH

- Oct 26 2008 SCVAC Indoor Pentathlon Championships - Sutton Arena, Carshalton.
- Nov 16 2008 SCVAC 10 Mile Championships - Epsom.
- Dec 21 2008 SCVAC Cross Country Championships - Reigate (with the Holly Run)

Southern Counties Veterans Athletic Club Committee 2008.

OFFICERS

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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

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Club kit & medals- VACANCY.

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Contributions for the Dec.2008 edition of *The Southerner* to be sent to Rosemary Champion by Nov. 25th 2008.

Club Records. Records may be set anywhere and claims should be sent to: Jeanne Coker, 210 Chaplin Rd., Wembley, Middlesex. HAO 4UT.

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