

VAC AGM: 24 SEPTEMBER 2018

2017-2018 Cross Country Report by VAC Entries Secretary

Summary

VAC continued to provide opportunities for members to compete in cross country matches. We staged our annual cross country championship for members and encouraged participation from other Masters' athletes. A VAC men's team held its own in Division Four of the Surrey Cross Country League, finishing a creditable 8th. We sent a men's and women's team to the English Masters Inter-Area Challenge at Bournemouth and came second overall. There were VAC teams in the East Surrey League and we supported the Vets Inter-Club race at Loughton. Sixteen VAC members represented England and Scotland at the British & Irish Masters International match. Many other members competed in BMAF, European and World Masters cross country events.

1. VAC Cross Country Championships, Wimbledon Common: 20 January 2018

The number of competitors was slightly less than in 2017, probably because of the awful weather on the day, with wind and driving rain creating difficult conditions. There were 50 finishers, six fewer than in 2017. Paul Cheetham, M45, was the VAC Men's Champion. Lucy Woolhouse, W55, was the Women's Champion. The race had a UKA Permit and was operated under UKA rules. Compliance ensured that a Risk Assessment was in place, backed up with suitable medical support, good signage and well briefed marshals.

2. Men's Surrey League Cross Country 2017-18

VAC fielded a men's team in the four fixtures of Division Four in the Surrey CC League. Thanks go to Paddy Clark who continued as the Team Manager. The Club also successfully hosted the first fixture on Wimbledon Common, which involved providing officials for the finish funnel and producing the official results.

Ten men were required for full scoring teams and this was achieved in three of the four matches, but we were three men short in the final match. The VAC team finished 8th out of 12 in the Division. This was lower than in the previous year, perhaps because the League had introduced B teams and potential VAC runners chose to compete for their 1st Claim clubs as scorers in these teams. Nevertheless, team spirit was high. We are hoping that new men will run for VAC in 2018-19 and some of the regulars will return.

3. English Masters Inter-Area Cross Country Challenge 2017, Bournemouth

The second staging of this race was hosted by SWVAC. Ten VAC men formed a full team, backed up by a depleted women's team of four. This year, the times achieved in the combined race were converted to age-graded percentages to form the final rankings, on which team scores were based. South West Vets deservedly won the men's and women's competitions and VAC's teams were a worthy second with fine individual performances which saw VAC runners in first and second places in both the age-graded and absolute results.

4. VAC members in Masters, national and international championships

Sixteen VAC members were selected as team members or reserves (14 for England and 2 for Scotland) to represent their country at the British & Irish Masters International Cross Country in Derry, Northern Ireland in November 2017. Ben Reynolds (M50) and Andy Tindall (M55) won individual gold medals.

Around 20 VAC members made the trip to the BMAF CC Championships in Forres near Inverness in March 2018. Simon Baines won the individual M45 Gold Medal and the VAC trio of Ben Reynolds, Simon Baines and Paul Cheetham won the M45 team Gold medal for Thames Hare & Hounds.

Maggie Statham

VAC Entries Secretary: 21 September 2018