



The Norman Martin trophy for the best performance at the club championships by an over 70 went to thrower Colin Brand, with a shot putt of 10.25. The first Jim Day trophy for best pole vault performance at any time in 2010 was won for the third year running by Sue Yeomans, with a European record of 2.86 at age 57, the best overall percentage grade of 97.27, and the second for the best performance at the SCVAC 10k championship by W45 Tina Oldershaw, 36:58.



The new Alf Woods trophies for best performances at the 2010 club championships were won by sprinters Ray Watkins, 100m in 12.43 at age 57, 93.08%, and 63 year old Brenda Fee, 100m in 15.45. The middle distance awards were taken by Ken Daniel, a 2:24.60 800m at age 59, and Sharon Hawkins, 5000m in 19:01.36. Neil Griffin, a shot putt of 13.46 at age 62, and Liz Sissons, for a 9.47 putt, took the throwers' awards. Trevor Wade, who long jumped 5.53 at age 54 and Sue Yeomans, with her second trophy of the evening for a 2.70 pole vault, another over 90% score, 91.83, were the winning jumpers

PRESENTATION OF TROPHIES AT THE AGM; words & photos by Arthur Kimber, presentations made by treasurer Tom Richards.

After the postponement of the AGM as a result of December's snow, the event took place on January 28th. The Norman Martin and Jim Day trophies were presented, along with a set of new trophies in memory of Alf Woods. All awards were decided using age graded tables.



**CROSS COUNTRY
RUNNING - with Ann
Bath, cross country
secretary.**

**Cross Country Championships
Reigate Priory Park, 19th December
2010.**



Sadly the weather conspired to spoil what is usually a well – turned out event. The heavy snow and travel disruption meant that we only had 2 members take part. The travel arrangements from my early Skiing holiday assured me I would be there, but I had not envisaged the dreadful airport closures which meant I did not get home until the afternoon, and it appears I was one of the very lucky ones.

Nearly every other race was cancelled that weekend – including the Sussex Masters Champs with which it unfortunately clashed. Last year was also run on snow but we had a great turn-out as the roads were clear. The numbers who did the Holly Run 2010 were much lower than 2009, and the distances of 3 miles for women and 6 for men were inaccurate. So huge congratulations to our 2 runners who will get their Gold Medals in the post.

Annette Morris Reigate Priory AC W50 18.18
Geoff Newton Tadworth AC M60 39.11

**BMAF Cross Country Championships
Perry Park, Birmingham 12/3/11**

There was an excellent turn-out of SCVAC members, apologies if I have missed anyone as only first claim clubs are listed on the results, so for names I don't recognise I have to check them against the membership list.

The course of 2km laps was mainly flat, but there was a slight incline at the back of the course into a headwind. Unlike in 2009 for the British and Irish Masters race when it was wet and boggy, the course was very dry and likened to a "Park Run" by some. For the first time there were just 2 races, with the M65+ running 3 laps (6K) with the women. Men 35-64 ran 4 laps (8K). Everyone raced in 5 year age bands.

There were some excellent performances and new member Lucy Elliot won the ladies race outright and a Gold Medal for 1st W45! **Gold medals were also won by:-** Michael Desmond M60 John Batchelor M70. **Silver medals were won by:-** Julia Austin W45 Paul Fernandez M35 Norman Morrison M60 Geoff Newton M65 John Goulding M75. **Bronze medals were won by:-** Brenda King W65 David Parsons M60 John Steed M75. So SCVAC had a clean sweep of the medals in the M60-64 age group – well done!

In the team competition, Oxford City members David Parsons and Richard Grant (both M60) gained a 2nd M55 team medal.

Ladies and Men 65+ 6K

1	Lucy Elliott W45	21.59
10	Nicola Blandford W35	23.28
23	Julia Austin W45	24.48
31	Geoff Newton M65	25.26
46	John Batchelor M70	26.09
49	Tony Brackstone M65	26.18
64	Vickie Talbot-Rosner W50	27.12

77 Jenny Brown W50	27.47
86 Sue James W60	28.33
87 Gwyneth Hueter W50	28.40
93 Theresa Johns W45	28.59
109 Sue Cooper W50	30.32
116 John Goulding M75	31.36
120 John Steed M75	32.21
122 Brenda King W65	32.53
128 Brian Shave M75	36.28
Men 35 – 64 8K	
11 Paul Fernandez M35	27.45
14 Stephen Male M45	27.52
15 Spencer Hempsted M40	27.59
31 Tad Dicker M45	28.40
56 Richard Holland M50	29.46
96 Andy Phelps M45	31.34
97 Desmond Michael M60	31.36
99 Norman Morrison M60	31.40
101 David Parsons M60	31.53
107 Richard Grant M55	32.07
113 Roy Treadwell M60	32.19
119 Lance Birkby M45	32.38
135 Alan Newman M55	33.37
145 Andrew Gleeson M40	34.14
155 Tim Sutton M40	34.44
177 Rob Sargent M55	39.20
183 Dave Wilson M60	41.55

Well done to everyone, it was a very good turnout and it was great to see that eight new members took part – hope you and the others will continue representing SCVAC!

FIXTURES 2011/12

INTERNATIONAL

July 6/17 2011 World Masters Track & Field

Championships - Sacramento, USA

Official closing date April 24th. However online

entries still accepted with a surcharge of \$50

Apr 3/8 2012 World Indoor Track & Field

Championships - Jyvaskyla, Finland

NATIONAL

May 21 2011 National Masters Road Relays -
Sutton Park

Jun 5 2011 BMAF 10k Track Run/Walk
Championships - Oxford

Jun 5 2011 BMAF Outdoor Pentathlon

Championships - Oxford

Jun 12 2011 BMAF Throws Pentathlon

Championships - Milton Keynes

Jun 19 2011 BMAF 5k Road Championships
(incl Walk) - Horwich

Jun 25/26 2011 BMAF Track & Field
Championships - Alexander Stadium,
Birmingham

Jul 2/3 2011 BMAF Long Distance Walk -
Surrey 100 miles - Lingfield Park racecourse

Aug 7 2011 Inter-area Track & Field
Challenge - Solihull

Aug 20 2011 BMAF 20k and 30k Walks -
Coventry

Aug 21 2011 BMAF Half Marathon
Championships - Leek, Staffs

Sep 4 2011 BMAF 10 Mile Championships -
Hexham

Sep 10/11 2011 BMAF Decathlon/Heptathlon
Championships - Oxford

Oct 2 2011 BMAF 10k Road Championships
- Oct 16 2011 BMAF Marathon Championships
- Abingdon

SOUTH

May 28 2011 Surrey Masters Track & Field
Championships - Epsom

Jun 5 2011 SCVAC Track & Field
Championships - Ashford

Sep 4 2011 SCVAC Track & Field League Final
- Ashford



"IT'S AN EXERCISE SIMULATOR!"

Ted Pepper Memorial 10k Road Race 2011

Once again we must thank Blackheath and Bromley Harriers AC for allowing us to incorporate our SVAC Championships within their open race. There is a special feel to this event, which attracts club athletes back year after year. There may possibly be an alternative future venue, in Norman Park and some of the surrounding country, avoiding roads as far as possible. It would be a shame to see this race moving off-road, but understandably the organisers are mindful of safety considerations.

The earlier start time of 10 am proved a popular change, and the runners had a pleasant breeze to cool them down. SVAC runners accounted for 22 of the 167 finishers: this was a much better turnout than we had last year.

There were several fine SVAC performances, including M40 Spencer Hemsted, and M45 Viesturs Dude and David Weekes, who all placed in the top 10 of the open race. F45 Clare Elms was an impressive winner of the open women's race, and M70 winner John Batchelor ran an outstanding 42.25.

Congratulations to all who ran well, and well done the five M70 runners who made up our most populous age category – an inspiration to us all to keep competing!

Positi	Name	Club	Time	SCVAC
3	Spencer Hempsted	Ilford AC	34.52	M40 - 1st
6	Viesturs Dude	SCVAC	35.31	M45 - 1st
7	David Weekes	Folkestone RC	36.01	M45 - 2nd
16	Clare Elms	Dulwich Runners	38.31	F45 - 1st
20	Steve Smythe	Dulwich Runners	39.21	M50 - 1st
32	Trevor Edgley	Invicta East Kent AC	41.02	M60 - 1st
38	David Beattie	Crawley AC	41.31	M60 - 2nd
39	Julian Spencer-	Kent AC	41.37	M60 - 3rd
45	John Batchelor	Ilford AC	42.25	M70 - 1st
55	Rosemary Ferguson	Blackheath & Bromley	43.37	F45 - 2nd
70	Jeremy Carmichael	Crawley AC	44.48	M55 - 1st
75	Rob Sargent	Dagenham 88 Runners	45.17	M55 - 2nd
77	Patrick Dobbs	Thurrock Harriers	45.19	M70 - 2nd
87	Glyn Jenkins	Thanet Road Runners	46.41	M65 - 1st
95	Peter Godbee	Swanley & District AC	47.37	M60 - 4th
111	James Fitzmaurice	Sevenoaks AC	49.03	M65 - 2nd
120	Graham Williams	Ilford AC	50.33	M70 - 3rd
138	Brenda King	Chiltern Harriers	53.47	F65 - 1st
139	Pam Jones	SCVAC	53.51	F70 - 1st
140	Ann Bath	26.2 RRC	54.24	F60 - 1st
141	Tony Merritt	Burnham Joggers	54.41	M70 - 4th
152	Bob Carter	Istead & Ifield	58.36	M70 - 5th

Mrs Derrien's Diary

by Carole Derrien,
Jersey Spartan A.C.,

After the trials and tribulations of the winter, I managed to get back to some sort of training – more comebacks than Frank Sinatra – that's me! I was obviously not going to be fit enough to do the British Indoor Championships, and probably not good enough for the Europeans – but – I was convinced by my family that it would be better to go to Ghent,



give it a go and see where I was in the general plan of things. I travelled with Wendy and Vilma so we had plenty to chat about on the way, catching up with all the winter news and a bit of gossip here and there. We found the venue



“I did it my way!”

with no problems, signed in, got our paper work, then set about finding the hotel which was on the Expo site. I'll swear we passed it 3 times before we were in the right lane on the right side of the road.

It was straight down to business the next day as we supported each other in the heavy weight and I let the fact that the weight had a large triangular handle put me right off – that and the fact that there were 3 competitions going on at one end of the field with only portable metal fences for safety – it was quite surreal.. The next day was very cold and with little shelter at the outside track we had the discus – everybody was down on distance and Rosemary Chrimes nearly decapitated the officials on the men's weight throw – much to our amusement – but it underlined the dangers of having 3 throwing

competitions on at the same time! By evening the promised rain had arrived but we braved the elements to go into Ghent for our evening meal. The rain continued the next day and thankfully I had a day off enabling me to watch the girls at their shot putt – this was at least indoors but not in the main stadium – typical. I really enjoyed the day because we were at least in the main building and able to watch some of the running events. The medal presentations seemed to be a shambles – I was just jealous really!! Thankfully the sun came out again on Saturday, what luxury, but it didn't improve my performance – 4th again. Never mind, I had come through unscathed and convinced I should go to Sacramento in July. I really have to go as my only brother and his wife live on the West Coast, with my niece, nephew and families living nearby. I suppose I should compete just to prove to them that I haven't been lying all these years! They are Baysider's and say it will be very hot in Sacramento - probably too hot for them – I reckon they are wimps.....

There has been a quick trip over to London to support the Throws Competition organised by Camilla and her Kingston club – my throwing has improved – a little, I was even persuaded to take part in the shot – I did have the advantage of throwing it at my son who was kindly helping with the officiating! It was a very enjoyable experience, a mixture of competitions and lectures, and the wheel chair athletes were a very welcome addition to the event.

So here we are, it is Easter and I have a house full of athletes who have come over for a training camp. The weather has been glorious - which is always a good place to start – but we have a drought in the Islands – no good for the farmers but great for athletes. I am trying my best to keep up with the youngsters, two sessions a day, but I am wilting in the heat or do I hear you say – no fool like an old fool? That is probably right but I am enjoying it and the wheels haven't fallen off my wagon – yet. I might even get fitter, who knows! I have decided to come over and do the Weight Pentathlon and the Nationals so the proof of the pudding and all that – watch this space!!

SCVAC INDOOR CHAMPIONSHIPS LEE VALLEY 20.02.11-

Report from Arthur Kimber.

Allan Williams breaks M55

British pole vault record!

The championships attracted an entry of about 200, similar to the 2009 and 2010 entries and acted as a good warm up for the BMAF championships later in the month and the Veterans Indoor Championships in Gent, Belgium, in March. Eleven championship best performances were beaten or equalled.

There was a large entry in the sprints. In the 60m M40 event guest John Corr and Joe Appiah ran a closely contested race, John just pipping Joe, with both athletes clocking 7.4. John Browne ran a fast 7.7 to take the M55 title and Terry Bissett the M65 in 8.6. Joan Trimble ran an impressive 8.9 to take the W55 title. John Corr had a second win in the 200m with 24.4, Pat Logan easily won the M50 race in 24.8 and Terry Bissett triumphed again in 28.1, as did Joan Trimble with a 30.7 clocking. The outstanding athletes in the 400m races were easy winners M45 Jonathan Tilt with 53.8 and M50 Kermit Bentham with 54.5, CBP, and Terry Bissett 66.0, also a CBP.

The middle distance races were less well supported, but impressive 800m runs came from Steve Baldock, 2:04.7 in the M40 race and Jonathan Tilt, 2:09.2 and guest Michael Bridgeland ran a speedy 9:34.1 to win the M50 3000m. The outstanding 3000m walker was international medallist John Hall with an impressive 15:16.5 clocking in the M60 group. Joe Appiah ran 8.6 to win the M40 60m hurdles with Barry Ferguson taking the M65 event easily in 10.7.

In the field events the performance of the day was Allan Williams' British record breaking 3.91 pole vault in the M55 age group. Chris Mills vaulted 4.41 to take the M35 title and

European record holder Sue Yeomans, W55, 2.70, =CBP, while W50 Teresa Eades vaulted 1.30, CBP. Three impressive long jumps came from M35 Neil Lincoln, 6.13, M50 Trevor Wade, 5.13 and W45 Imeta Barauskiene, 4.65, =CBP. Neil and Imeta stood out again in the triple jump with 12.05, CBP, and 10.17 respectively. Imeta took her third gold medal in the high jump with 1.45, CBP, while Gary Capon excelled with 1.60, CBP, and M60 Geoff Kitchener jumped 1.40, =CBP. International medallist Mark Wiseman impressed in the M40 shot with 15.47 as did W55 Vilma Thompson with 11.02.

We received the following news from John Goulding.

Last year I joined the SWVAC and just before the BMAF Half Marathon I joined the SCVAC and I will be rejoining.

I thought my background to running might be of interest to the magazine. After playing football and then refereeing I decided at 50 yrs of age to join my local athletic club, the Andover Athletic Club and rekindle my love of running as a school boy. Road running and cross country were both enjoyed but my times were far from exceptional. However, as time passed I found I was moving up the Hampshire rankings, until in 200, aged 70, I won the Hants Championships at 10k, 10 mile and half marathon 44 mins 18 secs, 74 mins 56 secs and 1 hr 41 mins 13 secs respectively. It wasn't until my wife bought a lap top and started to research the times for over 75 yrs, which I was now approaching that I realised I could compete at a higher level.

After my 75th birthday on the 4th June I ran the 10k at Poole, finishing first over 70 and of course over 75 and in doing so broke the SWVAC record for over 75 (48 mins 24 secs). I then broke the half marathon record in the New Forest half in a time of 1 hr 51 mins 48 secs and then the 10 mile at Oldbury, Bristol in a time of 50 mins 41 secs while gaining a silver medal in the BMAF Championships last year.

~~~"The Southerner" 200 Plus Club~~~

from Ken Crooke- Assistant Treasurer.

Prizes Won : December 2010 to April, 2011

December 2010: 1st £35 Share 111 Graham Page 2032, 2nd £20 189 Gerald Cunning 2007, 3rd £15 030 The Southerner, **Special Prize £100 031** Barry Fisher 1200. **January, 2011:** 1st £35 259 John Swannell 0398, 2nd £20 034 Vilma Thompson 0775, 3rd £15 130 The Southerner. **February, 2011:** 1st £35 016 The Southerner, 2nd £20 021 Victor Novell 0878, 3rd £15 109 Jack Braughton 0174. **March, 2011:** 1st £35 297 Andrew Cunningham 3682, 2nd 074 The Southerner, 3rd £15 031 Barry Fisher 1200. **April, 2011:** 1st £35 145 David Ives 2329, 2nd £20 193 David Lipscomb 3823, 3rd £15 242 Patricia Seabrook 3111.

New Shareholders are welcome to join at any time and will be eligible to win any of the Prizes as indicated above. Shares run for 12 months from when payment is received at a cost of £12. Note the "Specials" drawn in June and December of £100. Payment may be made by cheque or by Direct Credit/ Standing Order – see Remittance form and Bank mandate below.

Remittance Advice for Cheque Payments

For 200 Plus Club (include Membership - £12 for 2011) – send to Ken Crooke (Assistant Treasurer) 8 Rylandes Road, Selsdon, South Croydon, Surrey CR2 8EA
Tel: 020 8657 4269. Email: ken.crooke@talktalk.net

FROM: _____ Member No. _____
Telephone(s): _____ (Mob) _____ Email : _____
Address: _____ Post Code _____

ANNUAL SUBSCRIPTION 2011 £12.00.
Arrears if applicable Year(s) from 200__ £____.
Donation to Funds £____.
200 Plus Club ____ Shares @ £12 per Share £____ Cheque enclosed for £____

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

Bank Mandate

Please send to Ken Crooke at above address. The form will be sent on to your bank

TO: _____ (Bank Name). Sort Code _____
Branch Address: _____ Post Code _____

Please pay to Barclays Bank plc, Selsdon Branch, The Croydon Group PO BOX 95, 1 North End Croydon, Surrey CR9 1RN the sum of £____ (____ POUNDS ONLY) on the 10th day of _____ (Month) each year commencing 20 __ until Cancelled by me, for the CREDIT of SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
Sort Code: 20-24-61 Account Number 80037249

Please DEBIT my Account number _____ NAME (As on cheques) _____

Please complete this statement if you wish to change the amount you pay:-

PLEASE CANCEL EXISTING ORDER FOR £ _____

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Signature _____ Date _____

May be used for annual payments for Membership Renewals and/or 200 Plus Club shares

