

The

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SOUTHERNER

**THE MAGAZINE OF THE SOUTHERN COUNTIES
VETERANS ATHLETICS CLUB**

BRITISH OLYMPIC ASSOCIATION

OFFICIAL REPORT

OF THE LONDON

OLYMPIC

GAMES 1948



PUBLISHED BY WORLD SPORTS

THE OFFICIAL MAGAZINE OF THE BRITISH OLYMPIC ASSOCIATION

PRICE FIVE SHILLINGS



From the Editor: Welcome to the decidedly nostalgic Spring 2012 Southerner! I hope you will enjoy our look back at the 1948 London Olympics. It is strange how history sometimes repeats itself. Sixty four years ago, the British public had many misgivings about the Games. Could we really afford it and shouldn't the government be spending our taxes on repairing all the damage of the War years? In 2012, I hear the same arguments, but for different reasons! So let us hope that, as in 1948, when there was, eventually, an outpouring of optimism and national pride, the

2012 Olympics will produce a similar positive reaction.

Many thanks to the Club members who have sent us their memories of 1948, and more especially to Mike Martineau, whose article about his Dad Herbert is enhanced with so many memorabilia. My article "Sporting Heroes" which I hope you will find interesting, was largely researched from original 1948 sources.

FIXTURES

INTERNATIONAL

- Aug 16/25 2012 European Veterans Track & Field Championships - Zittau (Ger), Bogatynia (Pol), Hradek (Cze)
Nov 10 2012 British & Irish Cross Country International - Stormont, Belfast
May 24/26 2013 EVAA Non-Stadia Championships - Upice, Czech Republic
Oct 15/27 2013 World Masters Track & Field Championships - Porto Alegre, Brazil
Aug 15/24 2014 European Veterans Track & Field Championships - Izmir, Turkey

NATIONAL

- May 12 2012 BMAF Road Relays - Sutton Park, Birmingham
Jun 10 2012 BMAF 20k Walk Championships - Downham Market, Norfolk
Jun 10 2012 BMAF Marathon Championships - Tenby
Jun 17 2012 BMAF Pentathlon Championships - Horspath Track, Oxford [confirmed]
Jun 17 2012 BMAF 5k Road/Road Walk Championships - Horwich
Jul 1 2012 BMAF Throws Pentathlon Championships - Cophthall Stadium
Jul 14 2012 BMAF 30k Walk Championships - Coventry
Jul 21/22 2012 BMAF Track & Field Championships - Moorways Stadium, Derby
Aug 4/5 2012 BMAF Decathlon/Heptathlon Championships - Horspath Track, Oxford
Incorporating the GB v USA Challenge
Aug 5 2012 BMAF 10k Track Run/Walk Championships - Horspath Track, Oxford
Sep 9 2012 Inter Area Track & Field Challenge - Solihull
Oct 7 2012 9:00 BMAF Half Marathon Championships - Neil McCover Memorial, Kirkintilloch, Glasgow.
Oct 14 2012 BMAF 10k Road Championships - Ashford, Kent [confirmed]
Oct 28 2012 BMAF 10 Mile Championships - Tiptree
Nov 17 2012 BMAF Cross Country Relays - Derby (provisional)

SOUTH

- Jun 3 2012 SCVAC Track & Field Championships - Norman Park, Bromley
Aug 26 2012 Veterans AC Track & Field Championships - Battersea
Sep 2 2012 SCVAC Track League Final - Julie Rose, Ashford, Kent
Sep 5 2012 Veterans AC 10,000m Track Championships - Battersea

WMA REGIONAL EVENTS

Aug 9/12 2012 North American Track & Field Championships - Saint John, New Brunswick, Canada
Contact: Bill MacMackin Email: SaintJohnTrack@Yahoo.ca These are the North-Central American, Caribbean & Canadian Masters Track & Field Champs, but are open to registered athletes from other countries.

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Southerner 200 Club: to buy shares
please contact Ken Croke- details
above.

Club Records can be set anywhere-
please send claims to Jeanne Coker-
details above.

Southerner contributions welcome
preferably emailed in Word format, or
typed copy sent to:-

Rosemary Champion- details above.

Closing date for September Southerner
is Friday August 31st 2012.



LETTERS TO THE EDITOR:

From Peter Hamilton

Hi Rosemary, thank you for another fine Southerner. Immediately I read the "Club Notices" I found myself in total accord with all you wrote. I write as someone who has tickets for the men's 1500m final, I know I shall be absolutely buzzing at the stadium, but I do so agree about "the comfort of my own lounge" and have felt this way about athletics viewing for many years, probably ever since those evenings of taking 45 minutes to get out of the Crystal Palace car park! As you say, the rerun, the rerun of the rerun, the slomo, not to mention the dulcet tones of Steve Cram and Brendan Foster. I shall of course end up with the best of all worlds, attend the event and then return to see the recording on tv!



Secondly, on cross country running, I am involved in a forum of fellow 60 year olds and there was a certain amount of discontent following conditions at the home international cross country in Glasgow. I wasn't at the course as were some of my fellow writers but found very little support for my stance, and I quote my input.

"My initial thought was that health & safety and cross country running was something of a contradiction in terms, a little like fun run, and mature student. I am sure I stand to take a bit of flack for this but initially Matt states that "rather than looking for someone to blame..." and then goes on to say ".....does raise questions about the capability of the people doing the risk assessment". Call me cavalier but maybe the best you can do is to define cross country running for those advanced in years as being a hazardous sport, a bit like hang gliding for 20 somethings. I wouldn't know how you started on a risk assessment, what would the Fell Runners' Association's comment be? We'll take out this tree root but leave that one. Maybe I am letting my flippant side get the better of me, but I have taken my own decision about what courses I can now run. With reduced knee lift and lack of acuity in my vision, a course with tree roots in darkening conditions would not be for me.

Perhaps I have to give in to the times, because where a lot of health and safety starts and finishes is in the quagmire of litigation. So do we have to get ready for the day when a runner slips over, hurts himself and sues the organiser?. Probably more likely amongst the younger generation, probably less likely at our age. But we are the ones most likely to fall over. Sad about the guys who decided to call time, there is still the track, there is still the road, certain things may just not be appropriate at a certain age."

From David Bowker:

I've been a member of SCVAC for a few years, competing for Mike Dixon's Herts Phoenix track team. Slightly more interesting is that I am registered blind (severely visually impaired). I have an IPC (International Paralympic Committee) licence with a "blind" rating of T12. These two combined make me eligible to run in the paralympic marathon later this year.

However,, I do have to run the qualifying time in the London Marathon on April 22nd. The 'A' standard time is sub - 2hrs 55 mins, and the B' standard is sub- 3hrs 15mins. I am racing in the Oakley 20 this weekend as my final warm up. I ran 2hrs 13mins 45 sec. at Bramlet in February, so I've got half a chance, I think!

NB: latest news is that unfortunately, Dave had some problems with the high volume of runners in the London marathon and suffered an injury So he is now trying to find another event in order to qualify in time for the Paralympic Marathon.- **Editor.**

2011 National Veteran Women's T&F Ranking Lists.

The cost is £4 plus a self-addressed A5 envelope with a large 2nd class stamp (not sure of the cost of the stamp and it will probably change in April!). Cheques payable to Mrs S Gandee.

My address is Mrs S Gandee, 4 Westfield Road, Hertford, Herts, SG14 3DJ.

This version has got over 7000 performances which is the most I have ever managed to collect.



**WORLD MASTERS
INDOOR
CHAMPIONSHIPS
JYVASKYLA,
FINLAND, April 3 - 8th
Report by Arthur
Kimber.**

Masters international athletics returned to Jyväskylä, pronounced 'yoo-vah-skoo-lah', following the European outdoor track and field championships in 2000. Jyväskylä was founded in 1837 and has grown to become a city of 132,000 inhabitants. The city is picturesque, surrounded by lakes and hills. It is a Mecca for architecture lovers and has more buildings by the world famous architect Alvar Aalto, 1898-1976, who spent much of his life there, than anywhere else in the world. It is well known as a university city which houses the Faculty of Sport and Health Sciences, and during the championships its researchers carried out a study on male sprinters and middle distance athletes between 70 and 80 to identify changes in Achilles tendons and lower leg muscles due to ageing and to examine the effects of training on these changes.

The indoor events took place in Hippos Hall, the outdoor throws and cross country in and from Harju Stadium, the race walking on a 2k. course near the Hippos Stadium and the half marathon round the shore of Lake Jyvasjarvi.

The city is very compact and it is easy to walk around the main central area, which contains almost all the hotels and main shops with an impressive pedestrianised area.

Snow lay deep when we arrived and after further heavy falls was still there when we left. Temperatures struggled to get much above freezing even on the bright sunny days and the nights were very cold. But the local council did a good job of clearing the snow from main roads and the pedestrianised area.

The events and the medal presentations ran mainly to time and produced excellent competition. One drawback was that the 200m track consisted of only four lanes, meaning that the 200m. and 400m. finals, in order to accommodate eight athletes, had to be run as A

and B finals, with the best three times taking the medals. Fortunately the 60m. straight had nine lanes and so there were no problems for 60m. and 60m. hurdles races.

The British squad was third in the medals table behind Finland and Germany and Southerners took 46 individual medals. Moira West and Iris Holder each won three medals and Samuel Bobb, Stuart Thurgood, Pat Logan, Alasdair Ross, Geoff Newton, Evaun Williams and Pat Oakes two each.

SCVAC MEDALLISTS

M35	Chris Mills	PV	3.	4.60
	Samuel Bobb	TJ	1.	14.48
	Samuel Bobb	LJ	3.	6.62
	Stuart Thurgood	HT	2.	56.43
	Stuart Thurgood	WT	3.	16.13
M40	Jason Carty	60	2.	7.13
	Adrian Haines	1500	2.	4:24.18
	Joe Appiah	60H	1.	8.12
	Keith Newton	TJ	3.	13.47
M50	Pat Logan	60	1.	7.49
	Pat Logan	200	1.	24.40
	John Mayor	Pent	1.	3791
M60	Alasdair Ross	60	2.	7.96
	Alasdair Ross	200	2.	25.88
M65	Geoff Newton	10kW	2.	58.88
	Geoff Newton	XC	3.	36.02
M70	Barry Ferguson	60H	2.	10.15
	Ron Penfold	10kW	3.	59.25
M75	Arthur Kimber	800	3.	3:10.01
W35	Louise Kelly	PV	1.	2.60
W55	Joan Trimble	60	3.	8.92
	Sue Yeomans	PV	2.	2.40
W60	Moira West	60	3.	9.37
	Moira West	200	2.	31.88
	Moira West	400	2.	74.29
	Vilma Thompson	WT	2.	13.37
	Noel Blatchford	3000W	2.	17:50.96
W65	Pat Oakes	TJ	3.	7.04
	Pat Oakes	Pent	3.	2492
W70	Iris Holder	60	2.	10.47
	Iris Holder	LJ	2.	3.15
	Iris Holder	TJ	1.	7.15
	Evaun Williams	SP	2.	9.98
	Evaun Williams	JT	1.	31.08
	Eva Osborn	XC	3.	51.09

CROSS COUNTRY - with Ann Bath, cross country secretary.

BMAF Cross Country Championships , University of Bath, March 25th 2012

It turned out to be a warm sunny day with dry, firm ground, and the course had a hill on each lap – the Women and Men 65+ running 6K with 3 laps, and the men 35-64 running 8K with 6 laps. Our Lucy Elliot won the women's race, beating women up to 11 years her junior and retained her W45 title winning a Gold Medal for the second year running! In the Southern Cross Country Championships this winter she was 3rd and certainly had a good winter season.



Apologies if I have missed anyone, as only first claim clubs are listed, so for names I don't recognise I check them against our membership list.

Women 35+ and Men 65+ 6K

1 Lucy Elliott W45	19.05
10 Nicola Blandford W35	21.00
21 Caroline Wood W45	22.02
26 Susan Francis W40	22.24
28 Geoff Newton M65	22.30
79 Russell Williams M65	25.12
89 Sue James W60	25.50
108 Brian Shave M75	32.11

Men 35 – 64 8K

15 Julian Richardson M40	28.15
68 Colin Oxlade M50	31.15
82 Desmond Michael M60	32.09
86 Richard Grant M55	32.15
93 Roy Treadwell M60	32.47
112 Alan Newman M55	33.55

In the Team competition Lucy Elliott lead home Winchester and District AC for Gold Medals in the W45-54 age group, and Stewart Thorp and Roy Treadwell helped Oxford City AC to get bronze Medals in the M 55-64 team competition, well done to you all!

British and Irish Masters Cross Country International

Saturday 10th November 2012 at Stormont,

Belfast.

For those that are interested in wishing to be considered for selection for the England Cross Country team please see the link below. <http://www.bvaf.org.uk/news.asp> which has my contact details for sending in the application form.

This very popular event returns to Stormont where the course is very spectator – friendly. The closing date is 29th September and the selectors will be taking into consideration performances from the recent BMAF cross country Championships, the 5K and 10K Championships, the 5000m and 10,000m Championships. Details of these are on the BMAF website.

MRS DERRIEN'S DIARY: Carole Derrien, Jersey Spartan A.C.



Christmas came and went, although I had gone to the family in England for a week, I managed to catch a lovely bug from my beloved grandson, I missed my Christmas lunch along with several other days meals, missed meeting up with the girls and really only felt better when I got home – there

is a moral there somewhere! And still we murmured about going to Finland, I think as we had been before we probably had some misgivings about the facilities we would find. Usually I would make the journey to Lee Valley to try my luck and test my fitness at the British Championships but the news that there would only be 4 throws and one warm up put paid to that – I worked out the price per throw and decided it was a definite NO.

Training was not going well, but, I had at least stopped falling out of the circle, and was now able to walk for probably a couple of hours without too much discomfort – obviously relay running wasn't on the agenda but we finally

decided to go to the frozen land of Northern Finland. The usually flurry of emails and phone calls made certain that we would all be in the same place at the same time – I nearly wasn't, forgot it was Easter and when I went to book a flight found I had to leave the Island on the Friday on the only flight with a spare seat. My memory is excellent but very, very, short, I'll leave myself a note next time.

There were the usual hiccups along the way, finding the coach driver was the first and we seemed to have the only one in the country without a word of English. Eventually we set off for Jyvaskyla, into the dark and what seemed to be quite snowy landscape. We were at the same hotel as we had stayed at in 2000, and it all looked much the same – we were more than ready for bed by now. The next morning it was a case of finding the bus to the Indoor stadium to register and catch up with old acquaintances, then off up the hill to Harju to suss out the outdoor facilities. We met some Brits. trying to find the cross country course – it had snowed most of the morning so tracks were hard to come by, but we kidded ourselves we would be fine, the running track had been cleared, sectors swept and the circles were under nice heating domes – what could go wrong?

I actually went to the opening ceremony, it was a short affair so we went off in search of a good meal, it was still snowing lightly, everywhere was starting to look a lot like Christmas – not good for Easter. And so when dawn arrived it was obvious that it was going to be quite a trek up the hill to watch the discus and hopefully cheer on the Cross Country runners. It was picture



postcard perfect but quite painful on the lungs, we didn't envy the runners one bit. The discus competition provided some interesting moments when

implements got lost in the snow banks, the same snow banks had to be knocked down to size when the EDM couldn't transmit though them – the business end was housed up in the stands. My first competition wasn't until the next day, the watery sun actually made things a lot better, I only needed 5 layers of clothes and one pair of gloves – why oh why didn't I opt for an inside discipline!

The following days started to blur, watch the hammer, watch the weight etc. etc., what a good thing the throwers stick together, we certainly didn't have much support from the indoor people, in fact some didn't even know where we went to compete. By the time Vilma did hammer it was



trying to snow – again, and by the time I did mine it was almost blizzard, the poor officials were working so hard to try and keep the circle clear of snow, we were feeling almost as sorry for them as we were for ourselves, Thank goodness it was time for the shot competitions which

would be in the centre of the stadium – and in the warm!!!

On the last day we decided to go for a walk – on the lake – as you would – it was really odd being passed by a chap on skis, saw an advert for a trip on the water all the way to Lahti, but not until nearly summer, it gave us plenty to think about as we sat and watched the competitors congregate for the Half Marathon. Again there was no envy, it was great in the shelter and in the sun but once in a shady part it was still very cold. Being sensible we wished them god speed and went to watch the relays. It was the usual mix of triumph, well done girls with your World Record, and pathos – we all enjoy it just the same. A final meal and back to pack – the hardy/young/foolish went out into the cold again to attend what was

billed as the Brits. party but in fact was more United Nations.

Back to England on a delayed flight and into the rain – but it was warm rain – I was staying with the family until the weekend, dual purpose, some child minding – not baby-sitting anymore! (and gardening), before the Kingston Open on Saturday and Sunday. It was the usual mixture of wheel chair racing, some sprints and throws, all expertly put together by meeting director Camilla Thrush – she has also started a catering business track-side (just taste those burgers- yummy), how to split ones-self in two! My training partner, Cat, had arrived from Jersey, so we both spent Sunday officiating for the seated throws, what a shame there was such a cold wind, but these athletes put some of the able-bodied to shame, not once complaining, always smiling, and commiserating with us having to stand out in the cold!

So it is back in Jersey again, washing and ironing done, well it has to be, I am off to Belfast next weekend to play in a friendly against Northern Ireland – this time it is Lawn Bowls and I am representing Jersey for a change. Haven't made up my mind about Derby – how many throws will we get? – but will probably be over for the Weight Pentathlon.

More memories of the London 1948 Olympic Games

From Joe Cleverley, Welling, Kent.



Emil Zatopek

Although I wasn't quite sixteen at the time of the Games, I had already left school early the previous year. I can remember that quite well.

I know it is called "The Austerity Games", but being young, I didn't know any different, and it all seemed perfect to me.

I had tickets for all the athletics, which started on Friday 30th July and went

on until the following Saturday, eight days in all.

I remember travelling to Wembley on the Underground in which everyone was packed like sardines. Nothing changes!

Certain athletes stood out for me. Firstly, Emil Zatopek, who ran in the 10,000m the first day. I still remember the thrill of watching him burn everyone off by his change in pace. Secondly, Fanny Blankers Koen from Holland, who won four gold medals. She was an amazing woman.

I also spent a day watching the cycling, which was held at the Herne Hill cycling and running track. As I was living at Herne Hill at the time, I didn't have far to go.

I still have all the programmes, which I read every now and then to remind me of that time. ***From Michael Cronin, Addiscombe, Croydon.*** I was five years old in 1948. We lived in Ladbroke Grove which is about four miles from Wembley Stadium. On the day of the marathon, my Dad said something like....." Look son, we are off to see a great race, the Olympic marathon."

So after a short bus ride, we were in Wembley, where Dad met some of his World War II friends from the R.A.F. We stood and waited in a road somewhere near the Stadium to watch runners approaching the finish in the Stadium.

I can remember my Dad and his friends cheering the runners. There was a lot of excitement around. I also seem to recall that I was pleased when we got on the bus to go back home. But now, I have fond memories of being present at the 1948 Olympic marathon with my dad.

From Dr Margaret Clark:

I was a child in 1948, and remembered the bleak and frightening war years. So imagine the excitement when bananas and ice cream reappeared, and the amazing Olympic Games! At last there was something other than doom and gloom- something inspiring and something to which we could look forward! I can still feel the same excitement all these years later. Perhaps that's the reason that I myself have run sixty five marathons, thirty five half marathons and over eighty 10 kms?

**BLACKHEATH AND BROMLEY HARRIERS AC PRESENT
THE TED PEPPER MEMORIAL 10K RACE
(and children's fun run)**

**AN OPEN RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS
MONDAY 7 MAY 2012, 10.00AM START UKA LICENCE NO: 2012-103490**

Venue: Norman Park Athletics track, and the surrounding countryside.
Hayes Lane, Bromley BR2 9EF

Course: 1 lap, all off road, accurately measured and almost flat.

Awards: Winner: TED PEPPER MEMORIAL TROPHY MEMENTO ALL FINISHERS

Prizes: 1st, 2nd & 3rd Man and Woman. Individual Vet Prizes according to entry.

Specific spot prizes

SCVAC, individual medals in 5year age groups

Fee: £10.00 BAF Affiliated Clubs, £11.00 Non Affiliated, Additional £1 SCVAC Members,
£12.00 Late Entries, including on the day (on the day also accepted for SCVAC)

Cheques payable to "Blackheath and Bromley Harriers AC", enclosing

Entry Form and large (A5) SAE for acceptance and details to:

Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent
(E-mail: andy.tucker@chartisinsurance.com)

FULL DETAILS AT OUR WEBSITE: www.bandbhac.org.uk.

Closing Date: For postal entries Monday 26 April 2012 or race limit of 250

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

Surname: Forename: Male/Female

Address:

Postcode:

Affiliated club, if any:

Member of SCVAC entering Club Championships: Yes/No

Membership No, if known:

Date of Birth: Age on 7 May 2012:

Telephone No. (including STD code):

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

Signature: Date: Fee: £10.00 Affilliated £11.00

Non-Affil. £12.00 Late Entry Add £1.00 SCVAC

Cheques: "Blackheath and Bromley Harriers AC"

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

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

Official Use Only

RACE NO..

"Sporting heroes" ...the 1948 Olympic Games: part 2, by Rosemary Champion.

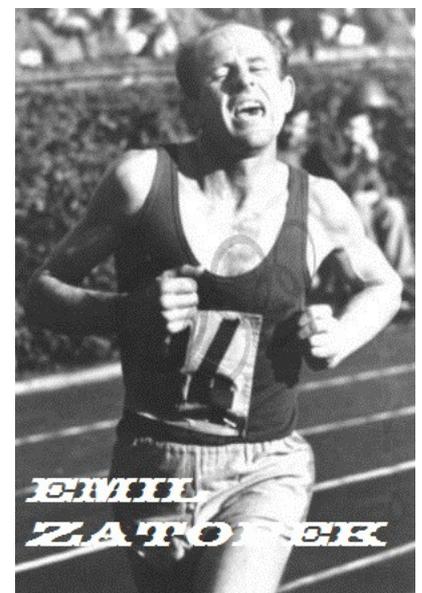


At the 1948 London Olympic Games, the composition of the competitors, was very different from more recent Games. Firstly, out of over 4,000 competitors, only 385 were women. They were much affected by the attitudes and expectations of the societies in which they lived. Many of the women were accompanied by chaperones, and were also hampered by current beliefs of their physical capabilities. Unlike the highly trained athletes of today, who spend many years preparing for the Olympics, the 1948 competitors looked like amateurs, which indeed many of them were. One example was Micheline Ostermeyer of France, a concert pianist, had never picked up a discus until a few weeks before the Games, but won the gold medal with a throw of 41.92m. She also won the shot putt with 13.75m.!

By 1948, the number of events for the women had increased to nine, a far cry from the first of the modern Olympics in 1896. There were NO women whatsoever then, and Baron de Coubertin felt that their inclusion would be " impractical, uninteresting, unaesthetic and incorrect."

This makes the achievements of my first sporting hero, or "heroine" even more amazing. Francine "Fanny" Blankers-Koen started her athletics career in Holland as an 800m runner, aged thirteen.. In the 1936 Berlin Games, now aged eighteen, she placed 6th in the high jump and ran in the sprint relay where the team was placed 5th. She married her coach Jan Blankers and had two children by the time the 1948 Olympics came round. Aged thirty, she already held six World records, including high jump and long jump. In London, she set a new female standard of four Olympic gold medals at one Games: 100m, (11.9s) 200m,(24.4s) 80m hurdles (11.2s) and 4 x 100m relay (47.5s) Undoubtedly she could also have won the long jump but was apprehensive about taking on too much.

Emil Zatopek, an army lieutenant from Czechoslovakia, was not the favourite for the 10,000m. This was Viljo Heino, who was World Record holder, and the latest in a line of great Finnish distance runners. Zatopek, barrel-chested and shabbily clad, certainly seemed to be an unlikely sporting hero. With an ungainly style, contorted face, hands clutched into fists, head rolling, Zatopek did not look like a distance runner. Whatever he looked like, he had enormous strength and stamina due to a self designed training regime that stretched him to the limit. 1948 was his Olympic debut, and storm clouds gathered as the 10,000m runners set off. Slightly before the half way point, Zatopek raced past the astonished Heino, who weary and demoralized, soon dropped out of the race. As the crowd shouted him on, the blond Czech steadily increased his pace as his exhausted rivals fell farther behind, or simply gave up. He blazed home in an Olympic record time of 29:59.6, 300m ahead of Alain Mimoun of France. The athletics world had discovered a new hero. Three days later, Zatopek was in action again, this time in the 5,000m. By this time, the weather had turned really murky, but a huge crowd braved the downpour to see Zatopek trailing until the last lap. The crowd went wild with excitement as he pounded in pursuit of



the Belgian Gaston Reiff, just failing to catch him at the finish.



100m final-Left to right :Harrison Dillard USA gold, MacDonald bailey UK 6th, Alastair McCorquodale UK 4th, Lloyd Labeach PAN bronze, Barney Ewell USA silver, Mel Patton USA, favorite, 5th.

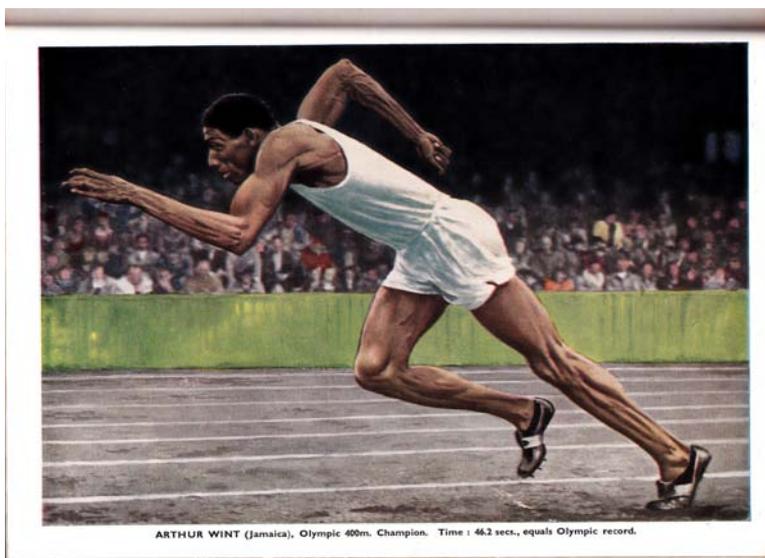
As in all Games since, the sprints attracted a great deal of interest. The U.S sprinters and hurdlers were in devastating form in 1948. The story of sprint hurdler Harrison Dillard is proof that one can turn tragedy into triumph. In the final US Olympic trials, which are the sole basis for selection, his technique momentarily deserted him. He crashed onto the track, failing to finish the 110m hurdles race. Yet he was the world record holder for the event at 13.6s. Determined to get a chance for a medal, he qualified for the American team in the 100m, and was one of the sixty four entries at Wembley Stadium. After one false start, Dillard was superbly away and was never seriously challenged as he won the race equalling the Olympic record of 10.3s. In this achievement, he beat fellow Americans Mel Patton, the World record holder and Barney Ewell, the gold and silver medals winners in the 200m.

Bob Mathias, a seventeen year old from the USA, undoubtedly deserves the title of Most Courageous Athlete. He was competing in only the third decathlon of his life. In his first, only weeks after graduating from high school that summer, he had scored an incredible total of 7,094 points, and sixteen days later won the US Olympic trials with 7,224 points. In the Wembley Stadium, there were twenty eight starters which made the competition drag on until 10.40p.m. The first day, one of frequent showers, the events were the 100m, long jump, shot, high jump and 400m. Mathias finished the day in third place. The second day's programme contained his strongest events: 110m hurdles, discus, pole vault and javelin. In the brutal final event, the 1500m, fatigued after 12 hours in the arena and the cold damp weather, Mathias drove his tired body round the floodlit track, bringing his winning total to 7,139points. He went on to defend his decathlon title at Helsinki in 1952, to become the first athlete to win the Olympic decathlon twice.

One of the great athletes of the past who with modern training regimes, would have been able to hold his own with recent best performers, was Arthur Wint. Not usually concerned with training seriously, the massive Jamaican had an amazing ability to reach peak form with only one month's intensive training. The most spectacular sight on the Wembley track was the finish of the 400m final. Fellow Jamaican Herb McKenley, who held the World record of 45.9s, led for the first 300m at a reckless pace. Rounding into the final stretch, he faded, a target for Wint. With huge strides, the 6ft 4ins Wint swept past the struggling McKenley to



victory in 46.2s, equalling the Olympic record. He also inflicted revenge on USA athlete Mal Whitfield, who three days before had won the 800m, with Wint winning the silver medal.



Arthur Wint

**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB
OUTDOOR TRACK AND FIELD CHAMPIONSHIPS**

Norman Park, Bromley Sunday June 3rd

Track 100m, 200m, 400m, 800m, 1500m, 5000m, 80/100/110m. hurdles, 300/400m. hurdles, 2000/3000SC, 3000m.walk

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

Full timetable will be in programme.

SCVAC Outdoor Track and Field Championships 2012 Entry Form

Sunday June 3rd Closing Date Saturday May 12th

LATE ENTRIES WILL NOT BE ACCEPTED

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

PLEASE USE BLOCK CAPITALS

Name..... SCVAC Membership No.....
England Athletics Registration No.....

Address.....
.....Post Code.....

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

Email Address.....

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

First Claim Club.....

Events Entered.....

Entry fees : members £6 first event, £4 subsequent events, guests £8/£6(no medals)

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

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

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

MEMBERSHIP SUBSCRIPTION FOR 2012 MUST BE UP TO DATE. DO NOT SEND WITH ENTRY FORM

KENT COASTAL MARATHON

Incorporating the incorporating Kent Road Race Grand Prix,
Kent Championships and Southern Counties Veterans AC Championships

A 26.2 mile race along road and promenade

9:30am Sunday 2nd September 2012

Start and Finish at Palm Bay School, Cliftonville, CT9 3PP

Prize money for race winners. Minimum age on race day 18.

Note: race time limit 6hrs; runners reaching halfway after 2hrs 50 mins will be withdrawn from the race.

All finishers receive a Race Memento and

commemorative Thanet Roadrunners AC 30th Anniversary Technical-T

Affiliated Entry £16. Unaffiliated Entry £18. All Entries on day £20, if available

All affiliated entrants must be individual members of EA, SA, or WA. Strict Race Entry Quota - Entries on day only if quota not reached.

Entries on day do not qualify for team prizes. Runners should check www.thanetroadrunners.org.uk for availability.

Cheques made payable to Thanet Roadrunners AC

Closing date for postal entries: 26th August 2012

Please send 1xC5 stamped addressed envelope

Please ensure sufficient postage is affixed. Entries with excess postage to pay are returned to sender.

All entries to: Kent Coastal Marathon, 11 Arklow Square, Ramsgate, Kent, CT11 8PS

Data Protection Act 1998: Personal details submitted with this entry form will be held by Thanet Roadrunners AC for the purposes of race administration only, which may include passing them to England Athletics, where required

We regret that this race is not suitable for wheelchair athletes.

Please note that race entry fees are non-refundable or transferable once race entries are accepted if you are unable to compete for any reason.

Full terms and conditions on www.thanetroadrunners.org.uk

Please enter me for the Kent Coastal Marathon 2012. I am medically fit and enter at my own risk and fully understand that the organizers can in no way be held responsible for any injury, illness or loss incurred to my person or belongings during or as a result of the event, including on the course or changing areas. I agree to the terms and conditions of entry. I consent to Thanet Roadrunners AC holding personal data from this entry form on computer for the purposes of race administration.

Name

Date Of Birth

Age On Day

Sex

Male

Female

Club Name

License No.

Please enter me for the Kent County Championships

I qualify by

Please enter me for the SCVAC Championships

SCVAC Membership no.

Address

Email

Phone

Signature Please note this is a road running race and unfortunately we are unable to accept entries from people wishing to walk.

Exp. Time

hrs

mins

IPOD&MP3 PLAYERS: In line with current UKA and BARR recommendations on health and safety grounds, iPod and MP3 players will be BANNED during this race

**SCVAC INDOOR
CHAMPIONSHIPS – LEE
VALLEY – 11.03.12-
report by Arthur Kimber.
World record for Arthur
Thomson!**

The outstanding performance of the championships came in the 3000m. walk from M75 Arthur Thomson, now back on top form and breaking the world record with 16:29.6. The entries were somewhat lower than last year, but we still had very good competition, especially in the sprints.

In the 60m. races the notable performances came from Will MacGee, who took the M40 race in 7.45, John Browne, winning the M55 race with 7.86 and M65 Vic Novell with a win in 8.86. Kirstie Taylor took the W35 title with 8.54, Gaye Clarke the W50 with 9.26 and Emily McMahon the W60 in 9.76. In the 200s Will took his second gold with a decisive win in 23.61, Ray Watkins an impressive M55 win in 26.54 and Kirstie a second gold in 28.62. The outstanding performance in the 400s was M50 Bob Lewis' 56.62 to take the title easily.

There was a relatively small entry in the middle distance events, M50 Andrew Cunningham standing out with a double win in the 800m. in 2:10.7 and 1500m. in 4:33.5, and in the 3000s Ian Johnston ran 9:28.0 to take the M40 title, Colin Oxlade 10:15.3 for the M50 and Bernadine Pritchett the W45 in 10:33.5.

Peter Davey won the gold in the M35 60m. hurdles running 9.11, Brian Slaughter the M50, 9.88, and Gaye Clarke the W50, 10.25, while in the 3000m. walk, apart from Arthur Thomson, M50 Francisco Reis timed 13:54.5 and Noel Blatchford won the W60 with 18:16.11.

The turnout in field events was relatively low. Samuel Bobb was the jumper of the championships, winning the high jump in 1.78, long jump in 6.42 and triple jump in 13.92, while W70 Iris Holder leapt an impressive 7.16 for the triple jump title. M35 Chris Mills and W55 Sue Yeomans were the pole vault stars, Chris winning with 4.40 and Sue with 2.71.

In the shot Steve Timmins, M35, won with 13.43 and Neil Griffin, M60, with 13.15. Sue Lawrence, W40, won with 10.92 and W60 Vilma Thompson with 10.59.

I am very pleased to report that Brenda Green, a W75 British record holder and widow of SCVAC stalwart Pat Green, came and did an excellent job presenting medals.

**ROAD RUNNING - with
David Beattie,
road running
secretary.**

This edition of Southerner contains entry forms (which can be photocopied if you wish to preserve the magazine) for three of our Championships:

The Ted Pepper Memorial 10k – Norman Park Bromley May 7th

Burnham Beeches Half Marathon – Burnham Beeches August 19th

Kent Coastal Marathon – Thanet, Sunday September 2nd

These postal entry forms contain fields for entering your SCVAC Membership number. The procedure for SCVAC entries is that you may enter using the postal entry form enclosing a cheque (recommended), OR you may enter on-line and pay by credit or debit card.

However, On-Line Entry forms (e.g. Runners World) have no fields for SCVAC entries:

Any SCVAC on-line entries MUST also complete a postal entry form and mark it ON-LINE ENTRY and complete the section at the bottom for SCVAC entries.

I hope that the early publication of entry details will yield some good competitive fields in these championships, and wish you all good luck with your training.



THE LAMENT OF THE LONG DISTANCE RUNNER! David Beattie confronts his demons!

If I were a car I could have saved road tax since January by declaring SORN on myself. The Achilles tendon problems which have ruled out running, have given me time to reflect, and I offer these thoughts with the twenty-twenty vision of hindsight. I should say that I am a typical runner, blessed with enthusiasm, but handicapped by the usual sins in my training and racing habits. Injuries happen for good reason.

My osteopath had been warning me for months that my calf muscles were tight, yet I failed to introduce sufficient stretching and massage to improve them. Also, my feet had tight plantar fascia: the Achilles tendons were being pulled in both directions. Underlying both these short term developments was the more gradual yet inexorable decline in the elasticity of my tendons, ligaments and muscles, and the loss of flexibility in my joints (particularly the ankle joints).

The apparent cause of an injury is often merely the last straw which breaks the camel's back. In my case the steep hills of Lancing, during the Sussex Masters XC Championship, "caused" the injury – but if I had got away with that race, the next hill session or intervals would have been the scapegoat instead. We risk injury by failing to maintain balanced training regimes, and we all tend to have favourite training sessions. When we perform the same actions thousands of times, certain muscles become stronger and shorter than their opposing muscles, and with increasing loss of flexibility as we age, many of us are accidents waiting to happen.

It is essential that we recognise our contribution to the injury, and take responsibility for our rehabilitation. Seek the advice of a sports injury specialist, get a thorough diagnosis, and follow

their advice to the letter. With rehab exercises, we can be our own worst enemies – either doing too much, or more often too little, once we appear to be on the road to recovery. I over-estimate the amount of rehab work I have done, unless I keep a spreadsheet and tick off each stretch or strengthening exercise.

Depression at lack of progress, or undue elation at apparent recovery, should be treated like Kipling's two imposters, triumph and disaster. Be realistic – when we are training, we don't expect our fitness to improve in a straight line, and we accept the odd plateau and poor performance along the way; yet we perversely expect recovery from injury to follow a nice straight line, which it rarely does.

We tend to view injuries as entirely negative experiences, when we should also view them as opportunities to take stock, honestly appraise our training mistakes, and take corrective action to emerge from the injury period a stronger and wiser athlete. Bruce Fordyce, Comrades Marathon multiple winner, faced a shortened training build-up one year due to overuse injuries, and he discovered that "less miles, more speed" were the key to his success from then on.

The final benefit of injury relates to attitude and world-view. I once had a lower back problem which took 18 months to work through, and was caused by many factors, including over-tight hamstrings and weak abdominal muscles. After several setbacks and accidents, my back was finally strong enough to allow me to return to running – balanced by a new regime of pilates and regular core strength exercises. I was so happy to return to my sport, I have never since taken it for granted. Gratitude is a cleansing emotion, and it sometimes takes an injury to make us finally wake up and smell the roses.

No London Marathon for me this year – but hope to see you at the Ted Pepper 10k!

32ND BURNHAM BEECHES HALF MARATHON Sunday 19th August 2012 at 10.00 am

Caldicott School, Crown Lane, Farnham Common, Bucks, SL2 3SL.

Run under UK Athletics and BARR rules.

Incorporating the Southern Counties Veterans AC (SCVAC) Championships

BARR Membership No. 955

SEAA Course Certificate 06/112 & SEAA PERMIT (2012-103817).

We regret that this course is unsuitable for wheelchairs.

Race medical cover standard 3

Awards – Open event: Medal to every finisher (entrants must be over 17 on Race Day)

Prizes – Open event: Athletic Club Teams: 1st Male Team (4 to score); 1st Female Team (3 to score)

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

Awards – Championship: According to SCVAC policy

Entry on-line: £18.00 UKA affiliated, £20.00 other runners. bbhm.burnhamjoggers.org.uk

Entry fees: £20.00 UKA affiliated, £22.00 other runners. Entries on the day +£4 Race limit 1500

Postal entries to: Burnham Joggers, PO BOX 2307, Maidenhead, SL6 0WD

Cheques payable to 'Burnham Joggers'.

Facilities: Chip timing, changing facilities, showers, refreshments, swimming pool, parking, fun run

Race programme will be sent by email. Please allow time to collect timing chip and number on the day.

**I hereby apply for entry to the 2012 Burnham Beeches Half Marathon - PLEASE
PRINT ALL DETAILS CLEARLY**

Surname _____ First Name _____

Address _____

Male ___ Female ___ (Please tick)

Town _____ County _____

Date of Birth ____/____/____

Postcode _____ Tel No _____

Age on Race Day _____ E-mail _____

Please note that affiliated entries without UKA registration number will not be accepted.

Club/Team:

_____ UKA Reg. No: unattached. (£2 surcharge unless UKA
registration number is supplied)

SCVAC CHAMPIONSHIP ENTRY ONLY: (The following details must be completed by SVAC
entries in addition to those above. You may enter on line but in that case you must send a form by post
clearly marked as 'on-line entry')

SCVAC (please tick) _____ MEMBERSHIP NUMBER _____

Privacy Notice: The information you provide will not be passed to third parties by Burnham Joggers,
except where necessary for the running of this

race, e.g. electronic timing. When we need to supply information about you it will be the minimum
required for the purpose.

Herbert Martineau, 1948 Olympian. An appreciation, by Mike Martineau.

My Dad, Herbert Martineau, as a 33 year old, competed in the 1948 Games in London and came 5th in the 50km Walk. He had always been involved in athletics and I've got photos of him long jumping and running. He took part in handicap races, which were very much the vogue then, and ran against Sydney Wooderson on a few occasions.

He first walked in 1935 in the Surrey Walking Club's Novices race. He won the race and I still have his winner's medal with the old SWC badge on it. A Swastika!! Fairly soon after, not surprisingly, they changed their Club badge.



The war was obviously a big disruption to his athletics career. He was in the RAF as medical orderly working with all the top surgeons in the mobile hospitals behind the lines. This followed a lengthy association with St John Ambulance Brigade. Mobile Hospitals during the war had supplies of alcohol and my Dad often

told the story of a trade done with some American servicemen, two bottles of Scotch for one Jeep! After the war he resumed athletics but just as a walker. He completed the London to Brighton 3 times in 1946, 1947 and 1948. In 1947 he was 3rd in 8.35 and in 1948 2nd in 8.34 to Rex Whitlock, brother of the more famous Harold.

When you talk about recovery times, it is interesting to look at my Dad's 1948 schedule. The National 50km Championship followed soon after the National 20 miler and was the Trial for the Olympics with the first 3 to be selected. Dad was considered a 'possible' but others were reckoned to have a better chance. He achieved selection by coming 3rd in 4.36 behind Rex Whitlock and Tebs Lloyd-Johnson who at 48 is still probably one of the oldest athletes to ever represent Britain at the Olympics. Marathoners amongst you will quickly work out that Dad walked that trial at 3.53 Marathon pace! This trial was in mid June, a mere 6 weeks prior to the Olympic 50km race. So not much time for a good recovery. The heat on the day of his race was excessive and several dropped out including Rex Whitlock. Tebs Lloyd-Johnson was 3rd and Dad was 5th. Just 5 weeks later he did the Brighton, so, again, not much time for a decent recovery. My sister who was 8 was at Wembley, I wasn't as I was 4 months short of my 3rd birthday.

1948 was Dad's year and he never made another Games and never gained another International Vest. He also never again finished the Brighton. He continued to compete at a high level for SWC winning many team and individual medals. His long distance training was interesting and took place midweek. He worked in the print at Waterlows during the week on the Radio Times and Wednesday, which was publication day, was his day off. So he regularly "strolled" from Clapham to Brighton in a pair of slacks and got the train home. On Saturday night he worked for the News of the World and worked the weekend prior to his Olympic appearance. The sports desk got to hear of this and thought

it a good idea to have a photo of Dad at work in the next day's edition. His mates were having none of it and ejected the photographer with a few choice words. They took the view that the bosses should have given him the night off a few days before representing his country.

I have a lot of memorabilia and photos including his Olympic Vest, Blazer badge and a beautiful certificate presented to all those who finished in the first 6. I also have his selection letter and old newsreel footage of him starting his race. This was courtesy of 800m runner John Parlett who was by his side in the GB team photo. I met John for the first time a few years ago. Behind Dad in this photo is middle distance star, Bill



Nankeville, who is comedian and actor Bobby Davro's father. You can see the family likeness. Blackheath's Jack Braughton isn't in the photo. He ran against Zatopek in the 5000m but couldn't get time off work to be there for the photo.

There is another Martineau who is an Olympian and who might well be competing in London in 2012. Not me, as I never inherited my Dad's talent, just a lifelong interest and enthusiasm for the Sport. Eugene Martineau is a Dutch Decathlete who has regularly amassed scores in excess of 8000 points and took part in the 2004 and 2008 Games. We share the same great grandfather who hailed from Montserrat in the West Indies. His side of the family went to Aruba in the Dutch WI and from there to Holland. I had been asked once whether he was related and had said no. Then I met his Uncle.

Dad was never career minded and working was just a way of providing for his family. He excelled at all his hobbies. Not only as an athlete and member of St John Ambulance Brigade but as a singer who had been a soloist in Messiah at the Albert Hall. He was also a fine artist, sculptor and woodworker. Later he became more than competent as a photographer and as a cook. He was a lifelong Trade Unionist and Christian and very political and anti apartheid and on to South Africa before it became fashionable. Exceedingly anti Thatcher, anti Maxwell and anti Murdoch. In all, a very colourful and controversial character and an enthusiast who I miss greatly since 1994, when he died.



“The Southerner” 200 Plus Club

Prizes Won : December 2011 to March, 2012

December, 2011: 1st **£35 Share 205** The Southerner 2nd **£20** 237 Gary Capon 3637,
3rd **£15 061** Ken Crooke 0023, **Special Prize £100 050** Derek Thomas 0258.

January, 2012: 1st **£35 145** David Ives 2329, 2nd **£20 029** The Southerner, 3rd **203 £15**
Malcolm Waddell 0145.

February, 2012: 1st **£35 103** John Seymour 1000, 2nd **£20** Douglas Birch 0962, 3rd **001 £15**
Arthur Kimber 0132.

March, 2012: 1st **£35 154** Carole Derrien 1139, 2nd **£20** John Howe 2641, 3rd **£15 0215**
The Southerner.

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 or Standing Order – see Remittance form & Bank mandate below. **Ken Crooke**
Assistant Treasurer

Remittance Advice for Cheque Payments

For 200 Plus Club (include Membership if not already paid: £15 for 2012) – 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 2012 £15.00.

Arrears if applicable Year(s) from 201__ £_____.

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 the amount printed above is a change:

PLEASE CANCEL EXISTING ORDER FOR £_____ ANNUAL PAYMENT

Signature _____ Date _____

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