



MALCOM RENYARD PICKS UP ANOTHER GOLD AT THE BRITISH MASTERS INTERNATIONAL

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 Veterans News 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 - Peter Fairbank

3 Stour Way, Christchurch BH23 2PF

Tel: 01202 247 076 E mail: p.fairbank@ntlworld.com

South West Athletics League - Rob Bates

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

Club Road Records - Arthur Johns

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

E mail address - southwestvets@talktalk.net

Website - www.swwac.org.uk

THE TREASURER SPEAKS!

I am pleased to say that the time has come to pay your subscription for 2012/13

As I revealed in the last magazine the current rate of subscription remains unchanged at £10 for second claim members and £15 for first claim members.

A renewal form is included with this magazine and prompt payment will be very much appreciated as it cuts down the amount of work I have to do.

If for some inconceivable reason you do not wish to renew it would be appreciated if you could let me know so that I can delete you from our mailing list

The accounts for 2011/12 will be published in the next issue of Veterans news after they have been scrutinised by Matthew Lynas. However, at this stage I can say that our financial position is still healthy.

Support for the 100 club is still strong and I am sure that there are some of you who wish to buy shares but are distraught because you have mislaid your application form. Well fear not as another one is enclosed.

The membership is steady at 371 – 13 social members and 358 competing athletes. No doubt those vets who have been hibernating during the cold winter months will soon be emerging bright eyed and bushy tailed looking for a club to join and they could do no better than to join our ranks.

We welcome the following new members into the fold

Andy Hynes, John Mitchell, Matthew Muggeridge, David Pearson, Raymond Summerfield, Hans Thompson, Roger Walker-Read and, after an absence of a couple of years Mike Lewis has decided to join us again.

Ken Ballam

Don't forget you can also pay subs by Standing Order using the Mandate Form from the website.



Life Begins at 40 or is it 50 ?

I recently watched the Sheffield Indoors European Trials on TV & was fascinated to see how well the Veteran athletes fared.

In the Men's competition, M40 Julian Golley won a Bronze Medal in the Triple Jump and M40 Anthony Whiteman made it through to the 800m final. In the Women's competition, F35 Yamile Aldema, (39 yrs), won Gold in the Triple Jump.

In the Olympic Marathon, if our own Exeter girl, Jo Pavey makes the line-up with Paula Radcliffe and Mara Yamauchi, we'll have a full team of 38 year olds! When one considers other top UK Track Athletes, such as Joyce Maduaka and Helen Clitheroe, both F35s, Vets are creeping into the limelight and taking pride of place.

One could argue that there must be a dearth of talent amongst the 20-somethings or maybe there are just more Veterans staying fitter for longer? Personally, I feel it is a bit of both.

One only has to consider the much maligned "Play-Station Generation" within the current 18-30 year olds. Having spoken to some friends of mine still serving in the Armed Forces, the current crop of youngsters are not as fit as their older predecessors.

In fact, such is the general low standard of fitness amongst the current youth of today, that the Basic Training in all three Armed Services has had to be extended by a few weeks over the years. Furthermore, budding recruits now have to have their Fitness assessed at Boot Camp type assessment Centres, before they even start Basic Training.

It's common knowledge that modern living has made a lot of our youngsters soft. Lifts to school, PCs, Social Networking, Computer-Games and poor diet generally has had a huge effect. Most of us Veteran athletes would have led very active childhoods, playing outside, football in the park, climbing trees etc.

How many kids do we see playing outside these days? Not many. With growing Obesity levels amongst young people, the Government are very worried people. In fact the way it's going we could end up in 20 or 30 years time with most of the GB Olympic Team being Veter-

ans . Who knows, maybe the Vet categories will start at 45 in the future!

Having just turned 50, I have suddenly become a lot more aware of my age and mortality. Fifty is the "new Forty" I am told by other people and the media.

Age is very much a state of mind. I once had a colleague who at just 23, looked, acted and dressed very much like a middle-aged man. At just 23 he had all the worries and stresses of a man in his forties or fifties. He was stressed, overweight, unfit, chain-smoked, prematurely grey and he still had another 42 years of working life ahead of him.

On the positive side I know hundreds of people who act, think and often look like people decades younger than themselves. Who are these people, you may ask ?

They are called Veteran Athletes.

IT DOESN'T FINISH WHEN YOU STOP RUNNING!

Since my last contribution, asked for by Nigel, I have now "hung up my trainers" for good. My last race was the Christchurch 10k in a time of 1.22.58, just in front of our Brucie (Bruce Davidson), and the rascal is 9 years older than me!!!

That must definitely be it, no sense in being silly and carrying on. I have however finished on a high, being made Eastleigh Park Runner of the Year for my contributions to their races. **Give me a shout and a wave if you see me marshalling in the future.** Thanks to all the enjoyment I've had in my running career.

Ron Trodd



“WHO ARE THESE PEOPLE”

SOUTH WEST ATHLETICS LEAGUE

The fixture list for the South West Athletics League Division 2 has been released and reads as follows:-

Sunday 27 May - Millfield
Sunday 10 June - Plymouth
Sunday 8 July - Braunton
Sunday 12 September -Yeovil

We are always on the lookout for more Athletes and Officials, regardless of standard and experience.

Contrary to popular belief, athletes will not always be running against much younger and fitter competitors. There are a large number of Veteran-age athletes competing from other clubs. Naturally, we cannot win the overall competition, as we are an over-35 Club, but we are basically competing in the Senior Men and Women's Leagues. Our own competition within a competition, one could say.

We all had an enjoyable time last year and there was a great camaraderie and team-spirit amongst us - to quote the old adage, "It really is about taking part".

Furthermore we fared very well, for example, in the Women's Sprint Doubles. F35 Julia Hubbard remained unbeaten at the 100 and 200 throughout the league season and the rest of us more than held our own.

Anyone who wants to take part or find out more about the league can just give me a ring on 01626 438826 or email robat33@aol.co.uk

Rob Bates
 South West Vets Team Manager for the SW AL

British & Irish International Cross Country Championships, Glasgow

Saturday 26 November 2011

The host nation this time was Scotland and the course at Bellahouston Park, Glasgow provided a challenge on all fronts. No one can remember such atrocious weather for the event and coupled with the hills, especially one particularly steep downhill stretch, it made for an unforgettable experience.

Gale force winds blew over several (unoccupied) portaloos and it was impossible to put up tents for the storage of bags, tracksuits etc. Official and spectators were drenched with the torrential rain and many of the runners took a tumble on the slippery surface.

There were, though, no complaints. This is Cross Country at its finest and there were some great runs from all of the 5 home nations involved. England however took the Lion's share of the team medals with the Ladies making a clean sweep.

Our representatives all performed with distinction and none more so than Malcolm Renyard who for the second year running took Gold in the M65 age group. His winning time of 23.54 was a full 30 seconds ahead of a tight bunch all going for the minor podium places. We have a photo of him on the front cover, well in front of the rest of the field on a flat but soggy bit of the course. It was not so long ago that we had a black and white photo of him in a similar spot when he won the M60 title.

The M65s and older run with the ladies over 6 kms and we had 3 lady runners this year all of whom have had a very good year running wise. Lucy Hodgson (W35) and Emma Stepto (W40 formerly Stallard) both finished in an identical time of 22.25.

Paradoxically though, Lucy was 6th in her age group and the 3rd scorer for the English team whilst Emma was 4th in her age group but a non scorer because her team mates had already taken up the 3 scoring places. How cruel is that - but she still picked up a well deserved team Gold medal.

Anne Luke was in a similar position as her time of 24.19 was good enough for 5th place and a Gold team medal but she was the 4th

team member and therefore another non-scorer. Such was the strength of the English Ladies' teams throughout.

By way of contrast Andy Morgan-Lee (M40) was 4th home in his race but he was in fact the first Englishman home. Fortunately though his team mates were close behind and this got them the Team Gold.

Selection for this year's International in Belfast at the end of the year is largely based on performances in BMAF events and so the Cross Country Championships in Bath on 26 March are very important if you want to be considered for selection. It is not, at the time of writing, too late to enter.

It is not, at the time of writing, too late to enter!

The photo below, taken at the event, plus those on the front and back covers were provided free by roadrunpics.com and we are happy to acknowledge their part in the success of the event. The BMAF website has a link to more of their photos from the Results Page.



“AND ANOTHER ONE BITES THE DUST!”

GRAND PRIX 2011

For those who are not sure how it works, our Grand Prix is based on 4 road races during the calendar year for each participant. Races can be any distance (5k to 100km) but there must be at least two different distances and they must all be run in licensed events over measured courses. The age graded percentage is then calculated for each race and an average taken for the four.

Some members are reluctant to submit their performances - either because they think they are not good enough or because they feel it is too much like showing off. However we do verify times on the Power of 10 website and we can easily pick up from there any other likely contenders.

There are two trophies presented each year - one for the Men and the other for Ladies and this year (2011 - the one just finished) was a good one and we had some pretty impressive performances. Top of the Pops this year were Anne Luke and Mick O'Doherty but we had 18 entries with average percentages in excess of 80%. That gives some idea of the depth of talent in the club.

Let's have a look at their winning times:

Anne Luke (W54)	10 k	37.32	96.30 %
	10k	37.44	95.79 %
	Half Marathon	1.22.44	94.82 %
	Half Marathon	1.23.54	93.50 %
		Average	95.11 %
Mick O'Doherty (M51)	5 k	15.49	94.01 %
	10 k	33.23	92.70%
	10 k	34.09	90.62 %
	Half marathon	1.15.29	89.46 %
		Average	91.70 %

Zina Marchant last year's winner had a few months off with injury but gave Anne a good run for her money with 93.62%. **John Shipland**

was the only other runner to average over 90 (91.25%) and he was probably the most consistent with less than 1% difference between his best and slowest times - I use the word slowest, very loosely!

Incidentally John was a reserve for the M55 English team in Glasgow and ran in the Reserves Open race. This is a regular feature of the International and gives the reserves the opportunity to prove the selectors wrong . It didn't happen this time though as their race distance was 6km whereas the team were competing over 8. How daft is that!

Andy Morgan-Lee (M42) was third in the Men's category with fine times at the shorter distances giving him 89.07%. He did have quite a slow half marathon which didn't count but was surprising but since then we have heard that he now only runs that distance socially with his partner. That's what we like to see Andy - running just for the pleasure of running.

The third lady was the ever present **Emma Stepto** (W41) who had a couple of great half marathons (1.16.45 and 1.17.32) which coupled with her 10k at Exmouth and a 5 miler brought her to an average score of 88.26%

Probably the most interesting case is that of **Karen Rushton** (W44) who during the year raced over 5k, 10k, half marathon, 20 miles, marathon, 50km, 40 miles and 100km with a score of 84.58%! Somewhat surprisingly her best percentages were at the extremes of the scale with 87.35% at 100km and 84.63% at 5k whilst her half and full marathons slipped just below 80%. How she fits it all in we haven't a clue.

Other averages of 80% and over were **Peter Young** (M64) 88.33%; **Dave Cartwright** (M62) 88.13%; **Tony Berry** (M75) 86.98%; **Mike Grist** (M65) 86.53; **David Rose** (M65) 85.85; **John Porter** (M39) 83.56%; **Lucy Hodgson** (W37) 83.54%; **Heath Bampton** (M44) 83.16%; **Sue Ogilvie** (W55) 82.79%; **Aileen Brown** (W46) 81.63%; and **Jenny Carter** (W38) 81.00%.

The cups have been sent off to the winners and so that's it for last year so it is time to start clocking up some good times for this year's Grand Prix. Please submit the details to Chris Potter - he can work out the percentages so you don't have to!

Tel 01202 482624 or Christopher.potter@selexelsag.com

MULTI EVENTS

The indoor season, as we can see from our Saturday afternoon sport on the telly, is well underway.

The BMAF took advantage of this and held their Indoor Pentathlon Championships at Sheffield on 2 February. The events for the indoor are limited because of the physical restraints of the building and so differ from those that are used outdoors.

This plays right in to the hands of Ian Allen whose favourite 3 events - Long Jump, High Jump and 60m Hurdles are all included. Add in the Shot put and 1000m and he runs away with the M45 Gold Medal.

Steve Waddington who has been on the periphery for some time is now back with us and on song amongst the M60 age group. Steve does any event and picked himself up a Bronze Medal.

Here are their results:

	60m H	LJ	SP	HJ	1000m
Ian Allen M45	9.05	6.09	8.39	1.66	3.20.85
Steve Waddington M60	12.11	3.81	7.37	1.24	4.01.23

The Pentathlon is of course only a half of the Decathlon that is really the pinnacle of athletics. And we can only admire those who put themselves through it. These are of course always outdoors and the BMAF put on their Decathlon Championships each year at Oxford together with the 10 000m track event.

We have a few of these heroes and last September we were delighted to see Paul Guest come away with the M50 Silver Medal and an impressive score of 5,283 points. Nathan Baker (M40) picked up a Bronze with 4,465 and Stuart Richard (M35) and Nicholas Walker (M45) were placed 5th and 4th respectively in their age groups.

The 10 events contested cover the complete spectrum and provide a challenge for anyone. They are 100m, 400m, 1500m, Sprint Hurdles, Long Jump, High Jump, Discus, Pole Vault and Javelin over two very full days.

Pick the bones out of that lot!

CROSS COUNTRY

As the Cross Country season comes to an end there is one more chance to make a name for yourself or just enjoy the company of fellow runners. This is at the BMAF Cross Country Championships that we are putting on at the University of Bath.

The date is very soon - Sunday 25 March and you can enter on line via the BMAF or our own website or you can complete the form opposite. Entries close on Tuesday 20 March but we will accept entries on the day.

Anyone wanting to be considered for the English team for this year's International should seriously consider putting down a marker at this event. The selectors put this race high on their list of priorities. This year it will be hosted by Northern Ireland Masters some time in November. The course is an historic one in the grounds of Stormont Estate, the home of the Northern Irish Assembly and the English team will be billeted at the famous Europa Hotel in Belfast. It all makes for a brilliant weekend.

Back to Bath, the team events are likely to be tightly contested. And we are expecting teams from most of the Bristol, Welsh and Midland Clubs.

With only 3 scoring runners per team it is fairly easy for most clubs to get a team together especially as runners can declare for a younger age group team.

Remember though that this must be declared before the race and, unfortunately, men 65 and over can not 'under-declare' as they are obliged to run the shorter distance along with the ladies in race one.

Bill Valentine.

XC Secretary



Caroline Hewitt shown here at the event when it was held in Bournemouth 2006



BRITISH MASTERS ATHLETICS FEDERATION CROSS COUNTRY CHAMPIONSHIPS

(Under UKA rules : Licence 181/11)

SUNDAY 25 MARCH 2012

Race 1 6 km Women (all ages) and Men 65+ 12.00 noon

Race 2 8 km Men 35 - 64 1.00 pm

OPEN to ALL MASTERS (Men and Women over 35 years of age on race day)

Race Headquarters : The Sports Training Village, University of Bath (BA2 7AY)

ENTRY FEE £10.00 (Members of a BMAF Area Club), £12.00 (Non Members)

All non members must include proof of age e.g. photocopy of birth certificate, driving licence, passport etc

Individual Awards to the first three in each Five Year age group

Team Awards with three runners to count in the following age groups

M35 - 44, M45 - 54, M55 - 64, M65+, W35 - 44, W45 - 54, W 55 +

Runners opting to count for a younger team must declare so before the race.

Send completed entry form with a large SAE (9"x6") for race number, confirmation and travel directions to:

BMAF XC Championships, c/o 7 Sandford Court, 32 Belle Vue Road, BOURNEMOUTH BH6 3DR

Cheques payable to "South West Vets AC" Closing Date: **Tuesday 20 March 2012**

BMAF 2012 CROSS COUNTRY CHAMPIONSHIP ENTRY FORM

I wish to be entered for the above Championships on 25 March 2012 and agree that the organisers shall not be liable for any accident, loss or damage whatsoever caused or as a consequence of my participation in this event.

Surname..... First Name..... M/F.....

Age on 25 March 2012..... D.O.B..... Age Group.....

Address.....

Post Code..... E Mail.....

First Claim UKA Club..... Licence No.....

BMAF CLUB..... Membership No.....

YOUNGER TEAM DECLARATION M35-44, M45-54, W35-44, W45-54 (Indicate your choice if applicable)

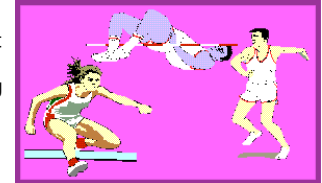
I enclose a Race fee of £..... Tel: (day)..... (evening).....

I confirm that the above details are correct Signed..... Date.....

HOW HARD IS A PENTATHLON?

Not as difficult as you might think. It seems that everyone is terrified about entering the Pentathlon at our Track & Field Championships but in fact just about anyone can do it. First of all let's look at the events involved.

The men do Long Jump, Javelin, Discus, 200 and 1500m spread out over the course of the day. No one is brilliant at all of these but as long as you can at least finish the runs and get some sort of score on the throws then you are home and dry.



The Ladies start like the men with the Long Jump but after that we don't see them again. Next on their schedule is the Sprint Hurdles followed by the High Jump, both of which require more skills than that expected from the men. The shot put appears daunting but as long as you can get it out of the circle you are in the points and they finish up with 2 laps of the track in the 800.

We do have a Floating Shield for the best overall performance by a pentathlete on the day and this is based on the total age/gender graded points. It all sounds very complicated but we have a brilliant spreadsheet which does all the sums for us.

All we do is enter the athlete's details and performance. The computer then looks up the points according to the international tables, age grades the performance and spits out the winner.

So far we haven't had any Lady winners and the Men's performances over the last couple of years, whilst laudable, are nothing to write home about. Why not enter?

A full day is promised and, you never know you, might even discover a talent you never knew you had.

Entry forms and a timetable are enclosed - do it now.



ANDY MORGAN-LEE

Vet runners come from all sorts of backgrounds and in all sorts of shapes and sizes. Many of us graduate from other sports played with varying degrees of success. Some take up running in later life just to keep fit. Others have been devotees of Track or Field since their school days but very few have been inspired by school cross country - that most loathed of all so called character building exercises.

An exception to this is M40 Andy Morgan-Lee of the Thames Hare and Hounds Club. His interest in running stemmed from such a cross country when at the age of 10 and after a school practice he was chosen to represent his school in the schools cross country the following week at Southampton Sports Centre. Finishing 35th out of around 150 kids he loved the whole competing aspect and from that point on was hooked and never looked back.

He joined Southampton and Eastleigh AC at a very early age and as well as enjoying the running he made friends with people that he still considers his closest friends to this day. Although they trained hard under the watchful eye of Tony Fern (the Club Coach) most of them were of a similar age and they grew up together. As well as running in the local leagues for cross country and track they were lucky enough to compete in France on the club trip once a year and those were the best of his younger running days.

In 1993 he trained with Nigel Gemmell and that set Andy on his way to a full range of PBs amongst which was a very impressive 8.43.95 for the 3000m steeplechase which ranked him in the top half dozen in the country at the time. It was also a great time to be part of the Southampton City team which, under the guidance of Tony Fern, won the Southern 6-stage road relays for the first time in 1993 and again in 1994 and 1995 and their course record still stands. Their best at the National 6-stage was 4th missing a medal by a few seconds.



His job then took him to Burnley in the North West in 1998 where he trained with a group in Blackburn that included John Nuttall and Helen Clitheroe. Joining Salford Harriers a year later he became a tougher runner with the colder weather and the hilly and rough terrain. Numerous Northern and AAA medals followed together with wins in the National 12-stage Road and Cross Country Relays.

His proudest moments have been representing England at the Belgian Cross Country Cups where his best position was 6th in Ghent and then his one and only GB vest for the World Half Marathon Championships in Bristol 2001.

He currently works for Fords in Southampton as a sprayer in the plant that produces the Transit van. Because of injuries he prefers these days to restrict his running to about 25 -30 miles a week and he doesn't normally race any further than 10k although every now and again he will run socially with Donna, his partner in a half marathon. Most of his training is now on his own although occasionally he will join in with Jon Tilt / Tony Fern group in the summer for speed work on the track.

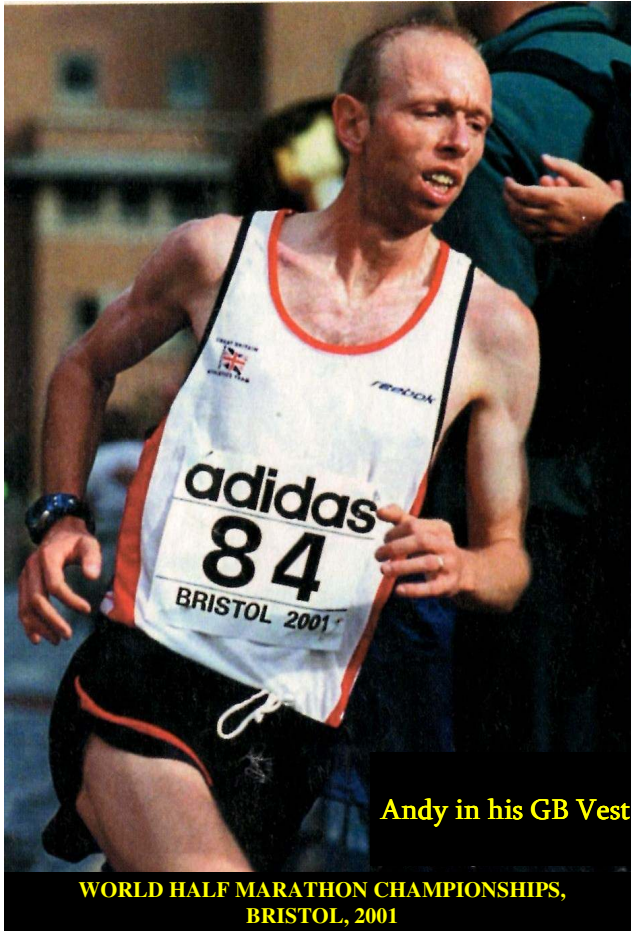
It works for him though as evidenced by his recent performances. As a vet he won the Southern Masters cross country in 2010 and was runner up 2011 plus back to back Hampshire cross country titles this year and last year.

We don't need reminding of course that he took 1st place overall in the BMAF 10k at Exmouth on that very hot day and since then he was the top English scorer in the British and Irish Cross Country International in Glasgow.

Now running for Thames Hare & Hounds (THH) they took the team title in the Southern Vet Road Relays at Aldershot last year. and that same team has entered the BMAF Cross Country at Bath later this month. Look out for them they will be somewhere near the front!

For those of you interested in times, have a look at some of his PBs -

800m **1.58.2**; 1500m **3.52.4**; 3000m **8.10.74**; 5000m **14.02.46**;
2000m S/C **5.46.9**; 3000m S/C **8.43.95**; 5 km **14.33**;
10 km **29.41** 5 mile **23.34** 10 mile **49.21** Half Marathon **64.51**



Andy in his GB Vest

**WORLD HALF MARATHON CHAMPIONSHIPS,
BRISTOL, 2001**

LOOKING FOR BLOOD!

Younger blood is what we are after. Until Rob Bates joined us the average age of our committee was hovering around the 70 mark. He has been a breath of fresh air and we could do with some more like him.

Is there anyone out there who would like to get involved? We are not looking for any special skills but enthusiasm is the quality that we are looking out for. Relative youth is also desirable. No point in replacing one lot of geriatrics with another.

The duties are not onerous. We have 3 committee meetings a year and by and large committee members are given specific duties although we all rally round to help when required. Is it fun - sometimes; is it a pain - sometimes; is it important for the future of the club - damned right it is.

The committee is elected at the Annual General Meeting held after the Track & Field in June and a copy of the Notice and Agenda is on the facing page. Anyone who thinks they may have something to offer can contact the Secretary even if they do not intend to get to the AGM.

His telephone No is 01395 513611 and e mail southwestvets@talktalk.net



UP FOR THE ONE HOUR?

Last year at our Track & Field we had a good turnout for the One Hour Race and some very good performances resulting in no less than 3 British Age records.

By ages we mean individual years not the normal 5 year age group so you can be competitive every year. I note also that there are at present no records for Men from 35 to 39. How is that for an opportunity to become the one who sets the mark for others to beat.

For those taking part we also take a 10 000m time so you get two events for the price of one. Don't forget though that you will need to organise a lap counter for yourself and for those who arrived late last year, please set you alarms early and when you get to the Sandy Gate Roundabout don't take the exit to the M5!

NOTICE AND AGENDA OF ANNUAL GENERAL MEETING

THE ANNUAL GENERAL MEETING OF THE CLUB WILL BE
HELD ON SUNDAY 17 JUNE 2012 AT EXETER ARENA AT
5.00 P.M.

AGENDA:

NOTICE AND APOLOGIES

MINUTES: Confirm the Minutes of the Annual General Meeting held on 19 June 2011.

MATTERS ARISING

CHAIRMAN'S REPORT

TREASURER'S REPORT

ELECTION OF OFFICERS AND COMMITTEE MEMBERS

ANY OTHER BUSINESS

BY ORDER OF THE EXECUTIVE COMMITTEE

JOHN PERRATT

SECRETARY

NOTES:

Nominations have been received for the following:

Chair: Nigel Stuart-Thorn; Secretary: John Perratt; Treasurer: Ken Ballam; Committee Members: Rob Bates, Peter Fairbank, Dennis Marchant, Zina Marchant, Chris Potter and Bill Valentine.

Further nominations can be sent to the Secretary in advance or accepted from the floor at the meeting. Any item for discussion under Any Other Business must be sent to the Secretary not less than 28 days before the meeting so that notice may be sent to members.



"HIS MASTER'S VOICE"

By Nigel Stuart-Thorn



A quick word first of all to all those guys and gals out there training in all kinds of wind and weather, in ascending order of age - Neil Fullarton, Lesley Roberts, Cathy Keast, Bob Dupledge and Lesley Pawlak . How is your London training going, so far?

I wonder how many miles you have go in - anyone over the 20 miles in one session yet? I gather the experts actually run over the 26 miles beforehand and then gradually soft pedal down to 20 miles by race day. Of course, I never did!

I can vaguely remember crossing the big London Bridge and saying to myself "right, I am just starting a half marathon, piece of cake" and then roughly three miles from the end, down to 10 minute miling, thinking, "I've come this far, I can't let the side down now, keep out of trouble, I am certainly not walking, so there!"

In the funnel afterwards, I couldn't stop my legs. I had to hang on to the iron railings to calm them down, then when you are released and you get that 'Mars' silver cape thing to wear, gathering all the goodies together, going in search of your bag of clothes, trying to find a secluded spot to change or the coach to take you back to your hotel.

Then there is the medal of course.

Both of mine have long since become tarnished due to the poor metal used. How do you recover quickly after a marathon? It is quite an art. I only did 5 and I found I got a lot quicker once I gave them up!

"I found I got a lot quicker once I gave them up!"

We are all getting excited about the BMAF and South West Vets Cross Country Champs at the University of Bath on Sunday 26 May. The first race, for Ladies and Men 65+, starts at 12.00 and the rest of the Men at 13.00. It is a great venue and thanks have got to go to John and the rest of the committee for sorting it all out. We shall all be there in a supporting role to make it a day to remember. Make sure that you are there too. We would like to see a good entry on the day.

Wasn't that an interesting insight in the last Veteranews into one man's total concentration for road running. Occasionally Ron Trodd an I turned up for the same meeting but even when you come to think of it he was covering over 65 events of one shape or other and there's me doing the self same thing over a completely different set of races. I daresay that there were others and there must be some out there to-day who would like to write in to the magazine with their versions.

Ron and I caught up at many County Championships, BMAF and the odd International. I visited Wales quite often - Oswestry for the National 10 mile, Brecon, Newport and Cardiff also spring to mind. Doug Norris also organised a great event known as the Lake Verney Half. Luckily I stayed overnight with a friend in Wrexham, travelling there by train and we warmed up together on a Sunday, I suspect sometime back in the '90s. However we discovered at the start that the other great Ron was also taking part - none less than Ron Hill. Now he is 5 years younger than me so that really was the challenge for the day.

First, try to see what he was wearing so I could recognise him amongst the throng but once we all got down to business, about half-way round this lovely course, bend after bend, I came across Ron so I put on quite a spurt and dispatched the gentleman and, once out of sight, slowed down to my usual 7 minute/mile pace.

It wasn't until o 2 miles from the end when, shock horror, the real Ron hove into view. I hadn't prepared for this but luckily towards the end of

this race there were a few downhill bits and so I thought, "you stupid idiot, you've got to go through it all over again," so I upped the pace again to 6 1/2 minute pace and shunted past this icon we had been reading about all those years and I was grateful he didn't come back.

"so I thought, you stupid idiot!"

He obviously didn't have a clue who I was in any case but it just goes to show how a scheme can easily go awry if you don't have your wits about you!

There were 51 finishers that day under 75 minutes. The men's course record stood then at 64.16 and Ladies' at 77.29. Happy days.

Nigel Stuart-Thorn

Chairman

Track and Field Championships Exeter - 17th June 2012

Dust off those spikes - it's Track and Field time again! Yes Summer is just round the corner!

An entry form is enclosed with this newsletter. How about having a go at the Pentathlon? There's a silver trophy for the winner; we had only a few competitors last year so what have you got to lose?

We have electronic timing to help you nail a personal best although it is the cost of this timing that has pushed the entry fee up by £2 a head.

Bring the family to cheer you on, refreshments are available all day.

Volunteers are always needed - no experience necessary.

Please contact:

Peter Fairbank p.fairbank@ntlworld.com

SOME FIXTURES FOR YOUR DIARY

SWVAC CHAMPIONSHIPS 2012

Cross Country - Sunday 25 March, Bath (with BMAF Champs)

Marathon - Sunday 1 April, Taunton

10 km - 9 April (Easter Monday), Yeovilton

5 km - Sunday 27 May, Poole Park

Track & Field Championships Sunday 17 June, Exeter

Half Marathon - Sunday 24 June, Torbay

10 Miles - Sunday 8 July, New Forest

BMAF CHAMPIONSHIP EVENTS

Sunday 25 March - Cross Country Championships, Bath

Sat 12 May - Road Relays - Sutton Park, Birmingham

Sun 27 May - Pentathlon/10k Track Run & Walks, Oxford (PROV)

Sun 10 June - Marathon, Tenby

Sun 17 June - 5k, Horwich

Sun 1 July - Throws Pentathlon, Cophall Stadium

Sat/Sun 21/22 July - Track & Field, Moorways Stadium, Derby

Sat/Sun 4/5 August - Decathlon/Heptathlon, Oxford

INTERNATIONAL

3/8 April 2012 - World Masters Indoors, Jyvaskyla, Finland

16/25 August 2012 - European Masters Track & Field (3 venues):
Zittau (Germany), Bogatynia (Poland) and Hradek (Czech Republic)

24 July/4 August 2013 World Masters Track & Field

Porto Alegre, Brazil

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



Scenes from the British and Irish Home Nations International Cross Country, Glasgow

For details see Page 19. Photos by runpics.com

