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"HIS MASTER HAS LOST HIS VOICE"



I have been inundated with enquiries and messages of good will about the progress of Nigel Stuart Thorn, our Chairman, who suffered a stroke the day before our Track & Field Championships in June.

After a few days in the Critical Care Unit at Musgrove Park Hospital, Taunton he was transferred to the South Petherton Community Hospital where he stayed until the end of October.

He has improved but still needs daily care and so he can now be found in Lavender Court, part of the Somerset Care Group. It is in the heart of Taunton (Roman Road TA1 2BD Tel 01823 279151) and you can visit anytime.

Ken Ballam received a nice letter from Alf Regan, and we show it below as typical of many received:

I was very sorry to hear that Nigel has suffered a stroke. Please convey my good wishes to him. My abiding memory of Nigel is meeting up with him at Paignton several years ago.

He was on a day trip and we arranged to do a run together. We did a very enjoyable 8 mile training session, returned to my house for tea and cakes and chatted about running experiences. We both lost track of the time and then Nigel jumped up saying that "my coach to Taunton leaves in five minutes!"

We made a dash to Paignton Coach Station and Nigel boarded the bus to a chorus of "Why are we waiting?" and a reproving look from the coach driver. That's one of the nice things about road running. There are lots of fond memories.

I hope your own running is still going well. I still run/jog (can't give it up - it's in the blood!)

Very Best Wishes,

Alf

25th BRITISH & IRISH MASTERS INTERNATIONAL CROSS COUNTRY

By Zina Marchant

The Home Countries' Annual Cross Country International is always a major event in the Veterans' calendar. The road to selection for the England team can be tough but the selection committee usually manage to select winning teams after taking into consideration details of the runners' performances in BMAF events and other major races over distances of 5 to 10km and then looking at current form

South West Vets had 13 applicants this year with six making the teams and two reserves. I made the W60+ team and we arrived at Belfast Airport on the Friday lunchtime only to discover that the planned venue at Stormont, the home of the Northern Ireland Assembly, had become waterlogged. I had happy memories of running there a few years ago but the move to Queens University on the other side of the city was not a problem despite the changes to the travel arrangements and schedules.

We had been watching the weather forecast for Saturday, the race day. It was a bit vague and seemed to suggest that it might be dry, but if not, it would be wet! Dennis shrugged it off with the comment "Be prepared for wet and muddy."

Saturday dawned and the forecast that morning was for heavy cloud and rain all over Belfast. So, "Never mind, we'll get wet," I thought. When we got to the course the rain still held off and, straight after the official team photograph was taken, I started my warm up including a quick run round the 2 km course. There were a couple of short bumps, not big enough to be called hills but nevertheless quite taxing on the last lap. Conditions were still dry but there was a nasty wind and it was quite muddy underfoot in places.

I enjoyed my race, being beaten into 2nd place in my age group by Jane Needham. She finished just 16 seconds ahead of me and it turned out that she in fact turned 60 on that very day. That made a brilliant birthday present for her. What great timing!

I must mention though that the incredible Angela Copson, now running in the W65 age group beat both of us. She stayed behind us for the

first lap but then gradually moved up and steadily pulled away.

It still hadn't started to rain and I had a very pleasant warm down run with Julie Armstrong, a fellow athlete from my distant past. We then made our way back to the hotel for a hot shower, feeling a bit cold but not wet!

The results were not available at the time so we had to wait until the evening reception for them. Amongst the teams the English Ladies won all their categories but the men slipped up in the M35 and M50 categories, in both cases coming second to Ireland.

All our S West Vets did very well. Each runner has a prime objective to be a scorer for the team and secondly to pick up an individual medal and in that respect we were all winners.

Andy Morgan-Lee picked up 1st place in the M40 age group and Peter Young (M65) was a bit unlucky only to get Silver as he was given the same time as Martin Ford, the winner. Martin Renyard in the same age bracket, and last year's winner, struggled with a knee injury but managed a creditable 4th spot. In the open race, primarily for the reserves, Michael Coupe (M70) ran well to finish 17th in a very strong field with everyone out to catch the eye of the selectors.

Here are our results:

Name	Category	Team scorer	Medal place	Time
Caroline Horne	W55-59	2nd	Bronze	25.45
Zina Marchant	W60-64	2nd	Silver	26.06
Andy Morgan-Lee	M40-44	1st	Gold	26.55
Peter Molloy	M60-64	2nd	Bronze	30.04
Peter Young	M65-69	2nd	Silver	23.59
Malcolm Renyard	M65-69	3rd	4th	24.48

It was a great weekend and next year the event is to be hosted by Wales in Colwyn Bay. So keep training, make a start by entering the BMAF Cross Country next March and you could be on the way to representing England next year in your age group.

ROAD RECORDS

Our statistician, Arthur Johns, has recently scoured the road results this year and came up with some cracking new times. They are now starting to look seriously quick.

We list below all those that were set this year and special mention must be made of Karen Cook and Tony Berry who both set new marks in 3 distances each. It would also be remiss not to congratulate Bruce Davidson on his 10 km record at the age of 90! Thanks Bruce - that's not just an inspiration, it's a real long term target for some of us young pensioners.

Distance	Category	Name	Time	Venue
5 km	M65	Peter Young	18.54	Portsmouth
	W55	Karen Cook	19.42	Exeter
5 miles	M60	Peter Molloy	29.05	Hanney
	W35	Miranda Heathcote	28.18	Cubert
	W55	Karen Cook	32.14	Brixham
10 km	M75	Tony Berry	44.46	St. Ives
	M90	Bruce Davidson	102.10	Everton
	W50	Jo Thompson	36.48	Cardiff
10 miles	M75	Tony Berry	74.54	Camborne
	W50	Anne Luke	62.16	Devonport
Half Mar	M50	Mike O'Doherty	1.15.29	Bath
	M65	Geoff Scott	1.27.50	Bournemouth
	M75	Tony Berry	1.39.17	Bath
	W40	Emma Stepto	1.16.53	Indian Queens
	W55	Karen Cook	1.32.23	Torbay

If we have missed any please let Arthur know and note that, unlike the Power of 10, we accept times set on measured ARC courses.

“100 CLUB” SECOND DRAW 2012

The second draw of the 100 Club for 2012 was made at the November committee meeting.

Congratulations to the lucky winners

1 st Prize	£70	Christopher Rolls
2 nd Prize	£30	John Bishop
3 rd Prize	£20	John Perratt

From the two draws this year, the club has benefited by £235 which goes a long way towards keeping the rate of our subscriptions at a very low level.

For those who have not participated in previous years why not have a go at trying to win some extra cash next year.

REMEMBER TO WIN IT YOU MUST BE IN IT

An application form is enclosed with this magazine and your participation will be much appreciated - plus you could win some easy money!

APOLOGIES

It has been pointed out to us that there was an error in the September edition of Veteranews. It was reported that Angie Sadler had won the W50 1500m at our T&F Champs in a time of 5.57.55.

In fact that category was won by Torrington's Marilyn Blair in a time of 5.38.91 a mere 0.4 seconds outside the hand timed Championship record set by Janice Warren in 2001.

We are happy to put the record straight and apologise to Marilyn who after many years on the road is now making a big impression on the track.



LONDON MARATHON

This year the system for allocating places to running clubs in the Virgin London Marathon was altered and everything was done on line.

Everything went smoothly enough but the outcome was a bit of a disappointment. Previously we have been given 5 places based on our membership of around 350 but it appears this year to have taken into consideration only those members registered with England Athletics. Most of our members are in fact so registered but for the most case with other clubs and are Second Claim for us.

The upshot was that we were only given 2 places and there is not much that we can do about it apart from, I suppose, being grateful for them because they are much in demand. We did in fact have 5 applicants from members and the usual draw was conducted at a recent committee meeting, although one application did not go into the hat because he had previously taken up one of our club places.

The Lucky duo selected were Nick Holliday and David King so congratulations to them and we will follow their progress on the day .

WESSEX CROSS COUNTRY LEAGUE

The first two legs of the League have taken place at Canford Heath and Yeovil. A fair number of South West Vets did in fact take part although running for their First Claim Clubs but we did have one man, Ken Ham, who is First Claim for us and has run well at both venues.

He currently stands at 9th overall and 5th M50. Single handedly, he has put us in to 16th place out of 17 teams so why not give him some support at the next two meetings at Hudsons Field in Salisbury and finally at Canford School for the last one.

Despite the low turnout, it is proposed that we enter the League again next year.

WELCOME!

We are pleased to welcome the following new SWVAC members:-

**Phyllis Fry Jim Godden David Hart Nick Holliday
Caroline Home Peter Molloy**

We also welcome Ron & Doreen Paine back into the fold after a break of several years. Some of you may remember that Ron & Doreen are past members of our committee before jetting off to live in the West Indies.

The membership currently stands at 350 (333 paid members and 17 life members. Included in the 350 there are 96 first claim members – 84 competitive and 12 social. Since 1 April 2012 there have been 57 resignations/deletions with 29 new members/reinstatements. Recruitment is rather slow at the moment but no doubt will improve when the weather starts to get a little warmer.

Fifty-six members are paying their subscriptions by standing order. If there are any others among you who would like to do the same a bank mandate can be downloaded from our website. Alternatively I can send you one by post.

I must though remind all 1st claim competing members who pay their subscription by standing order that they must make arrangements to get the amount of their order changed with effect from 1 April 2013 in order to take account of the new rates of England Athletics affiliation fees. The amounts payable to SWVAC can be found on page 17

GB/USA COMBINED EVENTS CHALLENGE

This event, held with the BMAF Decathlon/Heptathlon Championships in August, provide some excellent competition against 10 American athletes.

The Brits won back the Transatlantic Trophy by a substantial margin, assisted by our own Jean Fail who won the Heptathlon by a long way with 4,875 points thereby retaining the Tony Rawlins Trophy for the best individual performance in the seven event competition.

MY LIFE AS AN OLYMPIC GAMES MAKER

by Chris Dotter

Way back in July 2010 I applied to be a Games Maker at the Olympics and Paralympics and specifically asked for the Athletics Team. For a long time I heard nothing but in March 2011 an invitation came for an interview in Weymouth. This was held at the Weymouth & Portland Yachting Centre on March 10th. I then had to wait until November before hearing that I had been offered a place as a Games Maker with the Athletics Team at the Olympics. Before the games themselves started I was to be at the Training Venue – Newham Sports Complex



and then on to the Olympic Stadium.

Following that, in January 2012, I was offered a further place as a Games Maker with the Athletics Team at the Paralympics and this time I was to be at their Training Venue, the Mayesbrook Park Arena.

Then came the training. In February on the very weekend when it snowed in London I had to go to Wembley Arena for Orientation Training. This was followed in April and May when I was sent to the Olympic Stadium for more Training and then to the Olympic Stadium Test Event which was the British Inter University Championships (BUCS).

I was finally sent a date to pick up my Games Maker Uniform again in London and perhaps it should be mentioned that all the trips to London and night stops had to be paid for by me and that all accommodation costs would come out of my own pocket.

Some time during May I found accommodation in Shepherds Bush for the duration of the two events, so I was ready to start my Games Maker duties - the last piece of the jigsaw was to get time off work (7 weeks!)

When the big day arrived, I pitched up at Newham after working out the best way from Shepherds Bush. My first job was to help put boxes of ice into a very large ice container which was to be used for the Ice Baths.

During the first week it was very quiet as we only had 6-8 athletes turn up at the training area, so we were looking for jobs to do to keep ourselves occupied. Seb Coe turned up though and we all had a quick chat with him. We were also told that we could apply for tickets to the dress rehearsal for the Opening Ceremony. I was lucky enough to get one and duly went along and was suitably impressed. They say it was good on the telly but being there was something else. I did not in fact see the Opening Ceremony proper at all as it was my day off and I had to go back to work in Christchurch.

Amongst the Athletes who came to train at Newham were Kirani James, Gold medal winner in the 400; the controversial South African 800 metre runner Castor Semenya who won Bronze; and the British and Dutch relay teams. I also spent a couple of days at the Olympic warm up area when Usain Bolt, Johan Blake and Warren Weir were all practising their starts plus another 100 or so athletes from all over

the world trying to warm up for the track and field events.

It was soon over and Newham was getting ready for the Paralympics. I had been moved to Mayesbrook Park for the Paralympics and 50% of the Games Makers at Newham came across to Mayesbrook. There were not many Athletes in the week before the Paralympic Opening Ceremony, but we were kept busy with all the disability throwing frames.

When the games themselves began we started to get pretty busy with buses full of athletes arriving. On one day we had 3 buses full, a total of 85, arrive at once but we did not have enough Discus, shots or javelins so they all had to amuse themselves or warm up until the equipment became available.

Oscar Pistorius lost his temper one day when two Danish Officials walked across the track talking and not looking to see if any athletes were running. He missed them by a few inches at top speed, not a happy bunny!

Until then I did not appreciate how many different sorts of running blades there were - different sizes and shapes and whilst some were standard items many were custom made for the athlete.

This was a chance of a life time, great fun, hard work and expensive for me but I would not have missed it for the world,

I have applied for the Commonwealth Games in Glasgow 2014



GRAND PRIX 2012

Chris Potter reminds you all that the Road Running Grand Prix is based on results for the calendar year to 31 December.

If you have done at least 4 road races in the year over measured courses then you are eligible to enter as long as they include 2 different distances between 5 km up to 100 km. Chris will then evaluate them on an age graded basis and the Lady and Gent with the highest average becomes the Winner. We have small Silver Cups which are handed over to the two winners early in the New Year.

We can pick some results from The Power of 10 website but it helps if you submit your times to him direct. This applies even more so now that the Power of 10 in deference to England Athletics are no longer listing results from races with an ARC permit.

ANOTHER CHALLENGE

In response to Chris Potter's request that we submit 4 road performances for the 2012 Road Running Grand Prix, David King has come up with another challenge.

He submitted his 4 results for the Grand Prix 2012, not as the fastest but on the basis of a bid for the furthest distance travelled during the events. His 4 events this year took in a little over 145 miles in total at the age of 58.

They are:

February - The Cotswold Marathon (ran over 35 miles but with a cut off at the marathon distance) 4:11.04;

April - London Marathon 3:19.49;

1 July - Boddington 50 km 4:43.28

22 July - 100 km Anglo Celtic Plate 11:00.08

I am not sure how we can factor in the age but are there any more out there who can top his distance covered in 4 races, all of them in one year. If there is we will be pleased to hear from you.



By Mo Dearson

Last summer while coaching at Carn Brea an Australian Masters discus thrower turned up to train. He had done a house swap Sydney to Falmouth. To cut a long story short he and his wife invited me to come to their place anytime I was in Australia.

I did mention that I was going to spend three months in New Zealand over 2011-2012 winter and he asked if I intended to compete in the Oceania Masters (being held in Tauranga New Zealand) early February. First I had heard of it but following permission from GB Masters, the go ahead from Oceania and the purchase of a GB Masters vest, I was entered in the W60 shot and discus.

Tauranga is a fast growing port on the east coast of North Island in the Bay of Plenty. I had already been in New Zealand since the end of November travelling about visiting friends but mid January I started serious training. I had been able to keep up with weights as there were plenty of gyms about and out for a few runs to keep fit but I needed equipment and tracks to throw in.

The local club was very welcoming and thankfully, prior to the Championships, I managed to get in a couple of low level competitions where my distances were improving. The week of the competition was very hot and sunny. There were 11 competitors in the shot and 9 in the discus - I had never competed in such large fields in my age group before. Competitors came from New Zealand, Australia, and the Cook Islands.

I had a really great time- all the athletes were very welcoming and there was strong opposition but I am pleased to say that I got the gold in the shot with a distance I haven't achieved in the last three years

and the silver in the discus. Have to say threw badly there - should have been the double gold!!

Incidentally appearing as a Guest I was awarded the medals but didn't deprive any Oceania athlete of theirs as they were awarded as if I hadn't been there. That is why, on the photo below, there are four of us on the podium.



During the Champs I had my 63rd birthday and when I got on the medal rostrum I had "Happy Birthday" sung to me! That was the sort of spirit of friendship that summed up the whole event.

Last year I was skiing on my birthday and this year it was in the sunshine of New Zealand – where next year!

Editor's note:

For those interested, Mo's performances in the Championship were:

Shot Put 9.53 m and Discus 23.62.

Well done, Mo, for showing the flag

ENGLAND ATHLETICS AFFILIATION AND REGISTRATION SCHEME

As you all probably know, England Athletics has operated a membership scheme of affiliated club and registered athletes since its formation in 2006 which has contributed some funding to the upkeep of the sport. The current registration fees have not been increased since 2008 whilst the other Home Countries Athletic Federations have raised theirs - but this is about to change.

As a sport, for the period 2009 - 2013 England Athletics has been heavily subsidised by government funds and contributions from sponsorship. These have provided 92% of the Sport's income with affiliations/registrations providing only 8%.

England Athletics state that in view of Government cuts we must recognise that government will not continue to support us as they have done in the past and commercial sponsorship in these difficult financial times will not be as generous as in recent years.

Consequently England Athletics will need to supply more funding from within the sport and their membership affiliation is to be restructured from 1st April 2013. They say that they have had consultations with volunteers throughout the sport and the membership affiliation price structure for 2013 - 2017 will be:-

Membership Category	2013	2014	2015	2016
Club Affiliation	£50	£50	£50	£50
Full Senior Membership	£20	£21	£22	£23
Off Track Membership	£10	£10	£10	£10

It can be seen that the clubs themselves will not be affected although it should perhaps be mentioned that those Under the age of 11, who were previously free, will now have to pay £15 a year going up to £18 in 2016. As Vets that doesn't affect us but it does seem to us to be

very short sighted.

Obviously the Association of Running Clubs (ARC) is now becoming a thorn in their side and so concessions have been made to those who only take part in road, multi-terrain or cross country events. As can be seen, their individual registration fee goes up from the current £5 to £10 but then stays constant for 4 years. In a related concession they have dropped the Licence fee for road/ multi terrain and cross country races to a standard £25. At a time when they are pleading poverty the only justification for that can be their fear that the trend towards ARC permits is gathering momentum.

There are a lot of us however who like to run all year round, enter quite a few races and then when summer comes we probably enter the odd track meeting. Be warned that if you want to carry on doing that your entry will not be accepted unless you have paid the full £20 affiliation fee.

So just to clarify the situation:

England Athletics affiliation fees must be paid to your 1st Claim club;

Membership fees for the South West Veterans AC will remain unchanged for 2013.

The fees payable to SWVAC on the 1st April 2013 will therefore be:

All second claim members £10

First claim track & field competitors £30 (Includes £20 EA affiliation)

First claim road & x/c competitors £20 (Includes £10 EA affiliation)

First claim non-competitive £10

Please note that all competitive 1st claim SW Vet members who pay their membership subscription by standing order must make arrangements to get the amount of their order changed in accordance with the new rates above.

As a matter of interest, England Athletics have issued a table showing the different fees paid by a variety of sports and we show it overleaf so that you can get the full picture.

Times - they are a'changing!

A COMPARISON OF AFFILIATION FEES ACROSS DIFFERENT SPORTS

Prices as at 1 September 2012

GOVERING BODY	SENIOR	CONCESSION
G B Cycling	£64	£8
England Triathlon	£40	£24
G B Archery	£35	£21
England Netball	£24.20	£5
British Gymnastics	£40	£10
ATHLETICS		
England Athletics	£20	£10
Scottish Athletics	£18	£5
Welsh Athletics	£15	£7.50

The table above was provided by England Athletics when they announced the proposed increase in affiliation fees for the next 4 years.

We are told that at the recent AGM of England Athletics the Executive were given a hard time over the proposed increases and although they were prepared for some dissent they were taken aback by the degree of hostility from the floor.

Discussions were still taking place between England Athletics and Sport England about future funding but the meeting was assured that further consultation would take place with the clubs before the proposed increases were implemented.

We have of course been here before when the Clubs voted overwhelmingly against the introduction of the Membership Scheme but it happened anyway.



It seems certain, therefore, that the fees will go up in accordance with the proposal and its effect on our members is shown on page 17. There could however be quite a strong reaction from many clubs, especially those who are not Track & Field orientated.

We are told that the funding from Sport England is based on the total number of athletes taking part in each sport and that was the reason why the membership scheme was introduced. The object was clearly to include as many of the recreational, mass participation runners as possible. That is all well and good but once the funding is obtained it then is used by England Athletics to fund serious competitive sport which is basically Track & Field leading to the question as to why should the mass participation runner pay for it.

Particularly as Masters we all like to think that we are serious runners as we clock up all those 10ks, Half Marathons etc but where do we see any benefit from our England Athletics membership that we don't get from the breakaway Association of Running Clubs (ARC). Adding fuel to the fire, ARC have announced this month that they are also dropping their fees for road and cross country races to a straight £25 (same as England Athletics)

Even the Track & Field guys are getting twitchy about it and there is a new Association representing their interests - the Association of GB Athletic Clubs (ABAC). That's a new one to most of us but they have website www.britishathleticsclubs.com and they are also up in arms about the increases.

It is very sad in many ways to see all this nonsense going on but we will try and keep in touch and do what is best for our members.



CLUB CHAMPIONSHIP RACES

We tried a few years ago to organise our club road championships on a stand alone basis. Initially they were reasonably successful but then interest flagged and we finished up with fewer runners than the number of marshals and officials required to put the event on.

Since then we have staged our championships on the back of local races. Race organisers generally have welcomed us although they invariably are not willing or able to provide us with separate results for our club members. This, we are told, can be overcome by having a 'tick box' on the entry form. Works like a charm - except non members tick and members don't! Believe us, we have tried.

Consequently what we do now is to get a copy of the results after the race and then Ken Ballam scours them, picking out our winners one at a time. A lengthy and laborious process for which we are extremely grateful to him. He then arranges for medals to be posted out to the various winners. Unfortunately the 10 mile Championship this year scheduled for the New Forest was cancelled at the last minute because of serious flooding along the route.

It still does not attract a great deal of interest but we are determined to keep plugging away at it and of course those taking part should be given more recognition so we shall regularly post results in future newsletters starting with the results here of those championships held this year.

Peter Hamilton in fact commented after our last edition of Veteranews that the low turnout may spur on others to have a go. "If that old bloke Hamilton can win" he says, it might encourage others to see if they can pick up a gong.

This coming year's races are all listed on the inside back cover and offer a good geographical spread across our region and spaced out during the year as best we could.

One problem though was the 5k. We couldn't find a suitable one over a weekend and so are using the 5k Summer series of races held mid-week at Yeovilton and Weston Super Mare. The best performances from either of those series will constitute our Club Championship. Different we know but they are both popular events and will hopefully form the basis of an intriguing competition.

S W VETS 5 MILE, EXMOUTH, FEBRUARY 2012

Name	1st Claim Club	Time	Category
Steve Goss	Bristol & West	28.01	M40
Kerry Roberts	Tiverton Harriers	29.44	M50
Bill Valentine	Torbay AC	44.29	M60
Roger Rowe	Exmouth Harriers	34.16	M65
John Perratt	Sidmouth RC	37.03	M70
Ray Elston	Exmouth Harriers	37.53	M70
Mick Allen	Exmouth Harriers	40.34	M70
Karen Cook	SWRR	32.35	W50
Anne Darby	Newton Abbot AC	36.03	W55

S W VETS HALF MARATHON, TORBAY, JUNE 2012

Name	1st Claim Club	Time	Category
Steve Baker	Tamar Trotters	1.22.34	M50
Andy Hinds	South Devon	1.56.32	M50
Tom Hutchison	Team Bath	1.24.41	M55
Dave Plummer	SWVAC	1.49.37	M55
Trevor Cope	Exmouth Harriers	2.35.34	M55
Martin Venning	Launceston RR	1.56.28	M60
Michael Roberts	Plymouth Harriers	1.57.30	M60
Roger Rowe	Exmouth Harriers	1.35.10	M65
John Mitchell	SWVAC	1.51.51	M65
Karen Cook	SWRR	1.32.33	W50
Ann Venning	Launceston RR	2.38.24	W60

SW VETS 10K, YEOVILTON 9 APRIL, 2012

Name	1st Claim Club	Time	Category
Chris Harry	Cornwall AC	35.29	M50
Steve Baker	Tamar Trotters	37.44	M50
John Shapland	NDRR	36.32	M55
Clive Harwood	Wells City	38.36	M60
John Perratt	Sidmouth RC	46.53	M75
Lucy Hodgson	Newquay RR	36.53	W35

S W VETS 5 K , POOLE 27 MAY 2012

Name	1st Claim Club	Time	Category
Peter Hamilton	Blackheath & Bromley	20.11	M60
Ginette Craig	SWVAC	23.48	W50
Chas Ching	SWVAC	33.12	M70
John Short (Walker)	SWVAC	37.50	M75

XMAS & NEW YEAR OFFER

Looking for Christmas presents or just need some new kit for the coming year? Well look no further!

Take advantage of this special offer, all sizes!

Offer finishes 15 January 2013.

SHORTS & VEST COMBO - £20.00
NORMAL PRICE £30.00

Available from kit stockists!

Dennis and Zina Marchant (01249) 658 814

SOME FIXTURES FOR YOUR DIARY

SOUTH WEST VETS CHAMPIONSHIPS 2013

10 Mile - Lytchett Manor, Poole - Sunday 17 February

Half Marathon - Torbay Sunday 23 June

5 Mile - Overton September

10k - Taunton, September

Marathon - Eden Project, October

5k - any one of the midweek Summer Series at either

Yeovilton or Weston Super Mare will count

BMAF CHAMPIONSHIP EVENTS 2013

Sunday 17 February 2013 - BMAF 10 mile, Lytchett Manor

Sunday 10 March BMAF Half Marathon, Lydd. Kent

Saturday 16 March - BMAF Cross Country, Sunderland

Saturday 18 May - BMAF Road Relays, Sutton Park

Sunday 18 August - BMAF 10 k, Glasgow

Sunday 27 October - Marathon, Newcastle

INTERNATIONAL

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

23 -26 May 2013 European Non Stadia Championships, Ustice, Czech Republic

16 -27 October 2013 World Masters Track & Field Championships Porto Alegre, Brazil

15 - 24 August 2014 - European Track & Field Championships Izmir, Turkey

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



Chris Potter, our own Games Maker , doing his stuff at the Olympics above and on the front cover. Below we see the scene inside the stadium as it starts to fill up for the evening session.

