

# THE SOUTHERNER

The Magazine of the  
Southern Counties Veterans Athletic Club

Issue No. 74

Winter 2016/7



**Mick Jefferies being presented with his medal: SCVAC 10k Championship – Givaudan  
Ashford 10k, October 9<sup>th</sup> 2016. Report, results and further photos see page 5.**

## CONTENTS.

AGM REPORT 2016	PAGE 2	MARK CHAMPION	PAGE 8
CLUB OFFICERS 2017	PAGE 3	SCVAC 10 MILE ROAD CHAMPIONSHIPS	PAGE 8
SCVAC 10K CHAMPIONSHIPS	PAGES 4 & 5	RICHARD PITCAIRN KNOWLES	PAGE 9
FUTURE OF THE SOUTHERNER	PAGE 6	PERTH RECOLECTIONS	PAGE 10
EA REGISTRATION	PAGE 7	HOLLY RUN	PAGE 11
ROAD RUNNING NEWS	PAGE 7	FIXTURES	PAGE 12

## HIGHLIGHTS FROM A.G.M. HELD 2nd DECEMBER 2016

- Our Chairman, Arthur Kimber, (pictured right), has been elected as a Life Vice President of BMAF. This prestigious award has been well earned by Arthur over many years of service not only for the BMAF but also for the SCVAC.
- The SCVAC Committee was confirmed and is shown on page 3. The main changes relate to the positions of Secretary and Road Running Secretary as outlined separately in this issue. There is still a vacancy for someone to organise the outdoor track and field championships. These had to be combined with the VAC's championships last year for lack of an organiser and unless someone comes forward the club may be unable to have their own meeting again this year.
- Notwithstanding the problems associated with the outdoor track and field championships, the indoor championships at Lee Valley were a great success with over 200 entries. The track and field league, and in particular the final, was again a success although there was a shortage of officials.
- The track and field fixtures for 2017 were outlined and are shown on the fixtures page. The road running schedule is outstanding pending the new Secretary's input.
- The annual subscription for membership has been raised to £20 in order for the club to maintain a healthy financial position.
- It was proposed that the Southerner, a major cost for the club, would only be available in hard copy to those who paid a subscription. A copy would remain on the club's website and perhaps transmitted to all members electronically. More details are outlined separately in this issue. (see page 6).
- The trophies were not awarded at the meeting. This was due to other commitments particularly the proximity of the World Track and Field Championships in Perth. These will be presented during the SCVAC indoor championships and the Inter Area Challenge at Lee Valley in February. Existing trophy holders are urged to return their trophies before or during these meetings.



### SUBSCRIPTION FEES.

**Subscription fees for membership for 2017 were due on 1st January.**

**Those of you who have yet to renew, please do so as soon as possible in order to facilitate the financial arrangements of the club. Thankyou**

## Club Officers for 2017

### **Chairman:**

Arthur Kimber 22 Asquith Road, Wigmore, Gillingham, Kent ME8 OJD. Dartford Harriers  
01634 389554: arthur.kimber@gmail.com

### **Vice Chairman:**

Tom Richards 101 Doulton Place, Macmillan Way, Tooting, London, SW17 6AT :  
020 37594389 thomasrichards@talktalk.net

### **Secretary & Minutes Secretary:**

David Beattie 64 Lumley Road, Horley, Surrey RH6 7JL Crawley AC 01293 412625:  
beattieruns@blueyonder.co.uk

### **Treasurer:**

Tom Richards as above.

### **Membership Secretary:**

Lesley Richardson 1 Puttenham Close, South Oxhey, WD19 7BJ: 07958459123 rich-  
arlg99@aol.com

### **New Members Secretary:**

Vilma Thompson 18 Albury Road, Boyfield Street, London, SE1 0SB Belgrave Harriers  
02079289577 villythompson18@gmail.com

### **Road Running Secretary:**

Mark Champion. 64 South Hill Road Gravesend DA12 1JZ, 01474 396715,  
markchampion2012@googlemail.com

### **Race Walking Secretary:**

Walter Hill, Tain Cottage, Ifield Rd, Charlwood, Surrey RH6 000 Crawley AC 01293  
862327. walterhelen@tiscali.co.uk

### **Cross Country Secretary:**

Jeremy Carmichael, 1 Tintern road, Gossops Green, Crawley, West Sussex, RH11 8NG,  
Crawley AC, 01293 547855, untraslow@blueyonder.co.uk

### **Newsletter Editor:**

Tony Rea, 75 Maxwell Drive, Maidstone ME160QH, Dragons Running Club, 01622  
758489 tonyrea@tinyonline.co.uk

### **T & F League Secretary:**

Arthur Kimber

### **Officials Secretary:**

Arthur Kimber

### **Entries Secretary:**

Dave Crossland

### **Medals & Kit:**

Arthur Kimber

### **Club Records:**

### **Club Webmaster:**

Mike Peel Blackheath & Bromley Harriers AC 07970101871: [mike@mikepeel.co.uk](mailto:mike@mikepeel.co.uk)

**Club Records: please send claims to Jeanne Coker - details above**

**Southerner 200 Club: to buy shares please contact Tom Richards - details above.**

**Southerner contributions welcome, please send to Tony Rea- details above**

## SCVAC 10k Championship – Givaudan Ashford 10k, October 9<sup>th</sup> 2016

Race Director Barry Hopkins and his Sporting Events team laid on an immaculately organised race, despite this popular fixture being a sell-out, with no entries possible on the day. Some unexpectedly heavy showers caused a few puddles around the course, but conditions were good for running – cool with a few light showers.

First man home for SCVAC was Dominic O'Mahoney, third in the open race, and only edged out of second place by one second. Dominic, who achieved an 87.88% age graded performance, took home the trophy for 1st M40 in the open race. Other excellent performances were recorded by M45 Mark Champion, M55 Kevin Williams, and M75 Dave Moorekite, who all exceeded 83% age graded.

For the women, Ann Buckett was our first finisher – her husband Dave, who is the Chairman of Crawley A.C., kindly presented our medals at the SCVAC presentations.

Full times and positions for SCVAC finishers are listed below.

Dave Beattie

First name	Surname	posn.	age group	age	Chip time	Medal	Age Graded
Dominic	O'Mahoney	3	M40	42	0:32:49	Gold	87.88
Mark	Champion	15	M45	48	0:35:56	Gold	84.07
Kevin	Williams	59	M55	56	0:38:42	Gold	83.71
Don	Lawless	106	M50	52	0:40:04	Gold	77.87
Bob	Fursey	132	M50	53	0:41:12	Silver	74.71
Neville	Webb	153	M60	61	0:42:10	Gold	79.87
John	Tolhurst	176	M60	62	0:42:47	Silver	79.42
Dave	Beattie	335	M65	69	0:47:22	Gold	76.58
Tony	Rea	334	M70	72	0:47:24	Gold	79.40
Dave	Moorekite	363	M75	76	0:47:54	Gold	83.83
Michael	Jefferies	466	M65	69	0:50:33	Silver	71.76
Ann	Buckett	497	W50	54	0:51:43	Gold	69.89
Janice	Moorekite	502	W55	59	0:51:47	Gold	74.65
Karen	Samuel	658	W55	55	0:55:18	Silver	66.22
John	Taylor	758	M75	77	0:57:20	Silver	71.40
Patrick	Dobbs	829	M75	78	1:00:01	Bronze	69.63
Jeannette	Giles	1062	W75	77	1:14:07	Gold	69.54



DAVE MOORE KITE M75 GOLD



PATRICK DOBBS M75 BRONZE

## THE SOUTHERNER.

As decided at the AGM, the Southerner will cease to be made, free of charge, to all members as at present. As a result, all members should note the following provisional arrangements:

- The next edition of the Southerner will be last freely available as a hard copy.
- Those members who wish to obtain a copy must subscribe.
- The final cost of this subscription has not been finally determined but is expected to be about £10 per annum.
- Four copies of the magazine will be available annually as at present.
- The magazine will follow the existing format but may be extended depending on circumstances.
- A copy of the magazine will be freely available on the club website.
- All members with an email address will receive a reminder, via Mail Chimp, when the magazine is available online with a direct link to enable it to be easily accessed.

There was only a limited response to the recent appeal for member's views on the future of the magazine. The majority of responses indicated a preference for it to be posted on the website with a copy sent via email to all members. However, there are practical problems associated with sending out copies via email, hence it is thought easier to send a direct link.

A significant minority did wish to retain a printed copy and were prepared to subscribe for this service.

I hope the provisional arrangements outlined will meet the majority of member's needs. Please let me have any comments or further suggestions.

Tony Rea. Editor

## EA Registration Reminder

A current UKA registration is now mandatory under UKA rules for BMAF affiliated members and GB-resident open members in order to compete in any BMAF championships.

About 10% of SCVAC members are not currently registered correctly with England Athletics. If you wish to compete in 2017 whether indoors or outdoors, please login and check your account details in the BMAF website.

If Section E is not coloured green, you need to check with the membership secretary of your first claim club. Possible causes include:

Your first claim subs may be overdue for the current year

Your first claim club has changed and EA have not been advised

Your first claim club have not yet paid the EA levy on your behalf

Etc.

Alternatively, you can be recorded as a non-competitor, in section D (BMAF Club Data) of your profile.

## Road Running news

At the AGM, we drew names for the SCVAC club entry in the London Marathon 2017: Ann Bath was the lucky winner – congratulations Ann, and good luck with your training.

I omitted Bob Fursey from the results of the Ashford 10k. My apologies to Bob, who was our 5<sup>th</sup> finisher and 2<sup>nd</sup> M50. His name is included in my amended report. In total 17 SCVAC runners completed the race, which was a good turnout.

I am handing over road running duties to Mark Champion. Mark, an excellent runner himself, will be helped by Trevor Edgley. I know he will do an excellent job, and will work in the interests of SCVAC athletes. Please give Mark the same support and goodwill that you have given me during the last few years.

At the AGM we agreed that the multi terrain Ted Pepper Memorial 10k will be the responsibility of the Cross Country Secretary from now on, so Jeremy Carmichael will be looking after this event, staged on the early May Bank Holiday in Norman Park.



Season's Greetings, and good running in 2017!

**Dave Beattie**

## Our new Road Running Secretary

My name is Mark Champion, I'm 49 and my wife and I have both been members of Istead & Ifield Harriers for approaching 15 years. Apart from a couple of School Cross Countries I had no running pedigree and only got into running in my 30s, inspired by watching my wife take part in the Race for Life and the Cliffe Woods 10k that came past our back door. Over the last 15 years I've been an active member of Istead & Ifield Harriers competing on the Roads, X-Country and was introduced to SCVAC by taking part in the Vets track league.

I've competed over all distances on the road completing about 10 Marathons but over the last few years I've got more heavily involved in track running competing over 1500, 3000 and 5000. I've also kept my road running to shorter distances and now rarely race distances above 10miles.

As I've got older I've gravitated more towards Masters Athletics and this has led me seek out the SCVAC & BMAF road races & to represent GB at Masters level. Indoors on the track at Torun Poland & Ancona Italy and on the roads in Lyon & Portugal, and at the moment I'm deep into training for the World Indoors in Daegu South Korea.



So when I was approached about the role of SCVAC Road Running secretary I thought it was a good opportunity to give something back to Masters Athletics. I look forward to meeting more of you over the coming months.

Mark

### The Southern Counties Vets 10 mile road championships

These were held again this year in conjunction with Epsom and Ewell Harriers 10 mile road race on Sunday 13th November on Epsom Downs with the Epsom Racecourse Grandstand providing splendid facilities for all involved. Early morning fog shrouding the downs magically cleared about 10 minutes before the 0930 start time and we set off promptly under almost clear blue skies. The well marshalled route took us on an undulating anti-clockwise loop through Headley, Walton on the Hill and Tadworth finishing right alongside the Grandstand. Rather appropriately prizes were presented in the racecourse winner's enclosure. The main race was won by Scott Overall the England International Marathon runner with Southern Counties winners as follows:-

M40 - Phil Sanders 57.22 and also 3rd overall.

W40 - 1st Diana Norman 69.03 and also W40 winner in the main race.

W40 - 2nd Susan Aldridge 69.26

M55 - David Gill. 65.55

M60 - Neville Webb 70.50 and also M60 winner in the main race.

M65 - Mick Jefferies 86.28

M70 - Tony Rea 80.10 and also M70 winner in the main race.

M75 - 1st John Taylor 96.28

M75 - 2nd Patrick Dobbs 97.30

Mick Jefferies.



## Richard Pitcairn Knowles world's oldest park runner to reach 250 milestone.



Richard, a long standing SCVAC member, has recently reached a unique milestone by becoming the oldest runner in history to run 250 Park Runs.

To mark the occasion he wrote a column for the Park Run website outlining his life in running and what the sport means for him and his family. Illustrating the fact that whatever one's age there is always a new target to aim for, he says that at present he leads the Run Britain rankings for his age group for the mile leading the legendary (for some of us of older runners) Bruce Tulloh.

Among his achievements that he outlines are completing the London Marathon in 2:51.02 (aged 51), running the London to Brighton in 1983 in 7 hours 6 minutes, contesting the South Downs 80 miles in 1985 in 14 hours 42 minutes and, by way of complete contrast, beating Chris Chataway (another legend) over 1500 meters in his late sixties.

*Richard's column for Park Run can be accessed at <http://blog.parkrun.com/uk/2016/12/15/stop-the-world/>*

Richard was also recently interviewed by Alan Newman, former (and much missed) athletics' correspondent for the Kent Messenger where his greatest achievement was given as his M65 team gold for GB in the World Masters cross country at Gateshead in 1999. However, Richard himself thought perhaps his best performance was being lapped by his grandson Bede in a Park Run last year! And this leads to perhaps Richard's greatest source of pride; the involvement of his family in the sport. His son Mark (another member of SCVAC) his wife Lucy and their three children, Ellen, Polly and Bede all regularly represent their club, Tonbridge AC as well as partaking in Park Runs around the country. Richard's wife Pamela while not a regular runner (her preferred sport is tennis) has followed him around the world on his athletic journey.

Richard is also a keen supporter of the Last Friday 5K championship run monthly in Hyde Park, a popular series with veteran athletes as the championship is decided on age grading. Organised by the indefatigable Malcolm French from Serpentine RC the series has run from 1998. Richard was the overall championship V80 winner in 2012 and 2013, V75 winner in 2009 and V70 winner in 2007 and says he is looking forward to becoming the V85 champion!

Tony Rea.

## Recollections of WMA Championships, Perth 2016

I planned combining the Perth marathon with a three weeks holiday taking in Sydney, Ayers Rock, and Melbourne (where my brother lives). A chest infection disrupted training for seven weeks. With three weeks left I managed two 12 mile "long runs", and reduced my target to finishing inside 4 hours.

It was good to meet up with SCVAC members including Arthur Kimber. I cheered him in his heat of the 400m, and helped him pin up his GB relay teams on the notice board. Another team manager, Archie Jenkins, ran his 1500m heat, then dashed off to the WACA to watch the 1<sup>st</sup> day of the Test Match between Australia and South Africa.

The West Australians were very friendly hosts. The stadium commentator was knowledgeable and entertaining, and drew the crowd's attention to outstanding athletes of all nationalities. The GB team's fine performances have been reported elsewhere, so I'll just describe my marathon experience. The traffic free course of 2 half marathon laps used tarmac paths on both sides of the Swan River, crossing the river at the Narrows Bridge. On Saturday I dropped my personal drinks at the race HQ, across the river from the WACA. The 37 degrees heat luckily dropped on Sunday to a maximum of 26.



I shared a cab from the hotel at 5am with Tony Brackstone and Kevin Deakes, who were running the half marathon. There was a scrum at Race HQ – only one PC in use to register runners, and coloured wristbands to be worn (their purpose was not clear). The marathon start was delayed by about 20 minutes. I chatted with M65 team mates Ian Kitching and Francis Day. Ian had recent knee ligament problems, but Francis's training had gone well, with some 20 mile runs.

At the gun, Ian shadowed the favourite from Poland at around 7 minute miles pace, Francis settled into a 3:30 pace, and I shuffled off at 9 minute miles. I had prepared drinks with coloured labels to identify the contents, but a runner ahead helped himself to some of my attractive selection. I grabbed the water or electrolyte drink available at each feed station.

The half marathon started on time, and the leading runners whizzed past before the turning point at 10.5km. I shouted encouragement to Ian and Francis as they headed back up river. Australia were the only other team to worry about in our age group.

At 15km I caught an Australian M65 with a surname of Miller, who confirmed that he had been christened Keith after the Aussie cricketer. He moved ahead, and I stuck to my own pace. I reached halfway in 1:54, and ran 2 hours for the second half. Others slowed more, and I re-passed Keith Miller and other Australians, so despite my slowest ever marathon I finished happy. GB comfortably won the M65 team race, with Ian Kitching 2<sup>nd</sup>, Francis Day 4<sup>th</sup>, and me 6<sup>th</sup>. In the half marathon Tony Brackstone won a M70 team gold medal to add to his team silver in the cross country – well done Tony.

Australia is huge, and far away, but great fun to visit every time. I miss swimming in the sea off Manly, and my brother says it is 40 degrees in Melbourne. Time to nudge the thermostat up a notch and heat up that curry.

Dave Beattie

## Holly Run 2016 – SCVAC Cross Country Championships 11<sup>th</sup> December 2016

### The Ladies win the Day

Words and Photos by Jeremy Carmichael

In very pleasant conditions, the SCVAC ladies ran as a team and could hardly have produced a better result by finishing first, third and fourth. Diana Norman won the race in a time of 27 mins 5 secs well clear of second place. Susan Aldridge, in third place, was only 6 seconds behind the second runner in 27 mins 53 secs with Lynne Champion close behind in 28 mins 4 secs. Ann Buckett, the only other SCVAC ladies runner also collected a race medal for third place in the W45 age group.



Susan Aldridge, Diana Norman and Lynne Champion

Mark Champion was the first male finisher for SCVAC in a time of 38 mins 33 secs. This put him in 11<sup>th</sup> place overall, and 2<sup>nd</sup> in the V40 age group. Meanwhile Colin Oxlade overcame Andrew Del Novo by only 8 seconds giving them 19<sup>th</sup> and 20<sup>th</sup> places respectively. They were both members of the 3<sup>rd</sup> scoring team, Croydon Harriers

Name	SCVAC Age Group	Time	SCVAC Place
Mark Champion	M45	38.33	Gold
Andy Del Novo	M45	41.48	Silver
Colin Oxlade	M55	41.40	Gold
Walter Hill	M60	44.53	Gold
Trevor Edgeley	M65	46.28	Gold
Dave Beattie	M65	51.35	Silver
James Fitzmaurice	M70	56.33	Gold
Richard Pitcairn-Knowles	M80	70.46	Gold
Diana Norman	W40	27.04	Gold
Susan Aldridge	W40	27.52	Silver
Lynne Champion	W45	28.04	Gold
Ann Buckett	W50	36.53	Gold



Walter Hill

## FIXTURES SUMMARY 2017

### SOUTHERN

19th February	SCVAC Indoor Track & Field Championships	Lee Valley
3rd September	SCVAC Track & Field League Final	Ashford

### NATIONAL

February 12th	South of England/EVAC/VAC Masters Indoor Championships	Lee Valley
February 12th	BMAF Indoor Pentathlon Championships	Lee Valley
February 26th	EAMA Indoor Track & Field Inter Area challenge	Lee Valley
February 26th	BMAF 10 Mile Championships	Maryport
March 11-12th	BMAF Indoor Track & Field and Winter Throws	Lee Valley
March 18th	BMAF Cross Country Championships	Liverpool
April 9th	BMAF 10km Road Championships	Gravesend
20th May	BMAF Road Relay Championships	Birmingham
18th June	BMAF outdoor Pentathlon Championships	Horspath
18th June	BMAF 5km Road Championships	Horwich
24th-25th June	BMAF Track and Field Championships	Birmingham
25th June	BMAF 30km Multi-Terrain Championships	Gravesend
2nd July	EAMA Track and Field Inter Area Challenge	Solihull
2nd-3rd Sept.	BMAF Decathlon, Heptathlon, Throws Pentathlon, 10,000 m, 10,000 m Track Walk and outdoor classics	Sheffield
3rd September	BMAF Half Marathon Championships	Northampton
8th October	BMAF Marathon Championships	Chester

### INTERNATIONAL

19th-25th March	World Masters Indoor Track & Field Championships	South Korea
27th July-6th August	European Masters Championships	Aarhus, Denmark
18th November	British & Irish Masters Cross Country International	Derry