

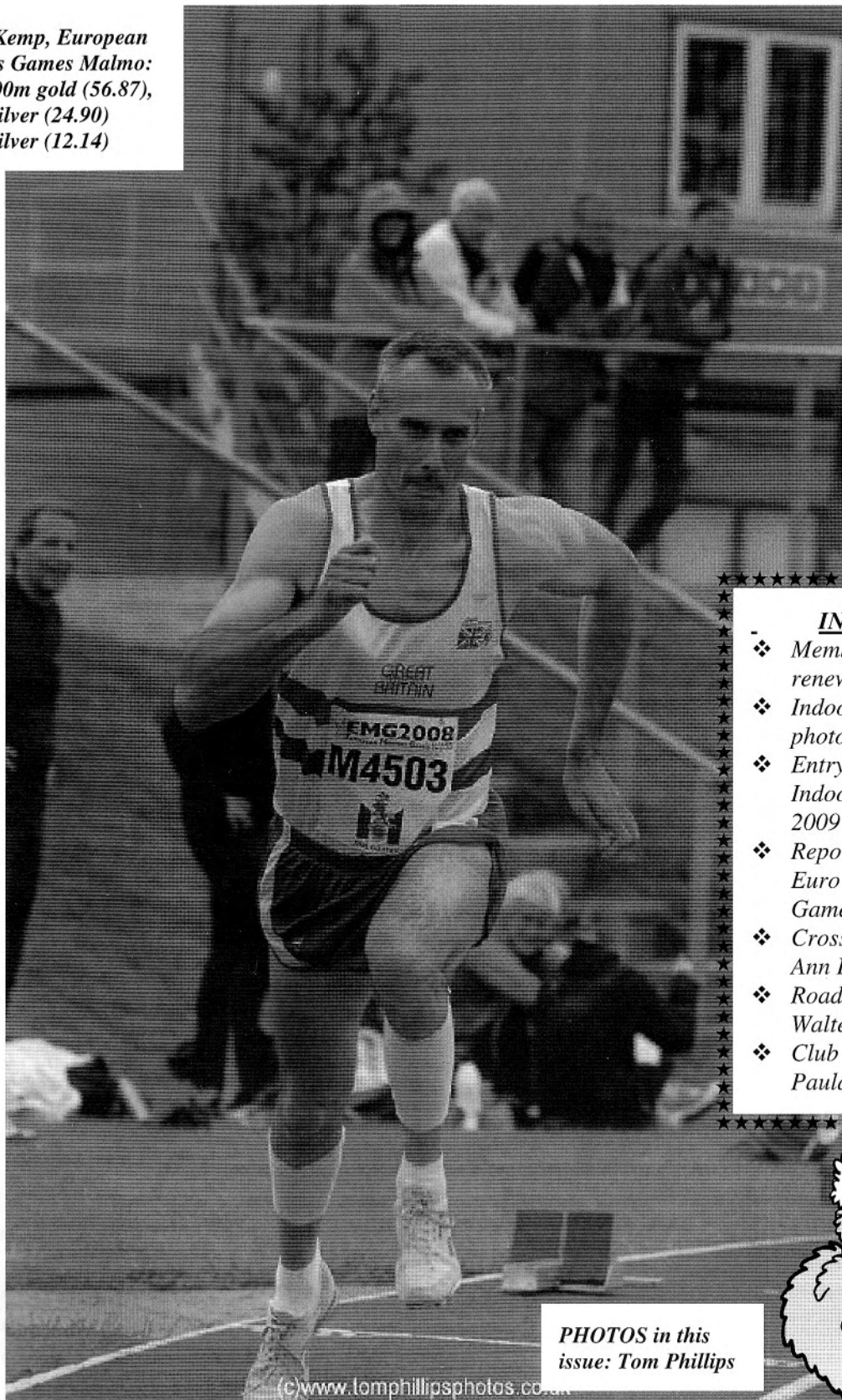
The

No 55, Dec. 2008

SOUTHERNER

THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

David Kemp, European
Masters Games Malmo:
M45 400m gold (56.87),
200m silver (24.90)
100m silver (12.14)



Merry
Christmas

- INSIDE:**
- ❖ Membership renewal form
 - ❖ Indoor pentathlon photos & results
 - ❖ Entry form SCVAC Indoor Champs 2009
 - ❖ Report on Malmo Euro Masters Games
 - ❖ Cross Country with Ann Bath
 - ❖ Road running with Walter Hill
 - ❖ Club Cameo-Paula Fudge.

PHOTOS in this issue: Tom Phillips

(c)www.tomphillipsphotos.co.uk



Message from the Treasurer Robert Murkin— December 2008



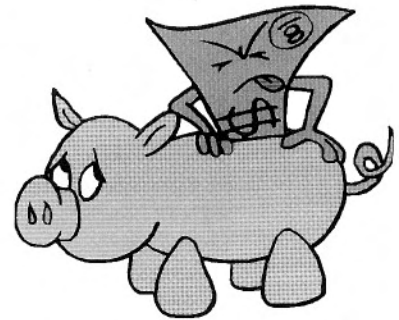
Dear Members

I hope you all had a good year and that you enjoyed your sport.

You will find enclosed in this publication a membership renewal form for the annual subscription which is due in 1st January. You may use this form or download one from the club website www.scvac.org.uk. We have once again increased the subscription by £1 to £ 12.00. This is the last of our planned increments and we now hope to be able to leave the subscription at this level for a few years.

Unfortunately there was a misprint In the last issue where I included a message addressed to those of you who pay by standing order. The article stated that the subscription would be increasing to £9 instead of £12. I would therefore like to request again that those of you who pay by standing order, contact your bank and advise them of the new rate (£12).

I wish you all well for the year ahead.



Notices:

Congratulations to Tom Phillips, who has been invited to become one of the official photographers for the European Veterans Athletics Association. He joins Lesley Richardson in this role. Tom, a frequent contributor to this magazine and supplier of photographs said, "I'm very pleased that my work has gained recognition in this way. We have a great sport, and I'm determined people should be able to see how good it looks!"

Apologies to those missed from Arthur Kimber's Ljubljana report.

These are as follows:

W50: Fiona Argent, heptathlon bronze 3727.

W65: Cecilia Morrison, 5,000m gold 22:38.55
1500m silver 6:09.45.

London Marathon entry:

One entry was allocated to SCVAC, and the lucky recipient was **Dave Sharpe**. Go for it, Dave!! Don't forget to let us at The Southerner know how you get on.



From the Editor:



Welcome to the Christmas edition of *The Southerner* magazine! This time I hope it will reach you without some of you having to collect from the Sorting Office. We must apologise for

SO SORRY FOR THE INCONVENIENCE

this; the firm who print the magazine, Ellis Printers in Dartford, had a sudden change of management, and in the confusion, neglected to put a stamp with the word **LARGE** printed on it, although the cost of the stamp was the same as before!! Words fail me..... Royal Mail have probably made a lot of dosh out of the general public with this change of rules.

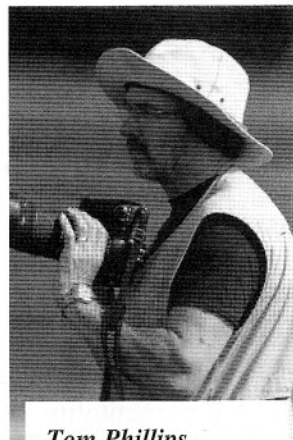
However, it was an "interesting" experience in one way. I'm referring to the fact it inspired a few of you to contact *The Southerner*! I escaped to Jamaica while all this was happening, (Yeah Mon!) and when I got back, I found several letters and emails on the subject. More than we have ever received at *The Southerner* since I started editing it some eight years ago!

In the December "*Southerner*": -special thanks once again to **Tom Phillips** for some fantastic action photos, a thought - provoking article. and his report on the Euro Games in Malmo. Also many thanks to **Robert Murkin** who interviewed Paula Fudge for our occasional series called "Club Cameos", and our regular faithfuls **Ann Bath** and **Walter Hill**.

So come on everybody- make 2009 the year when you write something for *The Southerner*- it could be a Club Cameo or your



worst cross country race, competing abroad or indoors, **ANYTHING** to amuse, inform, entertain!!



Tom Phillips, captured by Julia Buckel.

Round the Bend

While Carole Derrien is taking a break from writing her long running diary entries for *The Southerner*, **Tom Phillips** has offered to fill the gap. Many of you will know Tom already, as a sprinter on the track,

and as one of the best, and most prolific photographers of masters athletics. Tom has promised *The Southerner* some pieces variously designed to amuse, and to provoke thought or comment about our sport. His article "Heroes or Freaks?" which we published a year or so ago subsequently gained worldwide acclaim (remember - you read it here first!), so be prepared occasionally to have your feathers ruffled! Here's his latest:

Fear of Failure?

Although the exact wording will depend on where you look, Churchill is supposed to have said something along the lines that: "Success is the ability to go from one failure to another with no loss of enthusiasm."

Funny how things like this have a habit of cropping up all over the place as soon as you've heard them once. I'd not heard it until a work colleague had suggested to me that this ought

/cont overleaf

Fear of failure/cont.

perhaps be a motto for our Unit (and he has a point). Then, a few days after, a Masters athletics source suggested that it was a suitable description of our sport.

Hey, hold on there, I beg to differ...I think! That argument presupposes a concept in which, as Masters, we are all basically bumbling along as "failures". Happy and self-fulfilled, probably, but failures nonetheless. Redeemed by our resolution not to give up, but failing regardless. Naah...That's not for me. I've not researched the context of Churchill's remark. It sounds a bit "backs against the wall" at one level, but no matter how many times I read it, it still comes across to me as unconvincing. It's that word "failure" that does it.

My wife will confirm that throughout the BBC's coverage of the Beijing Olympics, and afterwards, I'd regularly rant at the TV when remarks like "She's had to settle for silver" were made by commentators who ought to know better. Where has this "gold is everything, second is the first loser" mentality suddenly sprung from?

OK, I've just climbed down off the soap-box. It used to intrigue me when athletes from outside the SCVAC area spoke enviously of the track league structure we have locally. Did they not have something similar? Was it not as good? A read through the results from other Masters track leagues, and regular browsing of the general results in AW gave me an answer - smaller fields, fewer clubs, lower levels of performance, and lots of Masters racing in non-Masters events very regularly. I've run in the Kent League for each of the last eight years, since making a stumbling return to the track at the age of 46 (I'll tell you about it one day), and I admit that I have come to take for granted what a good series of competitions it provides.

But what's this got to do with where I began? Well, I got to thinking about what life would be like without the local League. Less competition, for starters. Fewer opportunities to mix and mingle with the great characters who make up our local Masters scene, definitely. But, over and above all of that, fewer opportunities to win things! If I had to construct the backbone of my season around non-scoring

races in the mainstream leagues, the frantic pursuit of decent open meetings where they'd keep the watch running long enough to record my times, and so on, then the Churchill quotation would begin to ring a little more true.

In those circumstances I probably would feel I was going "from one failure to another", relieved only by opportunities to compete in all-Masters events like the SCVAC and BMAF championships. Almost no matter what I ran at other times, I'd still find my hide being whipped by the youngsters, and finishing low down the order. It's what already happens in some of my Club championships!. And I know that in that situation, maintaining enthusiasm over an extended period would be hard. Really hard...

So, long live the SCVAC local track leagues, and hats off to those who make them possible!

LOCKER ROOM LIMERICKS 2.

For the festive season, and slightly topical.



"FOR SAL: E: twelve reindeer- quite cheap

(The credit crunch is now biting deep)

They can't gallop, just trot,

Usain Bolt - they are NOT!

Santa's replaced them all with a jeep!"

For pole vaulters.

Sergei Bubka always set store

By a curry the night before,

So, pole vaulters, the clue

Is a hot vindaloo-

And over the bar you will soar!

ROAD RUNNING with Walter Hill.

FOSTERS KENT COASTAL MARATHON 07-SEPT-08

When I finished this race I turned to Trevor Edgley who was only 4 seconds behind me and I said that this was one of the best marathons I had run. Trevor and I had run most of the race together and I had to work very hard to beat him. Trevor is an outstanding athlete and his time as a Vet 60 rewarded him with a Kent Bronze County Medal as a Senior.

Further praise for Carol Emery who has just joined the SCVAC and ran a very sound race.

On reflection an excellent promotion due to:

- Excellent marshalling.
- Value for money.
- Challenging and scenic course.



Without reservation I am recommending we run the roads of Kent next year as this event will also incorporate the BMAF Marathon Champs.

NAME	GROUP	TIME
Walter Hill	M55	3:08:52
Trevor Edgley	M60	3:08:56
Ivon Whitmore	M55	3:33:27
Jeremy Carmichael	M50	3:36:45
Carol Emery	F45	3:38:27
Michael Byrne	M65	4:10:39
Karen Samuel	F45	4:26:05



EPSOM 10 MILE ROAD RACE 16-NOV-08

I know that all the finishers enjoyed much better weather than last year .The times were quicker and we all left with a pen so we can enter next year. The Epsom 10 Mile is one of the best. It provides athletes with a challenging 10 mile course which is very well organised, value for money and always a day to remember.

The results below reflect the clubs achievements. I just hope I will be able to run as quickly as Joe Cleverly when I am a Vet 75.

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Results of Epsom 10mile road race, Nov 16th 2008

NAME	GROUP	TIME
Geoff Newton	M60	65:58
Walter Hill	M55	66:00
Jeremy Carmichael	M55	74:03
Joe Cleverly	M75	78:40
Christine Egglestone	F55	79:18
Patrick Heffernen	M70	82:28
Sue Garner	F60	82:30
Ann Bath	F60	84:53
Karen Samuel	F45	87:20
Kio Vejdani	M70	98:29

BRITISH AND IRISH MASTERS INTERNATIONAL CROSS COUNTRY 15/11/08, SWANSEA, WALES, by Cross Country Secretary Ann Bath.

Over 400 vets came to Singleton Park, which is a true cross country course, and it severely tested everyone on the toughest course of recent years. It had thick cloying muddy hollows, slippery cambered uphill and then a cruel uphill finish. In fact because it started at the bottom of the hill it was climbed 4 times in 3 laps and 5 times in 4 laps! However it was very spectator friendly with the 2K laps and all the athletes really appreciated the encouragement from the crowds!. All SCVAC participants came away with either a Gold or Silver team medal. In the Open race, there were some excellent performances from the reserves, despite the course becoming even more muddier, as unlike last year, this was the LAST race of the day!

LADIES RESULTS IN THE INTERNATIONAL 6K RACE

Jane Sheard W35 was 5th in her age group overall and a Gold team medal for England. Karen Hazlitt W40 was 4th in her age group overall and a Gold medal for England. Ann Bath ran in the lower W55 age group and was 15th overall and a Silver medal for Scotland. Pam Jones ran in the lower W65 age group and was first in that age group, and a Gold medal for England, amazingly being an England International runner for over 50 years.

MENS RESULTS IN THE INTERNATIONAL 8K RACE

Bill Foster M50 was 3rd overall in his age group and a Gold medal for England.

OPEN RACE RESULTS FOR THE RESERVES (6K FOR WOMEN AND MEN 65+, 8K FOR MEN)

SCVAC stormed away in the women's race with Karen Rushton W40 winning and Tina Oldershaw W40 2nd. Lynne Whitaker was first W50 in 13th position overall.

Great results too In the men's race where Chris McQuillen-Wright M35 was 2nd overall, and Richard Grant was 2nd M55, closely followed by Stewart Thorp who was 4th M55.

Unfortunately I had to get back home on Saturday night so did not attend the excellent dinner and prize presentations at the magnificent Brangwen Hall, but still had time to catch up with friends (and rivals!) and really enjoyed the competitive atmosphere. Next year it will be at the Isle of Man, so hope SCVAC will be well represented again. **Full results** are on www.bvaf.org.uk click on results.

Photos are available on www.ignitioneventphotography.com

**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
MEMBERSHIP RENEWAL 2009**

Membership Number _____
Title Mr/Mrs/Miss/Ms etc _____

Surname _____ Forenames _____

Address _____

Telephone Home _____ Other _____

Email _____

Clubs _____

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

Signature _____ Date _____

Annual Subscription 2009 £12.00

Donation _____

Total Cheque enclosed for _____

Return to:- **Robert Murkin - Treasurer SCVAC
10 Dents Grove, Tadworth, Surrey KT20 7DX**

“IN PRAISE OF INDOOR RUNNING” by Peter Hamilton

When there is very small support for an event, what goes through your mind? Good, I should be able to do well today, or, what a shame, I wanted to beat the best there is. I confess to mixed emotions, but I am a fan of indoor running and it is also where I can indulge my “ought to do well here” side.

So why is it that veterans indoor events are not as well supported as they should be, I am talking from a middle distance stance. Could it be the “spotlight” effect, the lack of anonymity that is available in a mass road race? Like all track running there you are in a very exposed and measured environment, with spectators able to chart your every step. Moreover it is a 200 metre track and unless you are to finish within 35/45 seconds of the winner you have the ignominy of being lapped. Last winter I achieved the first of being lapped in a 1500m race where M35 upwards competed in one event.

Do athletes think that there is a risk of injury on a tighter track, or any track? Certainly at around 80 second speed and above I do not think this is a consideration; I did once fall off a bend many years ago trying to do a 28 second 200!

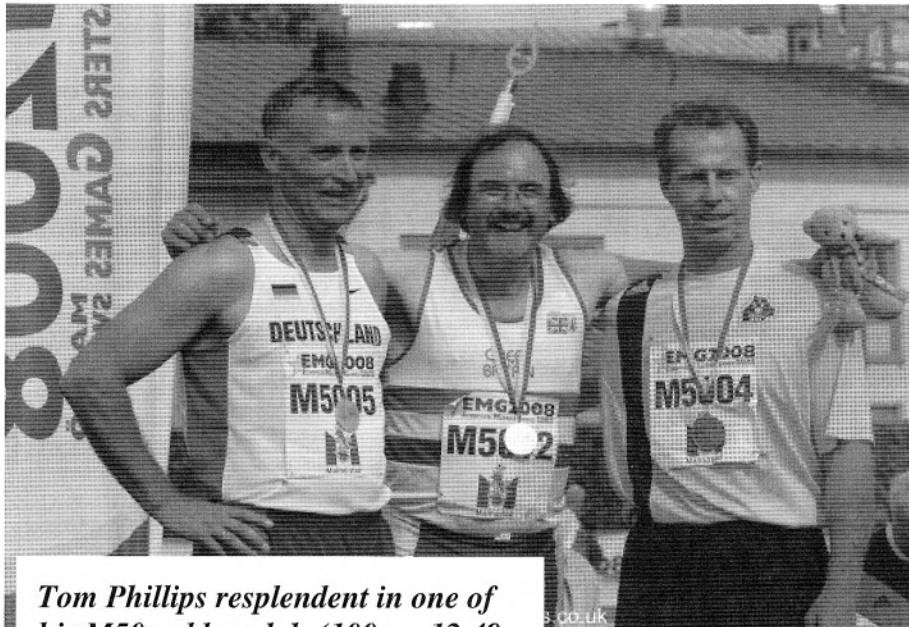
There is really no reason why even those who consider themselves mainstream cross country runners should not try the indoor circuit, even as a means to an end, say mid winter speed work. One of the features I like most is in mid February the feeling of running free in in singlet and shorts in mild, windless conditions, having most likely been used to at least two layer conditions on the track on Tuesday nights.

There are a number of fixtures coming up after Christmas at Picketts Lock (see BMAF website) to both provide competition but also to generate use of what is a first rate facility. Why not take that plunge and give yourself a new experience this winter and compete indoors?

European Masters Games 2008, Malmö, Sweden

30 August to 6 September 2008.

Tom Phillips reports



Tom Phillips resplendent in one of his M50 gold medals. (100m.- 12.49; 200m - 25.67) Photo: Julia Buckel

Judging from reaction I've had since returning from these, the first ever European Masters Games, most athletes are stuck in a mind-set that assumes that if an event has the word "European" in the title, it aspires to be something the size and standard of the biennial EVACS championships. Well, here's one that didn't, and was all the better for it!

The World Masters Games (WMA) have been going for many years. The next are in Sydney in October 2009. This was the first time they had spawned a European offshoot, European

Masters Games, or EMG 2008 as everyone called them. The Games were akin to a mini Olympics, containing more than a dozen other sports. These included archery, football, basketball, wrestling, and the like, as well as handball, which is huge in Europe and almost unknown in Britain.

We're also accustomed to athletics being centre stage in the Olympics. That certainly wasn't the case with EMG 2008. Overall numbers might have exceeded other sports, but when you spread the athletes across a full schedule of events and age groups, it made for a small, but impeccably well organised international gathering.

I am also well aware that BMAF and some other national federations have a downer on WMA, and decided to transfer that negativity to EMG, even though there had never been a European Masters Games previously! To date, the only justification I have heard voiced for this is that EMG used age groups as at 31 December 2008, and not as at the start of the competition. Well, that's hardly a crime in my book, given that our German Masters colleagues, as just one example, have exactly the same basis for their age groups, and have to adjust for EVACS and WMA events.

The Heleneholm stadium was a pristine six lane track, with full facilities. Despite what you may have heard, full IAAF and WMA rules were applied. The organisers had clearly listened to the message from Swedish athletes returning from poorly organised international meets. I can honestly say I could not find any fault worth mentioning about the way they conducted the week of track and field events in Malmö. The sun shone every day, and a persistent strong wind was the only bugbear.

Every field event was supported by a team of about eight officials and volunteers, for example. Results were conveyed to the announcers immediately, and the Swedish and English stadium announcements were prompt and clear. My experience on the track was completely typical: times and places were read out within seconds of the event finishing. The medal rostrum was half way down the home straight, in front of the stands, and medals were presented within minutes. I still had my spikes on when I received mine! Multi-eventers were totally spoiled. After each discipline, each athlete had a personal print of their placings and attempts, plus not only their scores, but the performance and score they needed in the

/cont next page

Euro. Masters Games (cont)

next event to move up a place, or to take the lead. This (called a "prognosis") was something I'd not seen before.

With good Russian, Latvian and Estonian support, there were full fields for most of the throws, and good performances. However, even on the track, some results exceeded winning performances in Ljubljana or Riccione. Yes, there were small numbers for several events, often due to people who had entered EMG 2008 simply not turning up. Sadly, this included quite a few British athletes too.

SCVAC members were amongst the medals. Dartford's Dave Kemp took silver in both M45 sprints, and gold at 400m, and I was glad to win the M50 100 and 200. Evergreen Jaroslav Hanus took a shot bronze at M75. There were around 30 British athletes at EMG 2008 in total.

Full results can be obtained from the EMG2008 web site, at:-

http://www.sportingpulse.com/assoc_page.cgi?assoc=4655&pID=1

A day by day gallery of my photos from the event can be seen at:

http://www.tomphillipsphotos.co.uk/index_files/Page543.htm

Someone praised EMG for placing participation above nationalism. I'd echo that. If one country couldn't field a relay squad, the organisers played matchmaker to help create a multinational squad.

These were a games, not a championship, and they were great. Don't let anyone who didn't go tell you otherwise.

SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
INDOOR TRACK AND FIELD CHAMPIONSHIPS

Lee Valley Athletics Centre,

61 Meriden Way, Picketts Lock, London N9 0AS Sunday 8th February 2009

**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 17th

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 £5 first event, £4 subsequent events, Guests £7/£5

Cheque Payable to SCVAC for £ enclosed

Signature Date

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

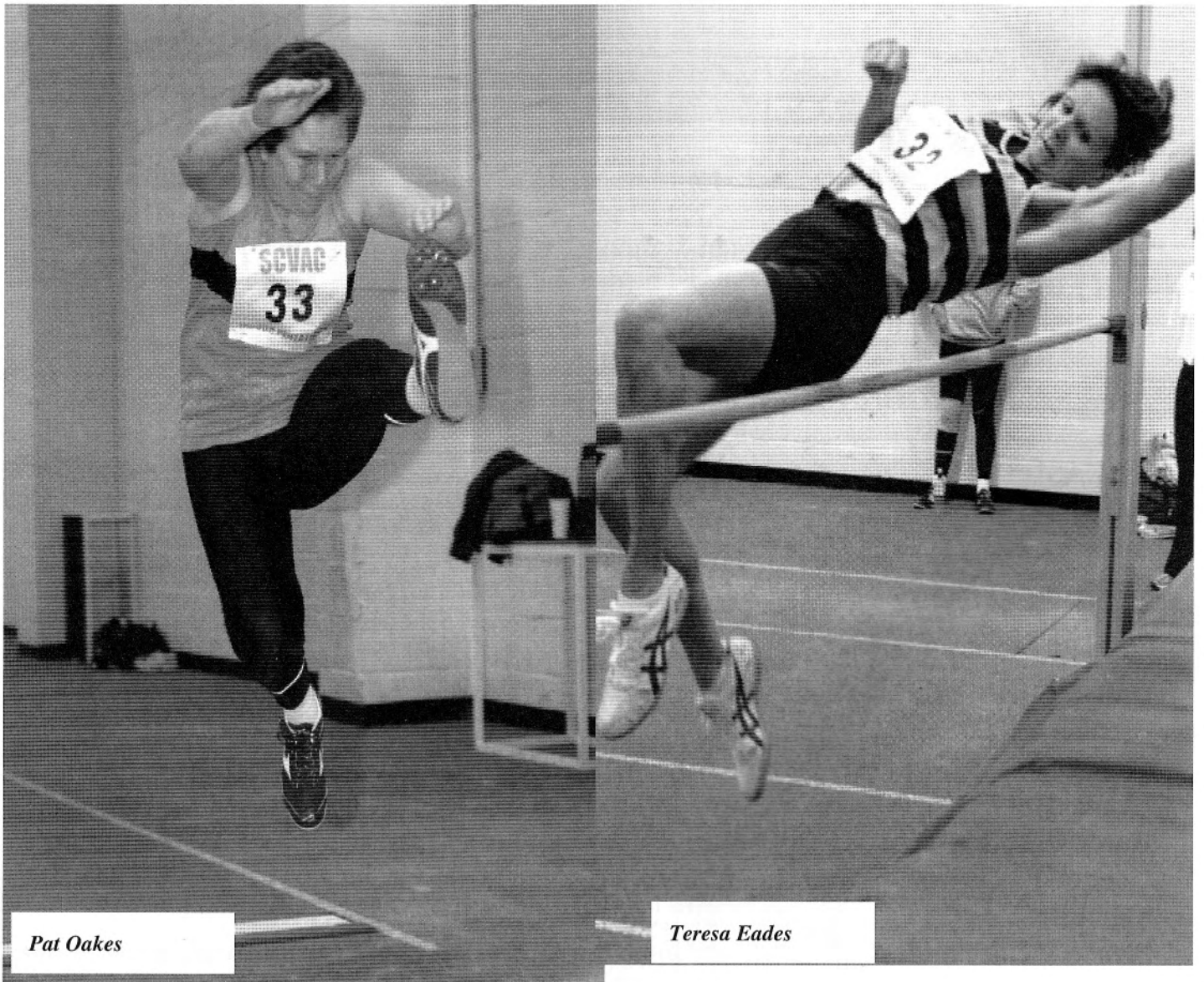
**MEMBERSHIP SUBSCRIPTION FOR 2009 (£12) MUST BE UP TO DATE. DO NOT SEND THIS
WITH ENTRY FORM.**



Paul Oakes, Brian Slaughter, Peter Robinson

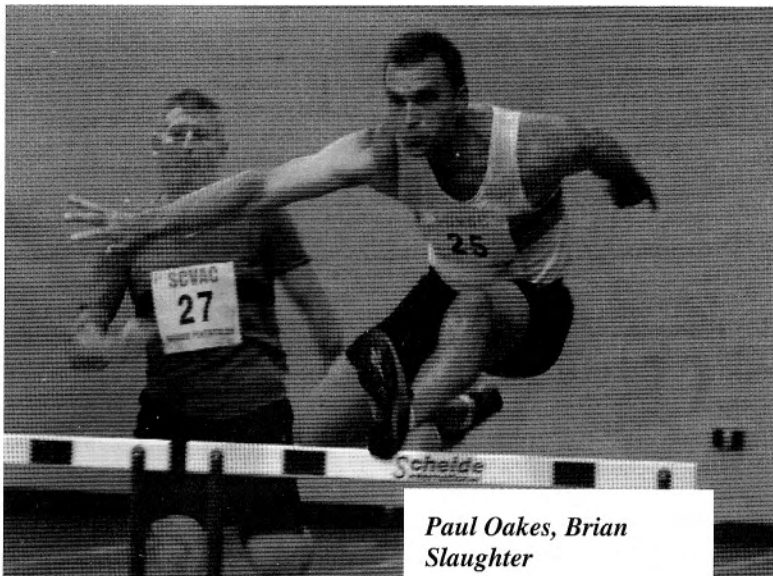
Roger Bruck, Colin Sheppard, Robert Ruff.

SCVAC Indoor Pentathlon: LINE UP OF THE "LADS"!



Pat Oakes

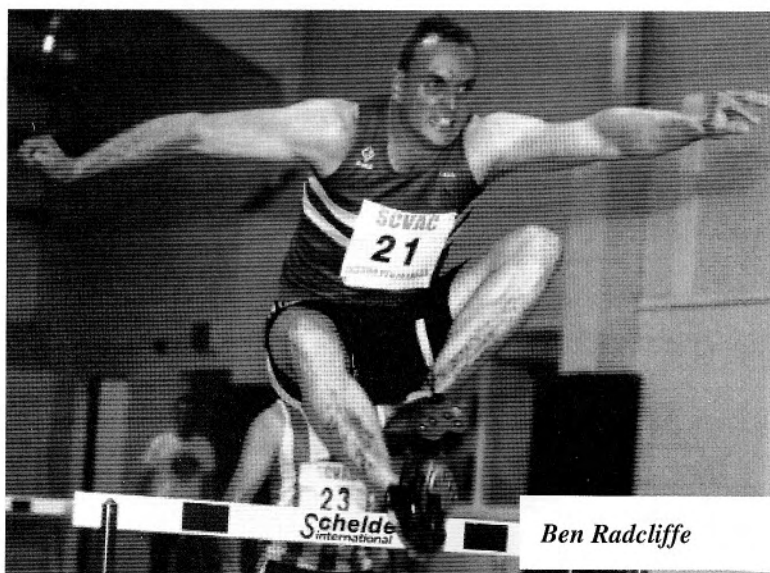
Teresa Eades



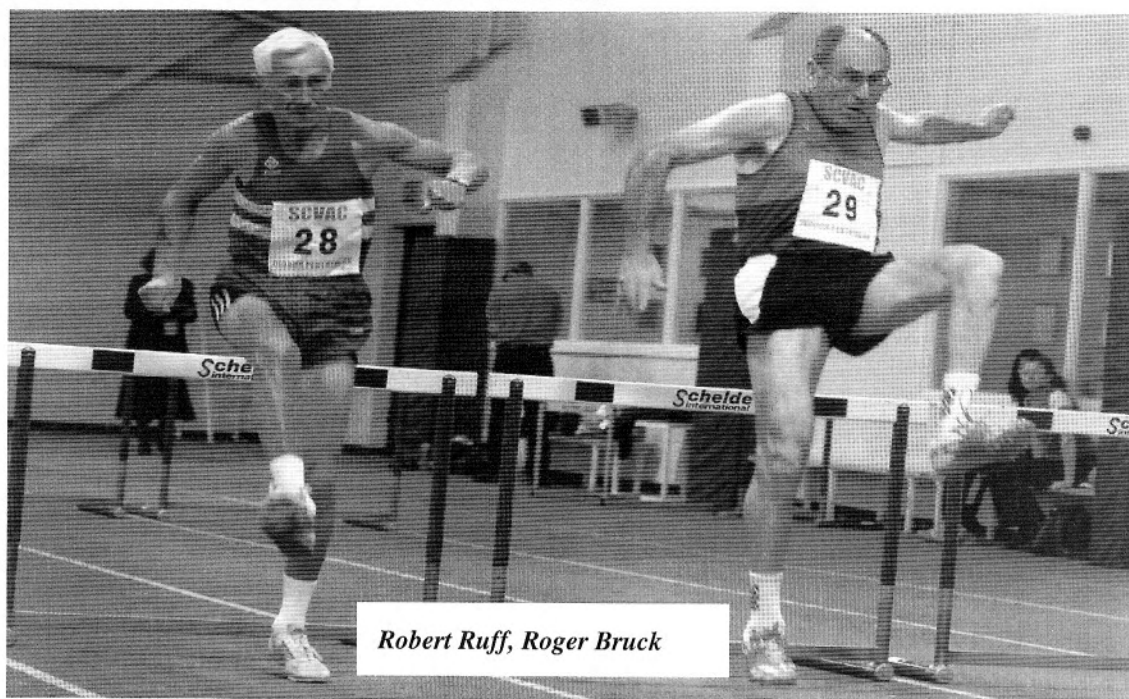
Paul Oakes, Brian Slaughter



Robert Ruff



Ben Radcliffe



Robert Ruff, Roger Bruck

Tom Phillips takes the photos at the SCVAC INDOOR PENTATHLON CHAMPIONSHIPS, SUTTON ARENA, SUNDAY OCTOBER 26TH 2008.

FIXTURES 2008 / 2009

INTERNATIONAL

- Mar 25/29 2009 European Veterans Indoor Championships - Ancona, Italy
 May 29/31 2009 European Veterans Non Stadia Championships - Aarhus, Denmark
 Jul 28/Aug 8 2009 World Masters Track & Field Championships - Lahti, Finland

NATIONAL

- Feb 22 2009 BMAF Indoor Pentathlon Championships - 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
 Jul 4/5 2009 BMAF Track & Field Championships - Birmingham (tbc)

SOUTH

- Dec 14 2008 SCVAC Cross Country Championships - Reigate (with the Holly Run)
 Contact: Ann Bath, phone 0208 398 2775
 Email: madshus@tiscali.co.uk
 Feb 8 2009 SCVAC Indoor Championships - Lee Valley
 Feb 22 2009 VAC Indoor Championships (with BMAF Pentathlon) - Lee Valley

Lublyana diplomas: If you would like one, send hard-backed 12 x 9ins SAE plus a 52p stamp to 156 Mitcham Road, Croydon, Surrey, CR0 3JE.

New overseas entries coordinator: Peter Duhig, 42 Wimboldsham Road, Downham Market, Norfolk. PE38 9PE. email: peter@peterduhig.plus.com



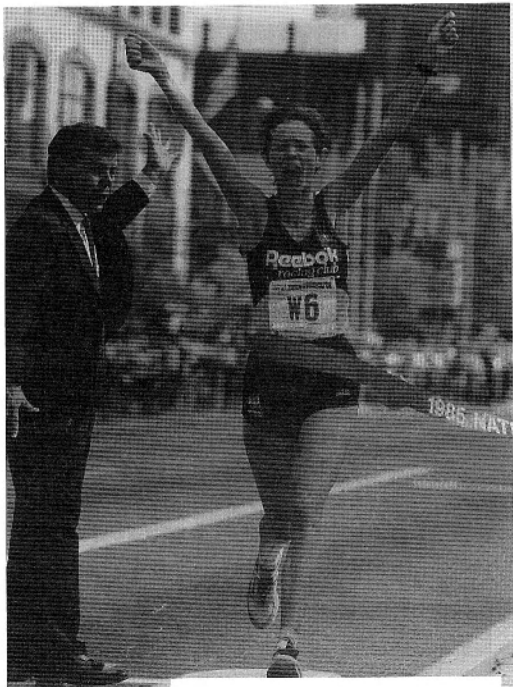
SCVAC INDOOR PENTATHLON, OCTOBER 29TH 2008, SUTTON ARENA, CARSHALTON;

Results	pts	60h	long j.	shot put	high j.	60m.
W45 Teresa Eades, Dartford Harriers A.C	2745	11.7	4.03	5.77	1.30	9.5
W60 Pat Oakes, Medway/Maidstone	2730	14.0	2.91	7.60	1.06	11.8
M35 Ben Radcliffe, Haywards Heath	2568	10.8	5.70	8.39	1.57	7.7
Ian Bridgeman Aldershot F/D	1761	11.3	5.62	8.21	1.54	-
M40 Derek Warn Southampton	1402	12.8	4.21	5.44	1.30	9.2
M50 Derek Slaughter Eastbourne Rovers	3311	9.9	4.85	10.97	1.45	8.4
M55 Peter Robinson St Marys Richmond	2467	12.7	4.19	7.67	1.39	9.4
Paul Oakes Medway/Maidstone	3234	11.9	4.81	9.83	1.48	8.6
M65 Robert Ruff Haywards Heath	2771	14.0	4.19	6.50	1.17	9.3
Roger Bruck Barnet & District	2804	13.6	3.91	7.89	1.23	9.8
M70 Colin Sheppard Basingstoke/mid Hants	1821	14.1	3.40	6.34	-	10.5

Club Cameo



**Robert Murkin
meets Paula Fudge**



**Winning the Ohio
Marathon 1985**

RM: I've looked through our membership list and there can be very few more decorated athletes than yourself in our club. You've obviously carried on competing from a very young age right through to the veteran's scene. Have you had any breaks and has it always been easy to go out and train?

PF: I started athletics with Feltham AC at the age of 12 and apart from the odd injuries the only breaks I had were after the birth of my two children and a stress fracture (approximately 6 weeks off each time). It was always easy to go out and train as a youngster as I had my sister

for company. I sometimes have people to train with but most of the time I am on my own which can be quite lonely. These are the times when I find it hard to get out there but usually motivate myself to do it. I sometimes use an exercise bike for alternative training and have found it helps with preventing injuries. I still enjoy the 'high' after training and competition which does help me to keep going and also seeing old and new friends from all my years of running.

RM: You competed at the very highest level as a senior. Would your 1978 Commonwealth gold in the 3000 metres have been your finest achievement ?

PF: That is a very hard one as I have a few achievements which I am proud of. Besides my gold medal, my 3rd position in the European indoor champs, World record for 5k which was a solo run with only 3 people in the race. My 2hr29min47sec marathon and winning the National Cross Country Champs. My sister, quite a few years before had won it and I dearly wanted to win it after her achievement.



**UK indoor 3k record, RAF
Cosford**

/cont next page

RM: You were British record holder over 3000m & 5000m. Do you feel you were equally suited to both?

PF: I think with the 5k I was very lucky to achieve a world record as I ran that race purely on 3k training. Unfortunately the 3k was the furthest event on the track at the time for middle distance runners so it would be difficult to say whether I would have been as successful over 5k as I was the 3k. However I guess I was lucky in that all the years of training did help with running 5k.



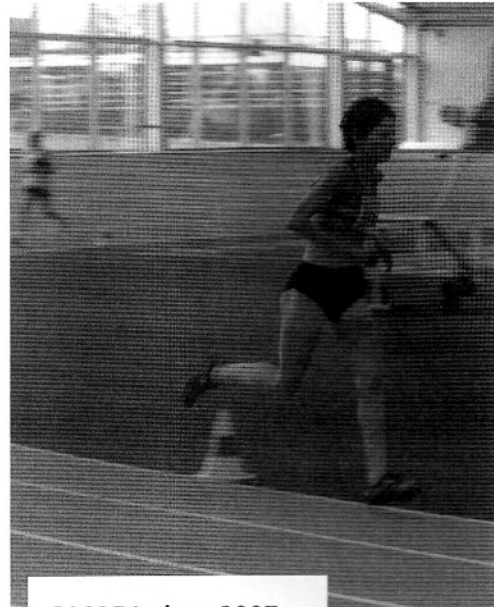
World 5k record

RM: You competed for Britain in the World Championships in the marathon and also clocked your pb of 2.29.40 in the Chicago marathon in 1988 where you finished 3rd. Was it easy to step up in distance ?

PF: When I was training for a marathon it was relatively easy to step up as I only increased my mileage by 20 miles a week from 70 miles but only for a period of 3 weeks. My background of solid training over the years helped me cope with the workload which also prevented injuries occurring as well. Longer reps and longer twice

a day sessions were the increased work load.

RM: In 2008 you once again headed the 3000m rankings in your age group with 11.10.70. Do you still have the motivation to try to gain national and international honours and records within your age group?



BMAF Indoor 2007

PF: I wasn't after any records as a vet and so that one came as a complete surprise to me. If I am lucky enough to gain honours etc I would be very pleased but I am not one to go chasing them. I think its great to see others achieving the honours as they work as hard as I do I am sure.

RM: What does a typical weeks training consist off for you these days?

PF: Sunday long run up to 75mins. Monday and Wednesday 40mins. Tuesday 4x5min 2min rec and Thursdays short recovery. Friday easy 30min. Saturday race or hills or fartlek.

RM: You must have met a lot of people over the years in the sport. Who has made the biggest impression on you ? /cont next page

PF: The person I have always admired since I was a senior athlete is Greta Waitz, she achieved so much in a very quiet way and was the first real middle distance superstar. Kelly Holmes I admire for all that she achieved with all the problems she had throughout her career.

RM: Outside of athletics what interests do you have ?

PF: My family, walking, reading. I also team manage the girls Junior League track team through the summer and coach at the club so I am quite involved with athletics.

RM: Did you pursue a profession ?

PF: Before I had my first child (1984) I worked but I was lucky when I got back into running again to earn money from athletics which was great as I was being paid for something I really enjoyed doing.

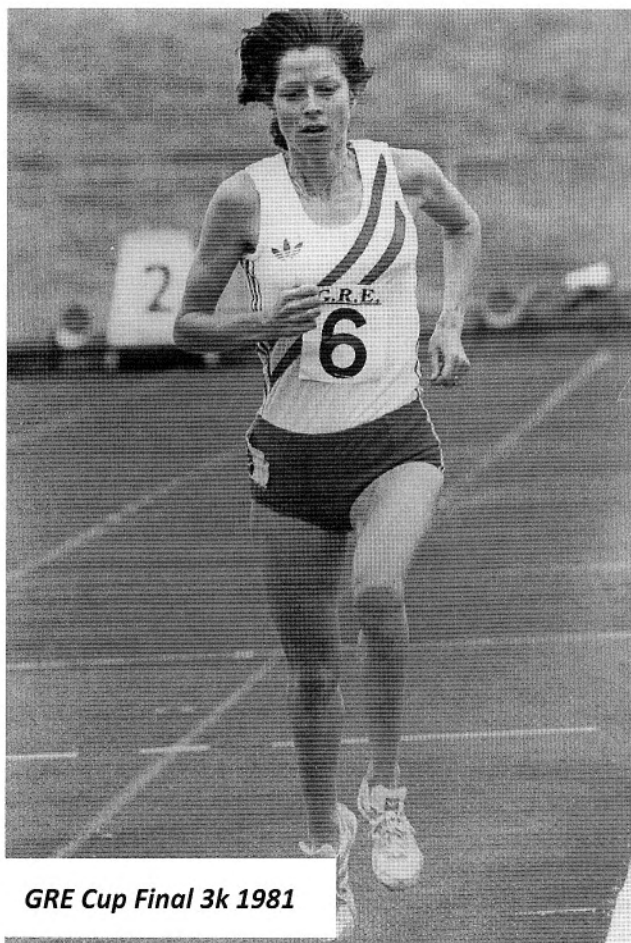


Paula & Family

RM: And finally the question I ask everyone that I interview. What do you think of SCVAC and the British masters movement as a whole ? (no pressure)!!!!

PF: I think both SCVAC and British Masters are great for us vets. They keep me informed of all the competitions available and I do try to support when I can but also like to support my club in their events. Could I please through your column say a very big thank you to all those fellow athletes officials and my family who have supported me throughout my career

and who still cheer me on in races. I feel very honoured to still be recognised when competing at meetings.



GRE Cup Final 3k 1981



National Cross Country 1982

Southern Counties Veterans Athletic Club Committee 2008-2009

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Club kit & medals- VACANCY.

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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 Rylands Road, Selsdon, South Croydon, CR2 8EA.