



JOHANNA
THOMPSON

BMAF 10k
GOLD MEDALIST



By Tom Phillips

©www.tomphillipsphotos.co.uk

CONTACTS

Life President - David G Lord

52 North Street, Wareham BH20 4AQ, Tel 01929 551751

Chairman - Nigel Stuart-Thorn

15 Robin Close, Taunton TA1 5EU Tel: 01823 253 523

General Secretary and Veteranews Editor - John Perratt

Gable Cottage, Stanhope Drive, Sidmouth EX10 9JE

Tel: 01395 513 611 E mail: johnperratt@talktalk.net

Treasurer & Membership Secretary - Ken Ballam

7, Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR

Tel: 01202 429 137 E mail: k.ballam@btinternet.com

Cross Country Secretary - Bill Valentine

16 Manstone Avenue, Sidmouth EX10 9TF

Tel: 01395 516 763 E mail: williamrussen@talktalk.net

Kit Stockists - Zina & Dennis Marchant

54 Parkfields, Chippenham SN15 1NX Tel: 01249 658 814

Road Race Secretary - Chris Potter

66 Stoney Lane, Christchurch BH23 7LE

Tel: 01202 482 624 E mail: christopher.potter@selexelsag.com

Track & Field Secretary - Rob Bates

Tel: 01626 438 826 E mail: robat33@aol.co.uk

Co-opted Member - Mike Dugan

Tel: 01326 573679 E mail: michaeldugan@talktalk.net

Club Road Records - Arthur Johns

Tel 01666 824829 Email: Arthur.johns@btopenworld.com

E mail address - southwestvets@talktalk.net

Website - www.swwac.org.uk

Tom Phillips provided all the photos on the front and back covers and page 17 and he has thousands more on www.tomphillipsphotos.co.uk



**"HIS MASTER HAS LOST
HIS VOICE"**



Many of us were surprised at our Track & Field Championships to see no sign of our Chairman, Nigel Stuart-Thorn. He was down for officiating as usual and his cheerful encouragement to one and all was significantly absent. The AGM went ahead as usual straight after the Championships and he was nevertheless re-elected in his absence.

Telephone calls to his home that evening and the next day were unanswered and it was only later in the week that we found out that he had suffered a stroke on the day before our Championships and had been rushed to hospital in Taunton.

Several months later he is still in hospital, having been transferred to the South Petherton Community hospital, conveniently situated just off the A303. Bill Valentine and I took the opportunity, after the S West Athletic League meeting in Yeovil to pop in to see him. He was clearly very pleased to see us and we spent a very pleasant half hour with him.

He looked well and is having daily physiotherapy to improve his mobility and speech. The staff say that he is always positive and is coming on in leaps and bounds. We all wish him a speedy recovery and if you are in the area he will be delighted to see any of you.

Our last committee meeting had to be cancelled as there were only two of us available. Peter Fairbank had stood down at the AGM and everyone else seemed to be heavily involved elsewhere resulting in this edition of Veteranews being late and lacking some of the results and reports that we would like to have seen.

Anyway we soldier on and, after some severe arm twisting, Mike Duggan has agreed to join the committee as a co-opted member. We will be delighted to hear from anyone else who feels that they can also contribute something - either to the committee or to Veteranews. Our thanks indeed go to several members who have submitted copy for this edition.

John Perratt,

WHAT THE LONDON MARATHON IS ALL ABOUT!

By Bob Depledge, one of our club ballot winners.

From the moment Nigel informed me of my successful ballot application through SW Vets, my mind turned to that momentous day in April when it seems the whole country has eyes on the Virgin London Marathon.

With my training plan in place I decided that December would be a good time to adjust my existing training plan and turn to marathon training. Over the ensuing period things generally went well. Of course, there is always the odd niggle but I was fortunate not to sustain any injury of note and remained on course for a sub 4 hr (4:17 was my only other marathon attempt in Edinburgh).

So sitting in a doctor's surgery being prescribed with antibiotics for bronchitis just 3 days before the big day was definitely not part of the plan! I decided not to heed the GP's advice and withdraw, hoping above hope that the antibiotics might begin to work by Sunday.

As I stood on the start line my time target had long since been replaced by my sole intention of just getting across the finish line in however long it may take. The weather was better than forecast, with the predicted rain not due to arrive until mid afternoon, when hopefully my race would be complete.

I began jogging at barely above walking pace but after only 3 miles my gentle jog turned into a walk as I began to feel bereft of energy, my legs didn't feel part of my body and the odd cough and splutter began to suggest to me that the doctor knew what he was talking about! My immediate thoughts were that if I dropped out at such an early stage how would I get back to the finish. I decided that an energy gel and some jelly beans could be my last hope and a few minutes later I gave my legs one last chance to keep me in the race.

It wasn't long into my last chance saloon that I was joined by a very sociable chap, about my age, who asked if I was ok. Having explained my woes he told me to try to stick with him for a mile or two. It was his first marathon and his only ambition was to finish, time irrelevant. He also added that should my chest complaint get worse en route, not to worry as I'd be in safe hands as he was a cardiologist! My guardian angel had indeed fallen from the sky!

There was no looking back now, surely. As each mile passed, my friend Chris and I jollied each other along during the darker moments which both of us experienced. I suddenly became aware of the fantastic atmosphere being created on the roadside where thousands of cheering spectators, steel bands, Scottish pipers and charity groups were making this race that something special we all hear about.

I was beginning to enjoy my run although the mile markers seem to be spaced farther apart as the race progressed! We were soon counting down and the miles remaining hit the single figure mark. At 18 miles, Chris told me that he was now in uncharted territory. I had reached 22 miles in my longest training run and was now feeling confident that I could make the finish but aware that my friend may need help through the final miles. So it proved, but as the sights of London came into view and the crowd seemed to be even more fanatical we both dug into our reserves and to see the '385 yards to go' sign as Buckingham Palace came into view brought a lump to my throat

I had actually found some renewed energy over the last mile or two and felt great as I ran down The Mall and joyfully raised my arms as I crossed the finish line. I may not have achieved my target time of sub 4 hr, but a time of 4:57:05 was also something I hadn't felt achievable given my state of health. The treasured medal made up for any disappointment.

I was so grateful to my 'new friend' Chris. It may be a cliché but I really don't feel I would have completed the race without him. His encouragement was so crucial to me and it gave me great pleasure to visit his 'Just Giving' page to donate to his chosen charity – Spinal Research.

It's meeting people like Chris that makes our sport so special. It's not always about PB's, medals, rankings etc. It's also about those opportunity moments in an event where we are all equals, and where the feel good factor and encouragement given by others who we would otherwise never meet, enables us to dig into our reserves and achieve goals that not so long ago were more than a distant dream.

I'm so pleased that I defied doctor's orders, not always advisable, but in this case I will look back favourably on my first London, though hankering for another opportunity next year!

Bob Depledge

Sixty Two. One at 58.9!

By David King

Having reached the age of 58 marathon training had become a routine for me over the last 12 years. I had completed 11 consecutive 'Londons' (averaging 3:15) plus many others. But having lost my coveted 'good for age status' this year with a 3:19 I was looking for something new.

So what about an 'ultra'? The slower pace was appealing but the distances daunting. I found the Anglo Celtic and UK Championship 100K was to be held near Cardiff in July. Just the ticket. I could enter as an individual. How hard could it be. I even checked with my doctor, who even after finding that 100K is 62.1 miles could not find any medical reason to dissuade me.

A search for training schedules produced one from New Zealand invitingly offering only 5 runs a week, less than my norm. However it includes two nine mile hard sessions a week with a short 5 miler in between, plus two long runs on consecutive days. Who is up for a 4 hour long run, followed by a 5 hour one the next day? It certainly puts the mileage up. I wore out shoes, the tow path of my local canal and myself, regularly running a marathon and beyond as training runs. But there was nothing beyond 50K - which is only halfway.

On the 1st July I completed the Boddington 50k as a training run in 4:43, which felt slow and exhausting. On reflection I had run 56 miles in total the previous weekend, had no taper and completed 80 miles that week. Fellow club member Karen Ruston ran an impressive 4:01 to be first female and showed how it should be done.

Three weeks later was the big day. The weather turned to summer a day too early for me. It was going to be hot. Road ultras receive few entries (I wonder why?) and tend to be run on short multi lap courses. This makes them safe and easier to manage for the dedicated organisers. The course for the 100K was to be 32 laps of just under 2 miles on flat roads. Having to pass the appealing village pub 32 times on a hot summer's day was to be perhaps the biggest challenge.

At 7:30 am 33 runners lined up to run what is 62.1 miles, with a time limit of 12 hours. Wales, England and Scotland entered male and fe-

male teams totalling 23, the remaining 10 were individual entrants up for the challenge. The plan was to run to 50K and then intersperse some walking to finish within the time limit. With a short lap the feed station came round frequently with my very understanding wife serving up drinks, gels, snack bars, banana cake and salted jam sandwiches on request.

I made it to 50K in just under 5 hours and was still running at 60K, which was all new territory. Then I added some brisk walking. My GPS watch was invaluable, both for pace at the start and for distance later. On a 2 mile lap you have to pass the 90K marker 29 times before it becomes relevant!

I lost all track of the time of day running round in circles but knew every inch of the course. At least the opening and closing of the pub gave some perspective to time. In the end it was a case of running to the next bend, flag or marshal, hobble for a while and then repeat.

Time passed, the customers at the pub became merrier, the 90K marker became relevant and two laps later the lap scorers were shouting I was on the last lap. Despite legs seizing up I was still well under 11 hours. That was a long 2 miles. I still had hopes of breaking 11 hours and jogged most of the way, even trying a sprint at the end, to finish in 11 hours and 8 seconds.

The athletic end of the race was won by Keith Whyte from Ireland in 7:16 with Emily Gelder finishing in a remarkable 8:05 as top woman. I had lost count of how many times they had lapped me. The results show there were 26 finishers of which I was the oldest by 8 years and the only M50+ to do so.

So 62.1 miles at the age of 58.9 was possible and I now had PBs for 50K and 100K from the summer. What next? A few short 10Ks sound appealing.



WORLD INDOORS, JYVASKYLA, FINLAND

Our athletes came back from the World Indoors in Finland with a clutch of medals!

Paul Guest, after his narrow win in the long jump at the British Indoors was looking for better form at Jyvaskyla and found it with a 24 cm improvement on Lea Valley but just missed out on a medal, finishing 2cm back in 4th. This was disappointing but encouraging at the same time and he made up for it in the M50 4 x 200 relay where the GB team, which included two SW Vets in Paul and Neil Tunstall were **WORLD CHAMPIONS!**



Left to right: Paul Guest, Bob Lewis, Keith Powell and Neil Tunstall.

Neil also won two M50 individual medals - 200 Silver and 400Bronze, whilst still on relays, Julia Hubbard and Caroline Powell both starred for their Gold medal teams in their respective categories.

Caroline, of course, also took individual W55 Silvers in the 60 and 200

and then capped it all with Gold in the 400 including a World Record in the heats! Julia also collected Silvers in the 2 and 400 plus a Bronze in the 60m dash. Not to be outdone, Jean Fail was also in good form with Silver in the 60m hurdles and running the anchor leg for the World Record breaking 4x200 W60 relay team

Ian Allen is developing into a good indoor, Multi Eventer and took home an M45 Bronze medal as just reward for his efforts and Nathan Baker was 4th in the Pentathlon as well as picking up Bronze in the M40 4x200 relay. In the endurance events Simon Anderson M35 turned in a great sprint to the finish for Gold in the 1500 and a close Silver in the 3000.

Stuart Richards competed well at his first international meeting but Rob Grew, after making the finals of his 400, had to pull out through injury.

Older, Lower ,Slower

'Older, lower, slower' was the motif on a fellow competitors shirt from the Gateshead world champs in 1999 and it's still true!

I managed nine events at the recent Northern Ireland Masters Championships in Bangor as follows:

100m 15.3; HJ 1.35; SP 9.23;
LJ 4m; 400m 75s;100mH 22.3;
Discus 24m; Javelin 26.50; and
1500m 6.29.5.

Well at least in two months when I hit 60 it will be lighter (implements), lower and closer (hurdles)!

Enjoying regular 'Parkruns' over here every Saturday (5K in a local park) - well organised, electronically scored and computer results same day on the net.

Julian Kennedy



Angie Sadler

Long distance runner extraordinaire!

By Phillip Howells

I may be a bit biased, being her fellow SWVAC and Tewkesbury AC teammate and her long time training and racing partner, and also that we support her running a bit through my 'Ed & Phil' sports products distribution partnership business, but in my view the story of Angie Sadler's rise to long distance running international selection and success at an age when most runners would think themselves well past their best years, is a remarkable example of how belief, dedication and determination - mixed with a more than fair amount of natural talent it has to be said! - can lead to outstanding sporting performances.

Her sheer class is no better illustrated than a recent comeback from more than a year out of competition for medical reasons. In the late spring, on a prompting from me, Angie entered a couple of events in the 2012 South West Veterans Athletic Championships in Exeter. I had already entered the hour race and, 'for a bit of fun', the pentathlon, after appeals in the journal for more entries than in 2011.

Angie is a very talented long distance runner with a number of selections for England in her palmarés, but she had had two operations (on the foot and knee) in the last 12 months and was only a few weeks into training after recovery from the second one on her knee. The championships offered her an opportunity to try her legs out in her first competitive event for some 15 months.

So she started the hour race with no expectations and with no intention of pushing the pace, but such is her talent, that she not only won the race overall with 13.069kms, but apparently it just happened to be a new British Masters age group record (Angie was 52 at the time). She then went on to finish 4th overall and first lady in the 1500m with 5m 57.55s.

Both were, in her words, run at a 'steady' pace! Such understatement is a hallmark of her modest attitude to her achievements. A couple of weeks later she again 'tried out her legs' on her first comeback road marathon at Boddington and recorded an amazing 3-20; this done with no reference to a watch or any intention of 'getting a time', but still turning in a performance that most of us would be happy with for a career best.

Coming to her career best performances at a relatively late age, Angie had always been a good marathon runner, having completed London 12 times, usually from the championship start line and with a best time of 3-03. Well capable of beating 3 hours, this has never been an important aim for her, but it was when she moved clubs in 2008 to Tewkesbury AC, which had a couple of members, including myself, who were already ultra-running 'nuts', that she found her true running métier.

She took to the longer distances like the proverbial duck to water with some outstanding performances. Her great strengths are dedication to training, consistency and a reliable finisher be-



ing very rarely injured due to diligence in cross training and core body work (her operations did not lead from injury), exceptional pacing judgment over many hours, running 'her own race', and the gritty determination to keep going strong when everything hurts that singles out the very best ultra runners from the rest. She is the perfect example to us less gifted mortals of what it takes to reach the top of your athletic tree.

Like other such talented runners she has many wins and awards to her name, with a huge cupboard-full of trophies and medals going back many years, but the most treasured and valued of these are the ones she has won during the last few years as an international endurance runner.

Having made the decision to go long, she was soon noticed by the selectors and was offered her first chance to run for England in 2007 - a 50km race in Holland. During 2007, in her first serious year as an ultra-runner, she was also first lady and 3rd overall in the Crawley 6 hour track race, first lady and second overall with a new women's course record in the Tresco marathon, and ran her first Comrades Marathon (a 'down' version of the famous 56 miles race in South Africa which has more than 10,000 runners) in 7hrs 42mins, to finish 21st lady overall and missing a coveted silver medal, awarded only to the top-end-of-field runners, by only 12 minutes.

Typical of her winning attitude was the New Forest marathon in 2007, in which I was hoping to get a 60 year old 'good for age' sub-3.30 to qualify automatically for London 2008 (when I would still, just, be 60) and for which Angie had offered to 'slow down' to help pace me achieve the time. Just on target with 3 miles to go, I lost it a bit at the end to 'only' record 3-40, but had the consolation of being told as I crossed the line in some disappointment that I was nevertheless the new British Masters O60 Marathon Champion.

Despite that compensation, at which I was perhaps understandably somewhat lifted, Angie's unremitting comment was

that I had 'failed'! She did mellow her opinion later and congratulated me on the 'title', but it was clear, 10 minutes too slow was just not good enough!

(Next year I redeemed myself a bit when we together won the tough Caerphilly Summits 31 miles off-road ultra. You don't win many races outright when you are 61, but having Angie run again at my speed when she could have left me had she wanted (although I have the map-reading skills she does not!), I was at last able to justify her pacing and be grateful for a brief reminder of what it was like to run fast enough to be at the front of a race. I had to work very hard work to keep up, but no complaints this time and it was great to at least share once a little of Angie's winning glory - and the half page story and colour picture of us, bedraggled by pouring rain during our winning run, in Runners' World was also rather satisfying!)

The following year Angie returned for the 'up' version of Comrades, vowing to 'take it easy' this time and take some photographs, so 'only' finishing 18th lady overall this time in a mere 7-52! She then ran an England team invitation 50km race in 2008 and recorded a time of 3.51 to finish second lady on a very hot day that wilted most competitors. This up against top distance running women 20 years or more younger than Angie. A few weeks later, she was the first lady in the Anglesey Marathon with a new ladies course record of 3.10 - to also become the new British Masters Marathon Champion for the LV45 age group.

This was then followed by selection in March 2009 to run in the Anglo Celtic 100km race in Ireland as part of the England ladies team. In her first 100km she finished as 3rd lady with 8.25 and was part of the winning team. However, this was only a precursor to two of her most astounding results later that year. One of these came just a few weeks before another 100km selection for England in September - this time the new 'Commonwealth Championships', no less. I had always wanted to run a 24 hours race, so had entered the Hull Track 24 in June and had not

asked if she wanted to come, thinking it was too close to her most important international selection race to date.

However, she insisted it would be good training and if the organiser would accept her entry, she would 'take it steady' to gain experience in her first run at the distance. She was duly accepted a few days before the race on my recommendation to the organiser that 'she was a good runner who would make an impact on the ladies competition'. Little did he or I know (and neither did Angie as it happens) how she was to perform!

On an unusually hard day for the time of year, very hot in the daylight and very wet and cold during the night, Angie gradually moved up the field, revelling in the conditions, to be first through 100 miles and eventually win the race outright with 121 miles. Not a huge distance as 24 hour winning performances go, but given that she beat several men who were past 140-miles-plus event winners, this was a huge achievement on the day - especially for a 'steady' run.

Angie was also right that it would be good training for her next international 100km, for she finished 4th lady in 8-32 in the inaugural Commonwealth Championships over a tough course based in Keswick and won a Gold Team medal, being the second England counter.

Perhaps her most impressive result (to date?) came in the international 24 hour race held in a festival of ultra racing in Perth, Scotland in September 2010. Selected for England again, she had set herself a 'modest' target of improving on her Hull distance to 125 miles. During the race, at which I was acting as her race mentor, I had to tell her that she needed at least 205 kms (around 128 miles) to achieve the qualifying distance for consideration for selection for the World 24 hour Championships to be held in 2011.

Upping her game mid-race, Angie magnificently rose to the occasion to record 205.984 kms and also finish first lady (the only UK woman to achieve the qualifying distance that year, which

made her the UK number one at the time), finishing 4th overall from a mixed field of 28 runners.

Her next and last international selection to date was another 100km race for England, again at the Perth venue, when she completed a remarkably consistently paced race in a time of 8-44. This was 14 minutes ahead of the schedule we had planned since she refused to slow down in the last few hours as anticipated - and this despite her protests that she was now 'too old' to do a fast 100km race!

In a race of 42 laps of about 1.5 miles, there was only a minimal 45 seconds between her first lap and last lap times and only just over 2 minutes difference between her fastest and slowest laps including a couple of 'comfort' break stops. This is remarkable endurance running pacing by any standards and a real indication of just how good you have to be to be counted as a truly top distance runner.



The Perth 24 hour race distance still qualified Angie to be considered for selection to run for the UK in the 2012 World 24 Hour Championships (the 2011 ones having been cancelled), but her foot and knee operations meant she had just not been able to do enough miles to justify selection, despite those recent performances. After the understandable heart searching on being asked if she wished to be considered, she decided that she could not do herself and the selectors' justice, and in view of this fact, combined with the sensible view that her knee needed more recovery time, she declined consideration.

I would not bet, that with her dedication and talent, she will not bounce back if she chooses to go for 24 hour consideration again, and despite being 53 in 2012, I think if she did decide to try, then her best may yet be to come.

CROSS COUNTRY INTERNATIONAL

Zina Marchant tells us that the selection committee meeting for the British and Irish Cross Country International will be held on Saturday 6 October. The International itself will be held at Stormont, Belfast on Saturday 10 November.

She is our representative on the selection committee and has been pretty successful over the last few years in pushing the claims of our members where justified. She cannot however do this without the necessary application forms which can be downloaded from the BMAF website or obtained from Bill Valentine, our Cross Country Secretary. Please note, however, that they have to be lodged with her by Saturday 29 September. Late applications will not be considered.

There are teams for all 5 year age groups up to M75 and W65 but you should be aware of the selection criteria for the English teams. Selectors will take into consideration performances from the following events :

BMAF Cross Country Championships

BMAF 5k and 10k Road Championships

BMAF Track 5,000m and 10,000m Championships

Relevant local/regional events (e.g. Cross Country/5k and 10k Road)

When completing the form please include all the relevant races for this year and in particular, your most recent ones and those with your best current times for this year. This will help the selection committee to assess your application.

If selected you must be prepared to pay your own travel and accommodation expenses as there is no financial assistance available from the English Athletics Masters Association. Your England running vest and shorts may be supplied, but you will need all your other running kit unless otherwise informed.

Applicants will be notified as to whether or not they have been selected within a few days of the selection meeting .

BMAF WEIGHTS PENTATHLON

Here we see our 2 lady competitors in the BMAF Throws Pentathlon at Cophall Stadium in July - Catarina Hallden in the Hammer and below Carole Derrien in the Shot Put.

Our thanks go to Tom Phillips for the photos of this event which does not attract the attention it deserves. These are seriously strong athletes that we don't see too often.

Bob Broadbridge was also there and took Gold in the M50 category.



©www.tcsportsphoto.co.uk

WE WELCOME THE FOLLOWING NEW MEMBERS

Emma Burton	Michael Clark	Michael Duggan
Maureen Firth	Viv Fursland	Ken Ham
Miranda Heathcote	Ray Lewis	Andrea Lock
Andrew Maggs	Stephanie Martin	Alan Milner
Andrew Morey	Lee Parrott	James Richards
John Scott	Wayne Stephens	Paul Woodley
Sue Thomas	Geoff Watkin	Adrian Williams

“100 CLUB”

The lucky winners of the first 100 Club draw for this year were:-

1 st Prize	£70	Michael Gilmore
2 nd Prize	£25	John Bishop
3 rd Prize	£20	Charles Soudain

The next draw will be in November. Please make sure that your payments are up to date but if you are not a member of the Club then please contact Ken Ballam for further details.

Having just been advised that our affiliation fees for the BMAF are going up to £5 a head we will need more income if we are to break even and so keep our subs at their current levels.

Thank you to all those who have supported the 100 Club over so many years.



THE TREASURER SPEAKS!

The accounts overleaf for 2011/12 have been scrutinised by Matthew Lynas and he has kindly agreed to continue to act as auditor. This year the club hosted two BMAF events the 10K in Exmouth and the XC in Bath. As a result the accounts show a healthy surplus of £1,331.

Other income was up on last year by just over £100 although the 100 Club was slightly down. In last December's magazine I pointed out that after paying our affiliation fees and the printing of Veteranews there was only £1.20 out of the membership of £10 to pay running expenses. Whilst we have a healthy bank balance it is not a problem but it may not always be so. It is important that members support the 100 Club as we cannot rely on income from other sources such as BMAF events. Incidentally BMAF events do not always end with a surplus. I may sound like a prophet of doom but I can remember the days when the club had to borrow money from the committee members to stay afloat.

The cost of producing Veteranews has gone up but that is due to an increase in the membership and the introduction of colour. As always the committee try to keep admin costs to a minimum and these are down by £130.

Creditors in the balance Sheet are mainly the amount due to the BMAF being their share of the surplus made on the X/C plus memberships paid in advance. Debtors are basically prepayments.

The interest we receive on our "savings account" was just over £4 last year and it was decided that we would gain more by buying stamps to post the magazine. We currently hold about £800 stock of stamps

The introduction of the Standing Order facility has proved successful with 53 members now paying their subs by this method and so, in view of our current financial position, there is no increase in subscriptions for the current year.

The membership at 1st April was 378 the highest it has been for many years and currently stands at 383.. There is, however, still a large number of unpaid members and they will be getting a stiff reminder with this magazine.

Ken Ballam

SOUTH WEST VETERANS' ATHLETICS CLUB INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31.MARCH 2012

	YEAR ENDED		YEAR ENDED	
	31 MARCH 2012		31 MARCH 2011	
	£	£	£	£
INCOME				
Subscriptions		3,550		3,330
Donations		181		65
'100' Club		290		330
Interest		4		5
Surplus on kit sales		84		59
Surplus on events		1,574		144
		<u>5,683</u>		<u>3,933</u>
EXPENDITURE				
Affiliation fees	1,863		1,722	
Admin expenses	634		766	
General expenses	-		79	
Veteranews	1,855		1,565	
	<u>4,352</u>		<u>4,132</u>	
SURPLUS (DEFICIT)				
FOR THE YEAR		<u>1,331</u>		<u>(199)</u>

**SOUTH BALANCE SHEET AS AT 31 MARCH 2012
WEST VETERANS' ATHLETICS CLUB**

	AS AT 31 MARCH 2012 £	AS AT 31 MARCH 2011 £
ASSETS		
Cash at bank	1,921	800
Building Society	8,638	8,004
Stock	1,276	1,074
Debtors	630	387
	<u>12,465</u>	<u>10,246</u>
LIABILITIES		
Creditors	1,438	550
NET ASSETS	<u><u>11,027</u></u>	<u><u>9,696</u></u>
FINANCED BY:		
General Reserve 31 March 2011	9,696	9,895
Surplus (Deficit for the year)	1,331	(199)
GENERAL RESERVE 31 MARCH 2012	<u><u>11,027</u></u>	<u><u>9,696</u></u>

Ken Ballam, Treasurer

Matthew Lynas ACMA. ACT. Examiner

LONDON MARATHON

It is around this time of year that the dreaded rejection slips for the London marathon are posted. For some lucky members though this is not the end of the road.

As a club we can apply for places which we can then dish out to our members as we wish. The procedure that we have followed for many years is that we draw lots for them from those who have applied to us but on the understanding that the applicant must have applied in his own right and received a rejection slip. After that priority will be given to those that have not had places before.

We do not know at this stage how many places we will get but, if you have been rejected and are still keen, then please let Ken Ballam know as soon as possible. The draw normally takes place at our committee meeting at the end of November.

WESSX CROSS COUNTRY LEAGUE

A couple of years back we entered the Westward League which covers the counties of Devon and Cornwall. The problem was that we could only enter members who were First Claim or ran for clubs that had not entered the series. It did allow a few of our members to participate though not to the extent that we had hoped.

This year we have received an invitation from the Wessex League which spreads their races over Dorset, Wilts and Somerset so we are talking to them about trying it again in this area. The fixtures, which start at the end of September, are shown opposite and hopefully we will by then have sorted out the mechanics of the exercise.

Again we cannot use first claim members from other competing clubs but this year they are introducing the use of race numbers (for the series) instead of finishing discs which had to be gathered and recorded by team captains. As a consequence we are hoping that we can get numbers issued on the day thus passing all the hard work on to the computer and allowing us to enter freely as part of the S W Vets team.

If this is not clear and you require further clarification please give Bill Valentine a ring (01395 516763) as he will have the up to date picture.

SOME FIXTURES FOR YOUR DIARY

WESSEX CROSS COUNTRY LEAGUE

Sunday 30 September - Canford Heath Middle School, Canford Heath

Sunday 21 October - Ham Hill, Yeovil

Sunday 25 November - Hudsons Field, Salisbury

Sunday 16 December - Canford School, Canford Magna

BMAF CHAMPIONSHIP EVENTS

Sunday 9 September - Inter Area T&F, Solihull

Sunday 7 October - BMAF Half Marathon, Glasgow

Sunday 14 October - BMAF 10k, Ashford, Kent

Sunday 28 October - BMAF 10 mile, Tiptree

Sunday 17 February 2013 - BMAF 10 mile, Lytchett Manor
(Incorporating the S W Vets 10 mile Championship)

INTERNATIONAL

Saturday 10 November - British and Irish Cross Country
International, Stormont, Belfast

19 - 24 March 2013 - European Indoor Championships (incorporating
XC and Road races), San Sebastian, Spain

24 -26 March 2013 European Non Stadia Championships,
Upice, Czech Republic

24 July/4 August 2013 World Masters Track & Field Championships
Porto Alegre, Brazil

15 - 24 August 2014 - European Track & Field Championships

For up to date details see the **BMAF** and **South West Vets**
Websites. www.bmaf.org.uk www.swvac.org.uk



Jean Fail and Brian Loten at the
BMAF Multi Events, Oxford.

Photos by Tom Phillips



©www.tomphillipsphotos.com