

# THE Southerner

No. 46 December 2005

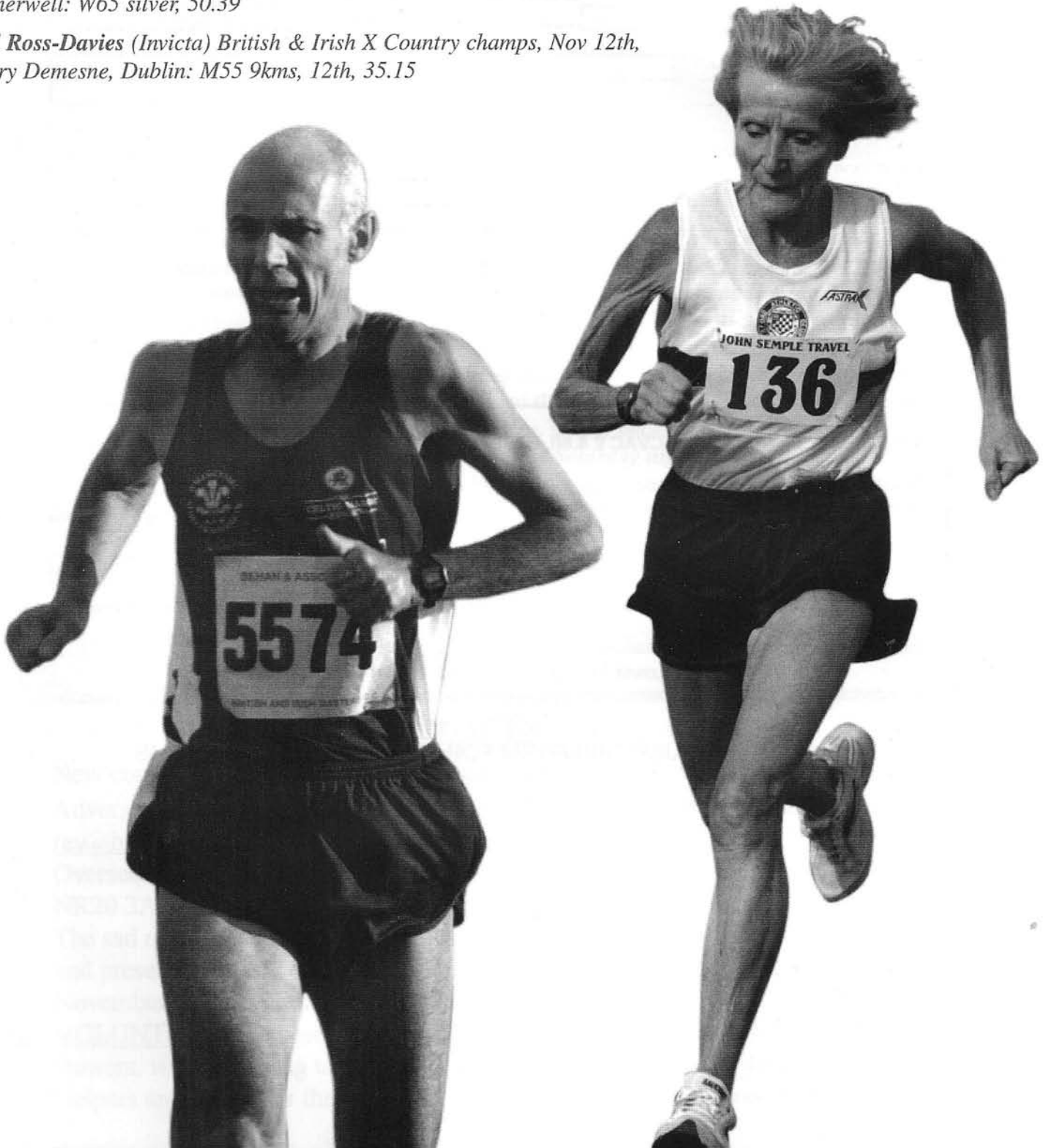
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THE MAGAZINE OF THE SOUTHERN COUNTIES VETERANS ATHLETICS CLUB

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*Pam Jones (Ilford) BMAF 10k. Champs, Sept 24th Strathclyde Park, Motherwell: W65 silver, 50.39*

*Paul Ross-Davies (Invicta) British & Irish X Country champs, Nov 12th, Santry Demesne, Dublin: M55 9kms, 12th, 35.15*



## INSIDE:

Cross country and indoor track and field application forms • Membership Renewals • Peter Hamilton's Swiss Road Race • Three Ladies go to the World Championship in Spain • Hotels for Polish 2006 Euro Championship

2006 Membership Renewal Form

**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB  
MEMBERSHIP RENEWAL 2006**

Title Mr/Mrs/Miss/Ms etc  Membership Number

Surname  Forenames

Address

Telephone Home  Other

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 \_\_\_\_\_

<b>Annual Subscription 2006 (SCVAC £ 4.60, BMAF £4, VAAE 40p)</b>	<input type="text"/>
2005	<input type="text"/>
2004	<input type="text"/>
Donation	<input type="text"/>
Total Cheque enclosed for	<input type="text"/>

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

**PLEASE DO NOT USE THIS FORM FOR 200 CLUB SUBSCRIPTIONS**

Renewal Of 200 Club Subscriptions should be made on separate renewal form found elsewhere in this publication.

## **From the Editor:**

*Looking through the December edition of the "Southerner", I must confess to being impressed by the variety of places, both near and far, in which our members compete! Amongst others this year, there were the World Championships in San Sebastian, Spain, a road race in Switzerland, the BMAF 10 km championships in Motherwell, Scotland; the British & Irish International in Dublin. Several Southerners regularly go warm - weather training in Lanzarote or Portugal. Jersey was the venue for the "SECTA" weights pentathlon, and next year, we can look forward to the European Indoor Champs in Linz Austria. You will also see we have an advertisement for*



*hotels in Poznan Poland, which is due to hold the Euro Outdoors Champs. Athletics certainly gets you around the country. In my capacity as a coach, I have made several trips to Birmingham recently, to the National Indoor Arena and to the Alexander Stadium. I must admit to being quite fond of The Bullring and the outdoor markets. We have also found ourselves, in the cause of athletics, in Derby, Gateshead, Newcastle and Sheffield, all of which made a big impression.*

*I now realise it is possible to have a "culture shock" in one's own country. Some years back, the BMAF Track & Field Championships were held in Blackpool. I had just read Bill Bryson's "Notes from a Small Island" in which he writes movingly about Blackpool. Nothing prepared me, however, for the impossibility of obtaining a meal that was not deep-fried! The guest house where we stayed had plastic flowers planted in the garden, simply because it was cheaper than buying real ones, to get pulled up by passing revellers every Saturday night.*

*It would be great to hear from readers who have ended up in some "interesting" places, all because there was an athletics event being held there. Or you might want to defend Blackpool.*

**Contributions for the "Southerners Roads to Hell or Heaven" (or anything else you would like to contribute) should reach me by March 25<sup>th</sup> 2006.**

*Email: [southern.veterans@ntlworld.com](mailto:southern.veterans@ntlworld.com) Editor, 6 Woodlands Park, Bexley, Kent. DA5 2EL.*

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## **NOTICES**

New committee members: BMAF Road Running Secretary: Ray Lewis, Honey pots, Adversane Lane, Adversane, West Sussex. RH14 9EG; tel: 01403782467. Email: [ray@honeypots.plus.com](mailto:ray@honeypots.plus.com)

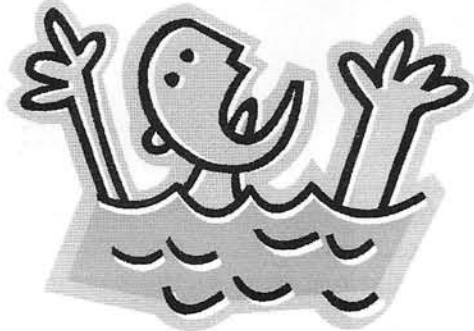
Overseas Entry Coordinator: Carole Filer, The Street, Hockering, Dereham, Norfolk, NR20 3AJ; tel: 07929752093. Email: [c.filer@uea.ac.uk](mailto:c.filer@uea.ac.uk)

The sad news was received of the death of Torsten Carlus of Sweden, past president and present Secretary of WMA. Carlus died of a heart attack, in the last week of November, whilst visiting Shanghai.

**VOLUNTEERS** are needed: a new Secretary is needed for SCVAC to replace Liz Bowers, who is moving to France after doing valuable work for the Club.

Helpers are needed for the Indoor Championships and the Outdoor Weights Pentathlon.

## Treasurer Robert Murkin gets "wet wet wet" .....



As part of my constant search for variety in my sport, I recently made my debut in the world of Masters swimming. I had attended a few of Dorking Swimming Club's Masters training sessions over the past couple of years as part of cross training programme but decided to 'take the plunge' and actually compete.

My debut needed to be low key and so I used the Club Championships to make my entry. This meant that the events were open to everyone in the club from six years upwards. As I hadn't entered a PB on my entry form, I was put right at the bottom of the seeding list which resulted in being put in a heat with five eight year old boys!! Luckily this is something that I have become used to. Due to my lack of speed I usually get seeded in open track & field events against people young enough to be my grand children!!!

My appearance in their heat provided my opponents with some amusement. I received various comments such as-- "Do you know my mum is younger than you" and "Oh I see, you don't have to wear a swim hat, do you, as you don't have any hair".

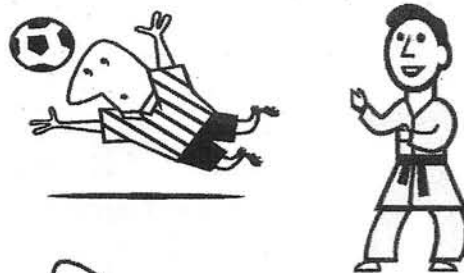
I confess to being apprehensive before but the fear of defeat by a bunch of eight year olds had my stomach churning. However all turned out fine. My swimming trunks did not come off as I dived in (which I had feared) and I actually won the heat.

My experiences in the pool have compelled me to look deeper into the Masters swimming scene. I can report that British Masters Swimming is thriving and all without the aid of a high profile

magazine such as 'Running Fitness' to promote it's cause. Over one thousand swimmers competed at the British Masters Swimming Championships in October which I think is double the number who competed at the BMAF nationals in Birmingham this year. Masters swimming is contained under the global umbrella of British Swimming/ASA rather than having its own separate association. It is not clear as to whether this is a benefit or not, but my opinion is that if all age groups are catered for by one association, then this makes any sport more attractive to newcomers.

Masters swimming promotes the nineteen to twenty four age group (pre-masters) and the twenty fives to twenty nines are the first actual Masters age group. The 'British Swimming' website goes to great lengths to highlight the benefits, thus keeping people in the sport who would have otherwise had left due to lack of competition.

I only have a matter of months to go before I have to give up my M35 status in athletics and so shouldn't really care. However, the introduction of the M35 age group, despite its critics, can only have a positive effect on the sport. Maybe we should be looking to create even younger masters age groups for athletics! In the mean time, I'm off to look for even more variety in my cross training. Anyone know anything about Masters speed skating?!!!



*Have other readers any ideas for useful cross training?*

## TIGAR'S EYE VIEW OF THE VETS!

By Jeremy Tigar.



As a young man very keen to understand how the old pros prepare and perform at the big events, I was delighted to be invited to accompany one of the club's legendary performers, Mr Andy Wolf, at the national master's competition. I was told to arrive at his villa promptly to ensure that we could reach the venue in good time. After a brief stop at the dry-cleaners to pick up Andy's vest and track suit, we soon purred down the M4 in his gleaming, large-engined German convertible sports car.

"What are your expectations this afternoon?" My question floated in the air for a while, along with "Quando quando quando" which Englebert Humpérdinck was belting out from the 19 speaker surround-sound Blaupunkt. Looking across I could see the moustache widen as the maestro's face lit up with a smile. "Well it's my first outing this season, but who knows, maybe 45 or 46 phone numbers." "No Andy, I was talking about the javelin! How do you think you'll do in that?" I interrupted, trying to refocus. Checking the mirror, and now cruising at a full 53mph along the middle lane of the empty motorway, the big fella looked over "It's all about the big one mate, it's all about when I can manage to unleash the big one," he paused as I waited anxiously for an explanation. By coincidence, Englebert had now moved on to "Release me", as the moustache moved again, "Well, let's put it this way; I've created a space in the thrower's shrine for the champion's medal. " I listened transfixed as the old pro discoursed at length until we eventually reached our destination. It took no more than a five minute to walk to the check-in area, Andy having to pause occasionally to sign the odd autograph. Among loud cheers and some enthusiastic whistling (who do you think the wolf whistle was named after?) a group of ladies, not unknown to the club, wanted a photo of the maestro. The least I could do at this point was offer to take hold of the 3 Gucci kit bags and 4 javelins.

Nothing for me to do now except wait, observe and absorb the atmosphere.

As the announcer called for the contenders of the vets javelin to report in, I noticed the relief on the faces of some of the throwers who were warming up. As Andy Wolf loosened up lithely, graceful as a panther, moustache bristling with confidence, two of the eight had to withdraw; one had tweaked a hamstring, while performing a slightly overambitious foot drill, had tripped awkwardly, tumbled and landed on a visiting hammer coach's pewter hip flask, knocking out three of his teeth. Luckily one of the lady competitors, well versed in first aid, was summoned from the make-up application tent, and treated the injured codger. The competition gathered momentum as well as a small crowd as Andy Wolf stood at the far end of the runway to complete the first round. A Mexican wave of whispers swelled among the expectant mob, whose eyes all swivelled to centre on the finely-tuned athlete, a slow bounce now in his gait as he held aloft the gleaming 600 gramme Nemeth. "This'll be a day to tell the grandchildren about" cooed one, "Surely he can't be over 60" cooed another". Two ladies were hotly disputing whether or not it was still legal to wear the brief shorts with the little "v's" at the side that adorned the maestro's bottom.

The handclapping had been building into a crescendo for a full minute before the maestro started to purr down the runway. As a mighty grunt bellowed out from under the moustache, the javelin was launched. Time stood still as the spear glided out to well over forty metres. At last, expectations of witnessing "the big one" were fulfilled! To all intents and purposes the competition was now over, hopes of the other competitors had once again been raised only to be dashed by the steely-eyed moustachioed maestro. While the rest battled for the spoils, the maestro, with freshly pressed track suit now on, shook hands with his subordinates. As for me, all I could do was stand back and admire the adulation that was now being heaped from all quarters on the maestro.

As well as the gold medal for the "big one" Andy also received the prize for best performance of the day. This was presented directly to his moustache in a separate ceremony by the local mayor and his entourage. Who said vets athletics was dull?

## Mrs Derrien's Diary by Carole Derrien (Jersey Spartan A.C.)



There has been so much comment about San Sebastian, that I won't even go there, suffice to say, despite appalling organisation, we managed to have a good time, with great company, away from the sports arena. So I have been to the Guggenheim in Bilbao - which reinforced my belief that modern art was not for me - but with the temperature on the street touching 48 degrees, I found the air conditioning had more to offer than the exhibitions!



*"My 4 year old granddaughter could have done that (& probably did!!)"*

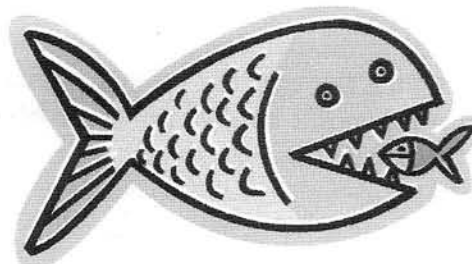
Biarritz had a gentle faded charm, but one could imagine it in its prime - despite meeting almost the entire British Team, most I have to admit were in bars - but there was a Rugby match on TV - I never said they were in there drinking!



*Rumour is that the British Team had their own way of clearing the bars - they were on the karaoke every night!*

My results were consistent - 4<sup>th</sup> and 5<sup>th</sup>, but my claim to fame was getting the second leg of the 4 x 100 relay - everybody else must have dropped dead, gone home, or simply refused, but was great to have the chance to prove that throwers do run despite rumours to the contrary. We won't discuss that result - one minute it was gold, then after protests, nothing! This was about par for the organisation of the championship.

So it was back to the Island and a holiday to arrange - we decided to hop on a rest flight to Croatia. just 10 days later, and got the bike out again for another charity ride before we went - literally - the morning before. My troublesome foot and leg would be looked into when I got back. At the halfway stage, we stopped for refreshment, and whilst standing astride my bike, I made the mistake of transferring my weight on to the dodgy leg - next thing I was on the floor with the bike, much to everybody's amusement - got accused of damaging 'Claude' (my bike). The amount of blood stopped their laughter - and this was from my good leg. So, patched up I went on my way to the finish where St John's Ambulance attended to the wounds. Next day we were off to Makarska, where the beautiful beaches and clear sea were just what I needed - until the little fish started biting my wounds - I just put on another cabaret whilst the spectators shouted encouraging things like 'Shark!' 'Piranha!' - but nobody stopped laughing long enough to help me out over the stones! What a mess it was, but it didn't stop me enjoying the break.

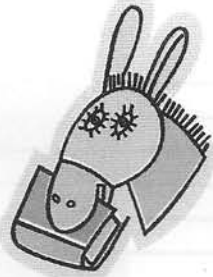


*"Tell you what, Phineas, - nice bit of human blood sure beats eating boring old plankton!"*

To cut a long story short, I was at the Doctor's nine hours after coming home - the dead foot and leg were consigned to the specialist's list, but it

seemed that the wounds had taken a turn for the worst and the antibiotics were strong enough to fell a horse! "Thin skin syndrome"-it probably covers me or not, as the case might be! Since then, I am back to training - a bit one legged, I have seen one specialist who says I have the legs of a race horse (words like shoot and dog meat come to mind) .

.....well, we always knew that Mrs Derrien's Diary came "straight from the horses' mouth." (Editor)



I had an MRI scan and I see the Orthopaedic and Trauma specialist later today. We have had a Weight Pentathlon in Jersey - wonders never cease - unfortunately the fast ferry was cancelled and this stranded some competitors, but the rest of us had a great weekend. We were the walking wounded ; Vilma had a bad knee, and Bron, was suffering with a dicky shoulder. However, never mind all that- we were desperate for officials! SECTA are threatening to come again next year - we certainly hope so. Well, I will see you in Linz - hell or high water, and I hope to have the answer to my problem, have it fixed and be back to normal (whatever that is)

### ROAD RUNNING REPORT - from Walter Hill

#### Provisional dates for 2006:

**May 1** Ted Pepper 10k. Beckenham

**June 4** Dorking 10 mile

**Aug 20** Burnham Beeches Half Marathon

**Oct 15** Abingdon Marathon.

#### London Marathon:-

I am anticipating that I will receive a few Club entries for the London Marathon. If you wish to participate in this race, I will operate the following procedures to ensure fair play.

1. Athletes who are rejected via the ballot have first priority.
2. All entrants to the SCVAC ballot must be paid up members.
3. If you wish to be included in the ballot, you must enclose an SAE to me at Tain Cottage, Ifield Rd., Charlwood, . RH6 0DQ. by 24-12-06.

4.All applicants will have their envelopes returned to them on Dec 28<sup>th</sup> 05.

5. If you are lucky enough to receive an entry via this ballot, you only have until Jan 13<sup>th</sup> 06 to return this entry form to the London Marathon headquarters.

**GOOD LUCK TO ALL PARTICIPANTS.**

#### Abingdon Marathon.

Congratulations to our four SCVAC runners who ran the Abingdon Marathon on Sunday October 16<sup>th</sup>.

Results were:-

M40 Paul Addison (London Heathside) 3:00.00.

David Raynor (Crawley A.C.) 3:00.52.

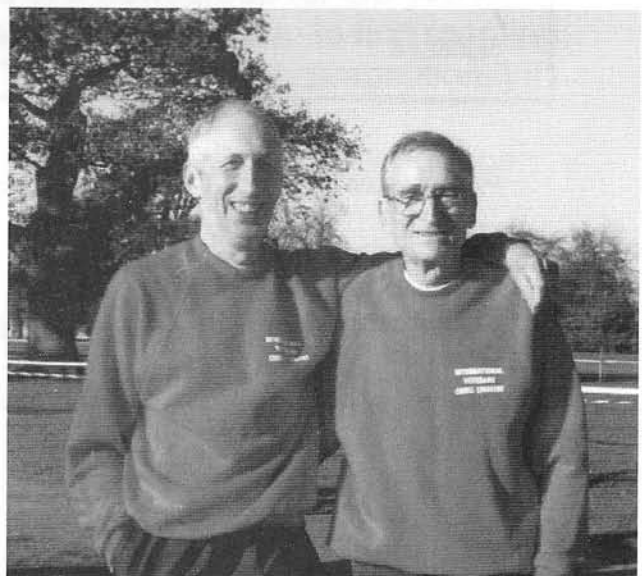
M50 Ivon Whitmore (Medway& Maidstone) 3:13.04.

W65 Cecilia Morrison (City of Portsmouth) 4:20.07.

Cecilia helped me with this report by providing me with the following information, as I was unable to attend on the day.

There was a record entry of more than a thousand. The day was hotter than ideal for marathon running, and the main race was somewhat slower than expected although the winner, Shaho Qadir set a new course record. There were 680 finishers, with 59% of the male runners and 67% of the women in the veteran category.

*Below: Brian Shave & Joe Cleverly at Santry Demesne Dublin for the Brit./Irish X Country Champs, Nov. 12<sup>th</sup> 05, M70 age group- Joe was 7<sup>th</sup> in the 5k. In 27.22 & Brian won the 6k. in 40.23.*



**SOUTHERN COUNTIES VETERANS ATHLETIC CLUB**

**The Southerner 200 Club**

**RENEWAL**

Name  Memb no.

Address

Share Number (s)		@ £ 12
<b>Total Enclosed</b>		

**APPLICATION**

From  Member No.

Address

I enclose a cheque for £..... in respect of ..... shares in the 200 Club payable (£ 12 per share) (Monthly Draws) Subscription runs for 12 months from date joined

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return completed forms and cheques to:-

Peter Hamilton  
Assistant Treasurer - SCVAC  
31 Devonshire Drive  
Greenwich, London  
SE10 8JZ



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**UK Masters Sport.**

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Email; [info@grand-prix-sport.co.uk](mailto:info@grand-prix-sport.co.uk)

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**NEED TO FIND A ROOMING PARTNER?.....then read on!!!**

Abi Onatade writes- "After speaking to various female athletes in San Sebastian, I realise that quite a few came by themselves, whereas there could have been the possibility of room sharing throughout the whole championships or part of it. Hence the idea of a newsgroup for GB Women Masters. The aim is to share ideas and also to use the group to find rooming partners for major championships (British and International competitions) if need be.

The group is not only for track & field athletes, but also for those who race walk, or who run marathons as well.

I do hope you will join."

To subscribe, please send an email to:-

[GBWomenMasters-subscribe@yahoogroups.com](mailto:GBWomenMasters-subscribe@yahoogroups.com)

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# Southern Counties Veterans Athletic Club

## Indoor Track & Field Championships

Sunday 5th February, 2006 at Sutton Arena Leisure Centre Middleton Road, Carshalton, Surrey.

### TIMETABLE

12.30:	registration & warm up		
13.00	60m Sprints - 1 <sup>st</sup> round M&W)	13.00	Pole Vault (M&W)
14.05	60m Sprints - 2 <sup>nd</sup> round (M&W)	13.30	Long Jump (M)
14.50	60m Hurdles - 1 <sup>st</sup> round (M&W)	13.45	Shot Putt (W)
15.15	60m Hurdles - 2 <sup>nd</sup> round (M&W)	14.20	Triple Jump (W)
		14.30	Shot Putt (M)
		15.05	Triple Jump (M)
		15.50	Long Jump (W)
		15.50	High Jump (M&W)

**SCVAC ENTRY FORM: Indoor track & Field Championships 2006.**

**To: Steve Connolly, 64 Goddard Ave., Swindon. Wiltshire, SN1 4HS.**

Name: \_\_\_\_\_ Membership Number \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: Day: \_\_\_\_\_ Eve: \_\_\_\_\_  
Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age Group: \_\_\_\_\_ UKA CLUB: \_\_\_\_\_

Events:

Entry Fees per event: £4.00 (MEMBERS) £5.00 (GUESTS (No Medals)

Fees have been Increased to cover the costs of Arena Hire and payments to Officials etc.

Entry fee enclosed: £ \_\_\_\_\_ (Cheque payable to SVCAC.)

Closing Date: Jan. 22<sup>nd</sup> 2006: enclose SAE for confirmation, map etc.

**NB: membership subscription for 2005 must be up to date. DO NOT SEND WITH ENTRY FEE.**

# Southern Counties Veterans Athletic Club

## Cross Country Championships 2006

Saturday 4th March, 2006, in Lloyd Park, Croydon

also includes: CROYDON HARRIERS CHAMPIONSHIPS AND INTER-CLUB MATCH

2.30 PM. START ALL START TOGETHER 1 ½ LAPS = 5 Km SCVAC Women 35 Plus.

3 LAPS = 10 Km. SCVAC Men 35 Plus.

**SCVAC ENTRY FORM: Cross Country Championships 2006.**

**TO: Steve Connolly, 64 Goddard Avenue, Swindon, Wiltshire SN1 4HS 4H3 (Tel: H.01793 538245)**

Name: \_\_\_\_\_ Membership number: \_\_\_\_\_

Address: \_\_\_\_\_  
Post Code: \_\_\_\_\_ Telephone: . Day: \_\_\_\_\_ Eve: \_\_\_\_\_  
Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age Group: \_\_\_\_\_ UKA Club: \_\_\_\_\_

Entry Fees: £3.00 (MEMBERS) £4.00 (GUESTS (No Medals)

Entry fee enclosed: £ \_\_\_\_\_ (Cheque payable to SCVAC)

Closing date: Feb 19<sup>th</sup> 2006: Enclose SAE for confirmation, map etc.

**NB: membership subscription for 2005 must be up to date. DO NOT SEND WITH ENTRY FEE.**

## Fun in the Sun (and the rain and wind) in San Sebastian!

By Anne Goad, Teresa May and Miranda Porritt



Three factors were important in our decision to compete in the World Masters Championships, in San Sebastian, Spain. The venue looked inviting, we would have to chance to compete in a World Championship and it would be great to go as a group of friends. We had all been struggling with injuries just before the championships, but despite fitness concerns, we were all keen to go.

Teresa arrived a day or two before the rest of us, so luckily, she had already done the food shopping by the time our whole group was there! We found ourselves in five - bed roomed villa in Ascain, a quaint village just over the border in France. There were lovely views over towards the mountain at the bottom of the garden.

We were all very impressed with the San Sebastian Stadium, which is also the home of the Spanish football team Real Sociedad. The atmosphere was amazing and made us feel as if we really were part of a big event. There was a second track next to it and the warm - up area was in the indoor Velodrome. We felt sorry for those who did not get to compete in the main stadium!

The officials came from all the competing nations, and we were very impressed with the young Spanish volunteers' command of English. We found everyone to be very friendly.

As for our individual events, it was interesting to note the standard of performances at World level, although because of our various

injuries, we all felt disappointed with our own results. Miranda had entered the W35 5kms. and 10kms., with the 5 kms not until 9.30p.m. by which time it was raining hard. In fact we all had to contend with some rather strange and unpredictable weather such as rain storms, high winds and blistering temperatures.

Teresa had some very tough competitions in the W45 age group- pole vault, triple and long jump, high jump and 400 hurdles. Anne in the same age group, came up against a very strong field in the 100m. and also did the pole vault and the weights pentathlon.

*Teresa, Anne & Miranda outside the stadium.*



The championships certainly had their amusing moments. In the M85+ age group, all was well in the 300 hurdles until 150m. when the runners started to fall like flies! Gasps of horror from the crowd, as the whole field fell down, swiftly turned to laughter as they all got up to finish the race. First Aid volunteers were kept busy patching them up afterwards. In the 100m. one old gentleman ran in his carpet slippers, and sat down in a chair immediately afterwards.

This is a lovely area for a holiday, with long sandy beaches and excellent restaurants. However we were amused by the fact that if you ordered ice cream for a dessert, you were handed a Cornetto. Also, fresh fruit salad consisted of an unpeeled apple, pear and banana, and yoghurt was served in the original plastic pot. We thought this was just a way to save on the washing up!

In conclusion, we were all pleased that we

*/cont overleaf*

had made the effort to go to the World Championships, and would recommend the experience to everyone.



*Brian Harlick, SCVAC, in the M60 decathlon 1500m  
(below) Anne Goad (left of group) with competitors from the W45 Weight Pentathlon.*



**SOUTHERN RACE WALKING FIXTURES  
December, 2005  
DATE- DISTANCE-AGES-EVENT-VENUE-  
TIME**

- 3 5k all Christmas Cup (Surrey W.C.) Monks Hill 2:30 p.m.
- 10 5M/ 1M all Enfield League Queen Elizabeth Stadium 2:30 p.m.
- 10 var. all Cambridge Harriers Winter League Bexley 2:00 p.m.
- 11 15m all Hill Climb (Sarnia W.C.) Val des Terres, Guernsey 9:00 a.m.
- 18 5k/2k all Alf Palmer Memorial Walks Horsham 11:00 a.m.
- 18 5k all Road Walk (Sarnia W.C.) Delancey Park, Guernsey

- 9:30 a.m.
- 26 3 M all Enfield Boxing Day Walk Queen Elizabeth Stadium 11:00 a.m.
- 26 5.5M, 1.3M all Brighton Boxing Day Walks (Steining A.C.) Preston Park, Brighton 10:30 a.m.

**January, 2006**

- 1 Var al INew Year's Day Walks (Loughton A.C.) Victoria Park, London 11:00 a.m.
- 8 3k all Track Handicap Walk (Sarnia W.C.) Footes Lane, Guernsey 9:30 a.m.
- 8 10k M, WS.R.W.A. Championships Imber Court 2:00 p.m.
- 21 15k, 3k all Steining 15k Open + support Steining 2:00 p.m.
- 28 5M, var all Enfield League provisional Queen Elizabeth Stadium 2:30 p.m.
- 29 2k all Track Handicap Walk (Sarnia W.C.) Footes Lane, Guernsey 9:30 a.m.

**February, 2006**

- 5 var all London Open, Essex League, SRWA YAG Champs (Loughton A.C.) Victoria Park, London 1:00 p.m.
- 11 var all Cambridge Harriers Winter League Bexley 2:00 p.m.
- 12 10k M, W road Walk (Sarnia W.C.) Pleinmont, Guernsey 9:00 a.m.
- 18 10k M, W Slater Bryce Memorial (+ support?) (Steining A.C.) Broadbridge Heath 11:00 a.m.
- 19 5k all Road Handicap Walk (Sarnia W.C.) St. Sampsons, Guernsey 9.30a.m.
- 19 10M M, W Essex Champs & League Chigwell 10:00 a.m.

**March, 2006**

- 4 5M all Pat Furey Trophy Meeting, Enfield League provisional Queen Elizabeth Stadium 2:30 p.m.
- 5 1M all Track Handicap Walk (Sarnia W.C.) Footes Lane, Guernsey 9:30 a.m.
- 5 9k M, WL. P.R. Yacht Handicap Blackheath Park 11:30 a.m.
- 11 var all Cambridge Harriers Winter League Bexley 2.00p.m.



**NEW RACE WALKING SECRETARY:  
David Sharpe; 56 Bonham Rd., Dagenham,  
Essex. LM8 3BD. tel h. 02085995153;  
w.02085074980**

## The 72<sup>nd</sup> Morat to Fribourg 17.2k.Road Race, By Peter Hamilton.

Race day dawned inauspiciously, the initial diary entry being "awoke with rampant diarrhoea". This was somewhat ironic after a booze free week! I felt I had been careful the previous evening. Nevertheless breakfast had to be ingested at 8 a.m. for a 10.15 start, mug of sweet tea, Weetabix, honey and tablets, Neurofen (2), Sodium Glucosamine (1) and my sole Immodium capsule.

I was about to embark on my second attempt at this Swiss classic, more than tripling my normal racing distance with some serious hills to climb. Having raced frequently on the track in Switzerland in the 1970's whilst holidaying with my sister in law and her Swiss husband, the question had been frequently asked, you're a runner, why not do Morat - Fribourg?

Like the famous event in Greece, this race also commemorates the bringing of victorious battle news by a runner; that of the Swiss over Charles Le Temeraire in 1476. From it's instigation in 1933, the race mushroomed in size to around 16,000 entries in 1985 to become Switzerland's largest footrace, but suffered a decline in numbers through the '90s before starting to rise again from the year 2000, average 8,000 in the last three years. Various changes have occurred with the major participation of Migros as sponsors and the advent of Africans as leading runners although it was Jonathan Wyatt from New Zealand, appropriately a World mountain running champion, who broke the record in 2004.

My normal pre race plan was to start my warm up from the outskirts of Morat after my wife had dropped me off as close as possible allowing for road closures. Entering the delightful old Roman town the atmosphere starts to build with the inevitable oompah band loudly blasting out the endless and successively quicker strains of the Herman's Hermits hit, "No milk today". Locals and supporters look on in detached amusement, whilst I, seeing all the closed shops, begin to quietly contemplate my first drugs related ram raid on one of the two chemists in view, to

complete what I consider to be a safe fix of Immodium. I chance on a small first aid station, plasters etc. certainly in evidence, and in passable French mention my stomach problem. Noting in the reply the word,

"Toilette" I retort, "Oui, beaucoup de fois."

Two capsules are produced and melt on my tongue, relieving at best psychological angst and reducing the prospect of an off road woodland pit stop later on.

Time now for further jogging around the town, familiarising myself with the local geography, locating the baggage vehicles etc. The weather report had been poor, but so far so good, overcast but dry and that strange mixture of autumnal humidity encased in a coolish overall temperature of some 10 - 12 degrees. A sheltered doorway provided a base close to a wall appropriate for stretching the hamstring and the right knee which has been had been subject to some intense attention from the physio in recent days, and were the next concern to focus on. A couple of strides, change into racing shoes and racing singlet, lingering long enough for people to note the number 552, and with numbering up to 8,000 to see that at the top end of the running food chain I was not to be messed with. I consign my kit bag to lorry B for runners numbered between 101 and 999 and with twenty minutes to go, still wearing two tee shirts for discarding later I jog easily towards the start. After some final stretches I enter the front of the pen and survey the highly packed throng around me, whilst indulging in some head rolling relaxation techniques, the minutes ticking down to start time. Bits of clothing start to come flying overhead, I take off one top, then another. Planet Hollywood, Paris which once seemed so cool is instantly rejected by a bystanding kid.

The countdown, the off, this is it, several seconds to the line, start the watch and concentrate on not getting carried away by the gentle downhill start but be glad to start upfront and let others pass and navigate round the "glory boys" in a few minutes time. The kilometre comes up in 3.38mins. - about right as gradually the snaking column of runners

*/cont. overleaf*



## **FIXTURES 2006.**

Information on races can be found on BMAF website- [www.bvaf.org.uk](http://www.bvaf.org.uk)

### **INTERNATIONAL**

**Mar 15-20** World Masters Championships, Linz, Austria. **CD: Dec 31<sup>st</sup> 2005.** Contact: Carole Filer, The Street, Hockering, Dereham, Norfolk.NR20 3AJ tel: 07929 752093. Entry forms on BMAF website.

**Jun 24** Interland v Belgium v. France. Le Touquet, Pas de Calais, France.

**Jul 19-30** XV European Veterans T & F Championships, Poznan, Poland.

### **ADVANCE NOTICE FOR 2007:**

**May 17-20** European Non Stadia Championships, Regensburg, Germany.

**Sep 14-15** World Masters Athletics Championships, Riccione, Italy.

### **NATIONAL**

**Mar 5** BMAF Cross Country Championships, King's Park, Bournemouth, 12.00, CD Feb 16. Contact: 7 Sandford Court, 32 Belle Vue Rd, Bournemouth. BH6 3DR.

**Mar 4/5** BMAF Indoor T & F Championships, UWIC, Cardiff.

**Jun 18** BMAF 5k Road Championships, Horwich.

**Jul 8/9** BMAF T & F Championships, Alexander Stadium, Birmingham.

**NB: details of fixtures will be published in "Masters Athletics" newsletters.**

### **SOUTHERN**

**Feb 5** SCVAC Indoor T & F Championships, Sutton Arena (entry form in this newsletter)

**Mar 4** SCVAC Cross Country Championships, Lloyd park, Croydon. (entry form in this newsletter)

**May 1** Ted Pepper 10k., Beckenham, Kent.

**Jun 4** Dorking 10 miles.

**Aug 20** Burnham Beeches Half Marathon.

**Oct 15** Abingdon Marathon.

**Southern Veterans A.C. 200+ Club: October winners: 1<sup>st</sup> £35 John Curtin.**

**2<sup>nd</sup> £20 Andrew Hutton. 3<sup>rd</sup> £15 Pat Green.**

**November winners: 1<sup>st</sup> £35 Kio Vajdani. 2<sup>nd</sup> £20 George Eastwood. 3<sup>rd</sup> £15 Brian Jackson.**

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## **WHY NOT ADVERTISE IN "The Southerner"?**

If any of our members have goods or services that may interest other readers, just format your advert, including, if you wish a photograph, and email or post to the Editor.

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# Southern Counties Veterans Athletic Club Committee 2005/2006

## OFFICERS

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**Assistant Treasurer** POST VACANT

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**New Members Secretary** Vilma Thompson 18 Albury Road, Boyfield Street, London. SE1 0SB  
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## WEBSITE INFORMATION:

**Webmaster:** Jeannette Holder, tel. 01420 474078 jeannette.holder2@virgin.net  
Southern Counties Veterans website (still under construction) is: [www.scvac.org.uk](http://www.scvac.org.uk)

**Closing date for contributions for the April 2006 edition of The Southerner to be sent to Rosemary Champion by March 25<sup>th</sup> 06.**

### Club Records.

Records may be set  
anywhere and claims  
should be sent to:-  
**Jeanne Coker, 210  
Chaplin Rd., Wembley,  
Middlesex. HA0 4UT.**

### SCVAC Club Kit for sale.

Vests (yellow / green trim) £12  
Shorts (green) £12  
Vest badges £1  
Vest badge sold with vest 50 p.  
Prices include postage & packing.  
Contact: Jim Day, 22 Langland Gardens,  
Shirley, Croydon, Surrey CR0 8DW.  
Tel. 020 8776 1736