

VAC AGM: 24 SEPTEMBER 2018

2017-2018 Road Running Report by VAC Entries Secretary

Summary

VAC's Summer Series of road races in Battersea Park was well supported by members and guests. The Club's 1 Mile, 10km and 10 Mile road championships were successfully held in conjunction with other races. The parkrun get-togethers attracted small numbers but continued to be appreciated.

1. Battersea Park Series 2018

Attendance at the five races continued its upward trend. In 2018, there were 199 finishers, compared with 175 in 2017, 149 in 2016 and 91 in 2015. In particular, the 5km Championship race attracted a record number, with 57 finishers compared with 43 in 2017. There were 114 unique competitors compared with 95 in 2017. The Snow Cup for the member with the best age graded performances over three races was won by Ian Kitching M65 for his average of 86.39%.

Considering revenues from entries and the cost of items such as licences and medical support, the run/walk series made a small profit. However, this year we incurred one-off costs for comprehensive signage for the course and for a Men's 5 Mile Champion's Cup to match the existing Women's Cup.

For 2019, the 5M and 5km courses will be required to follow the approved route set by Wandsworth Council. We have arranged for new courses to be officially measured. We welcome the imposed change as it will cut out a busy section of Battersea Park and be easier to marshal.

Thanks go to VAC's regular set of officials, to Dennis Williams for setting up the course and to Mick Barlow, the UKA Race Adjudicator, for his advice and assistance.

2. VAC 1 Mile, 10km and 10 Mile Championships in 2018

One Mile Championship

Forty-four VAC members took part in VAC's new one mile championships, held within the inaugural Vitality Masters Mile in Westminster in May. VAC member, Clare Elms W50 won the BMAF shield for the best age-graded performance (100.6%) of all the 180 competitors. The event was a great success and will be a full BMAF Championship next year, again including the VAC championships.

10km Championship

This was held in May within the Sutton 10k, chosen because it is a popular race and well supported by local clubs which include many VAC members. Sixteen VAC members competed for medals. Club spirit was high and the VAC vests were conspicuous. A decision hasn't yet been made about the host race for the 2019 championships but returning to the Sutton 10k is an attractive option.

10 Mile Championship

This was held in June within the popular Dorking 10. Eighteen members took part and competed for VAC medals. The event brought VAC members together and the camaraderie was good. The BMAF is negotiating to hold the BMAF 10M championships within the Dorking 10 in 2019, in which case VAC will certainly incorporate its own championships within it.

3. VAC parkruns

An average of eight members ran at the selected parkruns (South Norwood, Hampstead Heath and Gunnersbury). These ventures have been on the fixture list for over three years, taking in 12 parkruns in and around London. They are popular with the few members who participate and we do see members who have not previously participated in VAC events. They are judged to be worthwhile in terms of promoting VAC. There is no cost to the club and very little organisational effort required.

4. VAC members in the 2018 Virgin Money London Marathon

VAC's affiliation to England Athletics entitles the club to one guaranteed entry to the London Marathon. For 2018 this entry was awarded to David Hoben M65 who race-walked the course in 6:26.31. At least 32 VAC members took part. The fastest was Richard McDowell (M35) in a time of 2:27.56, placing him 11th in the M18 – 39 age category. The fastest VAC woman was Victoria Buck W40 with a time of 3:12.51. Lynda Hembury's time of 3:28.33 was the fastest in the W60-64 category.

Maggie Statham

VAC Entries Secretary

21 September 2018